

MT ROUSE NEWS & VIEWS



A Project of the Peshurst Mens Shed Inc



Australia Day under COVID restrictions

Every year the Progress Association hosts the annual Australia Day gathering and Peshurst Citizen of the Year ceremony. Because of COVID-19 restrictions we had a choice whether to have it or not, or host it in some safer way, which is what we are discussing at tonight's Special Community meeting at the Hall.

At the time of printing we intend to have a limited Ceremony at the Peshurst Botanic Gardens commencing at 9.00am with the flag-raising, singing of the Anthem, and presentation of the Award to the chosen recipient, if they are present.

There will be no breakfast or invited speaker.

Hopefully next year everything will return to normal. In the meantime, Stay Safe and continue to look after everyone you love.

We'll see you on the 26th.

Key messages for the community

You must carry a face mask with you when you leave home.

You must wear your face in all situations when you can't keep 1.5 metres distance from other people.

<https://www.dhhs.vic.gov.au/coronavirus-covid-19-daily-update>



Australia Day

Penshurst Hair Design



Opening Days

Tuesday,
Thursday
Friday &
every second
Saturday
10am - 2pm

By Appointment

For appointments please ring

Mobile: 0417 511 177



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

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

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

Huge range of focaccias - Egg & Bacon Rolls & Muffins

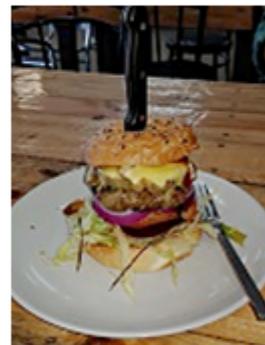
Specials -

\$9 Past of the Day/Fried Rice

\$10 Fish, Chips & Salad

\$12 Lasagna, Chips & Salad

\$14 Chicken Parmi, Chips & Salad



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

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

Ambulance Victoria

Survive the heat¹

- Extreme heat can affect anybody.
- Those most at risk are older people, young children and people with a medical condition.

Recognising heat-related illness

Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening condition, heatstroke. Heatstroke is fatal in up to 80% of cases.

Heat can also worsen the condition of someone who already has a medical issue such as heart disease or diabetes. Most reported illness and death is due to the effect of heat on those who are already ill.

If you or someone you know is unwell call NURSE-ON-CALL on 1300 60 60 24 for 24-hour health advice or see your doctor. **In an emergency, call 000**

	Heat Cramps	Heat Exhaustion	Heat Stroke - is a life-threatening emergency - call 000
Symptoms	<ul style="list-style-type: none"> • Muscle pains • Spasms in the abdomen, arms or legs 	<ul style="list-style-type: none"> • Pale complexion and sweating • Rapid heart rate • Muscle cramps, weakness • Dizziness, headache • Nausea, vomiting • Fainting 	<ul style="list-style-type: none"> • Same symptoms as heat exhaustion except sweating stops • Mental condition worsens, confusion • Seizure • Stroke-like symptoms or collapsing • Unconsciousness
What to do	<ul style="list-style-type: none"> • Stop activity and sit quietly in a cool place • Drink cool water • Rest a few hours before returning to activity • See a doctor if cramps persist 	<ul style="list-style-type: none"> • Go to a cool area and lie down • Fan if possible • Drink cool water if not vomiting • Remove outer clothing • Wet skin with cool water or wet cloths • See a doctor 	<ul style="list-style-type: none"> • Call an ambulance - phone 000 • Get the person to a cool area and lay them down • Remove clothing • Wet skin with water, fanning continuously • Position an unconscious person on their side and clear their airway

¹ Source: <https://www.betterhealth.vic.gov.au/heat>

AV reminds the community to take care this summer – here are some tips:

- Stay hydrated - drink plenty of water. Add lemon, cucumber, or mint slices for extra taste
- If you drink alcohol, drink responsibly. Alcohol causes faster dehydration and compounds other problems.
- Don't drink and drive.
- Reduce the risk of food poisoning from food left outside too long. Warmer temperatures allow more rapid bacterial growth in foods if they are left out of the fridge.

Continued page 4

Ambulance Victoria

Survive the heat (continued from page 3)

- Always wear a helmet and protective gear when riding on two wheels
- Always wear a hat and sunscreen. When outdoors, find some shade and cool off periodically and seek shade to avoid sunburn and heatstroke
- Keep a close eye on children, particularly around water. Never swim alone. Water makes anything slippery and carelessness around pools and other wet surfaces can lead to slips, falls or more serious consequences
- Use repellent: Insect bites and dermatitis are at their peak in summer
- Check on elderly relatives and neighbours when temperatures rise. Heat stroke is a real risk in Victoria's summer.

Snakebite management²

Pressure Immobilisation for bites and stings

The pressure immobilisation method is useful for some bites and stings, but not all. It is ideal for Australian venomous snakes and for funnel web spiders, blue ring octopus and cone fish. It is not recommended for any other types of bites and stings.

The pressure immobilisation method is designed to slow the movement of venom through the lymphatic system. The lymphatic system is a network of tubes that drains fluid (lymph) from the body's tissues and empties it back into the bloodstream.

Bandaging the wound firmly tends to squash the nearby lymph vessels, which helps to prevent the venom from leaving the puncture site. If you don't have any bandages at hand, use whatever is available, including clothing, stockings or towels. Firmly bandage the wound but not tight enough to cause numbness, tingling or any colour change to the extremities.

Immobilising the limb is another way to slow the spread of venom, sometimes delaying it for hours at a time. This is because the lymphatic system relies on muscle movement in order to squeeze lymph through its vessels. Splint the limb if necessary.

In general, try to keep the patient calm and reassured. Always seek immediate medical help.

Pressure bandage with immobilisation (P B I)

A PBI is recommended first aid for a potential snake bite. The preferred bandage is one which is broad (15cm) and elasticised. Self-adherent bandages should be avoided as they have the potential to become increasingly constrictive, particularly if there is any swelling. Bandaging should start at the bite site, then cover the whole limb, and be as firm as if bandaging a sprained ankle.

Immobilisation of the limb, as well as the patient in general, is essential.

² Sources: <https://www.betterhealth.vic.gov.au/health/HealthyLiving/bites-and-stings-first-aid>
<https://www.bettersafecare.vic.gov.au/clinical-guidance/emergency/management-of-snake-bite>

Ambulance Victoria

2020 in review



In an upcoming newsletter there will be a review of what the local team have been up to throughout 2020.

Would you like to help your community by becoming an Ambulance Community Officer?

Ambulance Victoria is seeking expressions of interest from Peshurst residents who might be interested in becoming a part-time Ambulance Community Officer (ACO).

If you would like to know a little more about the nuts and bolts of what is involved, please send an email to peshurst.teamleader@ambulance.vic.gov.au.



DAN TEHAN MP
FEDERAL MEMBER FOR **WANNON**

As your representative in the Federal Parliament, listening to your views about our local area is my priority.

Please do not hesitate to contact me if I can be of assistance:

190 Gray Street, Hamilton or
1300 131 692



 1300 131 692  dan.tehan.mp@aph.gov.au  dantehan.com.au

 [DanTehanWannon](https://www.facebook.com/DanTehanWannon)  [dantehan](https://www.instagram.com/dantehan)

Authorised by Dan Tehan MP, Liberal Party of Australia, 190 Gray St, Hamilton VIC 3300.

Penshurst Post Office

31 Martin Street, Penshurst. 3289 Telephone: 5576 5220



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catalogue you would like....

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in stock

A new range of games in store for the family to
enjoy, and learning posters to help with home
schooling



We look forward to seeing you
Stay Safe

John, Judy & Nicole

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. Social distancing rules apply.

Good evening everyone,

First I'd like to thank Santa for his brief visit to our town, where he entertained both adults and kids with his antics in and out of the sleigh. The Christmas Tree looked wonderful with all the decorations provided by the two schools and kindergarten students. We look forward to their next projects at the end of this year.

Next on our agenda is the smaller version of Australia Day. I was at the Hamilton Medical Centre a few days ago, when a young man came in who had been both to Melbourne and Ballarat, two COVID hotspots, in the past few days. He quickly went outside again once he realised the problem. His visit reminded me how easily any of us could catch this virus that continues to kill people across the world. The reality is that we can't take a chance, at the moment, that a visitor to our town who might come to Australia Day, won't share some germs that wipes our half our population - so I am asking everyone to wear their masks and socially distance themselves at the Australia Day gathering, which will include the flag-raising, Australian Anthem and our Citizen of the Year award. Speaking of which, we have had five entries which will be discussed at the meeting of the Association tonight.

The new printer has been ordered and we eagerly await its arrival. We received a good trade-in for the current one and will continue with a maintenance contract with Grangeburn IT. Once its installed it will be available to the town, for a minimum fee, for any printing up to A3 size.

Did you make any New Year resolutions this year? What do you want to achieve? What do you dream about doing? What had to be put on hold in 2020 that might actually come to fruition this year, once we're all free of worry about our current restrictions?

If you would like to know more about what is happen in the Association come to the AGM/Community Meeting on the 27th. You are welcome.

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

ADMIRE

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PRAISE

Without flattery

FOLLOW

Without imitating

LEAD

Without manipulating



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Amanda & Cam Wilson

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New Hours:

Monday to Friday 7.30am to 5.00pm

Saturday 8.00am to 2.00pm

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Dates for January 14th & 28th.



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How well do you sleep?

By Eleanor Jo Sheldon

Sleep can affect your well-being. Here is some background about sleeping.

What sleeping positions are best? This seems like a simple question but there is no simple answer, especially when you consider that no matter what position you choose as you drift into sleep it is not going to be maintained throughout the night. However, while you are feeling relatively a little in control over what positions your body will adapt your body will change position of it's own volition during sleep.

There are some simple facts you can follow to help insure that you are going to maximise your nights rest. Here are some suggestions from the Remedial Myofascial Association and other experts.

A good supportive pillow is important. Remember, that the main purpose of the pillow is to provide support for the neck, rather than the head, and ideally your pillow should be such that it helps the neck vertebrae maintain a straight line with the vertebrae of the back. While most people do need a pillow, one that is too thick or the use of too many can provoke neck pain.

As well as being aware of you neck position and using a suitable pillow, people with body pains may find that lying on the side with a simple pillow or a special pad lodged between their knees can considerably ease body discomfort.

If, as far as you know, you lie mostly on your back while you're asleep you may find that you will get a better nights rest by placing a pillow under your knees or supporting your legs from the knees down with a cushion or cushions.

Getting in an out of bed requires special care as it's quite easy to set off body pain by doing this to hastily. Experts say, when getting into bed, sit on the edge, lower your body onto the elbow and shoulder, draw up your knees until your feet are on the mattress then roll your body over to face the

Continued on page 10

Penshurst Remedial Myofascial Clinic



Festive Season Giveaway

Thank you to all who participated.

Winners

Tanya Brown
Hamilton 3300

Judy Drane
Penshurst 3289

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 outcome. 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

Penshurst Remedial Myofascial Clinic**How well do you sleep?**

By Eleanor Jo Sheldon

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ceiling. Reverse the procedures when getting out of bed. It is a good idea to move naturally, always slowly and deliberately. This is particularly so when getting up in the morning. Your body is often at its most vulnerable at these times because joints tend to stiffen when you are not using them. While rest can help your body and well being in many ways, being immobile while asleep can also leave you body quite stiff and perhaps a bit painful when you wake.

Here are some extra facts about Sleep

Most of us spend up to a third of each day in bed, that's about 30,000 hours in bed every 10 years.

New research has shown that when people who try to cut down on sleep they are more prone to infection or irritability.

In a recent study of 9000 British adults, it was found that those who slept between 6 1/2 and 8 1/2 hours enjoyed much better overall health than those who slept for less.

Lack of sleep can sabotage diets and immune systems, it can also make you feel exhausted therefore far more likely to pick up bugs and infections. Not having normal regular sleep patterns can upsets the normal cycle of chemical and hormonal release in your body.

When Sleep researches took 300 adults aged 30 to 60 and asked about the effect of a bad nights sleep, 80% of people felt there was a direct link between the way they had slept and how they felt the next day. Then 52% said they regularly experience fatigue, irritability, poor concentration, depression or headaches, which they though was attributed from a poor quality of sleep.

Only 10% of people stated that they always had a good night sleep, these were the people who regularly got more than the average amount of sleep.

How much sleep do you really need? While this will vary greatly from person-to-person, the average amount of sleep needed each day, according to research into body sleep established the following: 16 to 20 hours for a newborn baby, 13 hours for two-year-old, 10 to 11 hours for a five-year-old, 9 to 10 hours for a 10-year-old, 7 to 8 hours for an adult, and incredibly only five hours for an 80-year-old.

On the average, people sleep from just 6 to 7 hours before a working day and 7 to 8 hours before a day off.



How well do you sleep?

A PAGE TO SHARE RECIPES

An easy tart to put together and a great way of using up leftover roasted vegetables.

Caramelised Onion, Pumpkin and Goat's Cheese Tart

Prep Time 20 mins - Cooking Time 30 mins

INGREDIENTS - 6 servings

1 1/2 sheets puff pastry	4 eggs
120 g goat's cheese diced	3 tbs sour cream
2 cups pumpkin diced roasted	1 pinch salt and pepper *to taste
2 onions roasted sliced	1/2 cup rocket leaves *optional

METHOD

Step 1 Preheat oven to 180C. Grease a 26cm fluted flan tin.

Step 2 Line the base and sides of the flan tin with the puff pastry.

Step 3 Place the pumpkin, onion and goat's cheese on the base.

Step 4 In a bowl, whisk together the eggs, sour cream and seasoning.

Step 5 Pour over the prepared flan.

Step 6 Bake for 20-30 minutes or until set.

Step 7 Serve at room temperature. Place a couple of handfuls of rocket leaves on top of the flan to serve.



For variety consider adding diced bacon to the filling

“Upscale people are fixated with food simply because they are now able to eat so much of it without getting fat, and the reason they don't get fat is that they maintain a profligate level of calorie expenditure. The very same people whose evenings begin with melted goats cheese ... get up at dawn to run, break for a mid-morning aerobics class, and watch the evening news while racing on a stationary bicycle. “ **Barbara Ehrinreich**

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



Penshurst Art & Photography Exhibition

Last year before the lockdown we ran the Art Exhibition, and while it didn't have the turnout of previous years, it was still fun and successful for the people who entered and attended. It was opened by Chris Dunkley, the Deputy Mayor at the time. Everyone socially distanced themselves during the three days while still enjoying the art, a good chat and the supper provided at the Opening Night.

This year's Exhibition has been a discussion among ourselves and many artists across the region. Thanks to Tom Cooke, and his various Facebook sites, we have welcomed a new committee member, Veronica Price from Hamilton; and one has left us. The Committee of Penshurst Creative Arts Inc, who hosts the Art Exhibition would like to thank Lisa Gonnet for her years of assistance to the Exhibition. They have been very much appreciated.

The managing committee of the Exhibition would be delighted to have other people join us on the committee or as volunteers for this year's Exhibition and into the future. Contact Tom on 0488 557 345 for details.

SPONSORSHIP - because COVID locked us all down, we were not able to do our normal fundraising in 2020 and so we are seeking sponsors for our art prizes this year. Last year we were very thankful to be supported by the Dunkeld Community Bank, Peter Coates Painters and Harvey of Penshurst. Sponsors are recognised in all our advertising, by signs around the Hall and on the winning entries during the Exhibition, and have free entry to the Opening Night. This year Best in Show is once again being sponsored by Peter Coates Painters, Hamilton; BelleVee Creations is sponsoring the new Youth section, and we've had an offer of sponsorship for the Children's section. The other categories are: Best in each section - Oil, Acrylic, Watercolour, Drawing, Pastel, Mixed Media, Photography & People's Choice. Each section has a \$200 prize. You are also welcome to sponsor a part of whichever section that you choose.

We hope that you will all join us sometime over the weekend during this 6th Penshurst Art & Photography Exhibition. All of us want to continue to grow the Exhibition each year. This year we are working on a new Youth section, ages between 12 and 17. We also plan to increase the entries into the Photography section after a successful small beginning last year.

For more information about this year's Exhibition, and to obtain an entry form to any of the sections, please contact me, Ama Cooke on 0402 870 738. Entries close 10th March.

March 19 - 21, 2021



2020 Judges John Graham & Shane Crumpton. John will judge again this year, with our new Judge Ken Rogers.

More next newsletter.

New Signage is Appearing in the Botanical Gardens



The new Signage is beginning to be constructed in the Botanic Gardens.

So far two major signs have been erected along with the lettering and designs on the blue stone entrances and corner structure.

We look forward to the directional and explanatory signs which are to come.

The sign above is located on the edge of the car park adjacent to the barbecue area.

The sign on the right is located at the wetlands car park on Chesswas Street.



“Be at war with your vices, at peace with your neighbours,
and let every new year find you a better man. “

Benjamin Franklin

Riddles

1. I am in a Tiny word. If you remove me I become metal. What am I?
2. I possess a halo of water, walls of stone, and a tongue of wood. Long I have stood; what am I?
3. I always come in second, but I always finish sooner than anyone else. What am I?
4. Why was the baseball player's food always dirty?
5. Why are ghosts bad at lying?
6. Why didn't the electrical appliance want to cheer for the sports team?
7. I am as small as a micron, stealthy like a spy, and I have always been caught. What Am I?



Around the Churches Hidden Blemishes

That thing you just can't leave alone.

With all the hand washing and sanitising there has developed this small piece of dry skin at the base of my left little finger. It's been there for some time now. It's not sore, it's not itchy it's not noticeable... it's just there. I know it's there because I scratch at it sometimes and it has become an unfortunate habit. I know full well what I have to do to fix it. I should use some moisturiser goop. But I don't make time and I procrastinate. It would take me literally seconds to fix this, but I don't. I don't need to play with it. It achieves nothing, but just exacerbates the problem ensuring its longevity and preventing its demise.

It occurs to me that this outward physical thing is a perfect symbol of some of the things that I cannot leave alone. Stuff that is deep within me. Hidden unnoticeable, uncomfortable blemishes. The hideous ease and speed with which I revisit my past mistakes. The involuntary flinch when I see ol so and so on the street. When did that start ... and why?

But there is good news. My perception of The Master is that he has long forgotten about my blunders which are most definitely in the past. 'As far as the east is from the west, so far has Our Lord put away your sins from you' are the words we use in the sacrament of reconciliation. In other words the past blunders couldn't be further away.

Still we rake over them. We can't seem to help ourselves. Maybe with this shiny new year it is finally time to just stop! Draw breath. Reach for the moisturiser and rejoice in a new beginning which had already begun a long time ago.

Fr. David Oulton - droulton72@gmail.com

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

5576 5270

Friendly faces and helpful staff ...

Penshurst Liquor & Grocery Store

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Opening Hours:

Monday - Friday

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Saturday

9am- 7pm

Sunday

10am - 6pm

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Rest your eyes here. It's been a busy newsletter.

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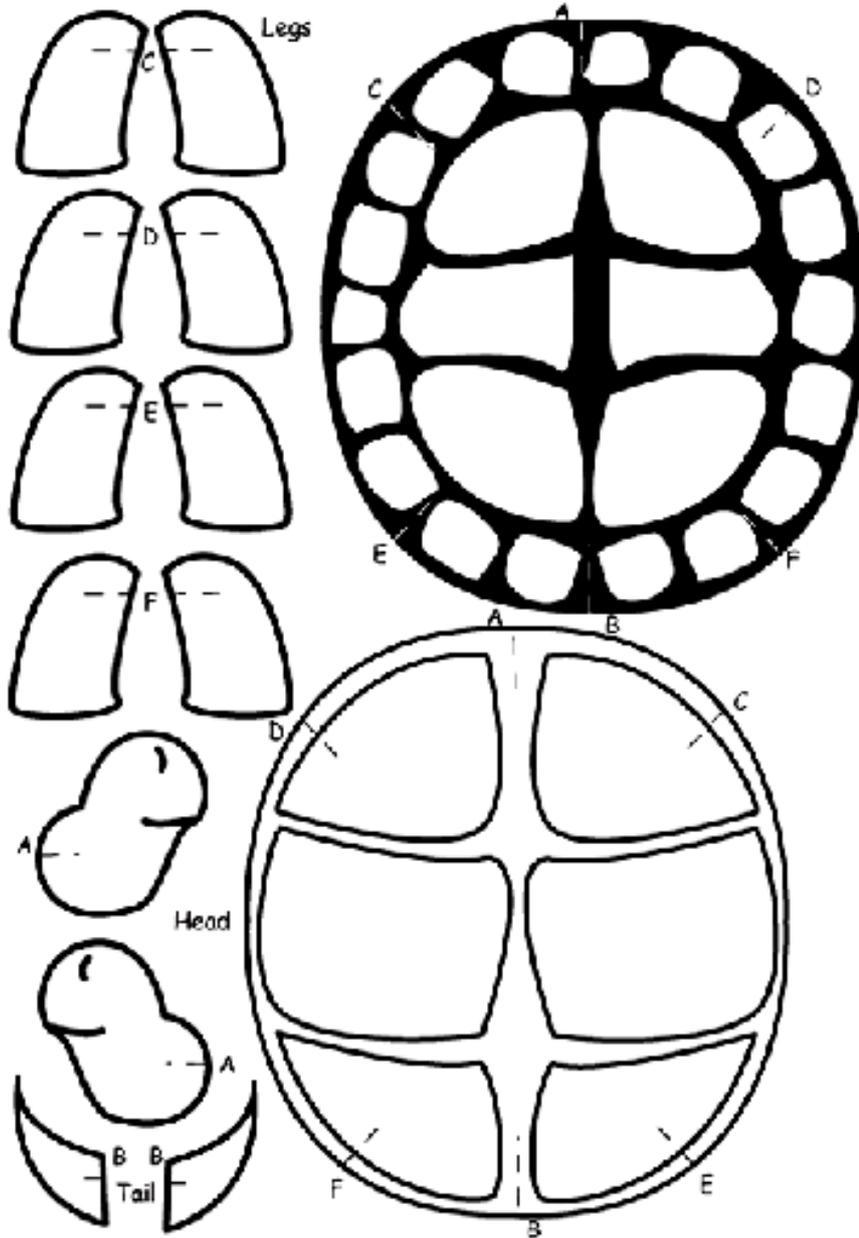
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**HIA Reg CB-U 6214
DB-U 5109**

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Penshurst Vic 3289**

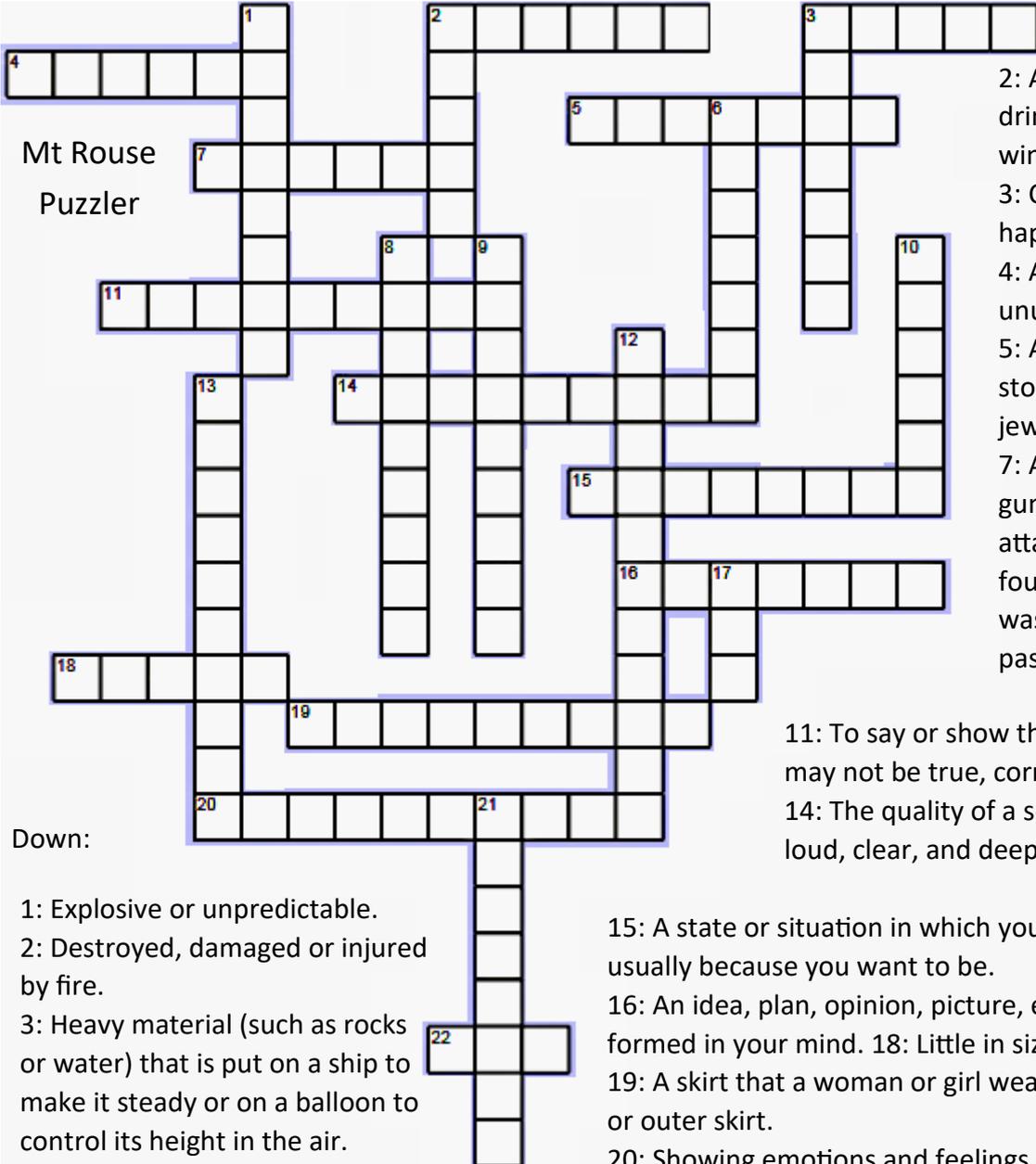
Answers to Riddles: 1. the letter 'y' in Tiny,
2. a castle, 3. February, 4. he always stepped
on the plate, 5. because you can see right
through them, 6. he wasn't a fan, 7. a virus.



A Page for the Children to enjoy

Colour and cut out the pieces on this colouring page,
then put them together to create a 3-D turtle craft.

- Directions: 1. Colour the turtle with crayons or markers. Cut out one of each type of shape (head, tail, shell, two front legs, and two back legs), remembering where each letter was. Glue the pieces to a thin piece of cardboard, such as a recycled cereal box or manila folder. Let the glue dry.
2. Cut out the cardboard shapes and the other paper shapes. Glue the matching shapes together, back to back.
3. Cut a slit on each dotted line. Fit the pieces together by matching the letters and sliding the slits into each other.



Mt Rouse
Puzzler

- Across:
- 2: An alcoholic drink made from wine.
 - 3: Complete happiness.
 - 4: A strange or unusual person.
 - 5: A bright green stone that is used in jewellery.
 - 7: A large, powerful gun, usually attached to two or four wheels, that was used in the past.

Down:

- 1: Explosive or unpredictable.
- 2: Destroyed, damaged or injured by fire.
- 3: Heavy material (such as rocks or water) that is put on a ship to make it steady or on a balloon to control its height in the air.
- 6: To find an answer or solution to (something).
- 8: The thing that you plan to do or achieve.
- 9: To say that (someone or something) is good and deserves to be chosen.
- 10: Raspy throat.
- 12: not lucky. 13: To gather or acquire (something) gradually as time passes.
- 14: The quality of a sound that stays loud, clear, and deep for a long time.
- 15: A state or situation in which you are alone usually because you want to be.
- 16: An idea, plan, opinion, picture, etc., that is formed in your mind.
- 17: A bird that usually hunts at night.
- 18: Little in size.
- 19: A skirt that a woman or girl wears under a dress or outer skirt.
- 20: Showing emotions and feelings clearly and openly.
- 21: Difficult to stand on, move on, or hold because of being smooth, wet, icy, etc.
- 22: A device that is used to open a lock or start an automobile.

Across: 1 bound, 3 lining, 4 think, 6 ribbon, 7 turkey, 9 Christmas, 12 merry, 14 swallow, 16 pencils, 17 dream, 19 salute, 22 happy, 23 year, 24 bright. Down: 2 orient, 4 trestle, 5 new, 6 railway, 8 gangplank, 10 small, 11 outward, 13 Roman, 14 spiral, 15 board, 18 leader, 19 always, 21 heart.

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

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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 – 23rd January 2021

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.

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All correspondence to: mtrousenewsletter@gmail.com

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TAIL END TALES

Tickle Your Funny Bone

One of the most successful inventors of all time was the man who invented the hay-baling machine. Needless to say, he made a bundle.

What do you call a cow that plays the violin? "Fiddler on the Hoof"

His wife had just bought a new line of expensive cosmetics absolutely guaranteed to make her looks years longer. She sat in front of the mirror for what had to be hours applying the "miracle" products. Finally, when she was done, she turned to her husband and said, "Honey, honestly now, what age would you say I am?"

He nodded his head in assessment, and carefully said, "Well, judging from your skin, twenty. Your hair, eighteen. Your figure, twenty-five."

"Oh, you're so sweet!"

"Well, hang on, I'm not done adding it up yet..."

"It's so simple to be wise. Just think of something stupid to say and then don't say it."

--Sam Levenson

"To make a long story short, there's nothing like having a boss walk in." --Doris Lilly

Students at school were asked to write about the harmful effects of oil on fish. One 11-year old wrote, "When my mom opened a tin of sardines last night it was full of oil and all the sardines were dead."

The local bar is so sure that its bar tender is the strongest man around that they offer a standing \$1,000 bet. The bar tender squeezes a lemon until all the juice runs into a glass, and hands the lemon to a patron. Anyone who can squeeze one more drop of juice out of it wins the money. Over time many people have tried, but nobody has succeeded.

One day a scrawny little man comes in, wearing thick glasses and a polyester, and says in a tiny, squeaky voice, "I'd like to try the bet."

After the laughter has died down, the bar tender says OK, grabs a lemon, and squeezes away.

He then hands the wrinkled remains of the rind to the little man.

But the crowd's laughter turns to total silence as the man clenches his fist around the lemon and six drops fall into the glass.

As the crowd cheers, the bar tender pays the \$1,000 and asks the little man,

"What do you do for a living? Are you a logger, a weight-lifter, or what?"

The man replies, "I work for the tax office."

