

# MT ROUSE NEWS & VIEWS



**A Project of the Penshurst Mens Shed Inc**

## What is Social Distancing?



Social distancing is one way to help slow the spread of viruses. Social distancing includes:

- Stay home as much as possible.
- Keep 1.5 metres away from others as much as possible.
- Avoid shaking hands, kissing or hugging others.
- If you can, work from home.
- Avoid gatherings that aren't essential.

Practicing social distancing can help protect the people in our community who are most at risk.

All Australians should stay home unless:

- shopping for essentials - food and necessary supplies;
- medical or health care needs, including compassionate requirements;
- exercise in compliance with the public gathering requirements;
- work and study if you can't work or learn remotely.

Self-quarantine at home also applies for:

- Australians over 70 years of age;
- Australians over 65 years of age who have existing health conditions or comorbidities;
- First Nations people over the age of 50 who have existing health conditions or comorbidities.

These groups should limit contact with others as much as possible.

### 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](mailto:president@penshurstprogress.org.au)

Visit our site

**[www.penshurstvictoria.com.au](http://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 intend to continue to bring you the fortnightly newsletter available from Penshurst's Newsagent & Takeaway, Supermarket & Liquor store & Café.

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

Mark Dalla Costa

[mtrousenewsletter@gmail.com](mailto:mtrousenewsletter@gmail.com)

Ama Cooke 0402 870 738

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### **DEADLINE FOR SUBMISSIONS – 18th 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](mailto: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>**

### **Newsletter Advertising Rates (Per Issue)**

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

## Penshurst Art &amp; Photography Exhibition

On Thursday evening before the Friday Opening Night our judges, chosen from among the artists in the region, arrived, dedicating many hours of their time to viewing and discussing the art works entered into our Exhibition. This year was no different. The Judges, John Graham (left) and Shane Crumpton (right), both from Hamilton, spent as much time judging the children's entries as they did judging the art works and photography section. They are pictured with "Living Stone", the Best in Show created by Meagan Lonsdale of Edenhope. This versatile artist achieved three other 'Bests' and a Highly Commended.



## Our Winners

**Best in Show - Meagan Lonsdale**

Best Oil - Pauline Hamilton -  
Delicate Blooms  
(below right)

Best Watercolour - Meagan Lonsdale -  
Practice Makes Perfect Perching

Best Pastel - Helen Permezel -  
Pomegranates

Best Mixed Media - Meagan Lonsdale -  
Early Birds

Best Acrylic - Rebecca Hill - The Galah

Best Drawing - Meagan Lonsdale -  
Prickly Encounter

**Highly commended**

Oil - Neil Griffin - What's on your mind

Watercolour - Julie Reason - Uninvited

Pastel - Meagan Lonsdale - New Life

Mixed Media - Liz Francis - Karinja George

Acrylic - Jesse Brabham - Colourful Cats

Drawing - Taylah Fenwick - The Goanna

**Photography**

Best Nature - Kiri Handreck -

Honeyeater in Flowers

Highly Commended - Kiri Handreck -

Easter Rosella Reflections 2

Best Life - Rosalie Howard -

Wonderment

Highly Commended - Sue Anderson -

Shelly & Beau by the Seaside

People's Choice - Jesse Brabham -

Colourful Dogs







This year we were delighted to see many familiar faces. Here Wendy Eales and Helen Brown took time to enjoy the children's contributions.



The Children's Art Exhibition

- is divided into two sections - Drawing or Painting & Photography. The theme this year was 'my favourite activity in school'.

The Winners were:

Best Drawing - Adele Cook -  
Magic Pop-up Book.

Photography - Zoe Calvert -  
Times Up.



Highly Commended -  
Drawing or Painting

Jameson Hoyt - Lond-y the iPad

Loralie Gibbs - The Perfect Palette &

Knox Ellis - Art

- Photography

Clancy Mullens - Buddies

(Story continued page 7)





Penshurst Art & Photography Exhibition (continued from page ...)

Bottom left of this photograph is Rebecca Hill's 'The Galah' - judged as the Best Acrylic.



Above - A closer look at Meagan Lonsdale's Multimedia 'Best in Show' - Living Stone. (We apologise for the light reflections on the photo).



Barbara Finlay and Jill Milne admiring Julie Reason's 'Highly Commended' - Uninvited (left).



Every year we are encouraged to continue the Penshurst Art Exhibition, and we look forward to meeting old friends and new artists and visitors next year. See you then.

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

What would you like to see in our newsletter? Do you have pictures, a poem, a story, a memory, photos, something to laugh at? Contact the Editor (see page 2).



## Caramut and District Garden Club

**Hibiscus:** There are around 220 species of Hibiscus which include hot-climate evergreen shrubs and small trees and a few deciduous temperate shrubs and some annuals and perennials and found in many countries. There is even some Australian species.

They are easy to grow, the shrubby species thrive in sun, slightly acid, well-drained soil.

Water regularly and feed during the flowering season. I do



neither. The only water they my two plants receive are from the rain and both are covered with blooms. They definitely like full sun and the branches that grow under the veranda in the shade have never flowered. Give a good hair cut after flowering to maintain the shape. My suffer from heavy frost damage and although the tips die, still flower well at this time of the year.

Hibiscus can be propagated by seed, cuttings or division, depending on the species.



**Cabbage is among the seedlings you should be planting now**

Now is the time to plant Spring flowering bulbs. Some suggest a period in the crisper of the fridge before planting, I never have as I usually leave them in the ground year after year and they still flower well. Even tulips have been in the one area for over 16 years and still flower well each season.

Summer vegetables are finishing but seeds or seedlings of broccoli, cabbage, cauliflower, leek and onion can be planted to grow over the winter months. Peas and broad beans can be planted but before doing so, a couple of handfuls of lime per square metre can be spread over the area.

**Due to the coronavirus restrictions, garden club meetings are suspended but we can still enjoy our gardens.**

“Flowers always make people better, happier and more helpful; they are sunshine, food and medicine to the soul. “

**Luther Burbank**

“Go vegetable heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course. “

**Bobby Flay**

There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been! “

**Percy Bysshe Shelley**



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

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

We look forward to our return.



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**Mandy's Hair Design**



**Opening days**  
Tuesday  
Thursday &  
every second  
Saturday  
**by Appointment**  
10am - 2pm

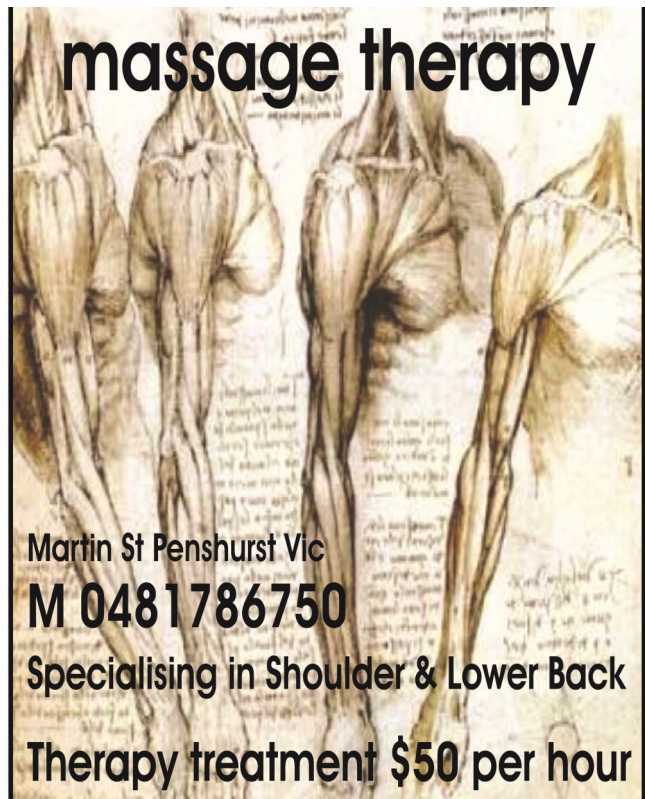
Please note  
I'll be away from  
30th March  
Back 14th April.

For appointments please ring

**Mobile: 0417 511 177**



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## PLACES OF INTEREST IN PENSHURST

### **Volcanoes Discovery Centre**

[www.volcanoesdiscoverycentre.com.au](http://www.volcanoesdiscoverycentre.com.au)

### **Yatmerone Wildlife Reserve**

Ritchie Street, Peshurst

### **Botanic Gardens**

Chesswas Street, Peshurst

### **Peshurst Caravan Park**

Cox Street, Peshurst

For Bookings phone (03) 5576 5220

### **24 Hr Fuel**

91A Bell Street Peshurst

### **Mount Rouse Lookout**

Waller Road, Peshurst

## Volcanoes Discovery Centre News



"The Volcanoes Discovery Centre will remain closed in April during to the COVID-19 outbreak.

The VDC's management committee decided to keep the centre closed following the latest State Government decision to allow only essential services to remain open.

Committee member, Brian O'Brien, said the management committee would decide at the end of each month whether to keep the centre closed.

"No one really knows how this coronavirus outbreak is going to pan out. It could be back to normal in two months, but the indications from the Federal Government is that the crisis will last at least six months and that's starting to look like the most likely scenario," Mr O'Brien said.

"The committee decided it wanted to be as positive as possible by making a decision at the end of each month to give hope to our volunteers and visitors, rather than say we were closed indefinitely.

"We had two schools booked before the restrictions kicked in but we had to cancel them which was a pity as schools are a substantial part of our business. The situation is so uncertain that it's hard to even know when schools will re-open."

## Riddles

1. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
2. What colour is the wind?
3. I am present in a laptop. I am also a human's t-shirt. I have the highest mark in class. I am usually described as something above. What am I?
4. Who is the meanest goat in the west?
5. What is the proper length for a lady's skirt?
6. On which side of a church is the graveyard always situated?

"Building a mechanical device for its appearance is like putting lace on a bowling ball. "

**Andrew Vachss**

**Please note: All non-essential meetings are cancelled for the immediate future.**

### Penshurst Church Services

All church services are cancelled for the foreseeable future. If you have information about online services that you would like to share with the community, please contact the editor to share details.  
mtrousenewsletter@gmail.com

### Hamilton Uniting Church is Live Streaming their services. Find it here:

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



### 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.

“I like the dreams of the future better than the history of the past.”

**Thomas Jefferson**

“Going to church on Sunday does not make you a Christian any more than going into a garage makes you an automobile! “ **Billy Sunday**

# MEDIA RELEASE

27 March 2020



## COVID-19 COUNCIL UPDATE: 27 March

### From the CEO

I cannot stress enough, that people need to take seriously the government regulations around social distancing and staying at home. Ask yourself, before you head out the door, do I really need to be going out? We're still seeing life as normal down the street in Hamilton, and it's particularly worrying to see so many of our older population out and about socialising. We need to listen to the Prime Minister, the Premier and the Health officials and stay at home. It's the only way we are going to get on top of this virus and stop the spread.

A number of additional service impacts have come into effect at Council over the last few days. These include the closure of all Caravan parks and campgrounds across the Shire and the closure of all playgrounds and skate parks. We understand the playgrounds in particular will disappoint people, however we cannot ensure these are clean and safe for use so we need to protect the health and safety of the entire community by closing them for the time being. The other service change we've made is to Meals on Wheels. Meals will now be delivered by Council staff, not by Volunteers. Again, this decision has been made with the health and safety of our volunteers in mind.

Stay tuned to our Facebook pages to see some of our services being delivered differently, particular Mardi and the team at HILAC and our Library staff. There is also a wealth of information being delivered to support local businesses on the Facebook group: Greater Hamilton Business and Tourism Group – COVID-19.

We've seen some great examples of people looking after each other in our community throughout this time and that is really heart-warming. Look after yourselves, look after your neighbours. If you know of a vulnerable person, please get in touch with us at Council or call the Helping Hands service on 1800 943 131 (monitored by Council and WDHS) and we'll find a way to help them. While we need to practise social distancing, it's also very important that we keep an eye on each other, particularly the elderly and those who may be on their own.

Lastly, a reminder that our staff are still available on phone or email to help you as normal so please get in touch with us about any queries you may have about Council services. We are all in this together, but that means we all have a role to play - Council and Community. Please respect all of the staff that you are dealing with remembering that we are trying to work through all of the community concerns and issues, while delivery as many services as possible.

<ENDS>

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



*Sammy Scribe Says:* **Some thoughts for the day:**

- |  |                      |  |            |
|--|----------------------|--|------------|
| The most destructive habit .....         | Worry                | The most powerful force in life .....            | Love       |
| The greatest Joy .....                   | Giving               | The most dangerous pariah .....                  | A gossip   |
| The greatest loss .....                  | Loss of self-respect | The world's most incredible computer ...         | The Brain  |
| The most satisfying work .....           | Helping others       | The worst thing to be without .....              | Hope       |
| The ugliest personality trait .....      | Selfishness          | The deadliest weapon .....                       | The tongue |
| The most endangered species .....        | Dedicated Leaders    | The two most power filled words .....            | "I can"    |
| The greatest natural resource .....      | Our youth            | The greatest asset .....                         | Faith      |
| The greatest "shot in the arm" .....     | Encouragement        | The most worthless emotion .....                 | Self-pity  |
| The greatest problem to overcome .....   | Fear                 | The most beautiful attire .....                  | SMILE!     |
| The most effective sleeping pill .....   | Peace of Mind        | The most prized possession .....                 | Integrity  |
| The most crippling failure disease ..... | Excuses              | The most powerful channel of communication ..... | Prayer     |
|  |                      | The most contagious spirit .....                 | Enthusiasm |



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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

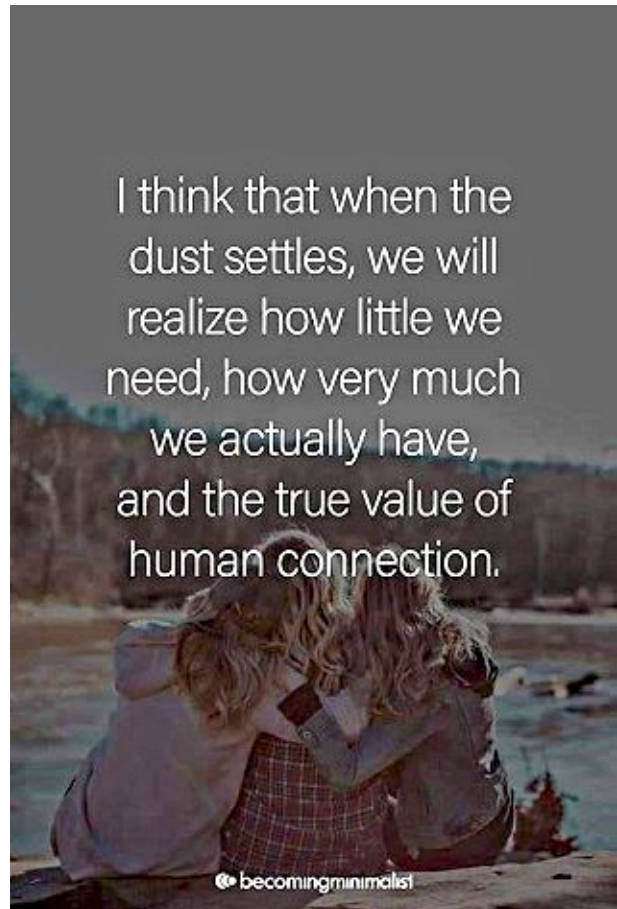
Don Adamson

***Next Meeting: Wednesday 23rd September, 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.***

While most things are on hold, such as face-to-face meetings and most outdoor activities, behind the scenes life goes on, with each of us having to adapt to the changing circumstances. For the Progress Association it means the Council cancelled the meeting to discuss the new signs going into, and around, the Botanic Gardens and the expected Listening Post Meeting. However, the third stone wall has been started, and now the people repairing the roof on the amenities building at the Caravan Park don't have to worry about many visitors being unsettled by their presence - except for some stray travellers whom, I am told on good authority, have nowhere else to go. Otherwise the caravan park is closed for the time being. We have also had a number of phone calls from Council asking us if there is anything they can do to help the town during the lockdown. If there is something you need, or questions you want answered, call the Council and ask. Their main phone number is 5573 0444.

Thank you to everyone who continue to attend their workplaces, which allows for some normality, and particularly to those who are caring for the sick and aged members of society, not just in this town, but everywhere. If nothing else, its time we all learned that humanity is a 'collective' (a cooperative enterprise, according to the dictionary) that needs to work together to survive. We are



dependent on the planet and each other. There is no point in pretending that we aren't. Covid-19 is teaching us that 'no man (or woman) is an island'. The air we breathe today was probably someone else's yesterday, and will be another person's tomorrow, with the help of the trees and Mother Nature who regenerate it from moment to moment. And the kindness and tolerance that we show each other, can be the greatest gift of all.

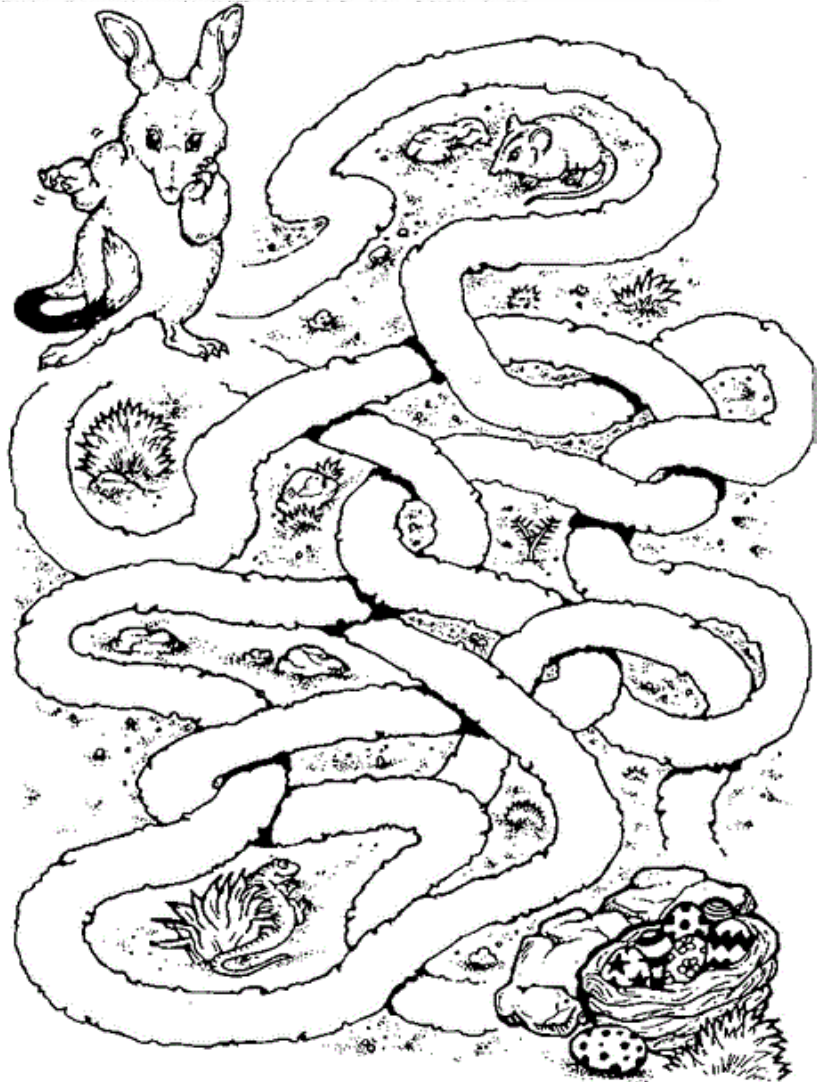
Wishing you all safe & well .. Ama Cooke



The Lost Eggs ->

Help the Easter Bilby trace the path to the lost basket of Easter Eggs.

If you are Christian, then Easter is the memorial to, and celebration of, one man's sacrifice and humanity's redemption. It is relevant today as each of us sacrifices some degree of freedom in hopes of keeping other people safe. It is good to remember and give thanks to all those who give with love and generosity in spite of the challenges we are all facing at the moment. Who do you want to say thank you to this Easter?





## A PAGE TO SHARE RECIPES

Something warming for Autumn

## Lamb and Potato Curry

Prep time 20 mins - Cooking Time 115 mins

## INGREDIENTS - 6 Servings

1/2 cup plain flour	1 onion thinly sliced
1 tsp salt	1 granny smith apple grated peeled
1 tsp pepper	2 tbs curry powder
1 kg diced lamb	2 cups Chicken Liquid Stock
2 tbs oil	3 potato chopped into pieces

## METHOD

**Step 1** Shake lamb in a plastic bag with flour, salt and pepper until well coated.

**Step 2** Brown lamb in heated oil in a large saucepan. Transfer to plate.

**Step 3** Add remaining oil to saucepan and cook onion until tender.

**Step 4** Add apple and curry powder and cook for 1-2 minutes or until aromatic.

**Step 5** Add stock and lamb, stir to combine. Bring to the boil.

**Step 6** Add potatoes and reduce heat to simmer for 1¼ hours.

**Step 7** Serve with steamed rice.



## Notes:

1. Start with 2 cups of stock and if it's too thick add another cup.
2. For those who like it hot add a couple of shakes of chilli flakes.

“A recipe is not an exact formula, but it does need a certain structure.  
When the bones are right, you can dress it in many ways. “

- Bee Wilson

Mt Rouse Puzzler - Just how puzzled can you get (2)



What colour mushrooms have you seen? Some of them are brown, or grey or green.  
Colour this picture in Autumn colours.

What are you favourite colours of Autumn?

What is your favourite activity?

Where do you like to spend the most time?

Out in nature under the trees, jumping through all the stacks of leaves? Or do you prefer to stay inside, delving deeply into books that talk about the wild winds, the rain, and sometimes the snow?

Here is a poem by an author who loves the autumn. Can you write an autumn poem too? Would you talk about the weather, the leaves, the changes among the animals, or like me, enjoy the sounds of possums on the roof?

Leaves by Elsie N. Brady

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colours gleaming in the sun.

At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

Friendly faces and helpful staff ...

### Penshurst Liquor & Grocery Store

**Opening Hours:**

**Monday -**

**Friday**

7am - 7pm



**Opening Hours:**

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9am - 6pm

**Sunday**

10am - 6pm

**Open 7 days**

Groceries, Bread, Meat, Frozen Food, Fresh Fruit & Vegetables

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## Penshurst Store

Family Pies now available  
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Plain

Pepper, Cheese & Bacon, Mushroom or Curry  
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Lamb rosemary and garlic Potato

Phone orders and payments welcome  
Takeaway only due to current COVID-19  
Restrictions.

*Wishing everyone a Happy Easter and  
thank you for your ongoing support.*

**New Hours:**

**Monday to Friday 7.30am to 5.00pm**

**Saturday 8.00am to 2.00pm**

**Sunday CLOSED**

Closed Good Friday, Easter Sunday  
and Monday.



**Amanda & Cam Wilson**

**0439 941 942**

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





<http://www.arthurgrosset.com/ozbirds/australianwhiteibis.html>

## The Wetlands at and around Yatmerone are teeming with wildlife

Having visited Yatmerone on recently, I was impressed with the amount of wildlife, particularly Ibis and Magpie Geese which were there in abundance.

The photo on the top left was taken from the Eastern end of the reserve looking towards Mount Rouse. The small lake is full of birds.

The reserve is definitely worth a visit this time of year, once we are no longer housebound.



### CHRISTOPHER COOK CONSTRUCTIONS

**Ph: 0417 100 243**

**Fax: 5576 5267**



HIA Reg CB-U 6214  
DB-U 5109

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Penshurst Vic 3289

## Mostly Aussie Nursery

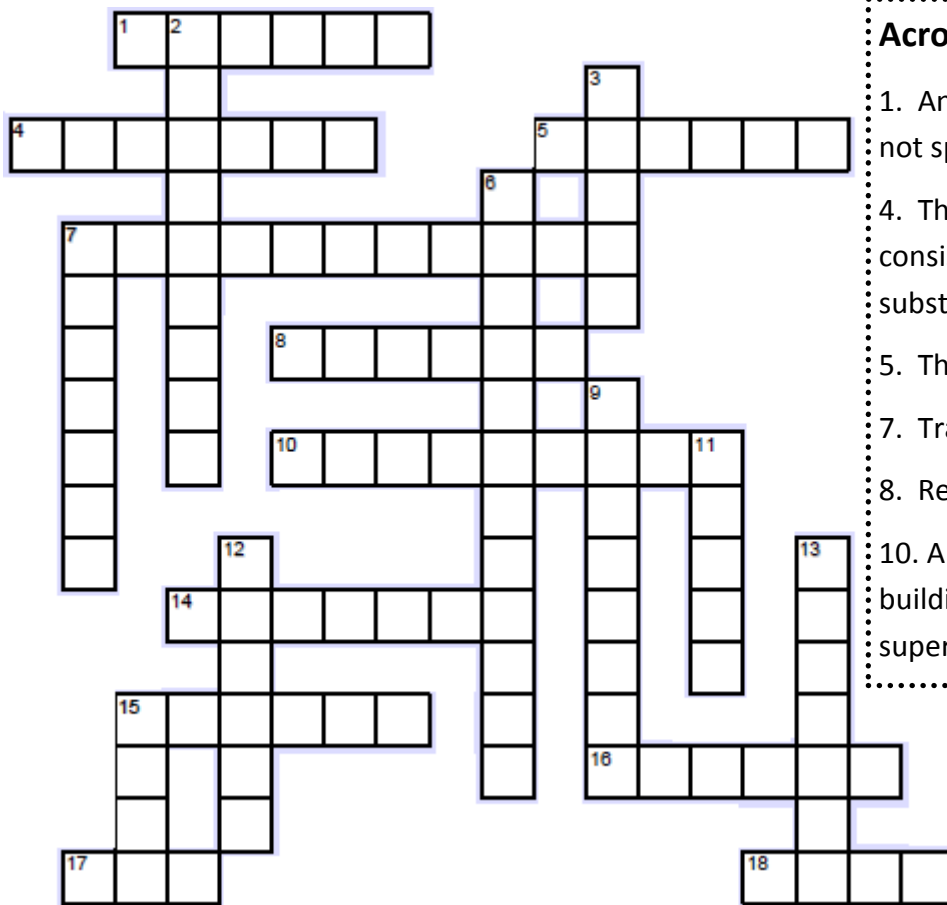
Australian Native Tubestock and Potted Plants

Good selection of Grevilleas & Eremophilas including Grafted plants & Grevillea standards.

**f** Please phone before visiting.  
Find us on Facebook *Bennie 0478227639*

23 Woodburn Street, Dunkeld, VIC 3294

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

**Across:**

1. An amount of something that is not spent or used.
4. The feel, appearance, or consistency of a surface or a substance.
5. The trees signal.
7. Transmits knowledge.
8. Red, blue, green, yellow etc.
10. A person who designs buildings, and in many cases also supervises their construction.

**Down:**

2. The power to give orders or make decisions.
3. The passing of the ...
6. Light that comes into a room, that shines on something, etc.
7. Not ordinary or usual.
9. To sit on or be on something high or on something from which it is easy to fly.
11. Nature's skyscrapers.
12. A measure of time and expected weather.
13. A legal document giving official permission to do something.
15. Swirling earthmover.

**Across (continued):**

14. Having no mistakes or flaws.
15. Knowledge that is gained by having many experiences in life.
16. Not your average garden variety four legged visitor.
17. A poem in which a person expresses a strong feeling of love or respect for someone or something.
18. The end and the beginning.





## Penshurst on Patrol

April 2020

To say that we are in unprecedented times is an understatement. Also, we have probably never been bombarded with so much information as we are now, so for that reason I shall keep this newsletter short and succinct.

During the COVID-19 Pandemic please abide 'Stay at Home' and 'Restricted activities' directions. The Victorian Government is directing all Victorians to stay at home, restricting sporting, cultural, recreational and commercial activities to help limit the spread of coronavirus (COVID-19).

- <https://www.dhhs.vic.gov.au/coronavirus> - DHHS Website for current information.
- **Vic Emergency App** – Great source for updates regarding the COVID-19 response.

Recently I have also noted that there have been several calls in relation to campers in the Penshurst Caravan Park. Please note that both Police and the Southern Grampians Shire Council is aware of this. These campers are currently exempt and may remain at the park until alternative arrangements are sought.

Ultimately, we are in this together and if everyone adheres to the limit on movement restrictions and social distancing etiquette, we'll get through this sooner rather than later.

Please still make sure you reach out and stay connected to family and friends via phone calls and video chats.

Finally, thank you for everyone's continued patience and support during this time.



The crew of the Penshurst Men's Shed and the Mt Rouse News & Views Community Newsletter wish everyone a safe and happy Easter.

May visitors to your yards only be the Easter bunny and not a character like this one who prefers tiny butternut pumpkins to chocolate.