

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

CELEBRATING OUR FIRST 12 MONTHS



This edition of the Mount Rouse News and Views is the first one in our second year of publication and as such we have a lot to celebrate. From small beginnings we have developed a newsletter that is consistently around 18 to 20 pages of articles, activities and advertising specific to the Penshurst community.

The editorial team would like to thank the many contributors and advertisers who have supported us in our first twelve months and we are very pleased to see that support strengthening as we begin our second year. We will continue to work to provide the Penshurst community with newsworthy articles and updates into the future.

Do you have a favourite character you would like to see among the newsletters' pages? Contact the editor.



Watch this Spot

There have been a few small changes to the newsletter along the way, from the layout to our curious characters, such as Kilroy, who is now retiring, to Charlie Brown and Snoopy, who will



Watch this spot

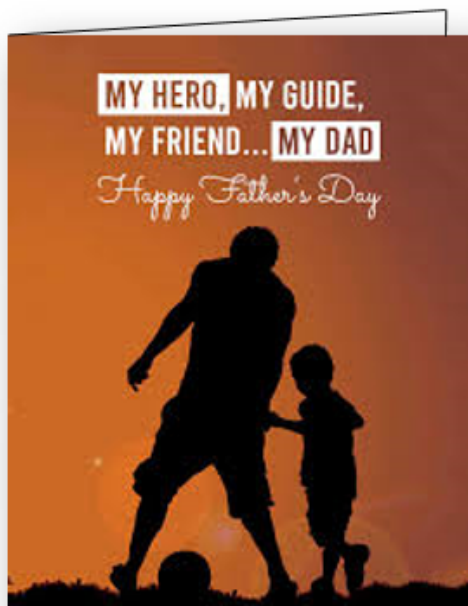


continue to dance with joy among the pages from time to time. Since 2020 is going to be a slightly mad adventure for various enterprises around the town, we decided that our, slightly suspicious, Pink Panther will join the team, to point out stray thoughts and planned activities during the year. We look forward to your contributions. See you there.

“Three grand essentials to happiness in this life are something to do,
something to love, and something to hope for. “

Joseph Addison

Don't Forget that special person FATHER'S DAY * Sunday September 1st



Find a Fathers Day Card

... and that perfect Gift

For Dad at



Free Gift Wrapping

Penshurst Post Office

31 Martin Street, Penshurst 3289

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“Mt Rouse News & Views Community Newsletter”

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Registered Address: 46 Watton Street, Penshurst 3289

Email: mtrousenewsletter@gmail.com

DEADLINE FOR SUBMISSIONS - 7th September 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

Newsletter Advertising Rates (Per Issue)

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

PONY CLUB RECEIVES GRANT FOR DEFIBRILLATOR

Penshurst Pony Club was successful in obtaining a grant from Sport and Recreation Victoria which was used to purchase a defibrillator for their club rooms.

The club decided that a defibrillator would be valuable in ensuring the safety of club participants. The defibrillator was introduced to members via a presentation from Bacchus Marsh St Johns Ambulance member Stephen Gilbert. Club members were then instructed in the use of the machine.

Penshurst Pony Club meets on the first Sunday of each month at the pony club grounds. Anyone wishing to participate in the Club activities should contact Jenni Kinnealy on 0409 962 969.



**Stephen Gilbert presents the defib machine
to Club Secretary Marjorie Carpenter**

Lions Club of Penshurst and District

From little things big things grow ...



Our recycling of bottle caps has been a roaring success so far. We would like to thank all who have collected caps and left at our collection points. We are so excited to let you all know we have sent 72 kilograms of bottle tops so far. It takes approximately 250 lids to make one small hand. These are made for people all over the world.

James is a 4 year old boy from Melton in Victoria who was born without a complete hand and has recently been supported by Envision. A huge Batman fan, Envision provided James with a Batman-inspired Phoenix Hand, made of upcycled plastic. The hand is already helping him learn to manipulate his hand muscles, providing him with mobility support and most importantly helping him feel a little more confident.

James is Envision's first Australian recipient and with the continuous growth in bottle top collections and community support, they are aiming to assist many more local and international children in need.

Drop off points are at the Kelly's Penshurst, Penshurst Newsagency, Dunkeld & District Community Bank® branch, Sue at The Spectator Office, Hamilton, any Penshurst Lions Club member or phone 0418 141 301 to arrange delivery.



Things you can do at Penshurst Post Office

Overseas money.....Euro, Pound, USA & lots more

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Penshurst Liquor & Grocery Store

Opening Hours:

Monday -

Friday

7am - 6pm



Opening Hours:

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



Planting is now in full swing with new season's seedlings of petunia, marigold, salvia, phlox, impatiens, ageratum, dahlia, cosmos to name a few. Native flowering shrubs of banksias, grevilleas, callistemon, eucalypts, wattles, paperbarks and correas will all attract the birds.

Feed trees, shrubs and pots with an all-purpose plant food or a slow release fertilizer. Aphids can be washed off or spray with a pyrethrum-based insecticide. Camellias and azaleas can be trimmed and mulched after flowering. They will flower better next season if given a good soaking during the dryer months.

At the annual meeting of the Garden Club, Jan Street was elected President with Margie Eales, vice president. Marita Smith was again elected secretary with Mary Underwood continuing as Treasurer. Sam Biswell is the new Competition Secretary with Helen Brown to assist her. Each meeting there is a stall with various garden plants for sale brought by members and Lorraine Schefferle and Margaret Richardson are again in charge of this. Janet Shalders is to continue as Publicity Secretary.

The Aggregate Competition Awards went to Lorraine Schefferle 1st and Brenda Uebergang 2nd for the Bloom. The Special Bloom was won by Lorraine Schefferle with Helen Brown, Brenda Uebergang and Janet Shalders eq second. Lorraine Schefferle won the produce with Marita Smith second. Each member is given a plant for their Birthday and Margie Eales will be organising this for us. Membership fee of \$5 is now due.

Our **next meeting** will be at the Woolsthorpe Hall on Tuesday 10th September at 10 am with the Special flower being a Daffodil.

Penshurst Campus

Advises interested women
of a

PAP Smear CLINIC

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



**CHRISTOPHER COOK
CONSTRUCTIONS**

Ph: 0417 100 243

Fax: 5576 5267

112 Bell Street Penshurst Vic 3289

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September Special

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Open Mon - Friday 9am - 5pm

After hours by appointment if required



International Rural Women's Day in Focus


Rural women make up a quarter of the world's population. They grow much of our food, strengthen economies and build climate resilience.

From championing access to clean water in Kyrgyzstan to boosting sustainable agriculture in Ethiopia, rural women are mobilising to support one another, and their contributions are vital for both rural communities and urban societies.

Yet, on almost every measure of development, because of gender inequalities and discrimination, they fare worse than rural men or urban women.

On 15 October, the United Nations commemorates the International Day of Rural Women, under the theme, "Sustainable infrastructure, services and social protection for gender equality and the empowerment of rural women and girls", closely followed by World Food Day (16 October) and International Day for the Eradication of Poverty (17 October).

This year, we are calling for better public services, including health care, education, childcare and shelters, on which millions of rural women depend; and laws, policies and budgets to improve their livelihoods and well-being. We stand in solidarity with rural women and their organisations everywhere as they seek to influence the decisions that shape their lives.





**INTERNATIONAL
RURAL
WOMEN'S DAY**


The »Dunkeld and District CWA« in collaboration with »Western AG Supplies« invites you to join us at our very special »Rural Women's Day«.

Listen to our extraordinary guest speakers from the region and beyond. Enjoy a delicious lunch whilst celebrating this unique day with us.

TUESDAY 15TH OCTOBER 2019
9:00 AM – 3:00 PM
STERLING PLACE
DUNKELD COMMUNITY CENTRE

RSVP by 30 September

For more information contact:
 Jackie Elliott 0439 541 036
 Instagram @ruralwomensday
 Ticket booking:
www.eventbrite.com.au/e/63413436295




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Tuesday & Thursday

For appointments please ring

Mobile: 0417 511 177

Thank you

Answers to Riddles: 1. a jeweller seels watches and a jailer watches cells, 2. his horse's name is Friday, 3. running out of petrol, 4. a promise, 5. it is your sister, 6. Ostrich, it is unable to fly, 7. an echo.

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.

Goodness, another month has flown by and the Progress Association meeting is upon us tonight.

When I took over the role of President I was not expecting it to be quite so busy, but I am very grateful to the people of Committee and Association who attend the meetings and help with the decisions we have to make that helps keep the town in the eyes of the Council, particularly when it comes to raising funds for projects that will benefit our residents, and those that keep us safe. One of those is the issue of what to do with the old newsletter building, which is now seldom used but does house the town printer and the pop-up cinema. The cost of contents insurance on the building, no longer covered by the Council, eats the management grant given to us by them each year, and so, at the meeting tonight, we will be discussing returning the building to the Council's care. There is also the public safety aspect, as a building with only one exit, and windows that don't seem to open, is no longer considered safe to use. If agreed on, the printer and cinema will go into the PPA office in the Hall, and still be available to anyone who wants to use them.

Speaking of the cinema. Part of the discussion will be making the cinema available to be hired across the Shire, a project the Council has offered to help advertise.

The footpath review will be provided by a dedicated member of the Association, who literally walked the streets, and his report will be tabled with the Council as soon as possible.

Which leads into the Streetscape project, which is going to take a number of months to discuss and review, as we look at the town from a visitor perspective, and also from the point of view of our elder population. What do we need to focus on to make Penshurst a safe and inviting town, for all of us.

See you at the meeting, or sign up for a copy of the Minutes Ama Cooke



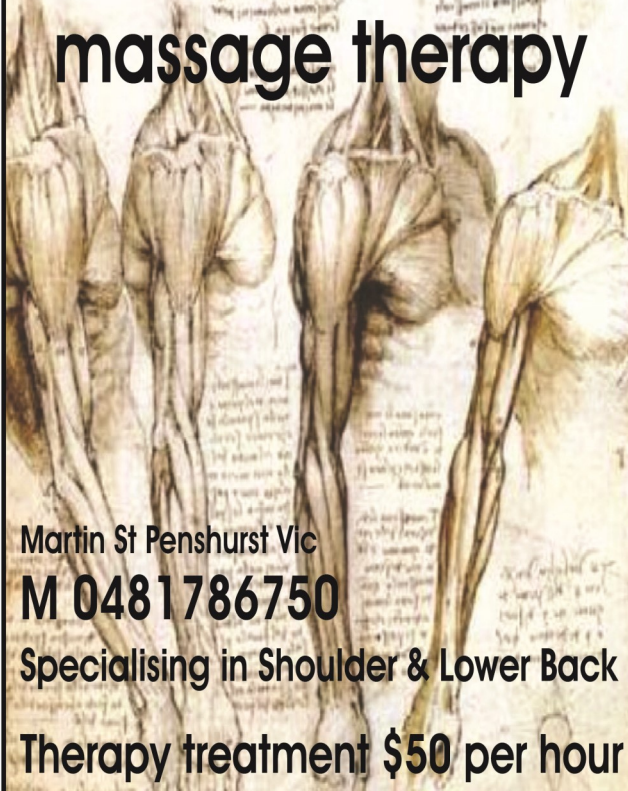
Agenda for

Progress Association Meeting

- return 98 Watton to the Council
- moving printer & cinema etc into the Hall
- Footpath review
- Streetscape project (conversation with Vic Roads)
- Camp Kitchen in the Gardens
- and what you bring to the meeting

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 Ama on 0402 870 738.



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Yatmerone Wildlife Reserve

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Botanic Gardens

Chesswas St Penshurst

Penshurst Caravan Park

Cox Street Penshurst

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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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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.

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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.

“A man does not sin by commission only, but often by omission. “ **Marcus Aurelius**

“I have nothing to offer but blood, toil, tears and sweat. “

Winston Churchill

“All progress is precarious, and the solution of one problem brings us face to face
with another problem. “

Martin Luther King

A PAGE TO SHARE RECIPES

The following recipe is easy winter gourmet

**Tarragon chicken thighs with crisp prosciutto
and fennel and cabbage salad**

Serves 4

INGREDIENTS

Chicken and Prosciutto

1 kg (about 8) skinless, boneless chicken thighs
2 tbsp olive oil, plus extra for drizzling
3 garlic cloves, finely grated
4 garlic cloves, chopped
1 tbsp finely chopped tarragon
4 thin slices prosciutto

Fennel and cabbage salad

60 ml (¼ cup) extra-virgin olive oil
1 tbsp white wine vinegar

½ garlic clove, finely grated
Finely grated rind and juice of ½ lemon
1 tsp finely chopped tarragon
450 gm white cabbage (about ½ cabbage),
thinly shaved
1 fennel bulb, thinly shaved
2 small golden shallots, thinly sliced
½ cup (loosely packed) flat-leaf parsley
½ cup (loosely packed) mint

METHOD

Step 1 Preheat oven to 220°C Combine chicken, olive oil, garlic and tarragon in a large bowl and season.

Step 2 Heat a large ovenproof frying pan over high heat, drizzle chicken with extra olive oil and fry until browned (2 - 3 minutes each side). Transfer to oven and roast until cooked through (3 - 5 minutes), then transfer to a plate, cover loosely with foil and rest for 5 minutes.

Step 3 Meanwhile, bake prosciutto on an oven tray lined with baking paper until crisp (5 - 7 minutes). Break into pieces.

Step 4 For fennel and cabbage salad, whisk olive oil, vinegar, garlic, lemon rind and juice and tarragon in a bowl. Add cabbage, fennel, shallot and herbs, toss to combine, season to taste and serve with chicken topped with shards of crisp prosciutto.



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, 1:30 pm at Hospital.
- RSL meets 1st Thursday of February, April, July & October at 6.30 pm at RSL

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)

A PAGE FOR THE CHILDREN

Diving, climbing, growing, flying with the letter T



While we can laugh and make jokes and pretend everything will be all right, if we don't remember that every being on this planet has an important place within the whole ecosystem, then we will also forget that all of us do too.

Can you be trusted to care about the future of the planet?

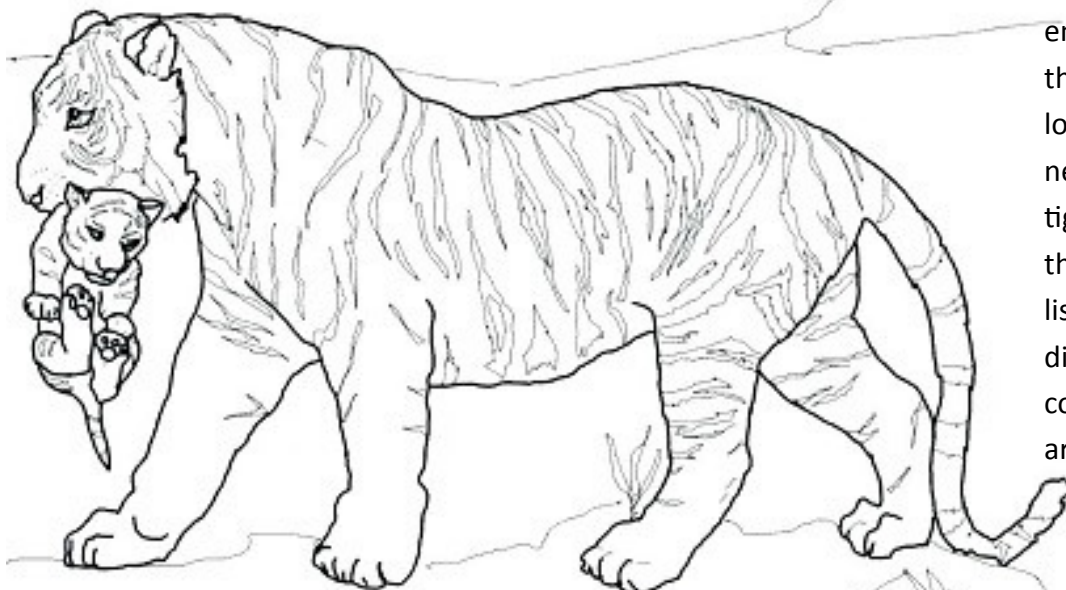


A lesson in TRUST

The world is a very fragile place, and humanity is fast consuming all the natural habit of the many types of tigers in the world, and if we don't look after our native animals they will disappear forever.

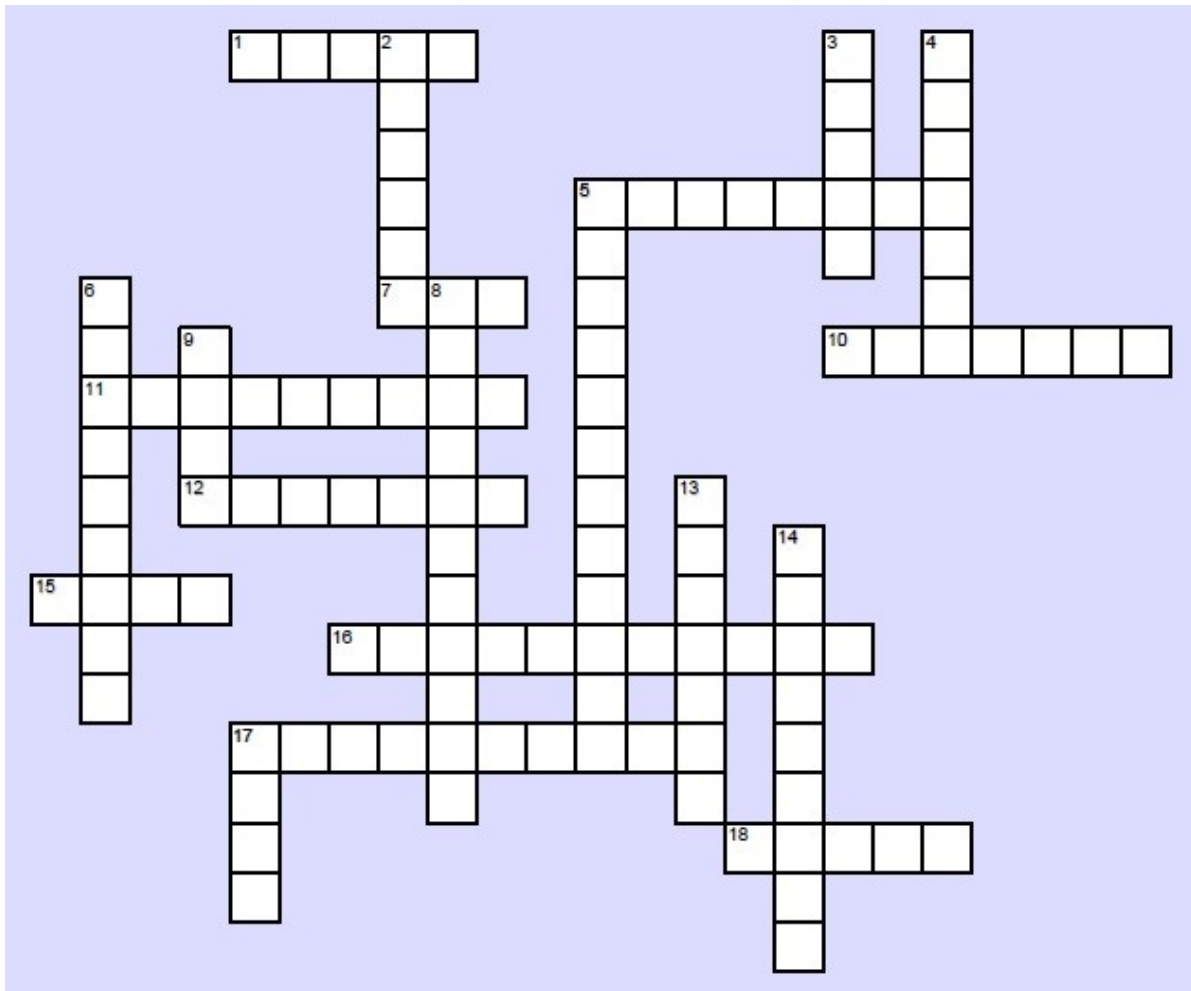


Whatever your age, the children of this world are the future of the planet. What sort of world do you want to grow up in? Ask your parents. What can each of us do to help protect ourselves, our homes and our



environment, so that our much loved animals never, like the tiger, end up on the endangered list, or worse, disappear completely. They are parents too.

Mt Rouse Puzzler - Just how puzzled can you get



across:

- 1: The quality of being true.
- 5: Shaped like a circle or ball.
- 7: A covering for the head that often has a brim and a rounded or flat top.
- 10: Not anything.
- 11: The process of thinking about something in a logical way in order to form a conclusion or judgment.
- 12: To think something is true without any proof.
- 15: The national church of Scotland.
- 16: A statement that tells you how something or someone looks, sounds, etc.
- 17: The process of doing and seeing things and of having things happen to you.
- 18: To move your body in a way that goes with the rhythm and style of music that is being played.

down:

- 2: Dried plant material (such as straw or leaves) that is used to make the roof of a building.
- 3: A proper or reasonable way of thinking about or understanding something.
- 4: Showing good taste.
- 5: Something that is the result of an action, decision, etc.
- 6: Having met the official requirements that are needed to do a particular type of work.
- 8: A date that is remembered or celebrated because a special or notable event occurred on that date in a previous year.
- 9: A young sheep.
- 13: A large, black wildcat.
- 14: To refuse or fail to answer questions, to do what has been requested, etc., especially in order to delay or prevent something.
- 17: Not hard to do.

Last issue's answer - Puzzle Ladder

puzzles → muzzles → muzzler → muzzier → fuzzier → furzier → furrier → currier → carrier → carries → parries → parties

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SCAMS
AWARENESS WEEK

In 2018, there were 378,000 reports of scams and \$489 million lost. Beware of scammers!

D-Force Support

It was great to have the Project Manager of D-Force, Sergeant Kelly McNaughton in the branch recently. For those not familiar with D-Force, it is an educational program created by police, psychologists, students and educational designers, to educate young people about the dangers of the drug 'ice' and to help them protect themselves and their friends.

We are thrilled to support this very worthwhile venture. Board Chairman Craig Oliver, along with staff members, Louise and Ange, were on hand to gladly present Sergeant McNaughton with our cheque for \$5000.

We wish D-Force the very best as they fight to prevent the damage evident in the community from methamphetamine use.

**Sheepvention Success**

Wow what a great three days of Sheepvention. Some



fantastic crowds and a wonderful atmosphere. Thanks to everyone that stopped by to say hello and not just take the opportunity to withdraw cash from our eftpos facility! We look forward to serving you again next year, at an event that just gets better and better.

SOUTHERN GRAMPIANS SHIRE DRAFT DOMESTIC WASTEWATER MANAGEMENT PLAN

Southern Grampians Shire Council has prepared a draft Domestic Wastewater Management Plan. The plan provides Council framework to manage wastewater in a manner that protects public health, provides health environment, a prosperous economy and thriving community, now and into the future.

The plan enables Council to meet its legislated responsibilities, identify and prioritise cumulative risks and set out strategies to provide solutions to wastewater issues in the interest of protecting public health and the natural environment.

Council is seeking feedback on the draft Domestic Wastewater Management Plan and I invite you to review the draft plan available on Council's website <http://www.sthgrampians.vic.gov.au>

Please provide comment to the Environmental Health Department by Friday 20 September 2019.

To arrange an information session for your organisation or further information or to request a hard copy of the draft Domestic Wastewater Management Plan, please contact Council's Environmental Health Department (03) 5573 0256.

Submissions should be addressed to Pauline Porter, Environmental Health Coordinator, Southern Grampians Shire Council, Locked Bag 685, Hamilton 3300 or by email to Council@sthgrampians.vic.gov.au

Yours Sincerely

Pauline Porter
Environmental Health Coordinator

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

Riddles

1. What's the difference between a jeweller and a jailer?
2. How could a cowboy ride into town on Friday, stay two days, and ride out on Friday?
3. What kind of running means walking?
4. What is it that you ought to keep after you have given it to someone else?
5. You give someone a dollar. You are this person's brother, but the person is not your brother. How can that be?
6. Which bird does not belong in this group? Finch, gull, eagle, ostrich, or sparrow?
7. You heard me before, Yet you hear me again. Then I die, 'Til you call me again. What am I?

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>

Music in the Community

Music is one of those things that is so natural to us it is easy to forget how much it impacts on our lives. Imagine a movie without music. One of the upsides of the movie industry is it gave us those wonderful themes and melodies of the past, some went on to be jazz or popular standards that invoke deep memories of loved ones and the glorious times of our formative years, tunes that may bring tears to our eyes or prompt us to automatically dance across the room with no fear that someone may be watching.



In the past, music was more accessible than it is now. That may sound odd in a world where we can instantly have a song delivered to our ears via Internet technologies, whatever flavour you prefer is out there for the taking if you know how. However, music to many of us is about or used to be about participation and it was not just about being entertained or sung to, we were not separate from it, we are an integral part of it. When we look at the lives of a lot of the great musicians in the field of Jazz, Blues, Soul or R&B (Rhythm and Blues) the foundation years of those greats were often spent in church playing or singing Gospel music; or in the case of Hillbilly or Celtic styles it was about the community coming together and playing common tunes and finding new ways to interpret them and expand the musical vocabulary. This reminds me of the old story of someone who asked an Irish musician why he played the tunes so fast, his response was “because I can”. In the era I grew up in prior to the end of culture as we knew it, before video and video games took over the Universe, most of my friends and I played music together almost every day, we honed our skills by creating comfortable environments to explore already known music styles and those yet to be born. If you speak to a lot of the older musicians you will find that it was common to play music most days of the week, that’s all they did, if you dig deeper you may find they had been in a school band, a choir, played eisteddfods, in a church group or were from a cultural heritage where music was a normal part of life.

What seems to happen in many towns as young people grow up and head off to the cities or overseas for opportunity and life experiences, in an effort to create a comfortable environment in the home the ageing population isolates itself, often the Arts start to dwindle and those loves, hobbies and skills become a thing of the past. Penshurst is fortunate to have the Art Exhibition each year and like most healthy community Art exhibitions there is an underlying concept of motivating people to be creative. Creativity is probably the most understated tool for maintaining a youthful sharp mind and is also the core essence to bring joy. As a man who grew up in a musical household and played music all my life I feel it is worthwhile to speak out and prompt others with musical skills or budding musical skills to look for ways of nurturing music in the community. A healthy musical community encourages and supports people of all standards and styles to evolve musical skills and assist others in following their dreams regardless whether they be large or small. From my experience people are happier when they are creative and playing music.