

MT ROUSE NEWS & VIEWS



A Project of the Peshurst Mens Shed Inc

Peshurst 1970 Senior Football Premiership Fifty Year Anniversary (article by Phillip Doherty)



The big year for Peshurst started with Phil Burton taking over the Peshurst Hotel from PFC committee-man Tom Hannagan. Jack Trigg, also a committee-man, owned the Prince of Wales Hotel. Applications were called for a playing coach. It was reported at the PFC Annual Meeting held on the 4th February that both Peshurst and Hawkesdale had been cleared from the Port Fairy League to the Mininera League.

The football club elections were held with Harry Starling re-elected as President; Neil Linke and Geoff Eales, Vice Presidents; Barry Pickford, Secretary and C Dean, Treasurer. The Committee included: P Brown, C Hudgson, W Lewis, B Mirtschin, J Trigg, F Webb, K Bailey, P Burton, G Kelly, G Linke, C Uebergang, and Stan Underwood.

Continued Page 2

From page 1

The financial report showed a turnover of \$3000 and the club would start the new season with a credit of \$200.

The draw, released in late February, listed Peshurst to play previous year Mininera Premiers Glenthompson at home in the first round. With 18 home and away rounds in total.

In early March Phil Mc Grath was appointed coach. Phil had played with Hamilton Imperials the previous year and formerly Stawell, aged 24, a 5 foot 8 inches tall utility player. Phil was described by the Free Press as a straight-ahead type of player. With a new coach, training stepped up with 20 to 24 players in attendance. Two practice matches were held against Merrivale and Macarthur.

In early April two hare drives (to capture live hares for greyhound coursing) were held on Mann's property, Port Fairy Rd to raise funds for the club. Forty-eight hares were netted and sent to Mt Gambier.

In round one, Battle of the Premiers, Peshurst defeated Glenthompson by 67 points on a hot windy day. Glen had only 6 players from their 1969 premiership team while Peshurst fielded 14 of previous year's premiership team. The six new players included Phil McGrath, Barry Starling and Bruce Hudgson from the under 17s, Graeme Knight, Casterton and Arthur Perry and Noel Gellert who had returned from national service.

Peshurst lost their second game to SMW Rovers after the long trek up to Mininera. However, with steady improvement Peshurst knocked off ladder leaders Willaura in Round 5.

At the halfway mark of the season Tangles Kelly had returned to the Bombers playing group. Caramut thumped ladder leaders Peshurst, however as the other teams in the four also lost, Peshurst stayed on top. Sixteen-year-old Mark Ewing was proving a focal point at centre half forward. Austin Uebergang and Robbie Huf were selected in the interleague team.

The Bombers then dropped a couple of games to lose top spot to SMW Rovers before thrashing Dunkeld in Round 16 to move back to the top of the ladder. Peshurst finished the home and away draw with 15 wins and 3 losses, one game ahead of Rovers. Willaura and Dunkeld made up the four. The Under 17s, coached by Gerard Lucas, finished 4th on the Junior ladder.

In the first semi played at Wickliffe, Dunkeld defeated Willaura in the Seniors and Dunkeld defeated Peshurst in the Under 17s. In the second semi played at Willaura the Bombers, despite missing big men Allan Rentsch and Noel Gellert, defeated SMW Rovers by two goals. Rovers then bounced back the following week to easily defeat Dunkeld in the Preliminary Final to have another crack at the Red and Blacks.

On Grand Final day after a hard fought first half Peshurst produced a premiership third quarter to run out easy winners and claim their fourth flag in a row and first in the Mininera League.

Grand Final Team

B	N Linke	G Kelly	B Stevenson
HB	A Eales	G Eales	G Burger
C	D Perry	R Huf	K O'Connor
HF	L Newitt	M Ewing	P McGrath
F	M McLean	R Uebergang	T Rentsch
FOLL	A Uebergang	B Hermann	B Eales
19 th	F Webb	20 th -B Starling	



From Page 2



Others to play during the year but missed the grand final; Alan Rentsch inj, Noel Gellert inj, Arthur Perry inj, Bruce Hudgson inj, Graeme Knight and Lorin Linke.

At the later gathering in the Memorial Hall, trophies won in the grand final were presented to Austin Uebergang and Geoff Eales.

Trophy winners for the year were Best & Fairest- Robbie Huf; Runner-up- Basil Eales, Most Consistent- Neville Linke; Best Clubman- Geoff Eales, Best Utility- Barry Hermann, Leading Goalkicker- Max McLean and Most Determined- Bernie Stevenson. Stephen Burger won the Under 17s Best and Fairest.

Other 1970 happenings in Penshurst included: Dr Angus MacKinnon left after seven years as the local doctor and was replaced by Dr Lloyd Jenkins. It snowed on Mt Rouse. The Pre School, Senior Citizens and Tennis buildings opened. The French and Cobb street Commission houses were nearing completion. All in all, a big year for Penshurst.

Have you got a story you'd like to share?
We'd love to publish it.

In the Garden with Janet

Hibiscus

There are two plants of hibiscus growing in my garden. One has large white flowers with a long pink stamen which flowers earlier in the year and this one which is out in June and grows on a west wall.

It is lovely looking out the laundry window to see the flowers and the honey eaters amongst the blooms.

There are around 220 different species including hot climate evergreen shrubs, small trees and a few deciduous ones. Temperate (us) shrubs as well and some annuals and perennials. The Chinese Hibiscus is the State flower of Hawaii.

They are easy to grow plants and thrive in sun and slightly acid, well-drained soil. The white flowering bush has a few branches growing under a shade cloth and I notice that these never have flowers whereas the main section is covered with blooms. Water regularly and feed during the flowering season. Neither of which I do. Lack of water meant the plants looked scraggly, but are lovely and green now with the rain. Flowering didn't seem to be affected. I mulch with sheep manure which keeps the weeds down and acts as a slow release fertilizer.

Happy Gardening

A good garden is never finished and grows with personality.

- Thomas Jefferson.



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Penshurst Progress Association

ABN 35 622 662 815

Committee of Management:

Ama Cooke – President 0402 870 738

Mark Dalla Costa – Secretary

Mary Stewart

Tom Cooke - Vice President

Nigel Pyne

Josh Hewitt - Treasurer

Don Adamson

Next Meeting: 28th October ? 7.30pm in the Supper Room, Penshurst Hall.

Good evening everyone,

There's a few things to think about for this newsletter. The first is that we (Penshurst) were successful in two grant applications to the SGSC. The first was the Hall Committee being awarded a grant for heaters for the Supper Room, we can now purchase four. The problem with that is that the heaters are not available at the moment (wrong season), so they'll be installed before next winter, and will be very much appreciated. The second was for a smaller grant for a Santa Sleigh to sit beside the Christmas tree the Council provides. Given that I had a phone call about that tree today, its timely and will be created with the help of the Men's Shed.

Speaking of which, their building is UP! Now the interior needs to be fitted out. It's wonderful to see it after all the time its taken to get us to this point. To everyone who helped in the process, thank you.

Thirdly, there is no Listening Post meeting with the Council this quarter, instead there was a Zoom meeting (online program where we could all see each other and talk with each other in real time (for those who don't know)) where one member of each community association was invited to speak for 2 minutes on successes, challenges and opportunities. I talked about the grants, the solar that's available for the Hall which we are about to 'express our interest' in and the challenges involving in finding funding for other repairs that the Hall needs. At the end the Mayor asked us to give them a list of 'priorities' for the town. Having done this a few months ago, I am wondering what they did with it, but I'm more than happy to do it again .. So please .. To everyone who reads this .. What are your proprieties for our town? They don't have

to be in the Community Plan (which needs reviewing) though we'll add them, and its not just about what the Progress Association thinks is important, but every other group in town as well. Contact me please.

Next .. I emailed the Council's feedback forms about the signs in the Gardens to members of the Association, and am happy to send them out to anyone else who would like them. The Council has decided what they want, though they haven't given us a time-line for when it all will be installed. I'll keep you posted. In the meantime, photos of the signs are in this newsletter.

And then, I signed on as a Candidate for the Council elections on Friday. I will be doing some paid advertising in this newsletter and in other towns. It won't be in this Progress Association section. Having danced with the Council for the last two years, and for a while before that, in this Association and others, I know a few of the problems and I want to be part of the solutions. So, wish me luck. And that's the last I'll say on that subject here.

Lastly, we are presently going through a 'Street Litter Bin' evaluation and are about to lose a whole lot of bins. The replacement bins are larger and more like those in Hamilton, with small holes for tossing rubbish. I know I mentioned it before, but I hadn't realise how many were going to be removed completely. I've been asked for feedback from the community, so if you'll contact me I'll give you the list I have and you can see for yourselves, otherwise, I'll be checking them all over the weekend.

Have a great fortnight and be safe, Ama Cooke
President PPA 0402 870 738



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Monthly Meetings

- 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 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 Hall, Ritchie Street.

The Signage Selection for the Penshurst Botanic Gardens Stone Walls

Main Entrance, Caravan Park & Far Corner use the same Symbols



With new, more effective garbage bins going in the Gardens will have a fresh new look. Next project, the Barbeque Building and then the proposed Camp Kitchen in the old Tennis Club building.

Information Boards inside the Gardens



Local running for Council in 2020 - Vote 1 Ama Cooke for local representation.

If you don't already know me, I am not far away. I've spent the last two years as the President of Penshurst Progress Association, as well as being the Secretary of the Memorial Hall and helped develop the Men's Shed. Tom and I created the Penshurst Art Exhibition, which ran just before the first lockdown. We are planning our 6th show in March 2021.



We've been residents of Penshurst for over eight years, and have watched many changes and improvements, the influx of new people, and the opening and closing of many businesses. We've heard about the struggles with Council, and I've personally experienced them through different sorts of interactions, with both staff and some Councillors.

At the last elections I ran because of the lack of communication and support we received from them. I am running for that and more today. Yes, we've had some wins (the stairs on Mt Rouse and the Gates at the Gardens), but it shouldn't take a court case to be able to open a business, and it shouldn't take over 13 years to build a stone wall. You know the old saying, "if you want something done, give it to a busy person". I like to keep busy. I want to help the Shire thrive, not just Penshurst, but this is my home and we have priorities .. what are yours? 0402 870 738



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VDC gets \$1500 for promotional video

THE Volcanoes Discovery Centre has received a \$1500 grant from the Southern Grampians Shire to develop promotional video material for the centre.

The material will be created by Alexander and Vincent Media in Hamilton.

VDC management committee member, Peter Byron, said the video would be a new marketing tool for the centre.

"There will be a number of short videos that target the schools and bus tour sectors as well as general visitors," Mr Byron said.

"A campaign using the video materials is planned for early 2021 (pandemic permitting) across the various forms of social media."

"This will hopefully assist in a post-Covid recovery in the centre's attendance and general visitation to the Peshurst area."

The VDC decided last month to close indefinitely until the situation became clearer regarding the easing of restrictions in regional Victoria.



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Mark Lomas (Manager) - 0429 609 666

Western AG Willaura

T: 03 5354 1585

Glen Gray - 0439 541 036

Riddles

1. What can fill a room and a bowl but not change shape?
2. What goes place to place yet stays in one place?
3. I come in many colours, but folks prefer me in black or blue, also be careful not to misspell my name with the letter "i". What am I?
4. What is white on the outside, soft in the inside, and golden in the heart?
5. What is 8 when 8 is sleeping?
6. When the below was jerking, the above was preferring. When the below was hurting, the above was happy rejoicing. What is that?
7. My rosy cheeks and sweet demeanour, help to make your body leaner. What am I?

Exploring Peshurst

Mount Rouse & District Historical Society



28. Courthouse In 1864 the newly installed Mount Rouse Shire lobbied for a Courthouse to hold sittings of Petty Sessions. The Courthouse was finally opened in 1877 and was in use until the final case was heard in 1975. The original furniture has been retained. In 2007 the building was formally handed over, from the Department of Sustainability and Environment, to three trustees, all members of

the local Historical Society. The trustees have given the building into the care of the Historical Society so that it can provide a service to the community both as a meeting room and historical research centre.

29. Police Lock Up The lock up was first located at the old Police Station at the corner of Watton and Scales Streets. When the new Police Station was built the lock up and the stables were moved to the rear of the new building. In 2009 the Department of Justice donated the lock up to the Historical Society and it was moved to the current site behind the Court House.



30. Police House The first police buildings were on the original police reserve which included the current post office and police station site. In 1862 the buildings were in poor repair so for some time a stone cottage and stables were rented for police use. It is not known how long they operated from there, but by 1878 they were operating from a timber and stone house, with stables and single cell lock-up, at the corner of

Watton and Scales Streets. This police house was built and occupied in 1914. The police station occupied part of the residence until it was replaced with a new, prefabricated station opened in 1980. The current brick station replaced the modular unit in 2006.

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

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Answers to Riddles: 1. air, 2. a road, 3. a
pen, 4. an egg, 5. infinity, 6. fishing, 7. an
apple.

A PAGE TO SHARE RECIPES

Something fresh and spicy for Spring

Korean Beef Salad with Spicy Dressing

Prep Time 15 mins - Cooking Time 25 mins

INGREDIENTS - 4 Servings

600 g beef mince	1 lemon juiced
1 tbs sunflower oil	1 tbs mirin
3 tbs Korean chilli paste	1 tsp honey
3 spring onions cut diagonally	1/2 cup kimchi
1/2 cauliflower cut into florets	80 g baby spinach leaves
1 tsp ground coriander	1 tbs sesame seeds *to serve
1/4 red cabbage shaved	1 spring onion *to serve *extra

METHOD

Step 1 Heat a large frying pan over medium heat, when hot, add oil and swirl to coat, then add mince and press down with a spatula and leave it alone. Cook for 2 minutes until browned, then flip and brown the other side. Start to break up with a spatula and once mince is cooked through, add 2 tbs of Korean chilli paste (ssamjang paste) and ¼ cup water. Stir to combine - add a little extra water if needed. Remove from heat, stir through spring onions.

Step 2 Process cauliflower florets in a food processor in two batches until it resembles rice for about 30 seconds. Tip onto a large tray, spread out, drizzle with a little oil, season and sprinkle with ground coriander. Season and roast in a 200C fan-forced oven for 12-15 minutes, until starting to crisp at the edges. It will be light and fluffy.

Step 3 Shave cabbage on a mandolin on the finest setting or using a sharp knife. Place in a bowl with a squeeze of lemon and mirin and season to taste.

Step 4 To make drizzle sauce, mix 1 tbs Korean chilli paste with 1 tsp lemon juice and 1 tsp honey in a small bowl and mix to combine. Add a little water to loosen if necessary.

Step 5 To serve, place cauliflower rice in each bowl, top with a pile of cabbage, some kimchi, baby spinach, mince, and top with spring onions. Drizzle with sauce and sprinkle sesame seeds over the top.



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Thank you

PLACES OF INTEREST IN PENSHURST

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www.volcanoesdiscoverycentre.com.au

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*A Recipe from Sammy Scribe***Elephant Stew**

This recipe serves 3,500 people

First, catch your Elephant.

Ingredients: One medium size Elephant

Salt and pepper to taste

2 rabbits – optional

Brown gravy.

Method: Cut Elephant in bite size pieces, this will take about two months.

Reserve the trunk – you will need something to store the pieces in.

Add enough brown gravy to cover.

Cook about four weeks at 485 degrees. If you wish to extend the dish add the two rabbits. Do this only if necessary, since most people do not like to find hare in their stew.

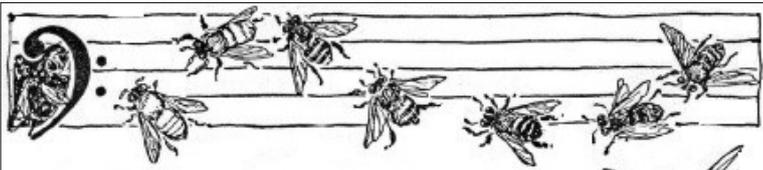
**Around the Churches****The parable of the chocolate frog**

The other day I went to buy bread at the supermarket. But on the way through the checkout a chocolate frog winked at me, seduced me and before you could say 'Do you have a loyalty card' the delectable beast was mine. I tore off the wrapper with a wicked cackle of glee. Bah ha ha! I went to put the helpless little thing in my mouth and .. oh dear. It was only then that I realised that I had my mask on. How naive and forgetful I was. While I hope that my faux pas went unnoticed, it felt like the whole world saw my blunder. There are many lessons here. There is the obvious one about gluttony and did I really need the chocolate frog to make a nutritious balanced diet? There is a lesson about patience. Would it have done me any harm to wait until I got home? There is a lesson that my blooper is really a first world problem. Much like a stolen car or a phone is a first world problem. But dig a little deeper friends, there is a lesson here about developing helpful habits. This is particularly difficult when we swiftly have to adapt, change and develop new patterns of behaviour in order to look after the most vulnerable in our community. It's about discipline. It's doing the new habit even when the novelty has worn off and nothing much seems to be happening. It's about doing the new habit especially when we don't want to do it. But then it's not about the chocolate frog or me; it is always about the other person and it must always be about Him

Fr. David Oulton - droulton72@gmail.com

**We welcome contributions from the churches that include Penshurst
in their parishes.**

A Page for the Children to enjoy



THE BEE

Away in the meadow,
 Amid the red clover,
 The funniest music
 Goes over and over:
 The honey-bee singing
 His song to the clover.
 The words, they are set
 To a rhythmical tune,
 A rumble, and bumble,
 And zoon! zoon!
 zoon!

Zoon! goes the honey-bee, over and over,
 Humming his tune to the blossoming clover.

minutes". However, they may sting more than once, and can cause an allergic reaction - increasing effect associated with repeated exposure to the antigen.

Honey

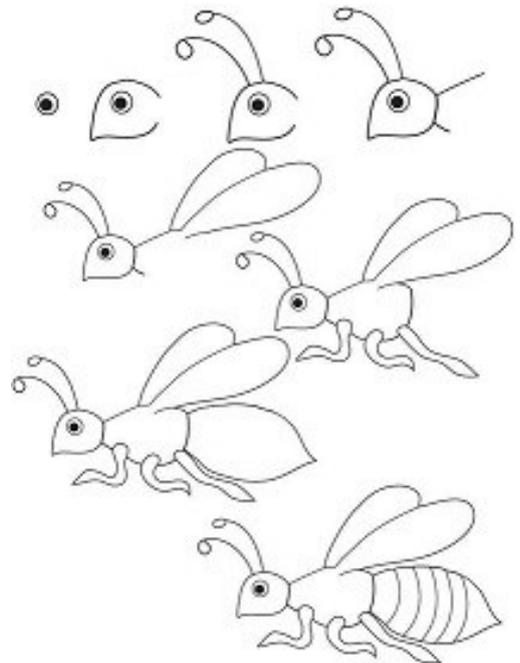
None of the native species of bee in Australia are true honey bees, which are native to Europe, Asia and Africa. Social species of native bees do produce honey, but not much, as they are relatively primitive bee species. In cool-climate areas of Australia, all the honey the bees produce is needed by the swarm to live through winter.

The honey is tangy in comparison with commercial honey taken from the European honey bee. The bees store their honey in "small resinous pots which look like bunches of grapes".

Their other, most important role, is pollination of flowers and crops.

Spring flowers bring Bee showers
 Australia has over 1,700 species of native bee. Bees collect pollen from flowers to feed their young. Wasps and flies do not do this, although they may be seen eating pollen, so identification is not always easy. Eleven of the species, the social native bees, are in two genera, *Tetragonula* and *Austroplebeia*, and have no sting. Of the remainder, which live solitary lives, none are aggressive, and most cannot use their sting on humans because they are too small to do so. Larger examples of Australian native bee are capable of stinging if handled or squashed.

The stings of most Australian native species of bee will cause relatively minor discomfort to most people - "not as painful as those of a bull ant or paper wasp and last only a few



Can you draw a bee?

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.

Dear Editor

My name is Fran Malone and I'm a resident of Coleraine. Through your paper, I would like to let the community know that I intend to nominate for the next election of the Southern Grampians Shire.

I have lived in Coleraine for a number of years and I've been extensively lobbied by that community to run as a candidate for council.

Whilst I understand councillors are elected to represent the whole of the shire, I am however passionate about small communities and feel they need a voice.

The Coleraine community has not had representation on council for a number of years, but it's my intention to stand as a strong and passionate voice to advocate for all the small communities throughout the Southern Grampians Shire.

An effective council needs councillors with a broad range of skills and I believe I have the skills to take on this role.

I was raised on a farm in a small regional community and started my career in office administration. During my work life, I've accomplished various roles. My progression has taken me from administrator onto management within the Financial Planning industry. Here I was involved with Staff training and writing and delivering systems and processes throughout Australia and New Zealand.

I moved on to work as a Commercial Administrator in the mining industry within regional Queensland. I utilised this role to be the conduit between the corporate mining sector and the small surrounding communities that had specific needs which were essential for these towns to function as proper communities that weren't forgotten.

This is where I gained the ethos of "Small Communities Matter".

Yours sincerely

Fran Malone

Email: fr4ncouncil@outlook.com



PENSHURST MENS SHED

Update

While the Men's Shed is closed during the COVID-19 pandemic, there has been a little movement on the build project. Building commenced on Monday 24th August. Please stay off the land until it has been completed.

Newsletter: If you have any stories you would like to share events, stories and ideas, please contact Mark or Ama by phone or email.

Mark Dalla Costa

mtrousenewsletter@gmail.com

Ama Cooke 0402 870 738

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

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DEADLINE FOR SUBMISSIONS – 3rd October 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

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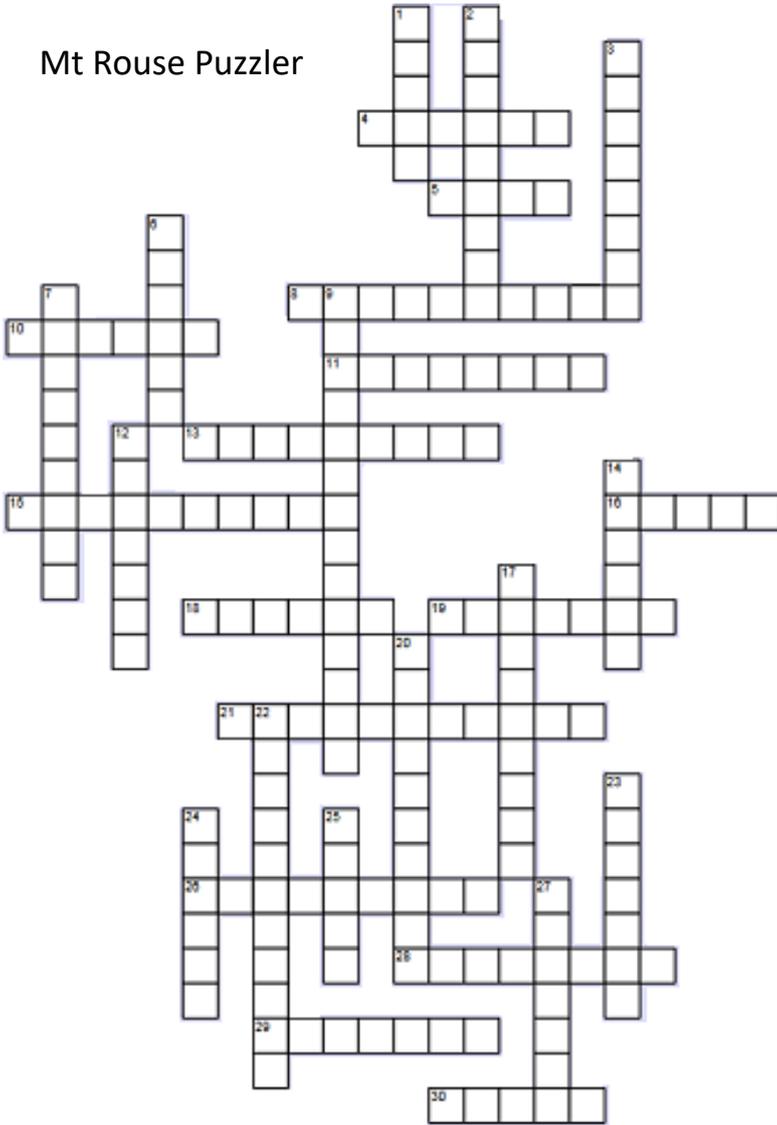
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Mt Rouse Puzzler



Down:

- 1: Something that is from a past time, place, culture, etc
- 2: A stupid person
- 3: Inside nature
- 6: Geometric shape or old fashioned
- 7: Originally means 'big wind'.
- 9: The state of being the person who caused something to happen
- 12: Not doing anything at this time.
- 14: To make something (such as cloth) by crossing threads or other long pieces of material over and under threads or other long pieces of material over and under each other

17: A

legal document declaring a person's wishes regarding the disposal of their property when they die

20: Any disease marked by inflammation and pain in the joints muscles, or fibrous tissue, especially rheumatoid arthritis.

22: Accepted and used by many people.

23: A mark that makes something imperfect or less beautiful

24: respected and impressive

25: Without any writing, marks, or pictures.

27: To or at a more distant place or time or a more advanced point.

- Across: 4: An opening in a wall, door, etc., that usually contains a sheet of glass.
- 5: A flower in the eye of the beholder
- 8: Very large or great.
- 10: A busy day for quiet contemplation
- 11: A short line with many curves.
- 13: A system of rules that explain the correct conduct and procedures to be followed in formal situations.
- 15: A light fluffy confection that is held on a stick
- 16: To give a large amount of money to a school etc., in order to pay for the creation or continuing support of (something)
- 18: An instrument for writing or drawing, consisting of a thin stick of graphite
- 19: Puts a sparkle on any surface
- 21: Wind pointer
- 26: To cause (people) to become so excited or concerned about an issue, idea, etc., that they want to do something about it.
- 28: A cloth case that is filled with material and used as a bed
- 29: The process or system by which goods and services are produced, sold, and bought in a country or region. 30: To move in circles or to cause (something) to move in circles.

Across: 1 underway, 7 kilometre, 9 tumeric, 11 gritty, 12 reasoning, 15 allowance, 16 persimmon, 17 long, 23 horseradish, 25 bestow, 26 victorious. Down: 2 wasteful, 3 cashew, 4 dictation, 5 juniper, 6 zoology, 8 exaggerate, 10 quarterly, 13 illustrious, 14 xenon, 18 nature, 19 fundamental, 20 yanking, 21 mousetrap, 22 shamrock, 24 oblong.

MEDIA RELEASE

18 September 2020



COUNCIL IMPLEMENTS RURAL PROPERTY IDENTIFICATION PROGRAM

Council will commence the roll out of over 3000 signs at rural addresses in the coming weeks as the Rural Property Identification Program begins.

At the May 2020 Council Meeting, Council resolved to deliver the program, which sees all rural properties within the Shire (outside of township boundaries) receiving a rural road number sign.

The Rural Property Identification Program, which allocates rural address numbers for properties based on the distance from the start of the road, not their mailboxes, is used across many shires in Australia to assist with property location.

Effective rural addressing provides clear identification of properties which is particularly important to prevent emergency first responders being delayed when being called to rural properties.

Southern Grampians Shire Mayor Councillor Chris Sharples said the Rural Road Identification Program has significant benefits.

“We obviously have a very large number of rural properties in the Southern Grampians Shire, with roads and road names sometimes spanning many kilometres,” Cr Sharples said.

“This program will make properties easier to locate in emergency situations when time is critical by providing sequential numbering for properties, based on the distance from the start of the road.

“Rural Property identification is widely used across the Country and we’re very pleased to be able to implement this program here in the Southern Grampians to assist with the improved identification of addresses for our rural residents,” Cr Sharples concluded.

The signs will be approximately 300 x 200mm reflective UV protected aluminium, attached to a galvanised star picket. These will be provided to the resident and installed by Council, with project costs of \$150,000 being funded through the Local Roads and Community Infrastructure Programme (LRCIP).

Installation works are scheduled to commence in October in Coleraine and will continue across the Shire over a six month period. The program is expected to be complete by the end of March 2021. Media Contact: Alison Quade | 0429 601 208 | aquade@sthgrampians.vic.gov.au



Taking it easy on a lazy Saturday afternoon near - and on - Yatmerone Nature Reserve.

Looking after Your Body in the Garden this Spring

I always know when spring has sprung. I start to get visits from Gardeners, both young and old, who are getting back into work in the garden after winter, and have damaged muscles, ligaments, tendons and often also have nerve impingements.

The garden is a great exercise place but after a break through winter it requires Gardner's to do extra work therefore over stretching, bending too far for too long, and lifting heavy loads. Usually we start in an early Spring when it is still a cold and damp environment.

The following suggestions will help reduce these risks

- 1- Before you start, stretch your muscles with a gentle warmup.
- 2- Where loose clothes and sturdy shoes or boots.
- 3- Choose your equipment carefully, light weight, long handled tools mean you don't have to stretch arms and legs to the limit.
- 4- Lawn mowing needs particular care. Adjust the cutting height if it becomes tough going, and keep as upright as possible, with the handle close to your body.
- 5- Be aware of enthusiastic digging and weeding which can often cause damage. Work with small spaces and have a break in between, and when you're digging keep your back as straight as you can. When weeding, kneel down as close as you can to your garden bed, this will take the strain from your arms, legs, and back.

Some additional tips for gardeners from our local nurseries in Hamilton are :

- 1- Some people will feel more comfortable by not kneeling on the ground, but instead sitting on a small stool, so further reducing stress on the joints.
- 2 - Use plastic containers that are high off the ground, or small raised garden beds, to reduce stretching and bending.
- 3 - Don't work for long periods with a tool that you have to grasp firmly.
- 4- Divide your garden into several small areas and concentrate on one of these at a time to avoid over doing things.
- 5- Don't grip heavy loads with your fingers, use all your arm to help and take the weight of your load.
- 6- Look in your garden centre for tools specifically made for the benefit of the well-being of Gardeners of all ages.



Eleanor Sheldon

Remedial Myofascial Clinic Penshurst

M : 0400819408

TAIL END TALES

No Pun In Ten Did

- ◇ I changed my iPod's name to Titanic. It's syncing now.
- ◇ England has no kidney bank, but it does have a Liverpool
- ◇ Haunted French pancakes give me the crepes
- ◇ A girl today said she recognised me from the Vegetarian club, but I swear I've never met herbivore
- ◇ I know a guy who's addicted to drinking brake fluid, but he says he can stop anytime
- ◇ A thief who stole a calendar got twelve months
- ◇ When the smog lifts in Los Angeles U.C.L.A.
- ◇ A dentist married a manicurist, they fought tooth and nail
- ◇ A will is a dead giveaway
- ◇ With her marriage she got a new name and a dress
- ◇ A bicycle can't stand alone, it's just two tired
- ◇ The fellow who fell into an upholstery machine is now fully recovered
- ◇ When she saw her first strands of grey hair she thought she'd dye
- ◇ Acupuncture is a jab well done
- ◇ I didn't like my beard at first then it grew on me
- ◇ The cross-eyed teacher lost her job because she couldn't control her pupils
- ◇ When chemists die they barium
- ◇ I stayed up all night to see where the sun went and then it dawned on me
- ◇ I'm reading a book on anti-gravity; I just can't put it down
- ◇ Those who get too big for their breeches will be totally exposed in the end
- ◇ Always wondered if chickens communicated using foul language. Maybe only when they're egg-cited
- ◇ An invisible man married an invisible woman, the kids were nothing to look at either
- ◇ I didn't think the chiropractor could improve my posture, but I stand corrected
- ◇ Studies show cows produce more milk when the farmer speaks to them. It's a case of in one ear and out the udder
- ◇ I told my carpenter I didn't want carpeted steps; he gave me a blank stair

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