

Pleasant Hills Community Newsletter



September 2019

phnewsgroup@gmail.com



PLEASANT HILLS CWA

A minute's silence was held at the start of our Meeting in memory of Mrs Allayne Newton who passed away since our last meeting. Allayne was a Life Member of CWA as well as a much-loved member of our community.

On a brighter note, our big news this time is that we talked last meeting about checking out the possibility of purchasing a Defibrillator Machine for the Pleasant Hills Community, and by this month, with the generosity of Bendigo Bank and our recent fund-raising, we are now in a



Bev McLellan, Lyn Jacobsen, Hugh Clancy (Treasurer of Henty Community Financial Services), Bev Frohling, Eunice McRae (forward), and Margaret Hasler.

position to purchase this Machine. It is thought that the most accessible place to put it would be at the Pleasant Hills Community Hotel, so "watch this space" for the details.

August is the month where we allocate our funds, and as we have held several Scone Stalls (we are so grateful to Manildra Flour for supplying the flour for these) this has boosted our finances considerably, so we are actually giving away more money this year than ever before!

Our biggest amount was to the Drought Disaster Relief Fund, as well as to the Administration of

this Fund, however, we have also given a donation to the "Hilltop" Carer's Accommodation Building Fund, The Royal Flying Doctor, Angel Fight, Care Flight Helicopters, Association Funds, Pleasant Hills Hall, the State Medical Fund (Endometriosis), the Emergency Fund, the Group Project and the



CWA President Lyn Jacobsen, Helen Murray ("Hilltop" Manager), and Pleasant Hills CWA Treasurer Bev Frohling.

Educational Grants, so altogether, a huge effort from our small Branch! With regards to the drought – I know that our area is looking good at this time, but the drought is very much ongoing in much of the country, and people who are able are asked to still donate to the tax deductible CWA of NSW Disaster Relief Fund. Because the drought has been going on for so long, money isn't being donated as it was earlier, although the need is still very much there and increasing, whilst the funds are running low!



Megan Klemke, Samantha Terlich, Lachlan Barker and Kerryn Scheetz attending the CWA meeting.

Our Meeting this month was our International Meeting, which was held at the Pleasant Hills School, and at Lunch time, the Students, Teachers some CWA Visitors and the Pre-schoolers were given a variety of delicious New Guinea traditional dishes to try. After Lunch, our Guest Speaker, Mrs Rosemary Ning, gave us a very interesting talk about her experiences whilst living there some years ago, then the Pre-schoolers, who joined us for the first time this year, showed us what they had learnt with their talk and special head gear, after which the school children showed us their assignments on the computers. Mrs Bev Blair had loaned us some of her artefacts, so along with Rosemary's collection, as well as our Group International Officer, Mrs Jenny Chobdzyński's there was much to look at and admire.



Lyn Jacobsen with Caitlyn Barker (1st Prize) and Charlotte Heald (3rd Prize).

Several school children had also been busy cooking Decorated Butter Biscuits for the Junior Land Cookery, which was pleasing to see, and 1st place went to Caitlyn Barker, 2nd Natalie Hasler, and 3rd Charlotte Heald, whilst in the senior Land Cookery, Louise Hasler was first with her Cinnamon Tea Cake.

In the Open Section, Peach Blossom Cake was our cake for this month, with 1st, Lyn Jacobsen, and 2nd Margaret Hasler. This is a beautiful cake, and members were encouraged to try it, the recipe being in the June Journal. Three members attended the Group Council Meeting at Wagga Wagga, and this was discussed. The Group are sponsoring a Land Cookery "How to Day", and Mrs Jan Young, a member of the State Land Cookery Committee, has offered to come and show us the finer points of cooking. This will be held at The Rock on Friday, 15th November and interested persons are asked to contact Lyn, as we will need definite numbers for catering.

Five of our members joined the Riverina Agricultural and Environment Trip to Altina Zoo at Darlington Point recently and had a great day – the weather was lovely, and the zoo was absolutely amazing.

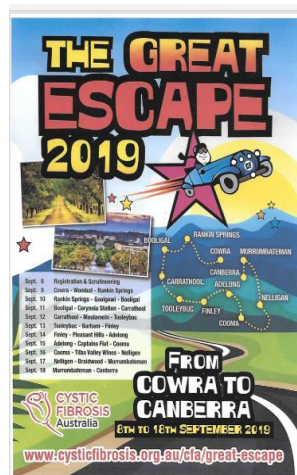
We are holding two Scone Stalls during CWA Awareness Week on 6th & 7th September. This year during Awareness Week, CWA will be addressing the issue of mental health awareness and support services in regional, rural and remote communities, particularly as they relate to women, and how all of us can help make a difference.

Our next Meeting will be held in Henty on Wednesday, 11th September at 10.30am at the CWA Rooms.

Pleasant Hills Community Hotel

Big Working Bee to be held at the Pub on Wednesday 11th September at 1pm. Would be great to see many people there to help out, bring cleaning products, brooms, mowers or whatever you may think we may require to get the pub up to scratch before the Field Days.

The Car Rally coming to the pub on Saturday 14th September with the cars to arrive between 11am and 2pm if you would like to have a look at them, with the pub opening around 10.30am. Pub will be open throughout the week of the Field Days, with takeaway menu available on Tuesday, Wednesday and Thursday. So, if you don't feel like cooking after a big day at the field days the cooks will be happy to cook your tea. The same Executive was elected at the August Committee meeting with Dick Smith remaining Chairman and Suzanne Forck Secretary/Treasurer.



All welcome to come along and view all the old cars & support the Cystic Fibrosis major Fundraiser! Saturday 14 September. Cars will be at the Hotel from 11am-2pm. Lunch available RSVP Annie Scholz 0428175993 for catering purposes.

School News and Reviews



It has been a busy time for the school. Thanks to all the Parents, Family and Community who attended our Open Day last month. Our students have also enjoyed; Book Week, a visit from Little Athletics Australia, and Gymnastics courtesy of Flyaway Gymnastics Wodonga.

Our Year 6 Students; Tash, AJ and Cassie with their family plant their Year 6 trees as part of Education Week.



Mrs Turner reading "Billabong Mob Tales" to the students.



Thank you to the parents and family members who were able to attend our Book Week Parade last Wednesday. Our students loved showing off their fabulous outfits! Thank you also to local

author Mrs Freda Turner who shared her story 'Billabong Mob Tales', with our students.



Jessica Earsman from Little Athletics Australia with her helper, Caitlin Barker.

Pleasant Hills Pre School

August at Pleasant Hills Preschool began with making of Papua New Guinea billum bags and hats. These were then taken to Pleasant Hills Public School for the CWA visit on the 14th of August. The children completed a presentation on their knowledge of PNG and also listened to a special visitor. Lots of yummy food cooked by the CWA was tasted. They really enjoyed their time.

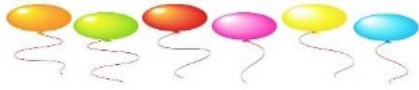
Stir fried food has been a feature for August. The garden has been growing and broccoli, beetroot and spinach are some of the produce which has been used in the stir fries. The children have been practicing their fine motor skills of chopping, to help prepare these meals.



Book week celebrations were on Wednesday the 21st August. Our children dressed up as Dinosaurs, ninja turtles, potaroos and pirates. They joined in with Pleasant Hills Public School where Freda Turner read her book "The Billabong Mob Tales". There were many Australian animals in the book and children acted out the story while the author read it to them. What an excellent experience for our book week.

Hills Happenings

Birthday / Anniversary / Celebrations:



Wayne Scholz on the 3rd September – Happy 50th Birthday.

Jacinda Singe on the 16th September – Happy 50th Birthday.

Congratulations:

We would like to congratulate Peter Forck on being presented a Life Membership of the Henty Community Club at its recent AGM. The award was presented by club president Alison Scott in recognition of services rendered to the Community Club, Men's Bowls Club, and Golf Club.

Well done and well deserved.



Sympathy:

The Pleasant Hills community would like to extend its sympathy to the family of James Ingreby who recently passed away in Oberon, in NSW. James was a former member of the Pleasant Hills community.

We would like to extend our sympathy to his family.

Hills History

1906 – 1908 – 1912

The Lockhart Shire Council came into being.

A Eulenstein and P Knoble represented the area on council.

In 1908 A Eulenstein, W S Browne and J Bunyan represented C Riding which included Pleasant Hills.

In 1912 the Pleasant Hills Hall, also known as the Literary Institute was opened.

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Artist in Conversation: Chris Ellis

When: Thursday 5 September, 6.00pm - 7.00pm

Where: Brindley Family Galleries, MAMA

Price: FREE, cash bar.

Join us for a conversation with Chris Ellis, live within his current exhibition, Moments on the Murray.

In his latest presentation, Ellis pays homage to the beauty, tranquillity and fragility of the Murray River.

Ellis's motivation for the series is to continue the growing awareness of the environmental concerns surrounding the Murray River - our reliance on the river's health, and the need for careful management to ensure a sustained future.

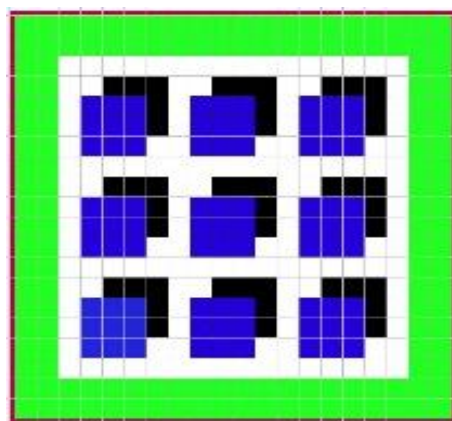
The conversation will be moderated by Michael Moran, MAMA Curator.

All welcome.



Leaves over the Lagoon, 2018

Pleasant Hills Patchwork Group



The theme for September is Shadow Box Quilt. NOTE: The background and shadow shouldn't be too busy as it detracts from the squares and reduces the 3D illusion. If using patterned material for the shadow and background try to not have too noticeable a difference in the pattern between the two fabrics as it would look unrealistic if you had, say, flowers in background and stripes in the shadow. The shadows are all the same colour. They are not cut out individually for each square. Help will be given on the day.

Alternately, if you have a project you are working on, and would like to continue with that, you are more than welcome too. Just come along and enjoy some good company.

Remember: All visitors are made welcome, and a cuppa is always available.

The days starts around 9:30am and finishes around 3:30pm at Pleasant Hills Hall.

You'll need \$6 towards hall hire, morning tea to share, your lunch and all sewing requirements.

Many Hands Make Light Work

The major fundraiser for the Pleasant Hills Public School P&C is the HMFD next month.

Please contact Amanda Male or Suzanne Forck if you can help.

They are looking for volunteers to help in the catering shed or to do some cooking for them, (slices or cakes), or to help make sandwiches and salad rolls each morning of the field days around 7:30am.

Our Backyard

CENTIPEDES

Despite their name (*centi* comes from a Latin word meaning ‘hundred’), centipedes rarely have 100 legs. Some centipedes have as few as 30 legs, others may have as many as 300. However, the centipedes we most commonly encounter here in Australia have fewer than 50 legs, usually between 42 and 46.

Centipedes have one pair of legs for each segment along their long, slightly flattened bodies. The first pair of legs near the head is modified into ‘venom claws’, sharply tipped appendages that are capable of delivering a painful nip. The last pair of legs are larger and thicker than the rest and may be lined with sharp spines. These ‘pincers’ are used to help grasp prey and for defence. (photo: large centipede uncovered whilst gardening)

Centipedes are voracious predators and most commonly hunt under the cover of darkness. Their long, highly sensitive antennae act as radars, sweeping the ground for suitable prey such as insects, frogs, small lizards and mice. Their venom claws inject fast acting toxins, swiftly immobilising their prey. Their powerful jaws then rip their meal into smaller more manageable-sized pieces.

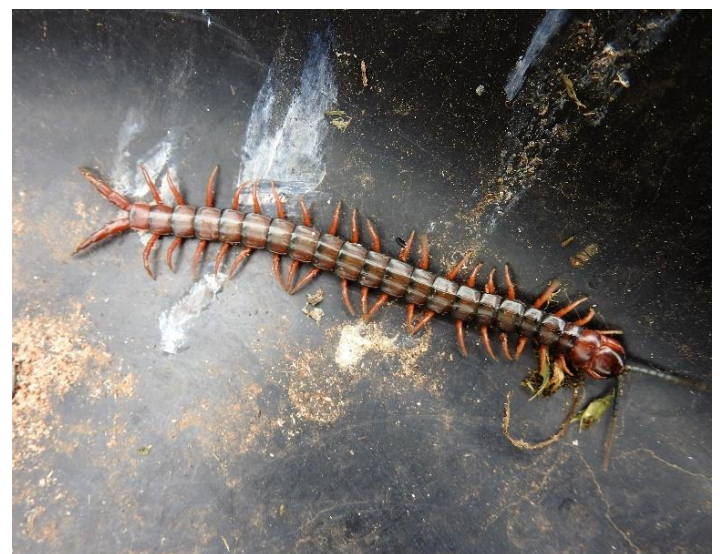
Many different types of centipedes are found in Australia and they can reach over 15 cms in length. Some are capable of inflicting a very painful bite if handled or disturbed, with the pain often persisting for several days.

Millipedes, on the other hand are quite different from centipedes. For starters, millipedes are strictly vegetarians and so lack the long antennae, venom claws and powerful pincers that

centipedes use to detect and capture their prey. Their movements are slower and much more graceful than the fast and aggressive strides of centipedes. Also, millipedes have two sets of legs for each segment of their bodies.

The prefix ‘milli’ suggests that these arthropods have 1000 legs, but the total number falls well short of this and can range anywhere from 26 to 700. Many types of millipedes can be found in Australia. Short stout pill millipedes roll into tight little balls when disturbed. (from: *Miniature Lives* by Michelle Gleeson)

There is no shortage of both species around Pleasant Hills but as noted, particular care is needed when dealing with centipedes. Like the ‘ant lion’, they both can be kept as pets but centipedes should be collected by an adult and the sides of the container should be straight and reasonably high and slippery to prevent escape. A large plastic container with a lid with holes would be perfect.



Tennis Club

Saturday tennis begins again on the 12th of October.

We have entered our teams, section 3 for the adults, section 5 for the teenagers and section 6 for the kids. New members are more than welcome to round out our teams.

We are having our AGM on Friday the 13th of September at 7pm at the pub.

We are having a preseason hit up on Sunday the 29th September combined with a working bee from 2pm. It would be great to see all involved there.

Social tennis has been ticking along, it is on the 2nd and 4th Thursdays of the month from 10am at the courts - anyone is more than welcome to join us.

Tennis coaching is going along well on a Friday afternoon; if you are interested in getting involved in term four please contact me and I will add you to the list.

Lessons are for half an hour, in groups of 4 at \$15 per lesson.

Border Tennis is registered as an Active Kids Provider - you may like to use your second \$100 voucher towards tennis coaching.

4yrs to adults are catered for.

Remember to follow us on Facebook to keep up with all the news.

Renae Lieschke

Secretary

0428 296 147

pleasanthillstennisclub@gmail.com

David Stein

President

0429 466 334



Social Tennis @ Pleasant Hills



2nd & 4th Thursdays of the Month
Excluding School Holidays
From 10am

All Welcome!
Gold Coin Donation for Non-Members

Border Tennis School

Tennis Coaching @ Pleasant Hills



Adults & Kids Sessions • Group or Private

Contact Renae on 0428 296 147

Fire Brigade

A Fire Truck refresher will be held at the fire shed on the 27th September at 10 am. It would be great to see a good roll up, tea and coffee will be provided.



St John's Lutheran Church

- 2nd September - Gideon Faith Dinner
- 3rd September – St Paul's Family Life
- 4th September – Culcairn Men's Bible Study
- 5th September – Bible Study – Uninvited
- 6th September – Ladies Guild
- 12th September - Bible Study – Uninvited
- 14th September – Men's Breakfast
- 18th September – Culcairn Men's Bible Study
- 26th September – St Stephen Women's Fellowship
- 27th September – St Paul's School Toy Sale

ALL WELCOME



Pre-Loved TOY and BOOK SALE

27th September, 2019

Where: St Paul's School Hall from 2pm – 5pm

Contact Leticia O'Brien for further details 69293604





Do YOU have a box of unwanted toys or books?

Why not DONATE them to St Paul's

"Pre-loved Toy and Book Sale"

What to do: choose your unwanted toys and books, bag them up and drop them in to St Paul's school by Friday 30th August, 2019.

Any questions? Please contact Leticia O'Brien or call 69293323.

All donated items will be available for purchase at great bargain prices!





Proud to be St Paul's





Council Waste Disposal

Pleasant Hills Council Waste Disposal site open every Tuesday 1000 – 1200.

LOCKHART LITTLE ATHLETICS

New season starts on Friday 6th September commencing 4:00pm. Children from 3 to 16 years welcome at the Lockhart Recreation Ground. Registration Online only.
<http://www.lansw.com.au/Participate/How-to-Register>
 \$75 per child, Vouchers accepted

Newsletter

Many thanks to all our contributors, as without your contributions we would have no newsletter to read. Please continue sending them in by the last Friday of the month to phnewsgroup@gmail.com.

Our newsletters are now free thanks to Henty Bendigo Bank, but cost \$11 per year if you need them posted to you. If so, please give your postage cost to Peter Sharp or leave it at the PO. If you now have access to emails, a digital copy can be sent to you. If you would like to join our email subscribers, please send your address to phnewsgroup@gmail.com

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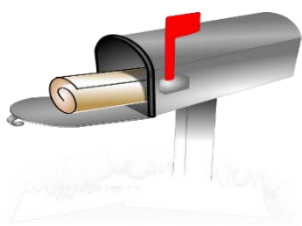
PAPER ROSTER

HENTY

September	
7 th September	Barry Terlich
14 th September	Bob Jacobsen
21 st September	Hugh Clancy
28 th September	Oriel Ridge
October	
5 th October	Rick Clancy
12 th October	Trevor Terlich
19 th October	Anthony Male
26 th October	Corey Beckett
November	
2 nd November	Suz Forck
9 th November	David Male
16 th November	Rex Lieschke
23 rd November	Brenda Gatehouse
30 th November	Shirley Lieschke

Reminder to all who are on the paper roster, please mark on your calendar or diary the dates for your turn, as there have been a few instances lately of people forgetting. Also can the papers please be at the Community hotel by 9.30. Thank you for your consideration.

Also, if anyone wishes to go on the roster to get their Saturday reading fix, please contact Narelle Morey.



Diary of Events

August – 22nd September

Chris Ellis – “Moments on the Murray”

Exhibition – MAMA Gallery Albury

Sunday 1st September

Happy Father’s Day

Thursday 5th September

Chris Ellis Exhibition – Artist in

Conversation 6-7pm

Friday 6th September

CWA Bunnings Scone Stall

Friday 6th September

Tennis Coaching

Saturday 7th September

CWA Bunnings Scone Stall

Wednesday 11th September

Working Bee Community Hotel 1pm

Wednesday 11th September

CWA meeting 1000am Henty

Thursday 12th September

Social Tennis at 10 am.

Friday 13th September

Tennis AGM 7 pm at the Community Hotel

Friday 13th September

Tennis Coaching

Saturday 14th September

The Great Escape – Cystic Fibrosis

Fundraiser 11am-2pm at the pub

Tuesday 17th – Thursday 19th September

Henty Machinery Field Days

Friday 20th September

Tennis Coaching

Saturday 21st September

Pleasant Hills Patchwork Group

Thursday 26th September

Social Tennis at 10 am.

Thursday 26th September

Life Education Day at PHPS

Friday 27th September

Fire Truck Refresher 10am

Friday 27th September

Tennis Coaching

Sunday 29th September

Tennis Working Bee and Preseason Hit Up

October Saturday 12th

First Saturday of Tennis