

# MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

## ADVOCATING SPIRAL FARMING TECHNIQUES

**An article by Robert Rowley**

The advantages of spiral farming to Australia could be the difference between having a Country with a viable food source or having to source food in. We are already doing that, but at what cost, as study shows climate has dropped farm profits by 22% since 2000 (<http://theconversation.com/new-study>). Drought and river flows are the biggest factor agriculture faces today!

After long periods of drought there are dust-storms followed by hot dry gale force winds of 60 to 90 kilometres an hour. These are the hot winds that drive the current 2019 bushfires in NSW and QLD we are seeing. Looking back historically this has always been the case after drought! In the Sunday papers Dr Allan Orr, counter-terrorism specialist outlined a blue print for how a potential enemy could cause huge life loss and property damage using Australia's natural enemy, FIRE!

Cleared cropping land in QLD and NSW sells at \$2700 per hectare plus; yet grazing land beside it that is treed is bringing \$750 per hectare, driving the current deforestation. Like what is happening in the Amazon with land clearing, their land is drying out as they are losing their rivers in the sky that rely on plants recycling the moisture to rain. What is Australia's greatest energy source compared with Europe? It the Sun, for solar production of Electricity and also for plants, for we have an abundance of light hours!



**Spiral Farming Schematic**

As far as the carbon debate goes, farmers make money out of carbon called plants: also, we make money out of methane as plants use methane to build cell walls. In hothouses we add extra carbon to the atmosphere to enhance plant growth. Plants harvest both carbon and methane from the atmosphere and store it in the ground as humus (broken down plant matter.) This humus in the soil then stores the rain for long periods which allows the plants to recycle the rain to the atmosphere. Refuelling the rivers in the sky by plants releasing it through their leaves to regulate their temperature, on a similar principle that our sweat pores do. Once the temperature reaches 40 degrees both grass and crops ...

**Continued Page 5**

### 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? Email president@penshurstprogress.org.au

Visit our site

**www.penshurstvictoria.com.au**  
and let us know if you have any comments.

**Editor**

### 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

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**Facebook: Christines 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 — 22nd 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

**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**

## **Caramut and District Garden Club**

As you drive or walk around your district, take note of the plants that are thriving despite the very hot weather and little or no rain. Don't plant them yet, but do so when appropriate in the Autumn or Spring.

Re-mulch garden beds that need topping up as we shall have more hot weather before winter.

Dead-head summer flowering plants, such as daisies, lavender or roses. This will prolong the flowering season. Don't do this on a hot day or expected prolonged heat as it may cause foliage burn.

Prune Geraniums and Pelargoniums to one third over the next couple of months as this gives them enough time to re-shoot before the cold weather arrives. The prunings can be used for new plants. Evergreen shrubs and perennials can also be propagated. Cuttings from abelia, buddleia, camellia, daphne, hebe, lavender, rosemary can all be taken and propagated now.

**Camelia**



**Geraniums**



## **Native Vegetation and Biodiversity**

Our region is predominantly pastoral land, a mix of indigenous native grasslands and introduced pastures. In the State of Victoria there are regulations governing the removal of native vegetation, and a permit is usually required from Council before any native vegetation (including standing dead trees) can be removed.

Here are some handy hints and tips for enhancing native vegetation:

- Volunteer for your local Landcare group to help protect and look after your area
- Plant native species in your garden and on your land
- Remove and discard weed species into your green waste bin or set up a composting system



- Don't dump garden waste in bushland or pastoral land
- Don't remove rocks from natural areas (these provide habitat for fauna and flora)

**ANIMAL FACTS**

1. Dragonflies and damsel flies form a heart with their tails when they mate.
2. Baby elephants suck their trunks for comfort.
3. Tigers have striped skin as well and every pattern is as unique as a fingerprint.
4. A grizzly bear's bite is strong enough to crush a bowling ball.
5. Sea otters hold hands while sleeping so they don't drift apart.
6. Flamingos are naturally white; their diet of brine shrimp and algae turns them pink.
7. Fruit bats do not use echolocation as they have excellent senses of sight and smell.

"Give a man health and a course to steer; and he'll never stop to trouble  
about whether he's happy or not. "

**George Bernard Shaw**

"An atheist is a man who has no invisible means of support. " - **John Buchan**

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



**Spiral Farming** (Continued from page 1)

... need to be shaded twice a day, Department of Agriculture at Chinchilla QLD recommended 22 trees to the hectare grid pattern to provide shade for grasses and crops.

The old principle of spiral farming gives the ability not only to slow down both the hot and cold winds, but soil loss in dust storms as wind likes to travel in straight lines.



Shading the grass/crops twice a day also provides shade and warmth for stock plus habitat for nature. Spirals make tractor work easier as they eliminate many corners and the small areas where the corners are cut off, become native wood lots for harvesting. Providing a great superannuation plan; as young family members take over the farm from their parents. These wood lots also act as wildlife sanctuaries providing insect and mice control in crops using Nature's predators. Bolac Downs located outside Mortlake was set up using red gums in 1963 and is a fine working model of Spiral farming.

Ethical Spiral farming also follows Permaculture Principles where the three core ethics at its foundation are: Care of the earth - Care of people - a fair share of resources.

Spiral farming is also designed for sustainable agricultural environments. Through the observation of natural function, it seeks to integrate and arrange various elements within a farm enterprise (e.g. plants, animals, buildings and infrastructures) in such a way that they support and benefit each other while performing multiple functions (e.g. harvesting water, providing shelter, feeding farm stock).

Spiral farming respects the land and seeks to ensure future sustainability through organic farming techniques, compatible and supportive planting and composting for healthy soil. Coupled with standard practices such as fallowing, it aims to ensure maximum productivity for the future while ensuring no degradation of the farm asset.

I am developing a 'pooling' plough to enable the spirals and can be contacted for more information.

Robert Rowley ( [weap1@hotmail.com](mailto:weap1@hotmail.com) )  
The Plan Farm Earth

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 **Bendigo Bank**

Dunkeld & District  
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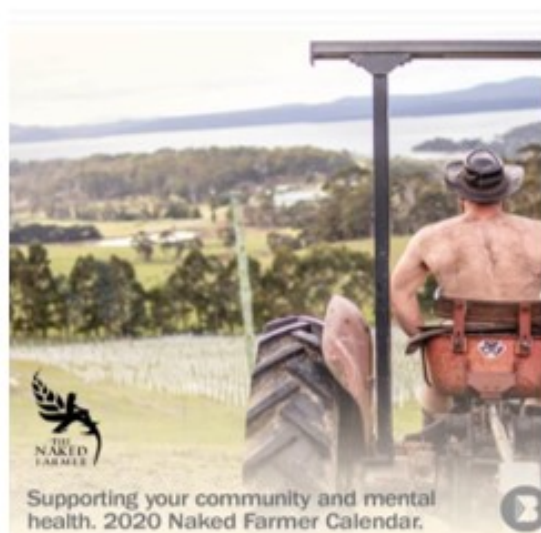
 **Bendigo Bank**


It's hard to believe, that on February 8, we at Dunkeld & District Community Bank Branch, celebrated our 9<sup>th</sup> birthday. We have enjoyed a fantastic 9 years and thanks to you, have been able to invest over \$230,000 back into the Community.

We appreciate your support and look forward to serving you in the forthcoming years.

### Naked Farmer Calendars

The 2020 Naked Farmer Calendars are available in branch, with all proceeds going to the Royal Flying Doctor Service – Rural Mental Health. Only \$19.95.



### First Home Loan Deposit Scheme

Attention first home buyers!

Are you eligible for the First Home Loan Deposit Scheme?

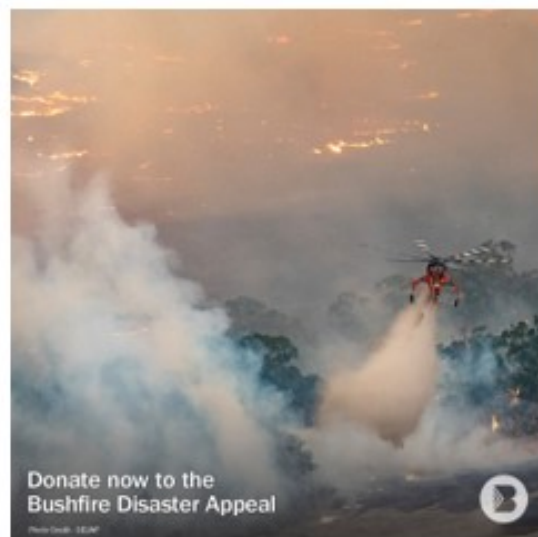
Get in touch to find out if you qualify to buy your first home with a 5% minimum deposit.



### Bushfire Appeal

In partnership with the Salvation Army, we are raising funds Australia-wide for all communities impacted by bushfires.

Show your support by donating at any Bendigo Bank branch or online at [bendigo.bank.com.au/bushfiredisasterappeal](https://bendigo.bank.com.au/bushfiredisasterappeal).



“It's better to be a lion for a day, than a sheep all your life. “

**Sister Elizabeth Kenny**



## A PAGE TO SHARE RECIPES

A fresh Summer recipe for convenience especially for a farmer's lunch

# Ham Cheese & Mushroom Calzone

## INGREDIENTS—4 Servings

8g sachet instant dried yeast  
1/4 teaspoon salt  
1 teaspoon caster sugar  
3/4 cup warm water  
2 cups plain flour

2 1/2 tablespoons olive oil  
250g pancetta or thinly-sliced ham  
200g button, cup or Swiss brown mushrooms, sliced  
100g cheddar cheese, grated  
1 small bunch rocket, shredded

## METHOD

**Step 1** Combine yeast, salt, sugar and warm water in a jug. Stir with a fork. Cover with plastic wrap. Set aside in a warm place for 5 minutes or until bubbles form on surface. Sift flour into a large bowl. Add yeast mixture and 2 tablespoons oil. Mix to form a soft dough.

**Step 2** Turn dough onto a lightly floured surface. Knead for 8 minutes or until smooth and elastic. Place in a lightly greased bowl. Cover with plastic wrap. Set aside in a warm place for 15 to 20 minutes (on a hot day) or until doubled in size. Preheat oven to 220°C. Brush a large baking tray with remaining oil.



**Step 3** Punch dough with your fist. Knead gently on a lightly floured surface. Cut dough into four pieces. Knead each piece into a ball. Roll each ball into a 24cm (diameter) round.

**Step 4** Arrange a quarter of the pancetta, mushroom, cheese and rocket over half of each round, leaving a 2cm border around the edge. Brush edge with water. Fold dough over to enclose filling. Press edges together to seal.

**Step 5** Place calzones on prepared tray. Brush tops with egg. Sprinkle with sea salt and pepper. Bake for 10 to 15 minutes or until golden and crisp. Serve.



## Riddles

1. What is made of water but if you put it into water it will die?

2. I'm tall when I'm young and I'm short when I'm old. What am I?

3. What gets wetter and wetter the more it dries?

4. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?

5. Tear one off and scratch my head what was red is black instead.

6. The captain of a ship was telling this interesting story: "We travelled the sea far and wide. At one time, two of my sailors were standing on opposite sides of the ship. One was looking west and the other one east. And at the same time, they could see each other clearly." How can that be possible?



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



## Penshurst Progress Association

ABN 35 622 662 815

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

### At our next meeting

Good evening, its lovely to have a still day (Monday night) after all that blustery wind. We've lost a few branches from the trees out the front, thankfully not doing any damage when they fell. I hope everyone else was so lucky.

At our invitation, Mayor Chris Sharples will be visiting our **next community meeting** to watch the committee in action. Given there's generally a lot of discussion, with many and varied opinions, I hope he has as much fun as we do.

**You are all invited.**

In the meantime, we have to create, or recreate, a comprehensive action plan to share with Andrew Goodsell, SGSC, as he prepares his information for the 2041 project in Penshurst. We'll be seeing him in March or April. We'll be going over ideas, and histories (how did we make things happen) during the coming meeting, so if you have things you would like to share or add .. Come to the meeting .. Or email them to me and I'll add them to my list.

president@penshurstprogress.org.au

### Changing topic completely

What else is happening .. This is the time of year when Tom and I are focused on the coming Penshurst Art Exhibition. While it is not a Progress Association project, it is a town one, and we are grateful to anyone who offers support during the leadup, on Opening Night, and during the weekend. It's good to have greeters in the Hall when all our

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

visitors are around, among many other small roles, and setting up and Opening Night is always busy. You don't have to know anything about art. I don't know much but enjoy the conversations with both artists and those who appreciate all the hard work they put into their creations. If you would like to help call me.

We did have one comment asking why a not-for-profit association, which is what Penshurst Creative Arts Inc is, charges an entry fee for each work of art. The fee this year is \$5.00 for adults and \$2.00 for children. The top prize is \$500 for Best in Show and \$250 for all the other categories in painting, and we just opened a photography section. All funds collected, including the gold coin entry over the weekend, go towards the costs of the event and artists prizes. This year, thanks to the continuing support of the Dunkeld Bendigo Bank and our newest sponsor, Coates Painters, Hamilton, we have covered three of the prizes, but other funding must be found, so the Penshurst Men's Shed has helped with sausage sizzles in Hamilton, but it would be lovely to be like the Rotary and Coleraine Art Shows and have some of the other prizes sponsored, individually, or by donations by Penshurst people. All our sponsors are advertised on our Facebook site and other sources, as well as having their logos in the Hall during the event. If we can interest you, please contact us. We would appreciate your generosity. The Art Exhibition brings visitors to the town who might not ordinarily come.

Ama Cooke 0402 870 738

## Did You Know

Some interesting facts in no particular order:

- Octopi have copper based blood rather than iron based like most animals. This is why their blood is blue rather than red.
- About half of your body mass consists of bacteria.
- There is a stress hormone called Cortisol that is concentrated in tears. You literally cry out your stress.
- Humans are born with two fears, falling and loud noises. Every other fear is learned.
- Hugs that last longer than 20 seconds release Oxytocin in you body and this makes you trust someone more.
- The world's quietest room has been rated at -9 decibels which is quiet enough for you to hear your blood flowing.
- If the human eye was a digital camera it would have 576 megapixels.
- A tiger's tongue is so rough it can lick the paint off buildings and strip the skin from the bones of animals.
- An elephant is capable of smelling water from 3 miles away.
- Human thighbones are stronger than concrete.
- Without your pinky finger your hand would lose 50% of its strength.

**Answers to Riddles:** 1. an ice cube, 2. a candle, 3. a towel, 4. meat, 5. a match, 6. the sailors were standing with their back against opposite sides of the ship so they were looking at each other.



Greater Hamilton Library

## 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.sthgramplains.vic.gov.au/library](http://www.sthgramplains.vic.gov.au/library)**

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*Sammy Scribe Says:*

## ALL I REALLY NEED TO KNOW I LEARNED FROM THE NOAH'S ARK STORY

1. Don't miss the boat.
2. Build your future on high ground.
3. For safety sake's sake, travel in pairs.
4. Two heads are better than one.
5. When you're stressed, float awhile.
6. Plan ahead. It wasn't raining when Noah built the ark.
7. Stay fit. When you're 600 years old, someone may ask you to do something REALLY big.
8. Don't listen to critics, just get on with what has to be done.
9. Don't forget that we're all in the same boat.
10. Speed isn't always an advantage; the snails were on board with the cheetahs and the turtles.
11. Remember that the ark was built by amateurs; the Titanic was built by professionals.
12. Remember that woodpeckers inside are a greater threat than the storm outside.
13. No matter the storm, when you're one with God - there's a rainbow waiting.



### SOCIAL SUPPORT GROUP



Every Thursday except 3<sup>rd</sup> Thursday of each month in  
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*

Community outing 20<sup>th</sup> February to

PORT FAIRY FOR FISH AND CHIPS AND OP SHOPPING

Meet at PDHS Carpark: Leaving: 10am Arrive home: 3pm

Bookings essential, by Tuesday of each week

Phone Social Support Group 55518381 / 0417017728



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**Friday**

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Cam & Amanda Wilson

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

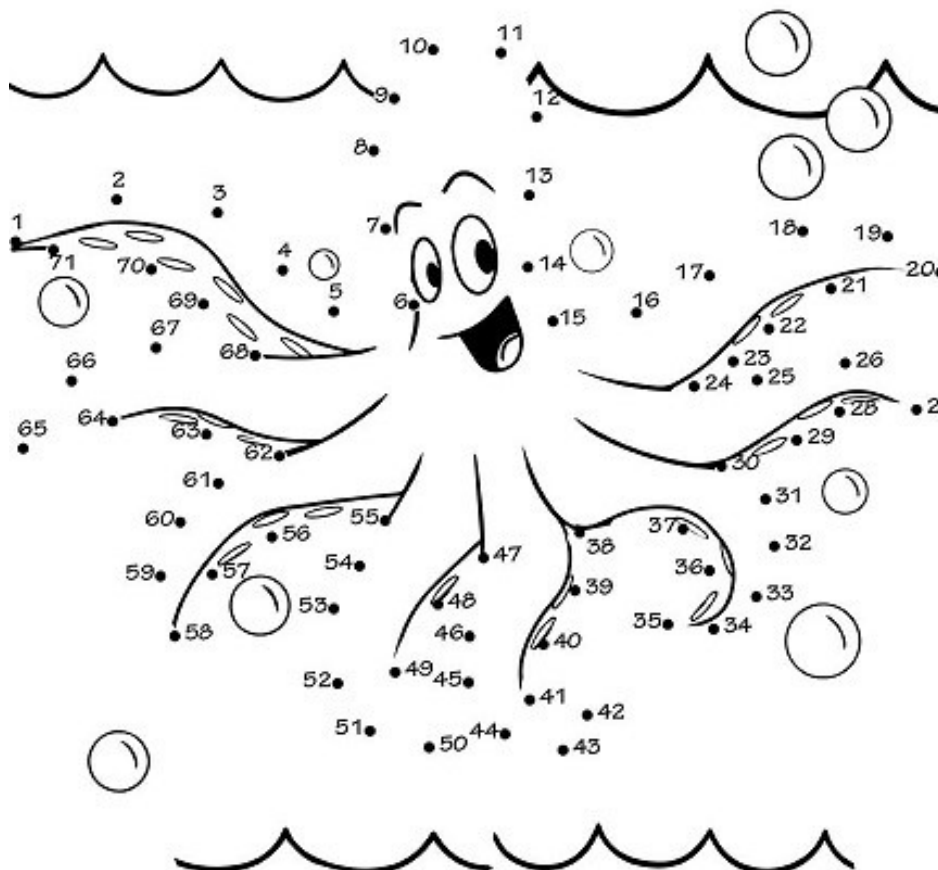
**Sunday 8:00 am to 4:00 pm**

Diving, climbing, growing, flying in the Ocean

Colour by number.

What colour is this pretty sea equine?

1. Pink
2. Blue
3. Purple
4. Brown
5. Yellow
6. Orange
7. Red

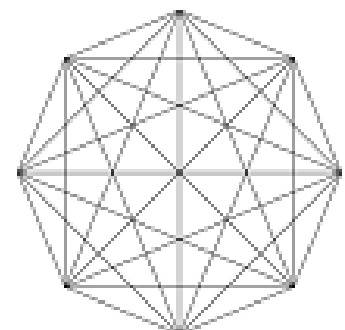


And this creature's name is Bubbles ..  
Can you see why?

How many legs does an octopus have?

How many sides does an octagon have?

What do they have in common?





## **Mandy's Hair Design**

### **Opening days**

**Tuesday &  
Thursday  
and now**

**From October until March -  
Opening every second Saturday  
by Appointment 10am - 2pm**

For appointments please ring

**Mobile: 0417 511 177**



## **PLACES OF INTEREST IN PENSHURST**

### **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**

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For Bookings phone (03) 5576 5220

### **24 Hr Fuel**

91A Bell Street Penshurst

### **Mount Rouse Lookout**

Waller Road, Penshurst

## **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.





**CHRISTOPHER COOK  
CONSTRUCTIONS**

**Ph: 0417 100 243**

**Fax: 5576 5267**

**112 Bell Street Penshurst Vic 3289**

**HIA Reg CB-U 6214 DB-U 5109**

**PENSHURST MENS SHED**

**103 Cobb Street Penshurst**

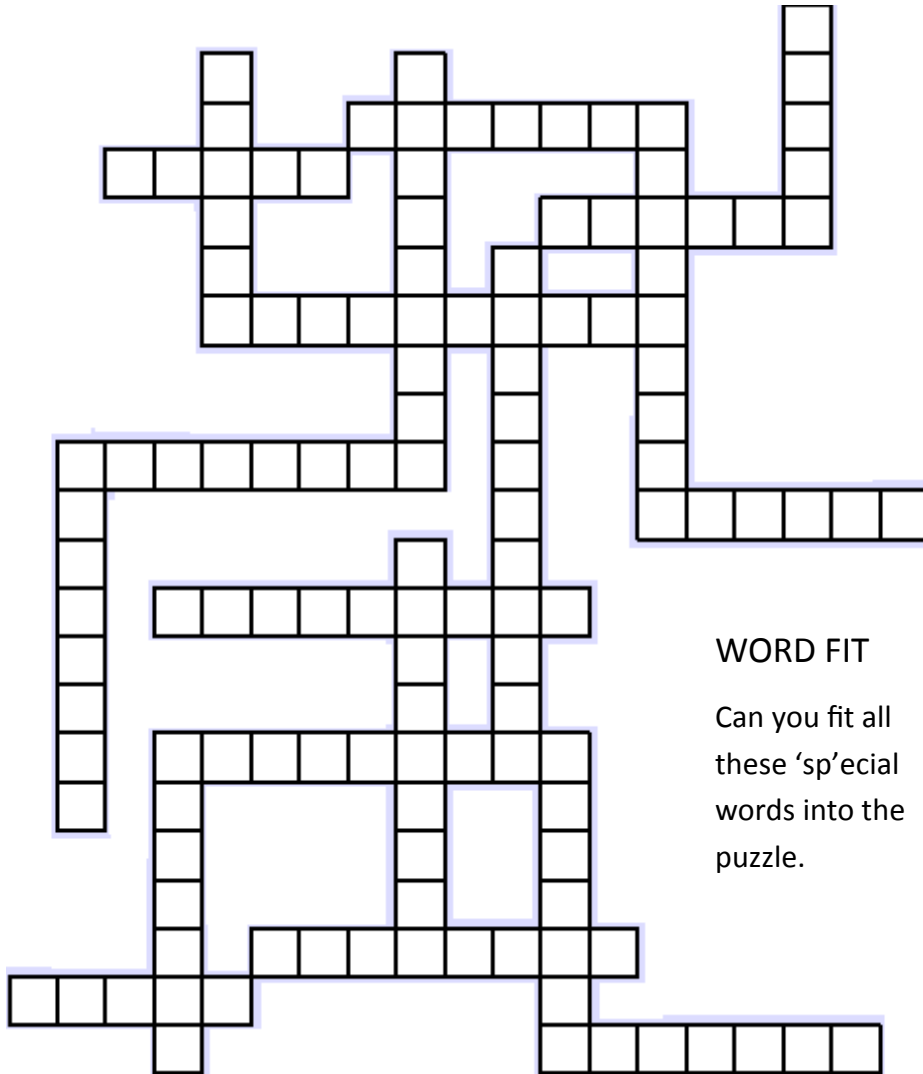
**Open 10.00am - 4.00pm Wednesday & Saturday**

**Tuesday Social 1.00pm - 4.00pm**

**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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Mt Rouse Puzzler - Just how puzzled can you get



### WORD FIT

Can you fit all these 'sp'ecial words into the puzzle.

5 LETTERS

Spies

Spilt

Spoon

6 LETTERS

Speech

Splint

Spokes

7 LETTERS

Special

Species

Spiders

Spoiled

8 LETTERS

Spangles

Spiffing

Splendid

9 LETTERS

Sparklers

Sparkplug

Spectacle

Splinters

Spotches

10 LETTERS

Spoilsport

11 LETTERS

Spectacular

And for a little bit more of a challenge

### A Zig Zag Find a Word

Yes they are all there, only not in straight lines

r	a	v	e	o	k	g	t	i	c	y	e	u
t	l	e	x	p	r	l	s	q	e	o	x	p
a	e	r	o	l	e	o	s	e	n	j	c	l
t	e	t	p	s	t	c	h	g	e	r	y	a
r	m	e	e	u	e	x	a	n	a	a	u	i
a	b	e	s	l	p	o	i	e	f	f	r	n
p	n	r	d	b	s	c	h	c	l	e	b	e
d	o	n	t	m	i	s	c	y	o	m	o	e
u	o	r	a	t	l	a	n	a	p	i	k	s
e	c	n	e	i	i	m	e	f	e	d	i	a
m	n	n	y	r	e	o	o	n	r	i	n	m
o	u	m	r	e	p	x	s	d	r	s	c	a
e	s	a	s	t	h	e	e	p	a	e	i	g

Eskimo

Atlas

Encyclopedia

Solstice

Bluster

Trapdoor

Moonrise

Magic

Mischief

September

February

Explore

Explain

Enjoy

Mouse

Travel

Exchange

Experience

Mastery

Drapes