

# MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

## Australia Day 2020

A smile speaks a thousand words.



With thanks to Paul Sutherland for the Australian Anthem and "True Blue".

The Progress Association would also like to thank the Penshurst Lion's Club for their 'breakfast', and everyone else who helped make the morning welcoming and entertaining..



Don Adamson is Penshurst's Citizen of the Year for 2019.



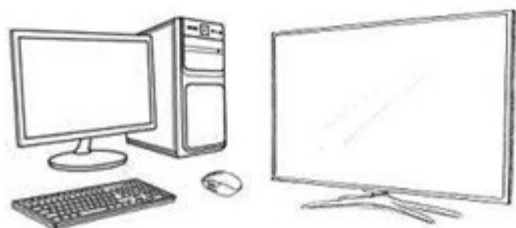
Marcus Rentsch gave us a very interesting history lesson about Penshurst.

As Don collected the certificate, he told us all he was speechless.

# Volcanoes

## Discovery Centre

If new computers and TV's are popping up in your Christmas stockings, you might consider donating your older, unwanted TVs and computers to the Volcanoes Discovery Centre. The centre can use these in creating new displays. Contact: VDC (open every day January) or Brian O'Brien (0437 844 586).



### Christines Healing Retreat

91 Bell Street, Penshurst

Mobile 0431 300 378

Open Monday - Friday  
9.00am - 5.00pm



### Treatments

Ear Candling 45 mins

Aromatherapy Massage 60 or 30 mins

Hot Stone Massage 90 or 60 mins

Indian Head Massage 45 mins

Far Infrared Sauna

**Facebook: Christine's Healing Retreat**

Open after hours by appointment only.

Eftpos & Gift Vouchers Available.

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

### DEADLINE FOR SUBMISSIONS — 8th February 2020

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)

F R E E N E W S L E T T E R 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](http://www.penshurstvictoria.com.au/Penshurst%20Newsletter.html)

### Newsletter Advertising Rates (Per Issue)

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



## LIONS CLUB OF PENSURST & DISTRICT

If you have any unused reading glasses or sunglasses Lions would really appreciate if you could donate them to our Lions Recycle for Sight program.

After being graded, the spectacles are sorted into boxes, each box containing 100 pair of a particular prescription.

Last financial year, Lions forwarded close to 500,000 pair of refurbished prescription spectacles to 20+ locations in the third world worth around \$90,000,000 of humanitarian aid from Australia, but more importantly enabling half a million ADDITIONAL persons in the third world who could not see properly to now see as well as Lions in Australia.

Since we started the programme in 1991 the Australian programme has given sight to over seven million people in the third world from those spectacles, that Lions across our nation collected from their local communities.

You can donate to a Lions member or drop them into the box at the Penshurst Newsagents.

### *Thank You*

We would sincerely like to thank all who donated to our recent Bush Fire Appeal, every dollar donated will go to the appeal to help those who have been affected by the fires. We would also like to thank Cottrill's Plumbing, Penshurst Bakery, Wannon Security and the Penshurst Newsagents for their donations and support. Without local support from both businesses and community we would not be able to help in these times, nor to support our own community of Penshurst.

## ***Penshurst Art Exhibition 20th - 22nd March 2020***

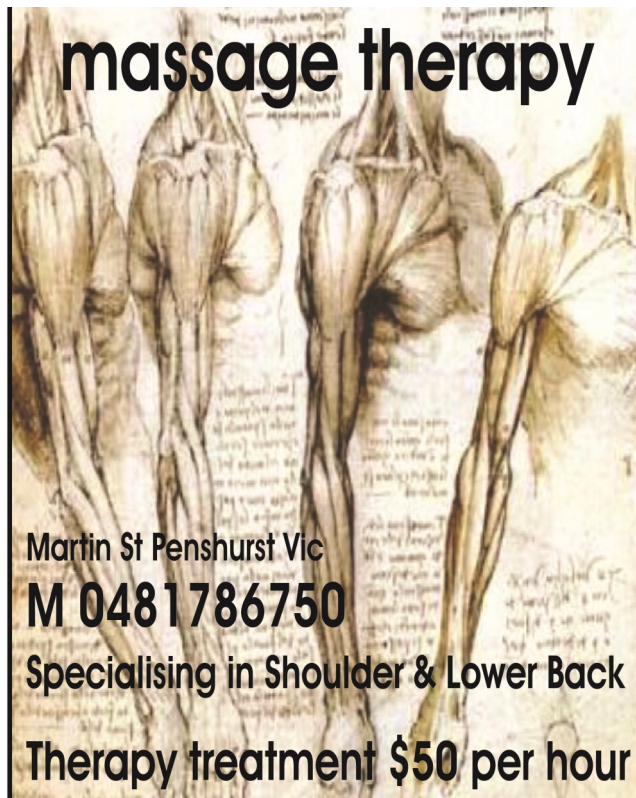
You don't have to be an artist to enjoy other people's work. The phrase 'in the eye of the beholder' can mean that one picture someone loves leaves another person very puzzled, particularly abstracts. Some people are drawn in by 'technique' and others by the colours. Last year we had willy wagtails that were incredibly lifelike and some sea-horses (white, long manes) that seemed to be leaping out of the canvas .. a canvas painted to appear like velvet, which, in itself brought out different emotions in people. We look forward to more of these incredible works at our 5th Art Exhibition in March.

Planning an art exhibition can be an easy job for a few people, while setting it up on the day before the Exhibition can be exhausting. If anyone would like to help with the set up, and packing up, we would love some volunteers. The Exhibition also has to be supervised during the week-end, and then there's Opening Night. Helpers are always appreciated, even for a short while. And not every job is physical, some just include sitting at the front desk welcoming people to the event.

PCAi is a not-for-profit organisation created to host artistic events in Penshurst. If you would like to help or have questions, we'd love to hear from you. Contact Tom Cooke 0488 557 345.



## massage therapy



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## Beware of Deadfall



After the recent winds there is some tree damage around town. The deadfall pictured was located in the Avenue of Honour on the corner of the highway and Chesswas Street. It demonstrates the fact that Gum trees are not our only concern when it comes to dead fall.

## Penshurst Bowls Club CORPORATE CUP 2020

**OPEN TO ALL - Enter your team now!**



**Competition Starts**

**Friday 31st January 6.00pm sharp**

**Teams to consist of 3 players  
BBQ Supplied & Refreshments available**

**TO ENTER PLEASE CONTACT**

**Alan Rentsch Ph: 55719378 Mob. 045775570**

**or**

**Entry Forms @ Penshurst Newsagency  
DEADLINE: Monday 27th January 2020**

## RAM SHEARING

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The people who designed the English language had an interesting sense of humor... I would love to meet the guy who made up the spelling for lisp.

**Author Unknown**

"I am not afraid of an army of lions led by a sheep; I am afraid of an army of sheep led by a lion. " **Alexander the Great**

## Caramut and District Garden Club

**Rose Suckers:** A sucker originates from the root stock. Most roses are budded onto root stock. They grow from a point where there has been an injury, such as when digging around and cutting a root. I had one that grew through a camellia bush and it looked quite pretty with its red flower. Suckers appear from below the bud union which looks like a brown knobby join from which branches originate.

The suckers have single white or red flowers in spring and are often long arching canes taller than the grafted rose.



The best way to remove suckers is to rip them off at the point where they originate. Cutting the sucker off will just cause it to bush up. Removal is best done when the soil is moist and you can scrape it back from the sucker. Wear thick gloves and use brute strength to rip the sucker away. If the suckers are several years old, you may need to replace the rose bush. I just keep using the secateurs to cut the suckers back and find they eventually give up growing.

### Next Meeting

The next meeting of the Garden Club is on Tuesday 11<sup>th</sup> February at 10 am.

We are visiting Sue and Ross's Self Sufficient garden at 632 Princess Hwy, Illowa. (Near Macutchins Potato Shed.) The special bloom for the month is a Rose.

### *Visitors are most welcome.*

Why does grass grow where you do not want it to and not grow where you do?



"God Almighty first planted a garden. And indeed, it is the purest of human pleasures. "

**Francis Bacon**

"A single rose can be my garden... a single friend, my world. "

**Leo Buscaglia**

"I never had any other desire so strong, and so like to covetousness, as that one which I have had always, that I might be master at last of a small house and a large Garden. "

**Abraham Cowley**



## Friends of Yatmerone

Annual General Meeting

Tuesday 11 February 2020  
7.30pm

Community Room

Volcano Discovery Centre

Martin Street, Penshurst



## Penshurst RSL Sub-Branch

Annual General Meeting

followed by a

General Meeting

Thursday 6 February

6.30pm at the RSL Rooms

Ritchie Street Penshurst

Mary Johnson Sec.

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

## **Penshurst Newsagency & Takeaway**

86 Bell Street Penshurst 5576 5330

**All Day Breakfast, Home-made cakes & slices**

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**Fresh battered Fish, Dim Sims, Hot Chips** and much more.



### **NEW MENU ITEMS**

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### **Ready to go**

Roast Lamb & Beef Gravy Rolls

Ask about our American Style Burger Menu

### **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 PAGE TO SHARE RECIPES

A fresh Summer recipe that is different

# Crispy Thai Chilli Fish

## INGREDIENTS

- |   |                            |
|---|----------------------------|
| 1 whole fish                            | 1 tbs fresh ginger grated  |
| 4 garlic cloves crushed                 | 1 tbs red Thai curry paste |
| 1/4 cup lemongrass stalk chopped fresh  | 2 tbs fresh lime juice     |
| 1 cup fresh coriander chopped           | 2 tbs sweet chilli sauce   |
| 2 red bird's eye chillis finely chopped | Boiled rice to serve       |
| 2 tbs sweet chilli sauce                |                            |

## METHOD

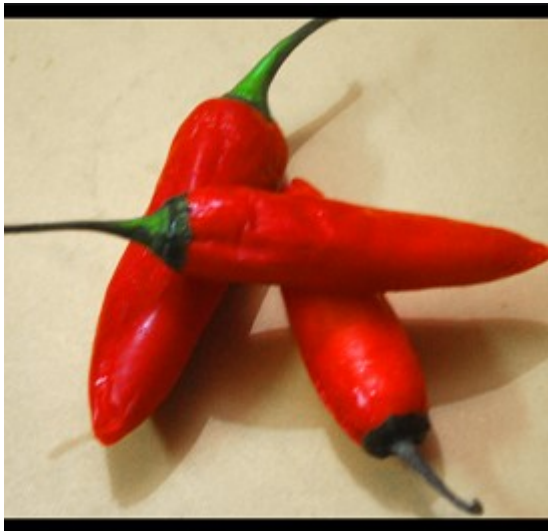
**Step 1** Make four deep slits diagonally across both sides of fish. Place fish in a shallow non-metallic ovenproof dish.

**Step 2** Combine remaining ingredients, except extra chilli sauce, in medium bowl. Pour over fish, refrigerate up to 3 hours.

**Step 3** Preheat oven to 180C.

**Step 4** Cover dish with a lid or foil, bake for about 35 minutes or until fish is cooked through.

**Step 5** Brush fish with extra chilli sauce, then grill for about 10 minutes or until skin is browned and crisp.



If you really want to make a friend, go to someone's house and eat with him - the people who give you their food give you their heart.

**Cesar Chavez**

"Cook ingredients that you are used to cooking by other techniques, such as fish, chicken, or hamburgers. In other words be comfortable with the ingredients you are using. "

**Bobby Flay**

## Riddles

1. I dig out tiny caves, and store gold and silver in them. I also build bridges of silver and make crowns of gold. They are the smallest you could imagine. Sooner or later everybody needs my help, yet many people are afraid to let me help them. Who am I?

2. I am a 5 letter word. Take away the first letter and I am a place's name. Take away the first two letters and I become the opposite of the 5 letter word. Who am I?

3. I drink red liquid, go drunk, gain weight, fly to the sky then die. Who am I?

4. Half of me will mend, the other half will imprison. When I am together, I will poison. Who am I?

5. Who can shave three times a day and still grow a beard

6. Who always enjoys poor health?



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## Things you can do at Penshurst Post Office

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**Penshurst LPO, 31 Martin Street, Penshurst. 3289 Phone: 03 5576 5220**



## Penshurst Progress Association

ABN 35 622 662 815

### Committee of Management:

Ama Cooke – President 0402 870 738

Mark Dalla Costa – Secretary

Tom Cooke - Vice President

Josh Hewitt - Treasurer

Mary Stewart

Nigel Pyne

Don Adamson

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

### Australia Day

Over sixty people of all ages gathered at the Penshurst Botanic Gardens for our Australia Day Ceremony. The flag rose high, the anthem was sung and Paul entertained us with “True Blue”. Marcus’ history lesson was very interesting and the smile on Don’s face was the icing on the cake. Everyone enjoyed the light-hearted Lions and their breakfast. Australia Day is a multi-group activity and we appreciate everyone who helps behind the scenes and on the day. Thank you.



### First Meeting of 2020

One of the difficult choices made during this first meeting was the cancellation of both community markets. Because of poor attendance, most particularly with the clash of dates for events in Hamilton and Coleraine in October half our vendors did not arrive, and nor did the visitors. It was decided that we will hold two markets each year. The first will be on Saturday 2nd May, which will also act as a fundraiser for the Cancer Council and the Leukemia Foundation, as we did last year. The second one is our Christmas Market which we will be taking to the Botanic Gardens. We have plenty of time for the planning.

Then there was the discussion on the topics of what the Progress Association wishes to do for the town this year. We have picked a number of

items. On the list is also a decision to push for the Camp Kitchen in the old Tennis Court building, and to update the town’s historical information plaques, as well as add more. The Council has offered us the 2041 Streetscape project and we’ll be working through that as soon as we can. We are hoping for a visit from them in February to kick it off. Speaking of which, the Council is hosting our first **Listening Post on April 1st, 7.00pm - 8.00pm.** I’ll advise on the location next newsletter.

In the meantime we had a meeting with one of the engineers from the SGSC about the improvements the Council is making in the Gardens, which includes plumbing in the Caravan Park amenities block, the replacement of that roof and the upgrade of the hot water system. There will also be changes to the BBQ building, including extending it to give cover during bad weather. Watch this spot for more information.

Ama Cooke

### Penshurst's Website

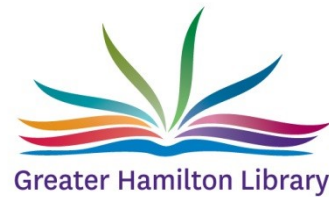
Have you visited the Penshurst website yet?

Not only is the site full of valuable information but there are links to many of the important organisations within our town.

Would you like to add a link to your website? Go to

[www.penshurstvictoria.com.au](http://www.penshurstvictoria.com.au)  
and let us know if you have any comments.

Editor



### Mobile Library

**Will be visiting Penshurst  
every Thursday fortnight**

**3.00 - 4.00pm**

**Outside the Hall in Martin St  
Dates for February are: 6<sup>th</sup>, 20<sup>th</sup>**

**Phone: 5573 0470**

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

**LIKE US ON FACEBOOK:  
GREATER HAMILTON LIBRARY**

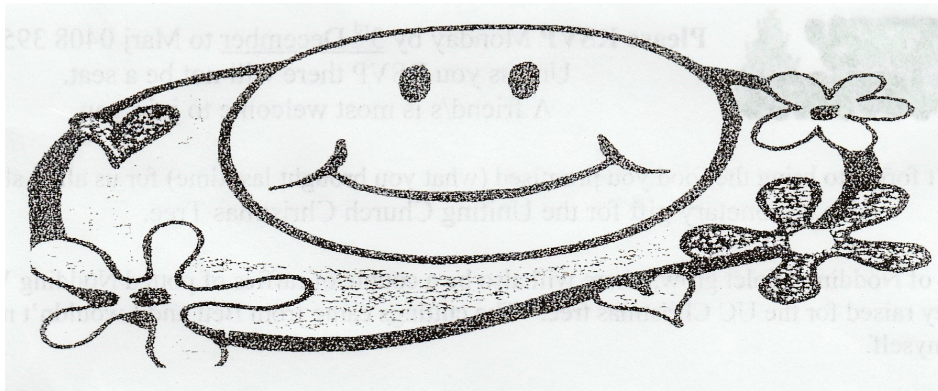
### *Sammy Scribe Says:*

*I was advised that, if you want to find inner peace,  
“finish all the things you have started.”*

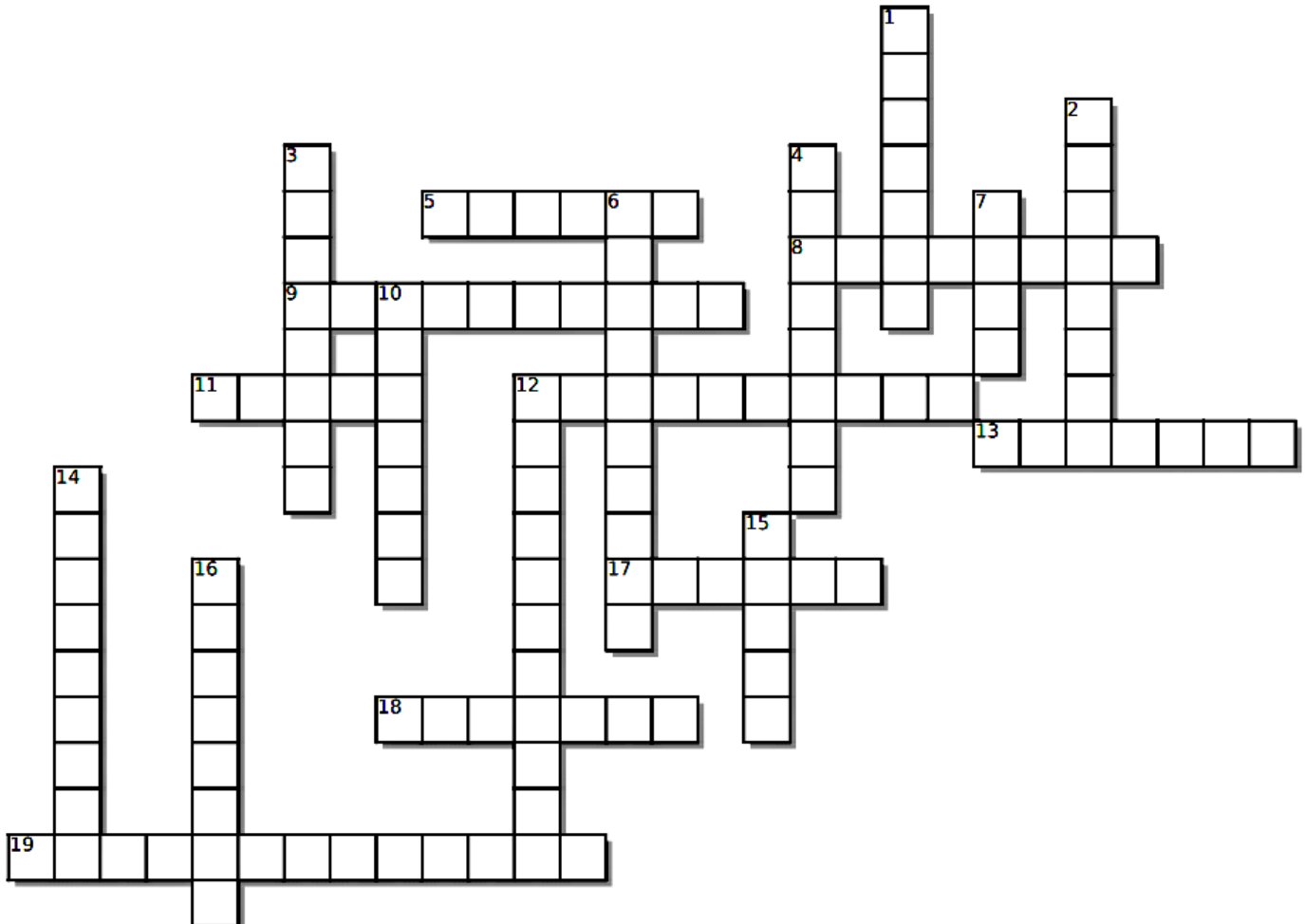
*So before leaving home, I looked around and finished last night's red wine.  
The Baileys was nearly empty so I finished that, the Khalua and Southern  
Comfort. To tidy things up I had the last Valium.*

*This all went well with the cheesecake and the box of chocolates.*

*You've no idea how much inner peace I have!*



Mt Rouse Puzzler - Just how puzzled can you get



ACROSS

- 5 easily understood or done; presenting no difficulty
- 8 lose or lack vitality; grow weak
- 9 a hollow object used to contain something
- 11 of boats and serious attitudes
- 12 a collection or set of similar items
- 13 an even distribution of weight enabling someone to remain upright and steady
- 17 a medium-sized wild cat that is native to South and Central America
- 18 something that is difficult or impossible to understand or explain
- 19 a notice or announcement in a public medium promoting a product

DOWN

- 1 the hardest naturally occurring substance
- 2 extremely happy; full of joy
- 3 a baker's dozen
- 4 marking the months
- 6 movement or the ability to move from one place to another
- 7 twelve good men or women
- 10 a plane or agreement
- 12 an event or contest in which people take part
- 14 pasteboard or stiff paper
- 15 elderly roof tiles
- 16 a person who enjoys reading



Friendly faces and helpful staff ...

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**Friday**

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**Opening Hours:**

**Saturday**

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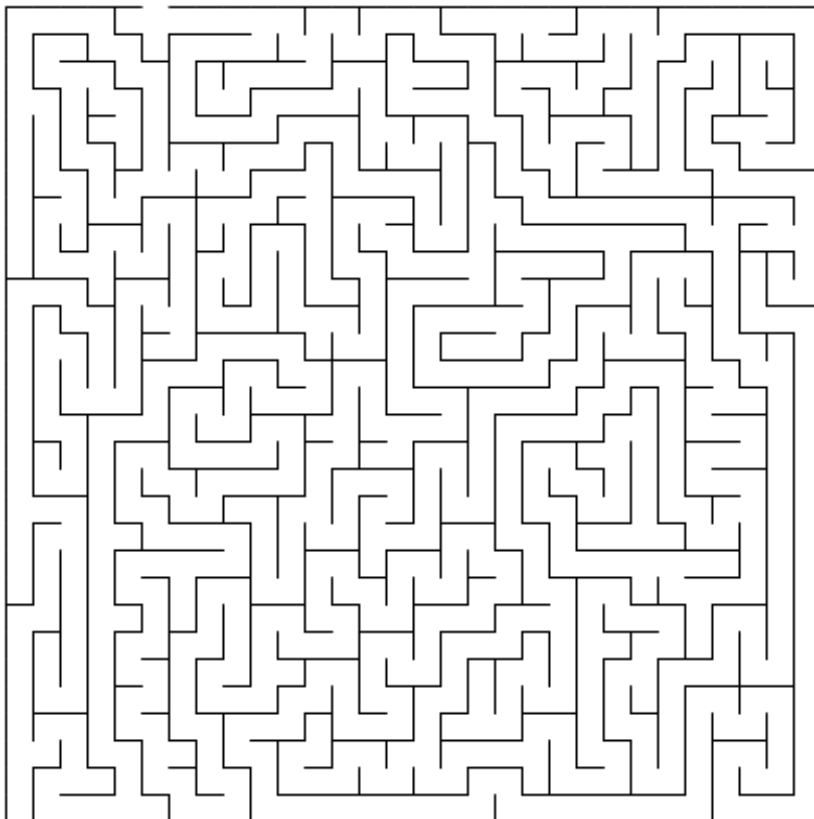
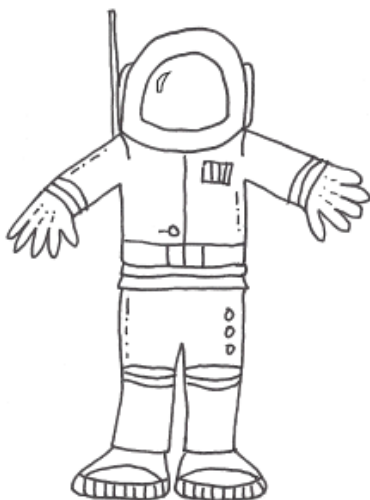
**Wednesday - Friday 7:30 am to 5:00 pm**

**Saturday 7:30 am to 4:00 pm**

**Sunday 8:00 am to 4:00 pm**

Diving, climbing, growing, flying in Space

Our solar system formed around 4.6 billion years ago. It is made up of the sun and the planets Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Pluto has now been designated a dwarf planet. The solar system is vast, it took the Voyager 2 twelve years to reach Neptune.



Can you find these words in the Word Search. They all relate to things in space.

Comet  
Cosmos  
Eclipse  
Equinox  
Gravity  
Planet  
Pluto  
Rings  
Saturn  
Solar

and then some  
from earth ..

water  
frog  
set  
bats  
doe  
toes  
rain

Can you find any other words?



## SOCIAL SUPPORT GROUP PROGRAM – February 2020

DATE	PROGRAM	LOCATION
6 <sup>th</sup> Feb	BONES BETTER BEST 10am – 11am – <i>Followed by morning tea</i> 11:30AM: Singing with Margie Eales 1.30PM: Round Robin (Geoff and Dot to assist)	Sheppard Centre for exercise and morning tea
13 <sup>th</sup> Feb	BONES BETTER BEST 10am – 11am – <i>Followed by morning tea</i> 11.30AM: Play a new card game 1.30PM- Making heart shaped bird feeders for Valentine's Day	Sheppard Centre for exercise and morning tea
20 <sup>th</sup> Feb	No exercises or social gathering at Sheppard Centre OUTING- PORT FAIRY FOR FISH AND CHIPS AND OP SHOPPING COST \$7.90 plus money for lunch	Meet at PDHS Carpark Leaving: 10am Arrive home: 3pm
27 <sup>th</sup> Feb	BONES BETTER BEST 10am – 11am – <i>Followed by morning tea</i> 11:30AM- Café in Penshurst for lunch followed by a trip to Hamilton for Ruma Has It	Sheppard Centre for exercise and morning tea



All bookings to be in by Tuesday of each week.

Phone Social Support Group 5551 8381 or 0417017728

## 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

"Faith is an oasis in the heart which will never be reached by the caravan of thinking. "

**Kahlil Gibran**

MONTHLY MEETING DATES

- Book Club, 2nd Tuesday each month at Senior Citizen club rooms. 2.00pm
- 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 playgroup 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 Hall, Ritchie Street.





## Mandy's Hair Design

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Thursday  
and now

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## PLACES OF INTEREST IN PENS HurST

### Volcanoes Discovery Centre

[www.volcanoesdiscoverycentre.com.au](http://www.volcanoesdiscoverycentre.com.au)

### Yatmerone Wildlife Reserve

Ritchie Street, Penshurst

### Botanic Gardens

Chesswas Street, Penshurst

### Penshurst Caravan Park

Cox Street, Penshurst

For Bookings phone (03) 5576 5220

### 24 Hr Fuel

91A Bell Street Penshurst

### Mount Rouse Lookout

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"My hair was slicked down with a part.  
But that was before I discovered the  
blow dryer. Now I'm fabulous. "

**Barry Manilow**



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**PENSHURST MENS SHED**

**103 Cobb Street Penshurst**

*Open 10.00am - 4.00pm Wednesday & Saturday*

*Tuesday Social 1.00pm - 4.00pm*

*Wishing everyone a Happy New Year*

**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 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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