

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

Working for Victoria initiative - Job opportunities on offer in Greater Hamilton

Maintenance around Penshurst

57 new positions are on offer to local workers after funding was received through the State Government's \$500 million Working for Victoria initiative. The positions are fixed term for six months across a variety of Council functions including cleaning and sanitation, home and community care, town maintenance, waste management, community outreach support, and environmental management.

Southern Grampians is one of 28 Councils across the State who have reached agreement with the State Government to engage those who are unemployed as a result of the coronavirus pandemic. Interested residents are encouraged to apply for the positions by visiting the Working for Victoria website and registering on the Sidekicker platform (a subsidiary of SEEK). To be eligible to apply you must be legally able to work in Victoria, and are either unemployed or have recently experienced a significant reduction in income.

For more information, please contact Darren Barber, Manager Organisational Development on 55730444 or email dbarber@sthgrampians.vic.gov.au

Register now on Sidekicker, the State Gov's recruitment partner:

<https://bit.ly/workforvictoria-sidekicker>

What it means for Penshurst. PPA was contacted by the Mayor, Chris Sharples, to provide a list of jobs that need to be done for these new employees. The list we will be providing includes -

- * **cleaning & upgrading all walking tracks and footpaths e.g. Kolor Lodge to Martin Street, Post Office to Penshurst Bakery, the track to the Recreation Reserve, and the walking track up to Mt Rouse.**
- * **Replace the Barbeque building in the Botanic Gardens, which is a No 1 priority in our Master Plan**
- * **Provide disabled access to the Caravan Park Amenities block that was recently upgraded**
- * **Mulching of the gardens in the Botanic Gardens and any other projects needed within the Gardens**
- * **Help the Men's Shed create the first stage of the Penshurst Community Gardens**

What else needs to be done? Contact Ama Cooke 0402 870 738 or president@penshurstprogress.org.au by Monday 8 June.

Dunkeld & District Community Bank Branch

**Insurance – That's Unexpected**

That's Unexpected... So is a bank you can trust for your insurance. Bendigo Bank offers car insurance and will look after you... You didn't expect that! Talk to us today.

**Carly returns**

Carly is back with us after the completion of her maternity leave. She will work in the branch on Thursdays and Fridays and is very happy to be back in the workforce after what seemed like a very quick 12 month leave. Welcome back Carly!

**Covid-19 (Coronavirus) update**

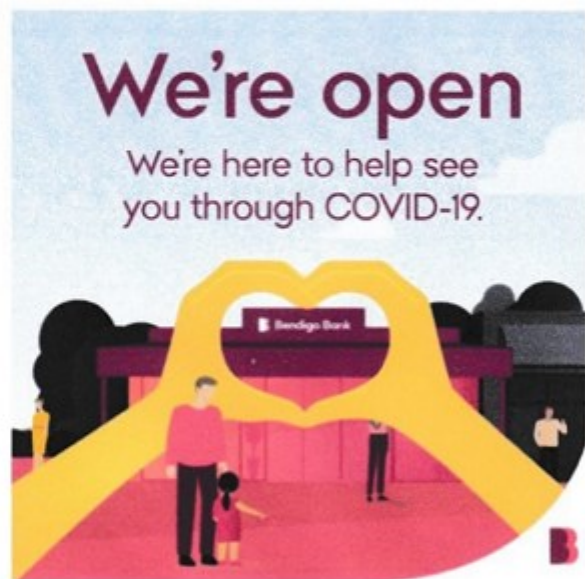
Bendigo Bank takes the health of our customers, employees, visitors and community seriously.

In the interest of public health, we ask that you please not enter our branch if:

- You have returned from overseas within the last 14 days
- You have knowingly been in contact with someone who has been diagnosed with Coronavirus (Covid-19) or has returned from overseas within the last 14 days
- You are displaying flu-like symptoms

Our hours of operation will continue as normal - Monday to Friday 10am to 4pm.

The health, safety and wellbeing of our customers, staff and community is very important and we thank you for your co-operation.



Upgrade in service for Penshurst

"Printed with permission of the Hamilton Spectator"

With the coronavirus pandemic putting a halt on most long car trips, Penshurst's Page Fuel has taken the chance to upgrade.

Owner, Anthony Page said with sales down and the community required to stay at home, it has been a perfect time to improve the petrol station for the Penshurst Community.

"I've been in business in Penshurst my whole life and I just wanted to give back to the community," he said. "Sales have been terrible lately ... we could have just sat back and done nothing (during the pandemic) but I decided to do the work to freshen it up".

The last few weeks have been spent installing a new fuel tank, which Mr Page said would ensure "penshurst has fuel for a long time to come". He said the new 70,000 litre tank, which has three separate sections to hold diesel, unleaded and premium unleaded fuel, would "significantly" increase the service station's ability to service the town.

"With the old tank we were able to keep about a week's worth of fuel on hand at one time, with this new tank we can hold about a month's worth", he said. "It means that if there's ever a fuel strike and we're unable to get deliveries in to top up we'll be able to last a lot longer than we did before, which is important for Penshurst. A lot of smaller regional towns don't have their own fuel anymore, so to be able to make sure we'll be able to serve Penshurst well into the future is important to me". Mr Page said he also planned to use the downtime to make other changes to the layout of the station.

"We've had travellers come through and stop at the businesses to ask where they could get fuel, without realising we're right across the road", he said. "I think with just the pumps out the front, they get lost and people who don't know its there, don't always see it. We'll do some rearranging and move them to the side with a canopy, and hopefully people passing through from Melbourne will be more likely to stop". He said there was no plans to cut back from 24 hour service, which "suits the community well". "We do get a lot of people using the pump outside of regular hours," he said. "It starts about 6.30 in the morning and then people are still stopping by until eight or nine at night."

Mr Page said he expected the works would be completed within a month's time, ahead of the expected lifting of coronavirus restrictions impacting regional travel. "We're still open at the moment, but we should be all finished up and ready to go in about a month's time," he said.



Photo: Thomas Cooke

Learn more about minerals exploration in your area

Online information sessions

Lunchtime
Wednesday 10 June
12.30pm-2pm

Afternoon
Wednesday 10 June
3.30pm-5pm

Evening
Thursday 11 June
7pm-9pm

A Minerals Exploration Licence has been granted to Westrock Minerals Pty Ltd under the Stavely Ground Release.

The licence allows minerals exploration in a 964-square kilometre block, approximately 35 kilometres east of Hamilton and north of Warmambool near Glenthompson, Caramut, Chatsworth and Hexham.

This area of Western Victoria has been identified by the Geological Survey of Victoria as having the potential for gold, copper and other base metals.

Over the course of its exploration program, Westrock Minerals will contact a small number of rural landholders in the area seeking consent to access privately owned land.

The Department of Jobs, Precincts and Regions (DJPR) will host three online information sessions to help landholders learn more about their rights during minerals exploration, environmental safeguards, and the obligations of exploration companies.

The 90-minute sessions will include presentations by the Department of Jobs, Precincts and Regions and Westrock Minerals. Information about a new land access consent tool will also be presented.

Online attendees will have an opportunity to ask questions.

You can register at
earthresources.vic.gov.au

For further information, call Minerals Development Victoria's Senior Engagement Officer Donna Mongan on 0436 662 399.

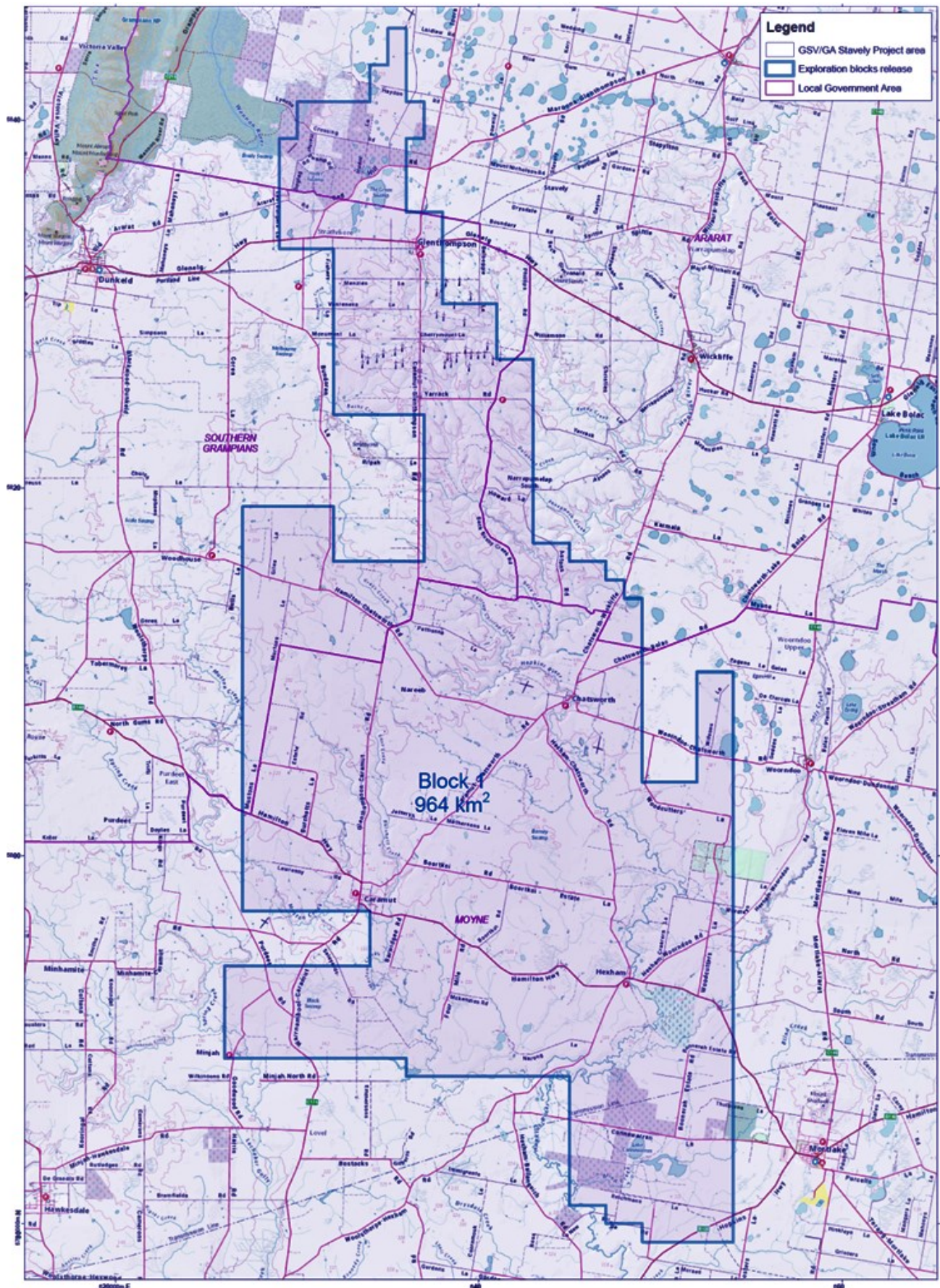


Jobs,
Precincts
and Regions

resources and published by the Victorian Government, 1 Treasury Place, Melbourne



On the next page is a map showing the designated area.





Penshurst Store



Amanda & Cam Wilson

0439 941 942

New Hours:

Monday to Friday 7.30am to 5.00pm

Saturday 8.00am to 2.00pm

Sunday CLOSED

Family Pies now available to order
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COVID-19 Restrictions

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Café/Bakery 110 Bell Street, Penshurst penshurststore@gmail.com

Volcanoes

Discovery Centre

NEWS

The Volcanoes Discovery Centre (VDC) will remain closed in June due to the COVID-19 outbreak.

The VDC management committee will make a decision on when it will re-open at the end of June. The VDC has been closed since March 16 because of the virus.

The Victorian Government restrictions on gatherings are gradually easing, with a gathering of 20 people allowed from June 1. This is expected to increase to 50 people from June 22.

CHRISTOPHER COOK CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267



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

**112 Bell Street
Penshurst Vic 3289**

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 24th June, 7.30pm in the Supper Room, Penshurst Hall.

Good evening everyone,

As members of the Association know, we have received some photos/drawings to review of the Council's proposed signs both outside and inside the Botanic Gardens. I flinched. The outside ones are not like those we agreed to when the Master Plan first came out. The Council has asked that we comment on the

three suggestions for the signs for the main and caravan park entrances. I include the original image of a plaque for comparison.

There is a lot more information in the PDF they have sent us. I have sent the documents out to the membership, and am happy to email them to anyone who is interested, just contact me, phone 0402 870 738 or email ... 'president@penshurstprogress.org.au'.



To the left: What we agreed upon when we had to accept the Council's Master Plan for the Gardens.



The new suggestions -



What do you think the signs on the entrance to our Gardens should look like?

I would ask that people RSVP for the meeting on 24th June so that we keep within the lockdown limits.

Wishing you all safe & well .. Ama Cooke

Answers by Monday 8th June please.

MEDIA RELEASE

Emma KEALY
MEMBER FOR LOWAN

21 May 2020

LETTER TO THE EDITOR

Thank you to our volunteers

National Volunteer Week gives us all the opportunity to celebrate and thank those who generously give their time to help others – and this year that help is more important than ever.

The coronavirus pandemic has impacted our communities in a number of difficult ways. But it has also further galvanised our community spirit and inspired creative ways of helping those in need.

Over the past few months we have seen many amazing volunteers going above and beyond to support our communities, showing their generosity of spirit and compassion.

This desire to help has been demonstrated in many ways, from people assisting elderly and vulnerable community members with shopping and delivery of essential items, to people calling and checking in on others to ensure they are not socially isolated, and families and other groups starting letter-writing initiatives for people in hospital or aged care, to help them stay connected with the wider community.

These initiatives have added to the already amazing array of volunteer work that happens in our communities every day, year after year.

Volunteers provide support and care for the elderly, look after our beautiful natural environment through Landcare groups, run our local junior and senior sporting clubs and, when our community is at its most vulnerable, they are there for us in our emergency services.

On behalf of all local residents, I sincerely thank all volunteers in the Lowan electorate for the work you do – it is truly amazing.

One of the best things we can all do is to roll up our sleeves and get involved. Research tells us that just a few hours of volunteer work makes a difference in people's happiness, and it is proven that volunteers are healthier and even sleep better than those who don't volunteer.

The experience of helping others provides meaning and a sense of self-worth, and plays an important social role in the community. The contributions made by volunteers to our rural and regional communities are invaluable, and I am proud to be part of The Nationals team committed to actively supporting and respecting volunteers and their vital work.

Thank you again to our incredible volunteers for the contributions you continue to make to our local communities.

Emma Kealy MP
Member for Lowan

Media contact: Suzanne Bysouth 03 5382 0097 or 03 5571 9800, email - suzanne.bysouth@parliament.vic.gov.au

Caramut and District Garden Club

Gardeners Corner

IN MY GARDEN With Janet Shalders

Bird of Paradise Flower



Strelitzia reginae was discovered in South Africa in the 1770s and named in honour of Queen Charlotte of England (1744 - 1818) wife of King George 111 and patron of the Royal Gardens Key. They were sold in England in the 1790s for the then large sum of three guineas each.

The popular name of bird of paradise or crane flower is because of its striking resemblance to a bird's head.

I have it growing on the south boundary fence along our drive so it gets plenty of sunshine. It needs rich soil (I mulch with sheep manure) and regular water during the spring growing season, but summer drought bothers it little, but it does do better with some water. It is a slow grower and will take its time about multiplying into a large, many flowered clump.

As the fleshy roots go down fairly deep and you wish to subdivide, it is difficult to remove from the clump and a crowbar may have to be used to prise the growths apart. It is essential to have as many roots as possible left on the division that may lose some, or all of its leaves, leaving just the crown. These divisions can take up to three years to establish before flowering. Plants raised from seed may take up to five yours to flower.

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



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Answers to Riddles: 1. he who hesitates is lost, 2. out of sight, out of mind, 3. a crack, 4. an onion, 5. it was full, 6. water.

Exploring Penshurst

Mount Rouse & District Historical Society



1. The Spring Until the 1990s the spring served as the town water supply. It has, at different times, been fenced, walled with rocks, roofed and unroofed. The constant flow of water supplied the original swimming baths, below the spring, before the Olympic pool was opened in January.

the first hotel in town, the Shearer's Arms (1857) built by Charles Lane. The last publican, Samuel Watson, went insane. By that time it was known as the Albion Hotel.

2. Penshurst Park It was resolved in 1876 that 14 acres, facing the corner of Cox and Martin Streets, be applied for as a reserve for Public Gardens. The original Caramut Road ran through the land. Along with gardens the park now boasts a swimming pool and sporting facilities for lawn bowls and tennis. Camping and picnic areas with BBQs are also provided. The Wetland Gardens below the spring were developed in 1994.



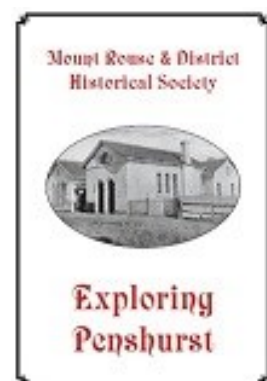
3. The Butter & Cheese Factory The first meeting of the provisional directors of the Penshurst Butter Factory was on February 18th 1899. This brick factory building was opened on 16th October 1929. In 1966 the shareholders accepted a merger offer by Murray Goulburn Association Co. Ltd ending a 67 year period in which it was the only major food processor in

the shire. The butter and cheese factory is now occupied by Sparks Agricultural.

Thanks to the Mt Rouse and District Historical Society for providing this booklet. We hope the many new residents to Penshurst enjoy learning about their adopted town's history. Copies of the booklet are available for \$5 from historical society member, Brian O'Brien (0437844586).

<https://www.facebook.com/mtrousehistorical>

More next fortnight



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Sunday

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80 Bell Street, Penshurst

5576 5270

A Thought from Sammy Scribe

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out.

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over?

Joy, gratefulness, peace and humility? Anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.



Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

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.

Penshurst Post Office

31 Martin Street, Penshurst. 3289 Telephone: 5576 5220



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to enjoy, and learning posters to help with
home schooling



We look forward to seeing you
Stay Safe

John, Judy & Nicole

What is your favourite
Australian Animal?

This one hopped into my mind ...

Home Among the Gum Trees

[John Williamson](#)

I've been around the world
A couple of times or maybe more
I've seen the sights, I've had delights
On every foreign shore
But when my mates all ask me
The place that I adore
I tell them right away

Chorus -

Give me a home among the gumtrees
With lots of plum trees
A sheep or two, a k-kangaroo
A clothesline out the back
Verandah out the front
And an old rocking chair

You can see me in the kitchen
Cooking up a roast
Or Vegemite on toast
Just you and me, a cup of tea
And later on, we'll settle down
And go out on the porch
And watch the possums play

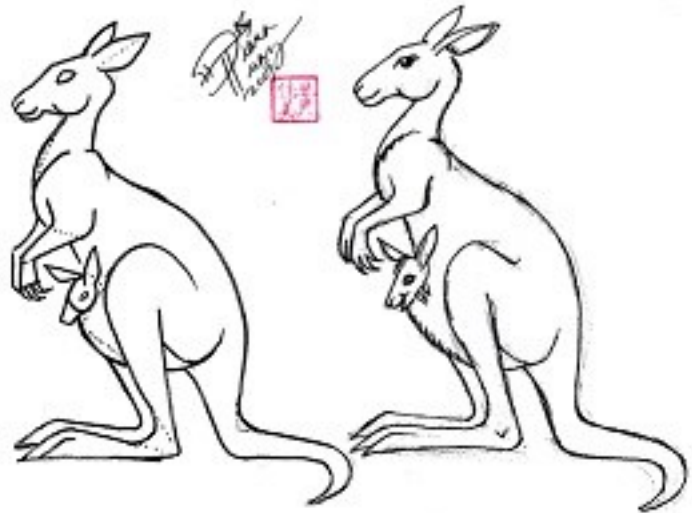
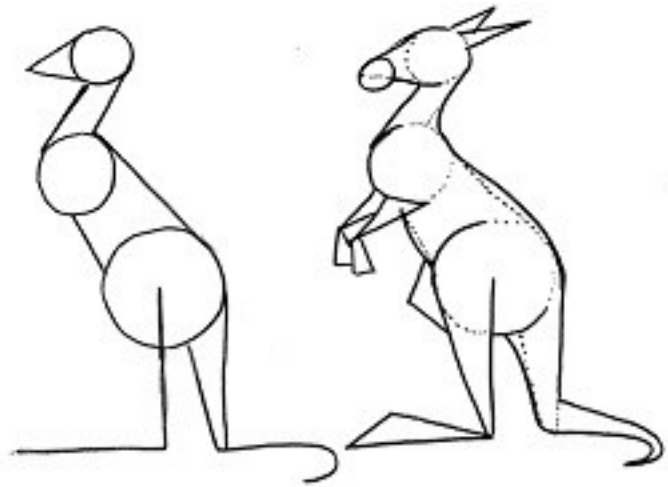
Chorus

There's a Safeways up the corner
And a Woolies down the street
And a brand new place they've opened up
Where they regulate the heat
But I'd trade them all tomorrow
For a little bush retreat
Where the kookaburras call

Chorus

Some people like their houses
With fences all around
Others live in mansions
And some beneath the ground
But me I like the bush you know
With rabbits running round
And a pumpkin vine out the back

Songwriters: Robert Alexander Brown / Walter
Edward Johnson
Home Among the Gum Trees lyrics © O/B/O Apra
Amcos



Penshurst Church Services

As the lockdown gently releases its hold gatherings of up to 20 people will be allowed after the 1st June.

If you have information about the services that you would like to share with the community, please contact the editor and give us the details.

mtrousenewsletter@gmail.com

Hamilton Uniting Church is Live Streaming their services.

Find it here:

[https://www.facebook.com/](https://www.facebook.com/HAMILTONUNITINGCHURCHLIVESTREAMING)

HAMILTONUNITINGCHURCHLIVESTREAMING

**Penshurst Uniting has their first service on
14th June 11.00am.**

PLACES OF INTEREST IN PENS HurST

Volcanoes Discovery Centre

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

Waller Road, Penshurst

So you think a litre of petrol is expensive!

The following examples not only imply that petrol is cheap but also just how outrageous some prices are (prices quoted are old and in all cases are now higher than before):

- * Can of Red Bull, 250 ml, \$2.95 or \$11.80 per litre
- * Cough Mixture 200 ml, \$9.95 Or \$49.75 per litre
- * L'Oréal Revivalist Day Cream, 50 ml \$29.95 or \$599 per litre
- * Bundy Rum, 1250ml, \$51.00 or \$40.80 per litre
- * Visene Eye Drops, 15 ml, \$5.69 or \$379.00 per litre
- * Britney Spears Fantasy Perfume, 50 ml, \$29.00 or \$580.00 per litre
- * Evian Water, 375 ml, \$2.95 or \$7.86 per litre

\$7.86 for a litre of water!

(Evian spelt backwards is NAÏVE)

**Lastly someone has calculated the cost of
Computer printer ink at**

\$1,040 per litre!

Have you got a story to share in 100 words or less? We'd love to publish them.

A PAGE TO SHARE RECIPES

The Ultimate Winter Warmer

One pan yellow pork curry with coconut rice

Prep time 1:15 mins - Cooking Time 40 mins

INGREDIENTS - 4 Servings

600g pork medallions, diced	1 1/2 cups jasmine rice
1 tablespoon fish sauce	100g green beans, trimmed, cut into 3cm pieces diagonally
400ml can coconut milk	1/2 cup fresh coriander sprigs
1/4 cup Thai yellow curry paste	1 long red chilli, thinly sliced diagonally
1 tablespoon peanut oil	1 tablespoon fried shallots
1 brown onion, chopped	Lime wedges, to serve
250 g of pumpkin cut into 2 cm pieces	

METHOD

Step 1 Combine pork, fish sauce, 1/4 cup coconut milk and 2 tablespoons curry paste in a large bowl. Cover. Refrigerate for 1 hour, if time permits.

Step 2 Preheat oven to 200°C/180°C fan-forced.

Step 3 Heat a large 8-cup-capacity flame-proof roasting pan over medium-high heat. Cook pork, stirring occasionally, for 5 minutes or until browned. Transfer to a heatproof bowl.

Step 4 Heat oil in same pan over medium heat. Add onion. Cook, stirring, for 4 minutes or until softened. Add remaining curry paste. Cook for 30 seconds or until fragrant. Add pumpkin and rice. Stir to coat. Add remaining coconut milk and 3/4 cup water. Bring to a simmer. Cover with foil. Transfer to oven. Bake for 20 minutes or until rice is almost tender.

Step 5 Stir beans into rice mixture. Top with pork. Cover and bake for a further 10 minutes or until pork is just cooked through and rice is tender. Sprinkle with coriander, chilli and shallots. Serve with lime wedges.



"Food makes travel so exceptional, because you get to taste what it's actually supposed to taste like. To eat the real Pad Thai or finally have a proper curry is something pretty amazing.

"Meghan Markle

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

**PENSHURST
MENS SHED**

The Men's Shed is closed as we await the arrival of our Shed Kit and the new build.

We intend to continue to bring you the fortnightly newsletter available from Penshurst's Newsagent & Takeaway, Supermarket & Liquor store & Café.

If you have any stories you would like to share, please contact Mark or Ama by phone or email.

Mark Dalla Costa

mtrousenewsletter@gmail.com

Ama Cooke 0402 870 738

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 – 13th June 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

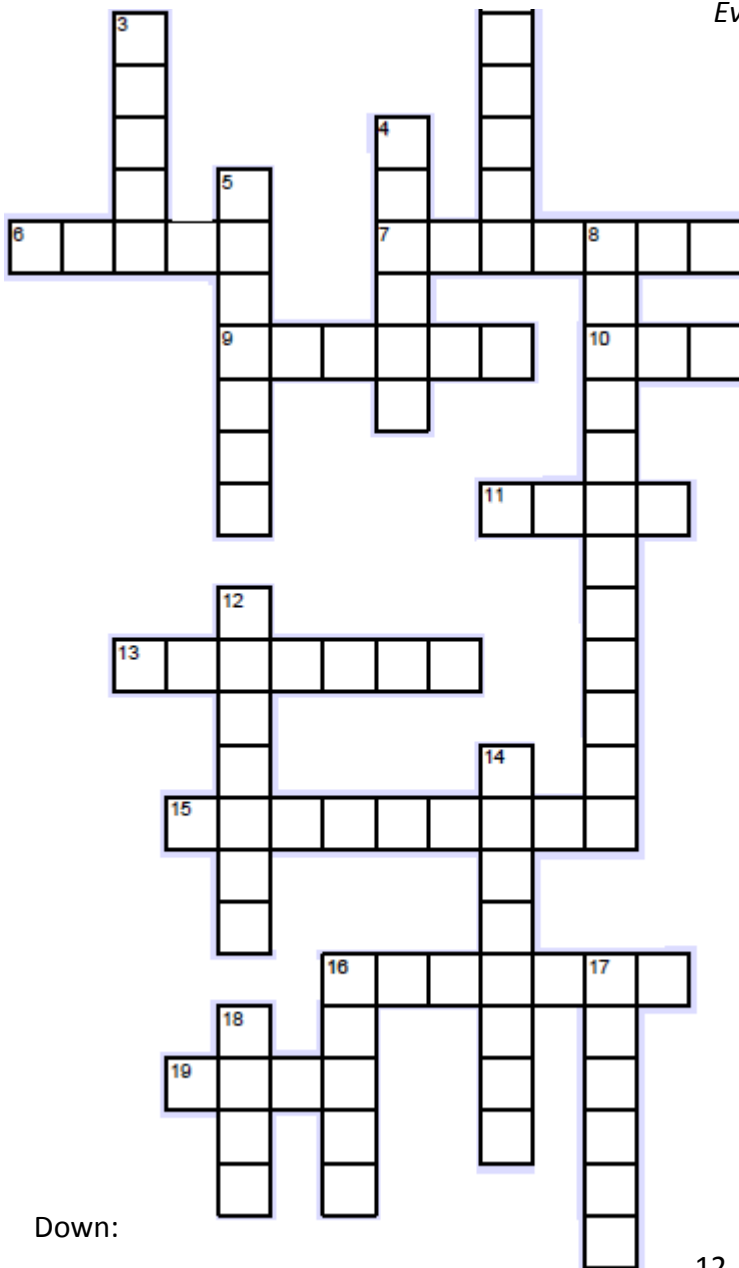
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Mt Rouse Puzzler - Themed Crossword - Music



Every answer is related to music, but not every clue is about music.

Across:

1. Three times greater in amount, number or size.
6. A kind of performance in which actors sing all or most of the words of a play with music performed by an orchestra.
9. A pleasing series of musical notes that form the main part of a song or piece of music.
10. To move backward and forward or from side to side while hanging from something.
11. The spiritual part of a person that is believed to give life to the body.
13. A small space inside something (such as a machine or your body)
15. Of a kind that has been respected for a long time.

Down:

2. To stop yourself from doing something that you want to do.
3. One of two or more words or phrases that end in the same sound.
4. A combination or mixture of things.
5. The combination of different musical notes played or sung at the same time to produce a pleasing sound.
8. Very important in helping or causing something to happen or be done.
12. singing with musical accompaniment
14. Of or relating to sound or to the sense of hearing.
16. Sounds that are sung by voices or played on musical instruments.
17. A strong pattern of sounds, words or musical notes that is used in music.
18. A type of American music with lively rhythms and melodies that are often made up by musicians as they play.

MEDIA RELEASE

28 May 2020



COUNCIL TRANSFER STATIONS RE-OPENING

Transfer stations across the Southern Grampians Shire will re-open to the general public from next week. **The reopening on June 1** follows the Victorian Government announcement around the gradual easing of restrictions throughout the state from 11:59pm Sunday 31 May.

The revised operating hours for each transfer station are as follows:

Hamilton: Tuesday – Friday 7:30 – 4:30pm Saturday 9:30 – 4:30pm (last customers through at 4pm daily)

Balmoral: Thursday 1.00pm – 4.00pm Sunday 9.00am – 12.00pm

Branhholme: Tuesday 9.00am – 12.00pm Saturday 1.00pm – 4.00pm

Cavendish: Tuesday 1.00pm – 4.00pm Saturday 9.00am – 12.00pm

Coleraine: Wednesday 1.00pm – 4.00pm Friday 9.00am – 12.00pm Sunday 1.00pm – 4.00pm

Dunkeld: Wednesday 1.00pm – 4.00pm Sunday 1.00pm – 4.00pm

Glenthompson: Wednesday 9.00am – 12.00pm Sunday 9.00am – 12.00pm

Penshurst: Tuesday 1.00pm – 4.00pm Saturday 9.00am – 12.00pm

All facilities now have EFTPOS available and will be accepting EFTPOS only. No cash payments will be accepted.

Southern Grampians Shire Council CEO Michael Tudball thanked Southern Grampians Shire residents for their patience over the last few months throughout the COVID-19 service impacts.

"Council are very pleased to be re-opening all of our transfer stations from next week. We know how important these facilities are to the public so being able to have them open for business again is a real positive. We have implemented a number of processes to help improve staff and customer safety at these facilities, including the installation of EFTPOS machines at all of our transfer stations which will reduce opportunities for contact and increased cleaning measures.

"I'd like to thank the community for their patience and cooperation as we've navigated through this difficult time. There is still a way to go, but I thank everyone for their hard work in helping to slow the spread of COVID-19 and for supporting each other," Mr Tudball said. Customers are reminded that social distancing measures remain in place and limits on the numbers of patrons through the gate at one time may be enforced if necessary.

"We also ask that people stay away from these facilities if they're feeling unwell and to please keep hand washing and sanitising as advised," Mr Tudball said.

For up-to-date information on all of Council's services, please refer to our website www.sthgrampians.vic.gov.au

Media Contact: Alison Quade | 0429 601 208 | aquade@sthgrampians.vic.gov.au



**COVID-19 PLANNING FOR RECOVERY
BUSINESS WORKSHOP**

FREE FOR GREATER HAMILTON BUSINESSES

COLIN THOMPSON
GUEST FACILITATOR:
SMALL BUSINESS
ASSISTANCE & SUPPORT
OFFICER

Need help reopening post-COVID?

Southern Grampians Shire Council is hosting a series of free workshops to overview current challenges, identify opportunities and strategies to reinvigorate or restart your business. This workshop is held under COVID Safe conditions so numbers are limited.

[Click below to learn more.](#)

Penshurst
9th June 6-7pm Volcanoes Discovery Centre



Greater Hamilton Library

The Mobile Library Service has been suspended until the end of the Covid-19 lockdown.

If you have any questions relating to any of Southern Grampians Shire Council's other facilities or services, please contact Council directly on 5573 0444.

We look forward to our return.

Riddles

1. Look before you leap. What is the contradictory proverb?
2. Absence makes the heart grow fonder. What is the contradictory proverb?
3. What can be put in a cup, but never be taken out?
4. What causes no pain or sorrow, but makes anybody weep?
5. Why did the moon skip dinner?
6. Many always do say that I am life. I occupy most part of the earth surface, yet I'm found in you. What am I?

The Magic of a letter



During good and bad times there is nothing quite as magical as a letter.

A letter cost very little, but brings unbelievable returns.

With the internet and everything being done at the speed of light, it is easy to forget the difference a hand-written letter can make, but there is a reason that we still send Birthday Cards and Holiday Cards in the mail. We don't need to wait for the holidays to make someone's day.

An article was published on December 13, 1886 titled The Joy of Receiving a Letter. It is the view of a mail carrier about people waiting for the mail. It may seem a bit outdated but it has reminded me of that joy and excitement that comes with receiving a letter.

"There are some people on my beat who, I really think, don't do anything else but sit down and wait for me to come. They stand at the window or front gate and wait for me, they tremble with anxiety as I approach, they groan and cower if I say 'nothing to-day'; and if I hand them a letter they fly with it into the house as if they had picked a pocketbook and were going off to a secret place to inspect its contents."

Maybe it's time to bring the joy back

Tail End Tales

Tips to Stay Healthy this Winter (courtesy of the RSL Victoria):

1. Get natural light every day

If the winter blues are getting you down, ten to fifteen minutes in the sun can turn things around.

Studies show that vitamin D plays an important role in regulating your mood, maintaining optimum blood sugar levels and boosting our immune systems. Sunlight is a natural and readily available source of vitamin D.



2. Hygge

Hygge is a Danish word used to describe a mood of cosiness. The ethos here is to embrace Winter as a time to slow down, enjoy being at home and spend time inside with family and friends.

3. Embrace Broccoli

Very few people actually like broccoli, however, complex carbohydrates, such as broccoli, spinach and lentils can help you manage your mood during winter. This is because complex carbs take longer to digest, meaning they don't cause the sudden spikes in blood sugar that can play havoc with your mood. Believe it or not, incorporating more vegetables in your diet over the winter months is a good strategy for beating the winter blues.

4. Laugh it Off

Experts believe that laughter actually stimulates processes in your brain that can counter depressive symptoms. So over the winter months, we all need to laugh more and laugh often. One strategy to do this is for you to organise a night in with popcorn and a line-up of films or TV shows that make you laugh out loud. A night laughing at the TV could be just what you need to overcome the winter blues.

5. See your GP

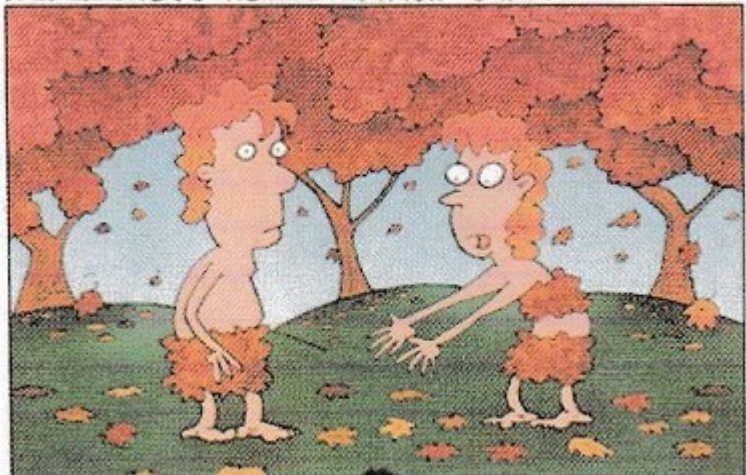
Feeling a bit down or blue sometimes is normal. However if we become too down it can stop us thinking clearly. If the winter blues become so overwhelming that they affect your day to day life it is time to visit your doctor to ensure it does not become more serious.

Thought for the Day

"I always thought every day was a gift,
but now I am looking for where to
send the thank you note. "

Randy Pausch

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WILL YOU PLEASE PICK UP ALL YOUR CLOTHES?