

MT ROUSE NEWS & VIEWS



A Project of the Penshurst Mens Shed Inc

New coronavirus lockdown measures are in force.

This is what they mean for your routine

Prime Minister Scott Morrison declared the situation is now "deadly serious". The need for Australians to distance themselves from each other has become paramount in a bid to slow the spread of coronavirus. As COVID-19 cases spiral, the Government is implementing greater restrictions on movement. But things are changing quickly so listen to your television or radio. You can also visit abc.net.au/coronavirus for the latest news.

Right now, can I leave my home?

The Prime Minister has requested Australians now stay at home, unless the travel is "essential". "Those holidays that you may have been planning to take interstate over the school holidays are cancelled," he said on Sunday morning at Parliament House. He also foreshadowed "far more draconian" measures to be applied in coming days. Mr Morrison met with state and territory leaders on Sunday night to discuss further measures. But even without Mr Morrison's intervention, interstate travel has been curtailed.

Western Australia and South Australia have joined Tasmania and the Northern Territory in requiring visitors to isolate for 14 days upon arrival, effectively closing the borders.

So, what is non-essential travel?

Holidays and avoidable interstate trips were cited by the Prime Minister as travel that must be scrapped. On the other hand, he said going to the shops, going to work and "other important tasks" are essential and would be allowed. Where should Australians draw the line? "Common sense," Mr Morrison said, with consideration of the threat of the virus to the community at large. "It is not just about each of us individually but the person standing next to us, the person who lives across the road, the elderly resident in the same apartment building as you." Schools in Victoria will close from Tuesday this week.

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 until further notice.

We hope to continue to bring you a fortnightly newsletter available from the Penshurst Newsagent & Takeaway and Penshurst Supermarket & Liquor store.

Please contact Mark & Ama by phone or email.

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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 – 4th April 2020

The newsletter will be published on Wednesday fortnightly and we would appreciate submissions at the earliest possible time within the fortnight but no later than the Saturday immediately prior to the Wednesday of publishing.

Editor : Mark Dalla Costa

All correspondence to: mtrousenewsletter@gmail.com

F R E E N E W S L E T T E R E V E R Y F O R T N I G H T

Also available in colour online at

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

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

New coronavirus lockdown measures

(continued from page 1)

What businesses will be left open?

New South Wales, Victoria and the ACT announced on Sunday that non-essential businesses will shut down over 48 hours. Other states may follow suit.

The NSW and Victorian Governments have pledged that stores and services that remain available will include:

- supermarkets
- banks
- petrol stations
- pharmacies
- convenience stores
- freight and logistics
- food delivery

Who is going to stop me from leaving my home?

Both state and Commonwealth government have enacted emergency powers that give them the right to fine and even jail people who breach lockdown orders. An expanded police presence in affected areas in New South Wales and Victoria has been flagged.

How long will the lockdown last?

The Prime Minister warned it will be at least six months before things go back to normal. "The more we work together, the more we share the load. "The more we share the sacrifice, the more we do the right thing together as Australians, the more lives we will save, the more livelihoods we will be able to preserve and the stronger we will all be on the other side."

It's not yet clear whether you can catch the virus a second time after initially recovering, or how that will apply to lockdown arrangements.

Source: <https://www.abc.net.au/news/2020-03-22/coronavirus-lockdown-what-it-means/12079242>

Important coronavirus information from the Department of Health

Official advice is to follow these simple steps to help slow the spread of the virus and to reduce the risk of infection:

* Wash your hands with soap and water regularly and thoroughly; this means for at least 20 seconds

* Avoid physical contact with others when possible, especially if you're feeling unwell

* Cough or sneeze into your elbow or into a clean tissue, then throw the tissue in the bin

* If you're feeling sick or showing symptoms of coronavirus, you should call your GP for advice — they will tell you if you need to get tested

* For more information and tips to help improve your safety and wellbeing, visit the Department of Health website.

Dunkeld & District Community Bank Branch



Dunkeld & District
Community Bank Branch



Cricket Club BBQ

Anna, Sue and Louise enjoyed a lovely evening recently at the Grampians Cricket Club.

With all senior and junior sides competing in this year's finals, there was a real excitement among players as they completed training on a magnificent, balmy evening.

We have enjoyed a long association with the Club and have proudly sponsored them since our opening nine years ago.

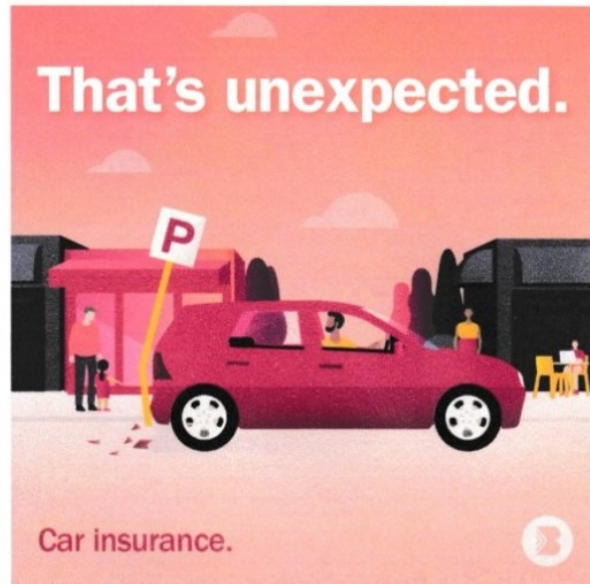
This year our contribution of \$1000 was used to assist in the erection of new training nets (pictured).

Situated at the foot of picturesque Mt Sturgeon, the setting is simply beautiful. It was very relaxing as we provided a BBQ tea to the players.



Insurance – That's Unexpected

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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.



Caramut and District Garden Club

To have good plants, we need good soil. An article from "The Gardener's Year" by Karel Capek which was published by George Allen & Unwin, London, 1931, tells us how to have good soil.

THE PERFECT SOIL

"A good soil, like good food, must not be either too fat, or heavy, or cold, or wet, or dry, or greasy, or hard, or gritty, or raw.

"It ought to be like bread, like ginger-bread, like a cake, like leavened dough: it should crumble, but not break into lumps; under the spade it ought to crack, but not squelch; it must not make slabs, or blocks, or honeycomb, or dumplings; but, when you turn it over with a full spade, it ought to breathe with pleasure and fall into a fine and puffy tilth.

"That is a tasty and edible soil, cultured and noble, deep and moist, permeable, breathing and soft - in short, a good soil is like good people and, as is well known, there is nothing better in this vale of tears."

I enjoy the smell of freshly turned soil ready for planting. With compost worked into the soil and good mulching, the soil will become as mentioned in the above article.

Competition winners for February were:

Bloom: 1st Mary Underwood 2nd Marita Smith

Special - a piece of succulent:

1st Mary Underwood

2nd Brenda Uebergang/Helen Brown

Produce: 1st Jan Street

2nd Kit Boyd



The next meeting of the Garden Club will be at the Woolsthorpe Hall on Tuesday 14th April at 10 am. The Special Competition is Foliage.

We shall have Karren Jackson demonstrating the making of the Kokadamas.

Note: The next meeting may be cancelled due to the Corona Virus however members will be advised if this is the case.

"The miracle of the seed and the soil is not available by affirmation;
it is only available by labor. "

Jim Rohn

"Working with food was fraught with anxiety when I was a girl. Like all farmers, we were at the mercy of the weather, and we lived in fear of crop failure." **Bobbie Ann Mason**

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Andrew Vachss



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MEDIA RELEASE

Emma KEALY
MEMBER FOR LOWAN

The Nationals Member for Lowan Emma Kealy MP has called for swift action to ban people seeking to price gouge on necessities through online marketplaces during the coronavirus pandemic.

Ms Kealy said many basic items were becoming harder for people to access through super - markets. She said she was bitterly disappointed that some unscrupulous Victorians had taken to online marketplaces to offer these products at massively inflated prices.

Ms Kealy said taking away the outlet for price gouging would limit the incentive for these people to stockpile essential goods that were desperately needed by others.

“People who hoard basic necessities in order to sell them at rip-off prices should be condemned for making life harder for others during a crisis,” she said.

“That anyone would seek to rip off others at this time and hoard necessary goods in order to price gouge online is disgusting.

“I am calling for online marketplaces to immediately ban this predatory conduct. Organisations such as Facebook, Gumtree, eBay and Amazon have the capacity to ban sellers seeking to exploit the coronavirus crisis by price gouging – it is vital that they move to do so immediately.

“If online marketplaces don’t act, then governments must urgently step in to make it happen.”

Ms Kealy said she understood the fear that many people locally were feeling during the coronavirus pandemic, particularly due to a lack of basic necessities on supermarket shelves.

She urged local residents to remain calm, and show respect for their fellow community members, including supermarket staff.

“You don’t need to fill your pantry for a year. Only buy what you need from the supermarket so that other people can get what they need too,” she said.

“Now more than ever, we need to look out for each other and show the attitudes and values that regional and rural communities are known for – our generosity of spirit, our compassion, and our ability to band together and help one another.”

MAY MARKET IS CANCELLED

Following on from the current Emergency restrictions introduced by the Victorian Government we are forced to cancel the Future Life Market previously advertised to be conducted on Saturday 2nd May 2020. With no guarantee that the restrictions will be lifted in the near future we are loath to set a new date. Provision will be made to support cancer research this year and details will be advised in due course.



Mobile Library

Will be visiting Penshurst
every Thursday fortnight

3.00 - 4.00pm Outside the Hall
in Martin St

Dates for March are: 5th , 19th

Phone: 5573 0470
www.sthgrampians.vic.gov.au/library

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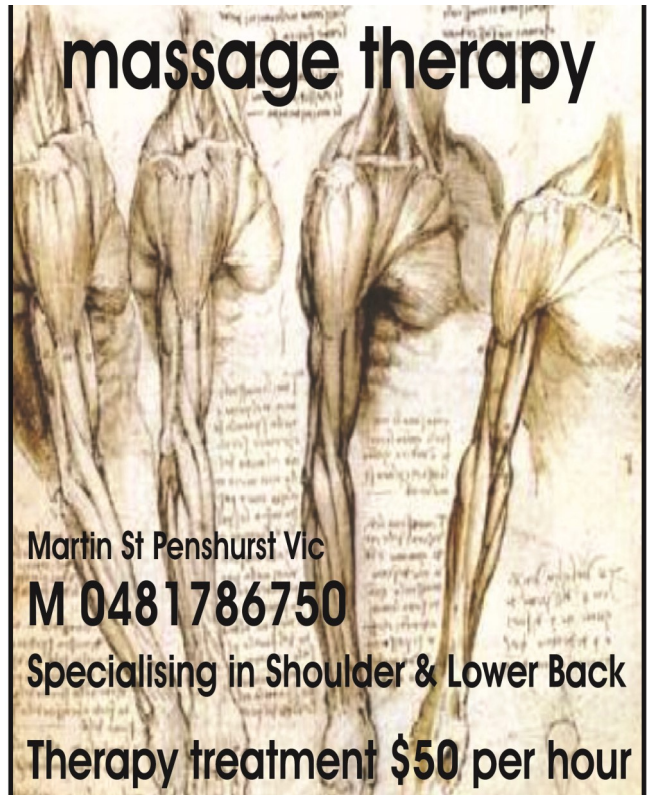
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MEDIA RELEASE

19 March 2020

**COVID-19 RESPONSE**

Given the rapidly evolving situation we face in relation to the COVID-19 virus, Southern Grampians Shire Council has taken steps as a precautionary measure to help slow the spread of COVID-19 in our community, protect our staff, volunteers and visitors, and play our role in the national response to limiting transmissions.

In line with Federal and State Government recommendations, we will be practising social distancing by cancelling all non-essential public gatherings for the foreseeable future. Evidence from around the world has shown that pre-emptive measures are extremely effective in containing the spread of the disease.

It is important to note that as at today (Thursday 19 March) there are no known diagnosed cases of COVID-19 within Southern Grampians Shire and we are in regular talks with Western District Health Service (WDHS) and the State and Federal Governments to keep abreast of any changes to that information.

Our key objectives:

- Contain the impact of the disease;
- Maintain a healthy workforce;
- Provide strong leadership across the Southern Grampians Shire; and
- Keep residents and business informed about what we're doing and why we're doing it.

We are encouraging residents to:

- Remain calm;
- Follow all state and federal government advice;
- This is about distancing yourself, but not social isolation; and
- Look out for each other, check on your neighbours and provide assistance where necessary

It's important to remember, this is an extremely fluid situation and events are changing daily.

To achieve these objectives, we will be making the following changes to services provided by SGSC as of 5pm Friday and for the foreseeable future:

CUSTOMER SERVICE CENTRES: Customer service centres in Brown St and Market Place, Hamilton will be staffed from 8.15am-5.00pm Monday-Friday but closed to the public. Residents are encouraged to make enquiries via phone 03 55730 444, email council@sthgrampians.vic.edu.au or via the website www.sthgrampians.vic.gov.au.

VISITOR INFORMATION CENTRES: Visitor Information Centres located throughout the Shire will be closed.

CULTURAL SERVICES: Hamilton Gallery, Hamilton Performing Arts Centre, Greater Hamilton Library (including the mobile library) and the Hamilton Cinema will be closed. All scheduled programs and events, including school holiday programs, will not proceed at this point.

COUNCIL MEETINGS AND ENGAGEMENT SESSIONS: The April Council Meeting, scheduled to be held in Mirranatwa, will now be held in Hamilton. While this meeting is still open to the public, it is anticipated it be live streamed via council's Facebook page and we would strongly encourage you to engage with the meeting in this format. All other Council organised engagement sessions and events (eg Listening Posts, community meetings, DISA 2020 Festival) will also be cancelled for the foreseeable future.

RECREATIONAL FACILITIES: Hamilton Indoor Leisure and Aquatic Centre (and all associated facilities and programs including Vitality Gym), and all outdoor pools throughout the Shire will be closed.

HAMILTON REGIONAL LIVESTOCK EXCHANGE (HRLX): Will remain operational however access to HRLX weekly sales will be limited to buyers, stock agents, transport operators and council staff. The general public will not be able to attend, even if they are sellers at the sale.

WASTE SERVICES: No changes will be made to household waste and recycling services at this point. Transfer stations in Hamilton and townships will be closed to the general public but remaining open to account holders and commercial operators. Anyone who is adversely affected may be able to arrange waste drop off by appointment. Please contact 55730444 to discuss.

Things you can do at Penshurst Post Office

Overseas money.....Euro, Pound, USA & lots more

Passports & Photo's.....After-hours appointments available

Bill Payments.....Phone, Vic Roads, Water, Rates & lots, lots more

Banking.....Deposits, Withdrawal, Enquiry

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Please note: All non-essential meetings should be cancelled for the immediate future.

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.

Media Release - Covid-19 Response

(continued from page 9)

YOUTH AND CHILDCARE SERVICES: The L2P program will be suspended at this point. Family Day Care is to remain available until the Department of Education advises that the service should not be operated. We will advise educators and families if this status changes.

Occasional Care Services will close with the closure of HILAC as the centre will not be accessible to the general public.

MATERNAL CHILD HEALTH: Council will maintain the Maternal Child Health service through an appointment only basis. We ask that if you are unwell you please reschedule your appointment. Nurses will also be available for phone consultation and advice.

SENIOR CITIZENS CENTRE: Centres are not operated by Council, however we will be contacting each centre and advising of the social distancing guidelines and encouraging the centres to not operate during the pandemic.

Flu vaccination programs will not be provided through the senior citizens centres this year, to avoid large gathering of at risk persons in one place. When flu vaccinations are available, they can be obtained through local medical practices and pharmacies.

REGULATORY SERVICES: Market Place office will be closed to the public. Services will be by appointment only. Please contact 5573 0227.

HOME SERVICES AND COMMUNITY CARE: Home and Community Care Services will continue to operate as per normal arrangements. Communication with clients has been conducted to advise that services will continue but will potentially be modified to ensure clients and staff are protected.

As the pandemic event impacts our community further, it is anticipated that our services in this area may be required to be extended to isolated residents who have no other means of social support.

MEALS ON WHEELS: This service will continue to operate as per normal.

Council have contingency plans in place to keep essential services running even in the event that our workforce is affected by COVID-19. Southern Grampians Shire Council plans to redeploy and re-engage staff in key duties across the organisation to accommodate the changes necessary to provide council services during the outbreak and limit the impact on service delivery. Our priority is to continue providing support to vulnerable citizens who may be most seriously affected by this.

We will also be increasing the levels of cleaning at all of our facilities to ensure any potential spread of infection is minimised as much as possible.

At an operational level, Council has implemented a number of new health and safety measures within our workforce. This includes encouragement of flexible working arrangements, such as working from home, and cancellation of any non-essential meetings.

We are providing ongoing updates on our website and social media to ensure local residents have the latest information and advice about how COVID-19 is affecting the region and what they should do.

By taking these measures, we aim to help prevent a sharp spike in the number of infections – reducing the pressure on our health system and ensuring that everyone gets access to the care they need.

We appreciate the community's understanding regarding this situation. For up-to-date information on Councils' response and service impacts, please refer to our website www.sthgrampians.vic.gov.au

For anyone with concerns around COVID-19, please refer to the Health and Human Services departmental website: <https://www.dhhs.vic.gov.au/coronavirus> which provides up to date and accurate information.

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

<ENDS>

Courage doesn't always roar, sometimes courage is the quiet voice
at the end of the day saying, "I will try again tomorrow".

Mary Anne Radmacher

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: Wednesday 22nd April, 7.30pm in the Supper Room, Penshurst Hall.

This is a tentative date which will be confirmed when circumstances allow us to have meetings again.

Ama changing hats

Over the past weekend so many people have thanked us for holding what may be the last event in our region for a time. We chose to run with it after careful consideration, diligently watching and listening to all the messages on the tv and internet, and with discussion with Council, because the Penshurst Art & Photography Exhibition was opened by the Deputy Mayor, Colin Dunkley, and while the Opening Night, and the number of visitors over the weekend, was less than other years, it did bring a shade of joy to a fair number of people's lives, who, like the rest of us now face this period of lockdown with some trepidation, and confusion, as to what is required of us and how long its all going to last.

This newsletter is full of information from both the media and the Council - information to keep us safe, sensible things like how long to wash our hands for (20 seconds) and a reminder of just how much we are all involved in community activities, such as the Library (a real loss) and friendly gatherings that really shouldn't do us harm, but right now might end up with everyone in the room spending time in hospital. Please take note, take care, and respect your own and other people's personal boundaries and we'll get through this period of

“Live with intention.
Walk to the edge.
Listen Hard.
Practice wellness.
Play with abandon.
Laugh.
Choose with no regret.
Appreciate your friends.
Continue to learn.
Do what you love.
Live as if this is all there is.”
— Mary Anne Radmacher

trial safely and be able to get on with the rest of our lives knowing that we are capable of managing a time when a lot was asked of us for the benefit of those we love most of all.

Next fortnight's newsletter will have photos and results from the Art Exhibition. There were other, more important, things to include in this one. See you then.

Ama Cooke

“There is no small act of kindness.
Every compassionate act makes
large the world.”
— Mary Anne Radmacher

A PAGE TO SHARE RECIPES

Something different for Autumn

Chermoula kingfish with Moroccan beans

Prep time 20 mins—Cook Time 15 mins

INGREDIENTS—4 Servings

4 x 180g skinless kingfish fillets	2 teaspoons sweet paprika
2 tablespoons olive oil	1 teaspoon finely grated ginger
1 onion, finely chopped	1 teaspoon dried chilli flakes
2 garlic cloves, crushed	1 teaspoon ground cumin
720g can mixed beans, rinsed, drained	1 teaspoon ground coriander
1/4 cup sliced roasted capsicum	1 teaspoon ground white pepper
1/2 cup (125ml) chicken stock	1/2 teaspoon ground cardamom
1/2 cup coriander leaves	1/2 teaspoon ground cinnamon

CHERMOULA

METHOD

Step 1 For the chermoula, place all the ingredients in a large bowl and stir to combine.

Step 2 Add the kingfish to the chermoula and toss to coat well. Set aside to marinate for 15 minutes.

Step 3 Heat 1 tablespoon oil in a large saucepan and add the onion. Cook, stirring, for 2-3 minutes until softened, then add the garlic and cook for a further 2 minutes or until fragrant. Remove from heat.

Step 4 Place 1/2 cup mixed beans in a food processor and whiz until smooth. Add the bean puree to the saucepan with the capsicum, chicken stock and remaining beans. Cook for a further 2-3 minutes until warmed through. Keep warm.

Step 5 Heat the remaining 1 tablespoon oil in a frypan over medium heat. Cook the kingfish fillets for 2-3 minutes each side until just cooked through.

Step 6 Serve the kingfish with the Moroccan bean mixture and garnish with coriander



“Catch a man a fish, and you can sell it to him.

Teach a man to fish, and you ruin a wonderful business opportunity. “

- Karl Marx

**PLACES OF INTEREST IN
PENSHURST**

Volcanoes Discovery Centre

www.volcanoesdiscoverycentre.com.au

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“Autumn is really the best of the seasons; and I'm not sure that old age isn't the best part of life. But of course, like autumn, it doesn't last. “

C.S. Lewis

Riddles

1. What kind of goose fights with snakes?
2. What has an eye but can not see?
3. Noelani is outside a shop. She cant read the signs but she knows she needs to go in to make a purchase. What store is she at?
4. Tuesday, Bill and Jim went to a restaurant they ordered and ate their food and stuff like that. Then they paid the bill, but neither Bill nor Jim paid the bill. Who did?
5. What didn't Adam and Eve have that everyone else has?
6. What is it that is full all day and empty at night?

Sammy Scribe Says:

If you're not familiar with the work of Steven Wright, he's the erudite scientist who once said: "I woke up one morning and all of my stuff had been stolen and replaced by exact duplicates." His mind sees things differently than most do, to our amazement and amusement. Here are some more of his gems:

1. I'd kill for a Nobel Peace Prize
2. Borrow money from pessimists -- they don't expect it back.
3. Half the people you know are below average.
4. 99% of lawyers give the rest a bad name
5. A clear conscience is usually the sign of a bad memory.
6. If you want the rainbow, you gotta put up with the rain.
7. All those who believe in psychokinesis, raise my hand.
8. The early bird may get the worm, the second mouse gets the cheese.
9. I almost had a psychic girlfriend but she left me before we met.
10. OK, so what's the speed of dark?
11. Depression is merely anger without enthusiasm.
12. When everything is coming your way, you're in the wrong lane.
13. Ambition is a poor excuse for not having enough sense to avoid work.
14. Hard work pays off in the future, laziness pays off now.
15. I intend to live forever -- so far, so good.
16. Eagles may soar, but weasels don't get sucked into jet engines
17. What happens if you get scared half to death twice?
18. Why do psychics have to ask you for your name?
19. A conclusion is the place where you got tired of thinking.
20. The hardness of the butter is proportional to the softness of the bread.
21. The problem with the gene pool is that there is no lifeguard.
22. Everyone has a photographic memory, some just don't have film.
23. To steal ideas from one person is plagiarism; to steal from many is research.
24. The sooner you fall behind, the more time you'll have to catch up.
25. My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."



Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

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Friday

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DAILY SPECIALS

CATERING



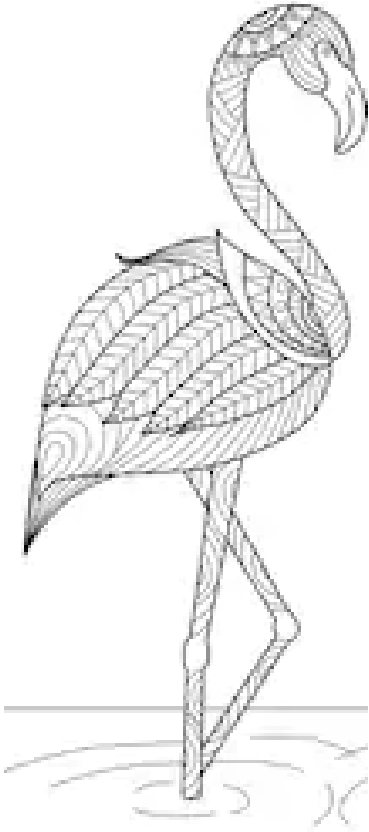
Cam & Amanda Wilson

We are open:

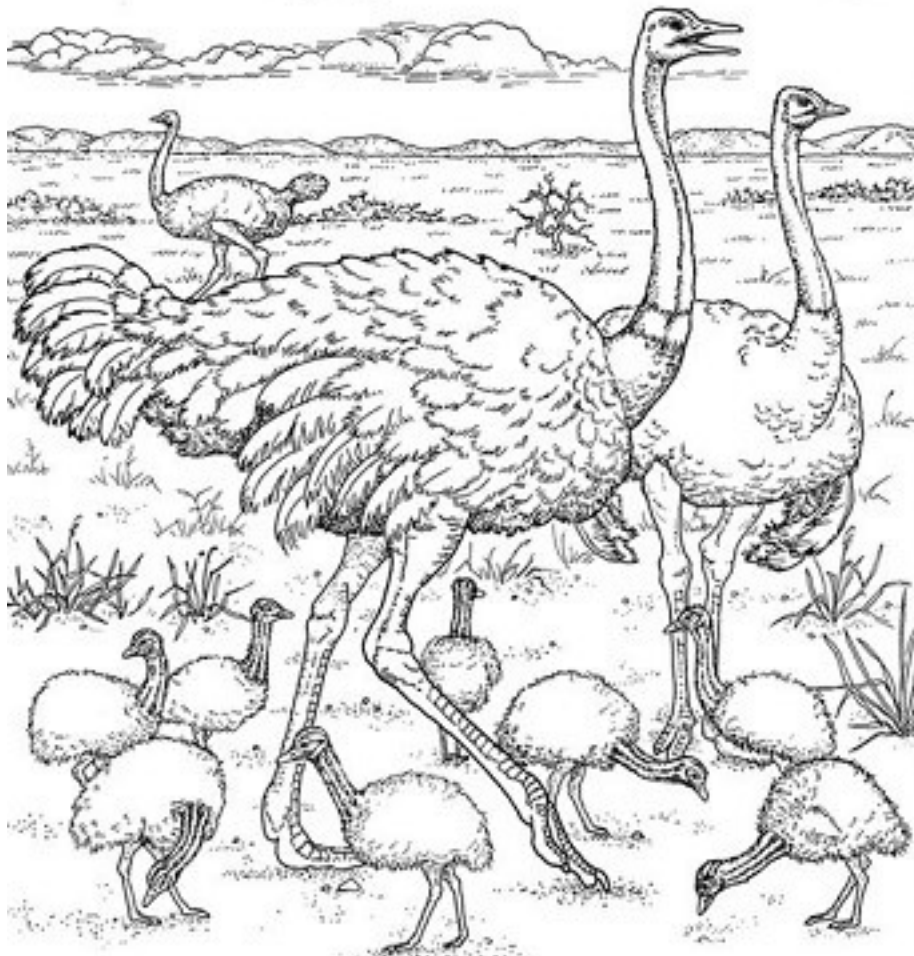
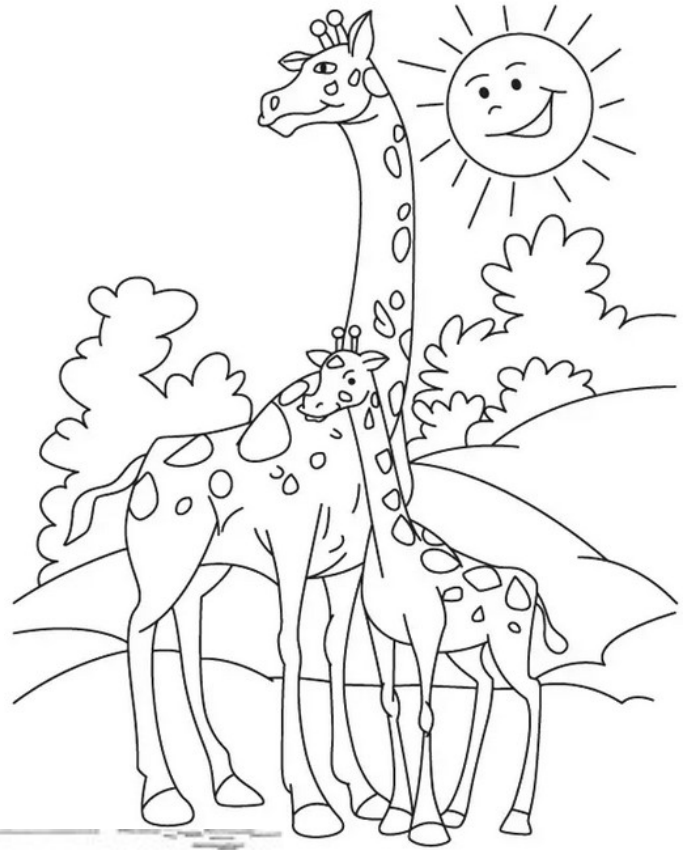
Wednesday - Friday 7:30 am to 5:00 pm

Saturday 7:30 am to 4:00 pm

Sunday 8:00 am to 4:00 pm



Diving, climbing,
reaching,
running,
growing and
flying with
Long Necks.
What other
animals and
birds have
long necks?



**CHRISTOPHER COOK
CONSTRUCTIONS**

Ph: 0417 100 243

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

**112 Bell Street
Penshurst Vic 3289**

**Work has Commenced
on the Caravan Park
Amenities Block**



Work commenced this past week on the planned upgrade of the amenities block at the caravan park in the botanical gardens.

A discussion with the contractor revealed that they are refurbishing all the plumbing, fixing leaks and replacing the water heating with larger capacity systems.

At the same time the interiors are being updated to make the complex more welcoming for the many visitors that the caravan park brings to our town.

“Some national parks have long waiting lists for camping reservations. When you have to wait a year to sleep next to a tree, something is wrong. “

George Carlin

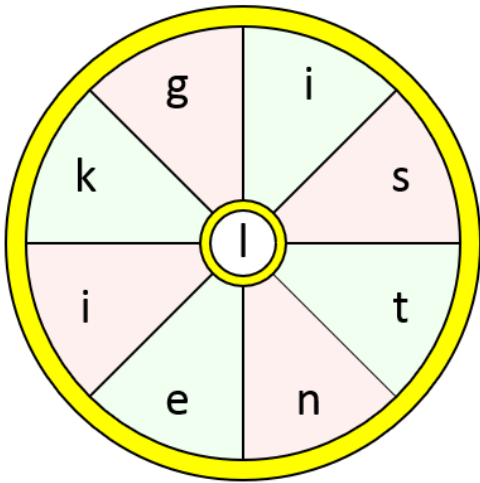
“Church attendance is as vital to a disciple as a transfusion of rich, healthy blood to a sick man. “

Dwight L. Moody

Penshurst Church Services

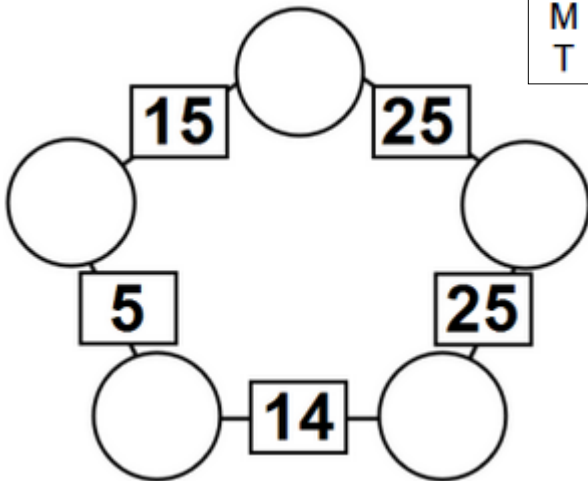
<p>Bethlehem Lutheran Church Tabor Service every Sunday 10.00am</p>	<p>Penshurst Anglican Church 5pm Mass 3rd Sunday each month For further details contact Janet Kelly on 5576 5247</p>	<p>St Andrew’s Uniting Church Penshurst 2nd & 4th Sunday 11am Service</p>	<p>St Joseph’s Catholic Church Penshurst 1st Sunday No Service 2nd Sunday Mass 8.30am 3rd Sunday Lay Service 8.30am 4th Sunday Mass 8.30am 5th Sunday Mass 8.30am</p>
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Mt Rouse Puzzler - Just how puzzled can you get



How many words can you make from the letters in this wheel? Every word must have the letter 'l' in it.

Can you make over 50?

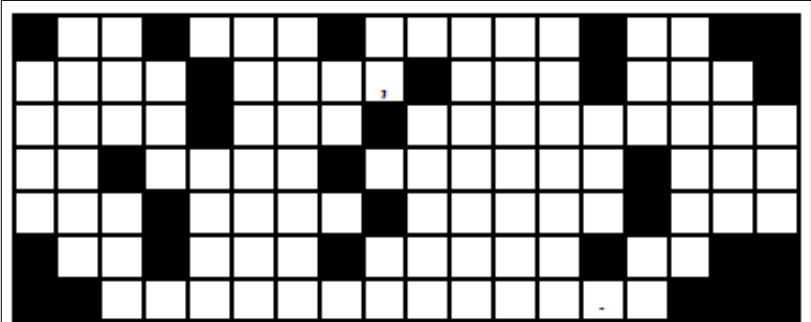


- | | | |
|--------|---------|-----------|
| Acorn | Apple | Autumn |
| Change | Chilly | Cold |
| Colour | Crunchy | Earthy |
| Fall | Fires | November |
| Orange | Pumpkin | Rain |
| Rake | Red | Scarecrow |
| Squash | Windy | |

Find the words in the puzzle. I can see a few other words not in this list. Can you?

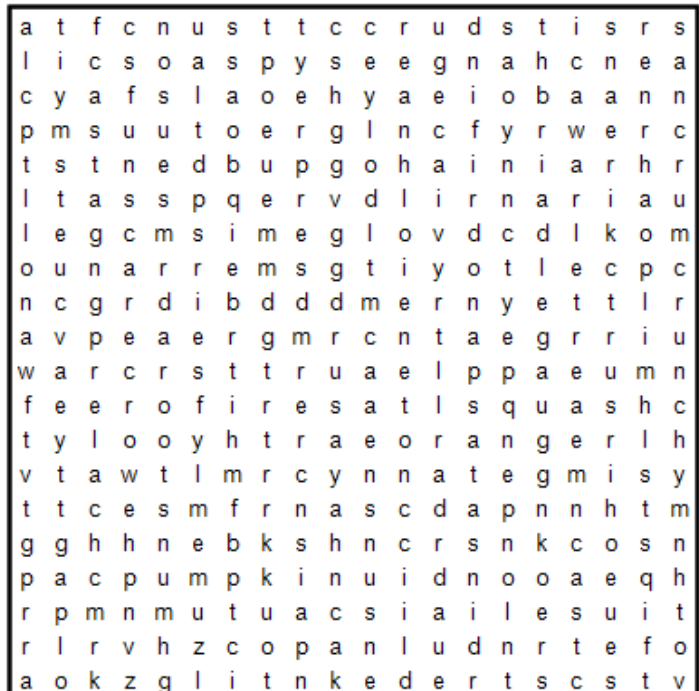
Can you solve this Fallen Phrase by Mary Anne Radmacher.

The letters of the phrase on the board fell on the ground. You have to put the letters back on the board in the correct order. Luckily the letters fell directly under the column as they were on the board.



		O	R		M	G	E		
O	I	H	U	I	O	T	A	F	
N	N	O	H	A	G	I	E	S	N
O	A	O	W	T	D	H	B	S	L
K	I	Y	S	Y	E	Y	W	U	I
M	H	P	Y	S	T	E	E	I	P
T	F	N	O	T	S	I	R	Q	H

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.



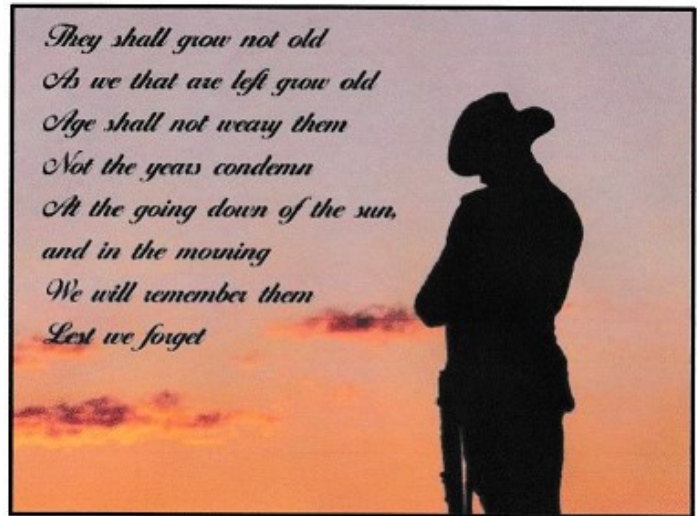
As you are probably aware, this year there are restrictions on the public attending Anzac Day Services, in an attempt to stop the spread of Covid-19. Therefore, unfortunately, the Penshurst RSL Sub-branch will not be conducting a community service this year.

As custodians of the commemoration, the RSL will still honour the service and sacrifice

of our brave service men and women. In these challenging times, we will remember them.

This year, on April 25, when you can't go to our local dawn service, we're asking people, in their own private way to pay respects to our servicing and ex-service members. Members of the public are invited to lay a wreath at the cenotaph if they wish to do so.

Alternatively, you can tune in via radio, social media or television, and take a moment to reflect on the service and sacrifice of our veterans and those who are still serving today.



“Lest we forget”

Mens Shed Working with Kolor Residents



Amelia with Kim and Nigel

Right: John patting Storm the rabbit who is being held by Nigel, president of the Penshurst Mens Shed



Residents enjoy the hospitality at the Mens Shed

