

MT ROUSE NEWS & VIEWS



A Project of the Peshurst Mens Shed Inc

Santa is coming to town

Saturday 12th December, 10am - 11.30am

At the main gates to the Botanic Gardens

We all know it's a bit early,
But he heard we couldn't have a market,
And didn't want the kids to be disappointed.
So come and say Hi on the day*,
He'll be next to the sleigh,
Though his reindeer will still be on holiday.

Take some time to enjoy the beautiful
Christmas Tree. The kindergarten and
school children of our town and region have
decorated it especially for all of us this year.

Enjoy the music from the Busker, provided by
the Southern Grampians Shire Council.



2020

*For the adults - COVID restrictions will apply.



PENSHURST COMMUNITY CLEAN UP DAY



**COME AND HAVE A CHAT TO A
FIRE SAFETY EXPERT WHO CAN
TALK TO YOU ABOUT PREPARING
YOUR PROPERTY FOR THIS
SUMMER!**

**PICK UP YOUR FREE BUCKET AND PAIR OF
GARDENING GLOVES**

FROM MAIN STREET NEAR THE MILK BAR

**DATE: SUN 6TH DECEMBER
TIME: 9:00AM - 12:00PM**

**PARTICIPATE FOR
YOUR CHANCE TO
WIN A GARDENING
MAINTAINANCE KIT
VALUED AT \$300!**

**FOR MORE INFO ON PREPARING YOUR
PROPERTY FOR BUSHFIRE.**

**[WWW.CFA.VIC.GOV.AU/PLAN-PREPARE/HOW-TO-
PREPARE-YOUR-PROPERTY](http://WWW.CFA.VIC.GOV.AU/PLAN-PREPARE/HOW-TO-PREPARE-YOUR-PROPERTY)**



Make Penshurst Safer Together



Penshurst community residents are encouraged to participate in the community clean-up day, Sunday Dec 6th to assist reduce fire risk and build resilience in the spirit of shared responsibility and shared contribution.

It is recognised that individual property maintenance is a key part of reducing fire risk. All residents are encouraged to play their part to reduce the collective risk of fire impacting the township.

“Substantial rainfall across the South West over the past few months means the grass growth has been abundant and with the onset of summer and the natural growth cycle of the grass, we will see a higher than average fuel loads this fire season,” CFA District 5 Assistant Chief Officer (ACFA) Richard Bourke.

He said there was still a short window of opportunity to clean up your property if you haven't already done so.

Residents are asked to clean up and reduce fine fuels such as bark, leaves, twigs and long grass. Reducing the fine fuels assists to reduce the intensity of a fire if it occurred, as fine fuels are responsible for the major increase in fire intensity and spread.

CFA staff will be available 9.00am – 12.00 on Sunday morning on the main street to discuss with residents how to prepare properties and surrounding landscapes. Free bucket and gardening gloves will be available to help with the task.

“People need to be aware that if using fire to clean up around their properties they need to register these on 1800 668 511. So far this year, out-of-control burn-offs and unregistered burn-offs have already caused unnecessary callouts to brigades,” ACFO Bourke said.

The Penshurst Transfer Station is open Sunday & Thursday afternoons 1.00-5.00pm.

This initiative is part of Safer Together's Community Based Bushfire Management (CBBM) project with the Penshurst Community. For further information contact by Jo Vigliaturo (CFA) 0408544670.

Follow some simple planning and preparation tips to make sure you're ready for the upcoming bushfire season: Prepare your property; it can minimise property damage even if you leave early

- Move furniture, woodpiles and mulch away from windows, decks and eaves
- Prune tree branches so they are not overhanging the roof or touching walls
- Keep grass shorter than 10cm. Regularly remove leaves and twigs
- Don't have plants higher than 10cm in front of windows or glass doors
- Before you leave, make sure you remove all flammable items from around your home. Houses have been lost from things as simple as embers landing on a doormat

Check that your home and contents insurance is current and includes a level of cover in line with current building standards and regulations.

Background

The volcanic landscape of South West Victoria is one of global significance. It forms a part of western volcanic plains which are geologically important for their extent and relatively recent volcanic activity. The landscape also has great cultural significance to Traditional Owners who have inhabited the region for at least 45,000 years.

The volcanic sites within the Southern Grampians Shire have remained relatively undeveloped and largely

overlooked as a tourist desti-

nation. The development of the Volcanic Trail is an opportunity to change that. It presents an opportunity to not only develop the visitor economy of the shire, but to preserve and protect these important sites for future generations.

The development of the Volcanic Trail needs to be considered within the context of established tourist routes in the surrounding regions, such as the Coonawarra, the Great Ocean Road and Grampians National Park. There is also a particular synergy with the development of tourism for the Budj Bim Cultural Landscape that shares the same volcanic history.

As valued community assets, we understand that there will be significant interest from stakeholders in any proposal to change or install new infrastructure at many of these sites. In this context, it is essential to provide community members with an opportunity to be engaged in a meaningful and genuine way in the master plan process.

If you have any further inquires, please contact :

Daryl Adamson

Strategic Major Projects Coordinator
Southern Grampians Shire Council

P: 03 5573 0237

DaAdamson@sthgrampians.vic.gov.au

For more information:

https://www.sthgrampians.vic.gov.au/Page/Page.aspx?Page_Id=3231



HAVE YOUR SAY

Greater Hamilton Regional Volcanic Trail Master Plan

Southern Grampians Shire Council (SGSC) is currently undertaking a Master Plan for our Volcanic Assets and Landscapes.

We are asking you to have your say at a Community Drop in session at either the Wannon or Peshurst.

Alternatively you can complete the online survey. Thank you for your interest!

Peshurst Community Drop In Session
10 December 2020 - 6pm-7pm
Volcano Discovery Centre - Community Room - Peshurst
Add event to calendar

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: 27th January 2021 7.30pm in the Supper Room, Penshurst Hall.

First the AGM, and then our Community Meeting. Would you be interested in being part of a fun and noisy group working for the benefit of our town and district, now and into the future? For more information talk to Ama.

Good morning everyone,

Let's start with the challenges -

Petitions - Tip Fees & Footpaths

Tip Fees - I don't know how frustrated you are by the increase in tip fees, but it has been brought to our attention by a number of different people, so we have decided to create a petition asking that they be reviewed and reduced. This is a Shire wide issue and we should help raise awareness across our region. (See our Letter to the Editor).

Footpaths - and then there's the need to make the Council pay attention when we continue to complain about our footpaths. We are mostly getting lip-service to the problem, and yet people are still getting hurt. It has to stop.

There will soon be two petitions to sign about the subjects, because its time to remind the Council, and new Councillors, that small towns matter, that our people are important, and we care about what happens to everyone here. Help us bring this urgent matter to them by signing both documents. You will find them at the Bakery and Takeaway.

And now to our Community Meeting -

The meeting last Wednesday should have been our AGM, but COVID slowed that process down, so now we'll have it in January, Covid willing. There were a number of projects finished off this year, and a few still in process as I write this note, and I will leave that bit of it here, except to **invite you all to the AGM**. You won't be co-opted onto the Committee if you turn up, but you might get a

chance to mention a project or two that is important to you .. Or you can just ring me, or email me, and mention them - which is how many of the new ones have been started.

The silly season is upon us, though it might not be as silly this year given our current challenges. At least around Penshurst we can have some fun, so we invite every household to create their **Christmas Lights displays** for our enjoyment. The theme is fantasy, the prizes will be 1st \$100, 2nd \$75 and 3rd \$50. Judging will be on the 20th (although last year there was quite a lightning storm that night, so judging actually took place the night after).

One thing I have noticed is all the cars driving around town searching for the displays, so we thought this year we might create a **town map (its called a mud map) pinpointing the locations**, so we would appreciate those who are planning their projects to contact me on 0402 870 738 and give us your name and address, so that we can add you to our page. We hope to have the map available in the newsletter on the 16th.

Australia Day & Penshurst Citizen of the Year

As usual, all being well, we will be having our **Australia Day gathering** in the Gardens. We are hoping to have it as normal as usual. This year we were also like to invite all the town groups to set up tables with information them, to encourage activities and communication as we continue to open up after the COVID lockdown.

Continued page 7



Christmas
is Coming...
Get Ready!

Penshurst Post Office
31 Martin Street, Penshurst. 3289
Telephone: 5576 5220

EXTRA OPENING HOURS IN DECEMBER 2020

Saturday December 5, 12, 19
Hours 9 am to 1 pm



2020 Christmas Postage

International Card Only \$2.20
National Card Only \$0.65



Great Variety of Christmas Cards

..... As Seen on TV Products
If not in stock Quick Ordering Available
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**Great Range of
Books, Games and Gifts for all Ages**



**SHOP LOCAL
— FIRST —**
YOUR COMMUNITY · YOUR FUTURE

*Stay Happy,
Healthy,
and Safe*

Happy Holidays from John, Judy & Nicole

Penshurst Progress Association

Continued from page 5

Part of the Australia Day ceremony is a recognition of our choice for **Penshurst Citizen of the Year**. The process is the same as last year. In this newsletter there is a nomination form for you to complete and drop into the red box in the Penshurst Takeaway. Although this has been a very quiet year for community activities, there are still people out there working hard and giving freely of their time for the benefit of others. Who would you like to see be acknowledged for their commitment and kindness? It only takes a few minutes to fill in the form and give someone a real pat on the back. Right now I think we could all benefit from knowing we are appreciated.

If you are interested to know what else is happening for the town in our meetings, copies of our Minutes of the Meeting are available from Mark and I.

Here's to planning for a happier and healthier 2021.

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

Sammy Scribe and The Cracked Pot

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter



failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.' The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?' 'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.' For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.' Author Unknown

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.



Penshurst Store



Amanda & Cam Wilson

0439 941 942

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

New Hours:

Monday to Friday 7.30am to 5.00pm

Saturday 8.00am to 2.00pm

Sunday CLOSED

Family Pies now available to order
or pick up in store

Plain, Pepper, Cheese & Bacon, Mushroom,
or Curry, Chicken Kiev or Butter Chicken,
Lamb Rosemary & Garlic, Potato.

Phone orders and payments welcome
Take away only due to the current
COVID-19 Restrictions

Check out our giftware and clothes
Enjoy our range of sauces and jams
Fresh eggs available



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Western AG Hamilton

T: 03 5579 5900

Tim Wilson - 0429 168 020

Western AG Willaura

T: 03 5354 1585

Glen Gray - 0439 541 036



Greater Hamilton Library

Mobile Library

Will be visiting Penshurst every Thursday
fortnight 3.00 - 4.00pm

Outside the Hall in Martin Street

Dates for December are: 10th
& January 14th & 28th.



Phone: 5573 0470

www.sthgrampians.vic.gov.au/library

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GREATER HAMILTON LIBRARY

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

I wish to express my frustration at the cost of using the Penshurst Transfer Station. I am on a pension and on a limited budget. As I live approx 10 - 11kms away from Penshurst itself, and have no access to garbage collection and recycling services, I have to spend \$25 for each bag of rubbish per month, which is way over the fr*gging top. To achieve this one bag I have to carefully remove all the recycling, paper, cardboard, tins and glass from the general rubbish and flatten everything. I can't get away from the plastic from normal supermarket shopping, so it goes in the bin. I feel I am being penalised for being conscientious, and living out of town. In Penshurst the general garbage is collected every week. The cost per year is about \$450. The yearly cost for my monthly tip run is \$300 plus petrol. If I did this weekly it would be \$1,300.

My question is - WHY ARE WE OUT OF TOWNERS BEING PENALISED when the town gets a weekly service that does not cost \$25 a pickup?

I am super glad to hear that we are having a petition to address this issue and ask everyone to sign it and make comments.

Mary Stewart

To the Editor:

A recent trip to the Penshurst tip left me staggered about the huge increase in tip fees - and wondering what was the reason.

I had only a medium sized trailer of garden cuttings which pre-Covid cost \$12.35, but was now \$32 eight months later!

I get the feeling from talking to other Penshurst residents that the rest of the charges have also sharply increased.

I understand costs are rising for councils to maintain tips, and like most people am prepared to pay a reasonable increase. But a 150 per cent rise is over the top.

I hope these charges don't see some people revert to the bad old days when people would dump rubbish down a back lane.

There was discussion at the last Penshurst Progress Association meeting about compiling a petition to council about the savage increases. I support that idea. Council did change the opening times back to a Sunday afternoon after a PPA protest - let's hope this petition will achieve the same result.

Brian O'Brien

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 at RSL Hall, Ritchie Street.
- Mt Rouse & District Historical Society, 4th Sunday in January, March, May, July, September and November, 2pm at Court House. Phone 557 12145.
- Peshurst Bowls Club, 1st Tuesday each month at 7.30 pm.
- Peshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room, Peshurst Hospital at 1.30 pm.
- Peshurst 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)
- Peshurst Pony Club rally, 1st Sunday each month.
- Peshurst 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
- Peshurst 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.

Peshurst Church Services

Bethlehem Lutheran Church Tabor

Service every Sunday 10.00am

Peshurst Anglican Church

5pm Mass 4th Sunday each month

For further details contact Janet Kelly on
5576 5247

St Andrew’s Uniting Church

Peshurst

2nd & 4th Sunday

11am Service

St Joseph’s Catholic Church Peshurst

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

Have you got information, activities
or a story you’d like to share?
We’d love to publish it.
Contact Mark or Ama

Enthusiastic Everyday Chores and Back Pain.

By Eleanor Sheldon 20/11/2020

Summer has arrived and at my house I become very enthusiastic about catching up on chores, but before I rush in I must remind myself to take care.

It is better to prevent back pain and sciatica from arising in the first place, than having to cope with it afterwards. This is easier to write than actually do, but hopefully this article will remind us all of what we already know, but often forget in the moment.

Protecting you're back from unnecessary, or avoidable, strain or stress, is an important part of overcoming any existing problems; as well as preventing possible future ones.

Taking sensible precautions initially really will help you back as well your over all well being. Keep the following in mind: The most obvious benefit is that just treating your back more kindly, whether it is in good health or not, may be enough to ease, even stop the on-set or further back or sciatica pain.

Back pain can arise from injury, accident or disease, with most back problems I see arising from physical mis-adventuring, which has usually put the back under great strain then it can cope with. This often can be lifting something that was just too heavy for you, or bending down awkwardly, or even perhaps just spending a long time sitting or working in a position that placed extra strain on your back.

Often it is an ongoing sequence of events that gradually affects your back, none of these events being harmful enough to cause serious problems by themselves, but their cumulative effect eventually adding up to strained back pain.

My observation is it's just as possible to strain your back badly when lifting something comparatively light, just by doing it incorrectly, as it is picking up something heavier.

But it's not just lifting that puts your back at risk. A college once told me, many other common activities such as ironing, vacuuming, gardening making a bed, and driving a car, if carried out incorrectly can also lead to back problems.

Continued page 12



The Remedial Myofascial Clinic

Senior Therapist Eleanor Sheldon offers a clean nurturing environment to support your physical well-being needs.

She identifies injuries and impingements that could be blocking and creating an 'out of balance' feeling within your body and works with you for the best out-come.

The service includes counselling on lifestyle, gut well-being and assisted guidance for your natural good health and self promoted health plans.

They are also a registered NDIS provider..

**91b Bell Street
Penshurst Victoria 3289
M : 0400819408
E : eleanor@sheldon.com.co**

Enthusiastic Everyday Chores and Back Pain.

By Eleanor Sheldon 20/11/2020

Continued from page 11

Lifting, however, is particularly hazardous. Most people know the theory but forget to apply it in the moment.

We all need reminding to stand close to the object your intend picking up and bend at the knees and keep your back straight, try to avoid lifting and twisting at the same time, get some help if you need to lift a heavy piece of furniture etc.

Simply, it should be a case of all things in moderation when you are doing unfamiliar movement and stretching. Stand on a firm chair or ladder rather than stretching too far to dust or paint the ceiling, and kneel rather than bend down to reach low shelves or dust the skirting boards.

Remember to warm up and loosen your joints before taking all the more demanding bending and stretching tasks.

As a general rule, use move control movements rather than jerky ones and if you do feel pain at any time, STOP. Avoid the temptation to do, just that last little bit more.

Pain is a vital warning sign and should not be ignored. However, it's not just when you're active that your back may be at risk. Poor posture and bad seating can equally contribute to making your problems all the worst. And your bed, of course, plays a vital role in keeping you and your spine rested, as does knowing when to have rest breaks during every day activities and work projects.

I hope this article reminds us all to take care, and reminds us to look after ourselves, which in turn will enhance a better quality of sleep, and hopefully ease existing aches and pains, or prevent additional physical troubles, particularly in our backs.

RAaM

ROUSE ARTISTS AND MAKERS

MAKE CREATE & GROW



Christmas Wreath

Workshop

with Sylvia



7.30pm

**Wednesday 16th
December**

RSL hall, Richie St Penshurst.

\$20

Limited to 6 people

To book your place,
text 0407 557 677

BYO drinks and nibbles

Tea and coffee supplied.

Bring your own ribbon or Christmas decorations if you have some you would like to use.

A PAGE TO SHARE RECIPES

A fresh approach to rack of lamb

Spring lamb rack with caper and herb crust and rhubarb compote

Prep Time 15 mins - Cooking Time 95 mins

INGREDIENTS - 6 servings

1 tbs olive oil, plus extra to drizzle	4 rosemary sprigs, leaves picked
2 French-trimmed 8-cutlet lamb racks	1/2 cup flat-leaf parsley leaves
8 eschalots, halved	1/2 cup mint leaves
Rhubarb compote, to serve	8 garlic cloves
	2 tbs olive oil
CAPER AND HERB CRUST	Finely grated zest and juice of 1 lemon
2 tbs salted capers, rinsed, drained	2/3 cup (100g) chopped peanuts

METHOD

Step 1 For the crust, place the capers, herbs, garlic, oil, lemon zest and juice and a generous amount of freshly ground black pepper in a food processor and whiz for 1 minute or until very finely chopped. Add the peanuts and process until just combined. Set aside.

Step 2 Heat the oil in a frypan over medium heat. Season lamb, then in 2 batches, cook, turning, for 1 minute each side or until browned. Rest for 15 minutes, then press crust onto each lamb rack.

Step 3 Preheat the oven to 200°C.

Step 4 Place eschalot on a baking tray, drizzle with oil and place the lamb on top. Roast for 35 minutes for medium-rare or until cooked to your liking. Rest for 10 minutes.

Step 5 Carve the lamb and serve with the roasted eschalot and rhubarb compote.

Like mint, rhubarb is a natural accompaniment to lamb.



“A man seldom thinks with more earnestness of anything than he does of his dinner.”

Samuel Johnson

Dunkeld & District Community Bank Branch



Recognition for 10 years service

A very special celebration this week, with Anna celebrating 10 years service at Bendigo Bank. Anna is a wonderful Manager, with the success and continuing growth of the branch, a testament to her outstanding leadership. Thank you Anna for a fantastic 10 years service. We are very lucky to have you and look forward to many more years of your guidance, support and friendship.



Save The Date

10th birthday celebrations are planned for us in 2021 and we would love you to join us to celebrate this great milestone.

With further details to come, please add this event to your diary:

DATE: February 12th 2021

VENUE:
Dunkeld Memorial Park

TIME: From 5pm



Instant card protection

Losing your card just became less stressful! We've added some new features to our e-banking to help keep your cool if your card goes missing 🙌

Instant card protection

At the top of a button, you can now temporarily block or unblock your card via Bendigo Bank e-banking.

It's now easier than ever to report your card as lost or stolen. Simply order a replacement via Bendigo Bank e-banking.

Easier everyday banking

Merry Christmas

Wishing everyone a very happy Christmas and a great New Year. Thanks for your ongoing support. It is greatly appreciated.

Christmas trading hours

Thursday 24 December – 10am to 4pm
 Friday 25 December – Closed
 Saturday 26 December – Closed
 Sunday 27 December – Closed
 Monday 28 December – Closed
 Tuesday 29 December – 10am to 4pm
 Wednesday 30 December – 10am to 4pm
 Thursday 31 December – 10am to 4pm
 Friday 1 January – Closed
 Saturday 2 January – Closed

bendigobank.com.au

Bendigo Bank

Amazing facts about Australia:

Australia is the 6th largest country by size, a massive 2.9 million square miles.

You can fly from Perth to Melbourne faster than you can fly from one end of Western Australia to the other.

The Great Victoria Desert, just ONE of Australia’s barren areas is larger than the United Kingdom. You could lose an entire country in Australia and never know it.

The area of Australia that is covered by snow in winter is larger than the area of Switzerland.

The longest fence in the world is in Australia, and it runs for over 5,530 kilometres.



RAaM

ROUSE ARTISTS AND MAKERS

MAKE CREATE & GROW

raampenshurst@gmail.com

November Meetup

A small, enthusiastic group of attended our first meetup held in the Penny lounge on 19th November. It was a very pleasant evening socializing over a drink whilst sharing our many ideas. Our next meetup will be in January.



Sketching Plein Air



Gillian and Sylvia sketching in the gardens on Tuesday. More plein air days will take place in the new year.

KOKEDAMA WORKSHOPS

7.30pm Wednesday 2nd December

9.30am Wednesday 9th December

At the RSL hall Richie Street Penshurst.

\$25 Limited to 8 people. Everything supplied

If you have small children then you are very welcome to bring them to our morning workshop.

Tea and coffee supplied at both workshops.

BYO drinks and nibbles to the evening workshop if you wish.

Text Gillian Jacobs 0407 557 677



Australia includes the world’s longest stretch of dead-straight railway track, a 297 mile length.

Australia is home to 10 of the world’s 15 most poisonous snakes as well as a disproportionate number of venomous spiders.

The mysterious platypus has venom strong enough to can kill a small dog.

Marsupials like koalas, quokka and kangaroos can be found nowhere else in the world.

The only two mammals in the world that lay eggs are found in Australia, the platypus and echidna

There are over 60 different species (types) of kangaroos.

1 million wild camels roam the Australian deserts.

The largest Greek population in the world beside Athens in Greece can be found in Melbourne Victoria.

What fun facts do you know about the country we live in?

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

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Opening Hours:

Monday - Friday

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Saturday

9am - 6pm

Sunday

10am - 6pm



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Answers to Riddles: 1. because you can see
right through them, 2. a printer, 3. because
it wasn't a fan, 4. a virus, 5. a keen mind,
6. sleep, 7. the corn has ears, the potatoes
have eyes and the beanstalk.

**CHRISTOPHER COOK
CONSTRUCTIONS**

Ph: 0417 100 243

Fax: 5576 5267



HIA Reg CB-U 6214

DB-U 5109

**112 Bell Street
Penshurst Vic 3289**

In the Garden with Janet

Epiphyllum anguliger Orchid Cactus.



I call them "Strap Cactus". They come from southern Mexico to Central America and consist of 20 varieties. They have shrubby, prostrate flattened stems which are often mistaken for leaves.

They are frost tender and require a dry cool spell during winter. Free draining soil and strong light for the best flowers. They are great in hanging baskets and seem to grow better if the roots are restricted .



I grow mine under small trees in a shady corner. I have hollow red gum logs, even the bowl from a washing machine. I filled these with compost and now the plants are so large and overhang the containers that they are not seen.



When it becomes very dry, I throw buckets of water into the containers. The flattened stems become brown and will break off if they become too dry. If too wet, the plant will rot.

Earwigs and snails seem to be their biggest pests. They are propagated by breaking off a piece and planting in a container. I just leave them alone and enjoy the flowers when they come out

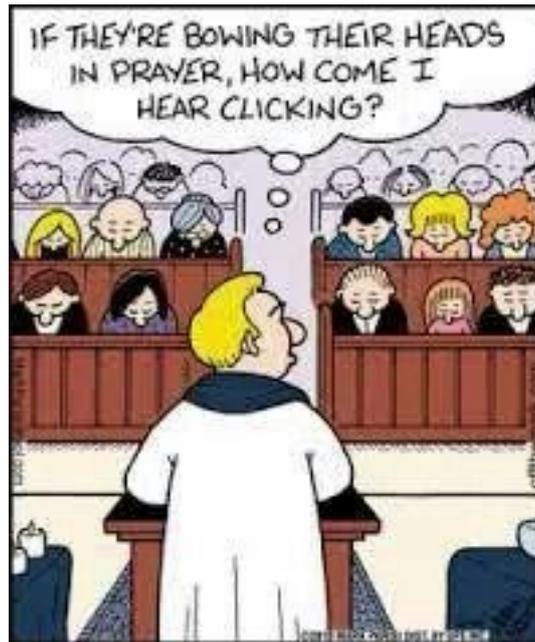
in November when they make a beautiful show. As can be seen from the photos, there are many different colours and types.

There are many beautiful things, but the silent beauty of a flower surpasses them all



Riddles

1. Why are ghosts bad at lying?
2. I am as loud as a plane, as precise as a pen, I never run out, even when I'm on end, I can be refilled. But when I stop working, I just need to recharge. I can help you with ink and paper, just tell me when! What Am I?
3. Why didn't the appliance want to cheer for the sports team?
4. I am as small as a micron, stealthy like a spy, and I have always been caught. What Am I?
5. I slow with the passage of time, yet I am quick without movement! What am I?
6. To have one third you must give, without me not long you shall live! What am I?
7. Why should you never tell a secret at a farm?



Around the Churches The New Normal

I was reading something rather insightful the other day. It was about trying to adjust to the 'new norm' when we are not quite sure what the 'new norm' actually is. The new norm is rather slippery and changes even before we have begun to get our head around it. No wonder there is a sense of weariness. It's just a lot of hard work. Perceptive Tara Haelle who is a photojournalist, educator, author, and science writer penned these words. "Most of us have heard for most of our lives to expect more from ourselves in some way or another. Now we must give ourselves permission to do the opposite. We have to expect less of ourselves and we have to replenish more. We are asking ourselves 'Where do I get my energy? What kind of down time do I need?'" Now the phrase that really smacked me across my left cheek was the bit about expecting less of ourselves. We are a driven sort of a world and we are more frantic, more competitive and more antsy than we have been for some time. What if instead of allowing our blood pressure to froth, we just poured ourselves a fragrant bubbly bath with a refreshing beverage, some chocolate and soothing music? What if that was all we expected of ourselves and that was everything on our to do list?

Wouldn't we be more likely to treat ourselves better and each other more kindly? The Master put it this way. "Come to me all you that labour and are heaven laden and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly of heart and you will find rest for your souls, for my yoke is easy and my burden is light".

Fr. David Oulton - droulton72@gmail.com

The Christmas Eucharist will be offered at All Saints Anglican Church Penhurst on Tuesday 22nd of December at 7:00pm. At the time of going to print, you need to book with Fr. David (5571 1317) and BYO mask.

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

Penshurst Hair Design



The Salon is Open

Tuesday,
Thursday &
Fridays

9am - 5pm

Every Second
Saturday

10am - 3pm

Bookings required
As appointments fill quickly!

Phone Mandy

Mobile: 0417 511 177



Thank you

PLACES OF INTEREST IN PENSHURST

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

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

86 Bell Street Penshurst 5576 5330

All Day Breakfast, Home-made cakes & slices

Mahalia Coffee, Fresh Bread, Milk, Meat and soft drinks.

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

NEW MENU ITEMS

Huge range of focaccias - Egg & Bacon Rolls & Muffins

Opening hours

Monday 6 am - 7 pm Tuesday 6 am - 5 pm

Wednesday & Thursday 6 am - 7 pm

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



Ready to go

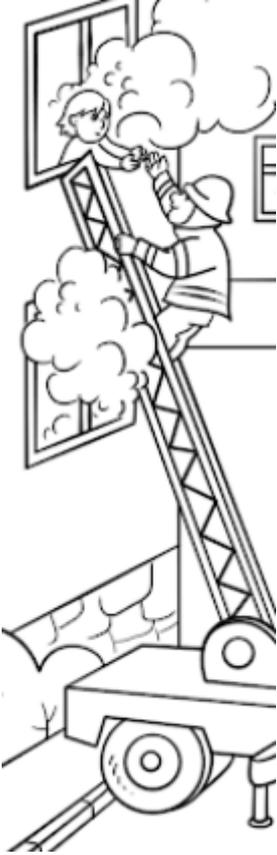
Roast Lamb & Beef Gravy Rolls

Ask about our American Style Burger Menu

Please phone late orders 15 minutes prior to closing, thank you

A Page for the Children to enjoy and colour

What do you want to be when you grow up? Here's a few ideas.



Women are fire fighters too. On the ground or up on ladders.



How about a plumber?



Would you like to be a doctor?

What is your dream job?

There are many types of farmers.



How amazing are human beings - from sailing the oceans to sailing through space. Give us a problem and we will find a solution.

Mt Rouse Puzzler

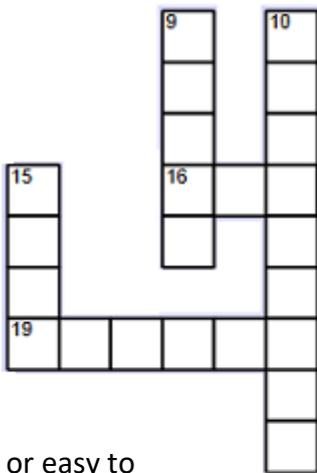
Across: 1: Knowledge that is gained by having many experiences in life.

2: Something valuable (such as money, jewels, gold) that is hidden or kept in a safe place.

5: The condition of living or the state of being alive.

7: The part of a shirt, jacket, etc., that covers all or part of your arm.

11: The act or process of making something clear



or easy to understand.

14: A person or thing that protects someone or something.

16: Having or showing a tendency

to argue or fight.

19: A soldier in the past who had a high social rank and who fought while riding a horse and usually wearing armour.

20: A reference book arranged in alphabetical order.

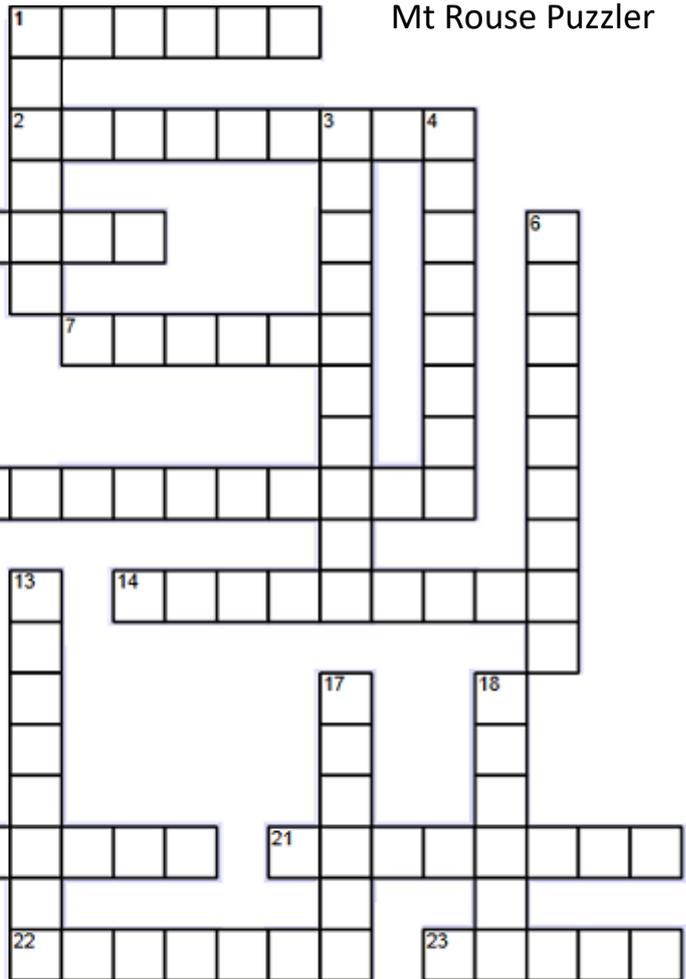
21: The way someone acts or feels in response to something that happens, is said, etc.

22: To be a sign of (something).

23: Parts and features that are useful or appealing but not essential or necessary.

down:1: Inside.

3: Belonging or relating to each one of the people or things that have been mentioned.



4: Something that is used or done to deal with and end a problem.

6: A stiff and thick kind of paper that is used especially for making boxes.

8: Big and having many rooms that are arranged in an irregular shape.

9: A leg or arm.

10: To become very angry.

11: Amusement or pleasure that comes from watching a performer, playing a game, etc.

12: Shared or done by a group of people.

13: Seen before.

15: To join or connect (two or more things, places, etc.) together.

17: Tired and ready to fall asleep.

18: To cause (someone) to be calmer, less angry, etc.

Across: 2 chess, 4 pottery, 7 hunting, 12 writing, 13 knitting, 17 photography, 18 painting, 19 embroidery, 21 gardening, 22 birdwatching, 23 hiking, 24 cooking. **Down:** 1 drawing, 3 singing, 5 exercise, 6 calligraphy, 8 learning, 9 origami, 10 beekeeping, 11 scrapbooking, 14 shopping, 15 dance, 16 woodwork, 20 sewing.

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.

The external building has been completed and now the internal work must be done. Have patience, we will be open again very soon.

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 – 12th December 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

**FREE NEWSLETTER EVERY
FORTNIGHT**

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<http://www.penshurstvictoria.com.au/Penshurst&20Newsletter.html>

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1/4 page \$5 + GST **Business Card** \$3 + GST

Australia Day Nomination Form

Penshurst Citizen of the Year

Name of Nominee:

Reason why you nominated him or her (or group):

.....
.....
.....
.....

Your name:

All Nominee names are kept confidential

Contact no:

Thank you for submitting your nomination

Date:

Please return by email or drop in the Red box at the Takeaway
by 8th January 2021. Thank you.

Penshurst Progress Association
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