

Pleasant Hills Community Newsletter



May 2020

phnewsgroup@gmail.com



PLEASANT HILLS CWA

We hope everyone is coping with our very different world... it's a rather different lifestyle to

what we're used to, but nevertheless, very worthwhile if we can keep the virus at bay.

Pork is the Primary Product that CWA is promoting this year, and there are some great recipes in the April CWA Journal. Our new Handicraft and Land Cookery Schedules are also in the journal, with lots of interesting changes to the Land Cookery – light fruit cake, carrot & ginger loaf, banana bread, wagon wheel slice, gluten free caramel walnut slice, orange & tarragon jelly, & spicy fruit chutney in the open sections, with butterfly cakes and jam drops in the junior sections. Most of the recipes will be in the June Journal, and we will look forward to trying them. There is also a Special Section this year celebration 70 years of "The Land" collaboration, and this will be a Cherry Blush Cake.

Since the State Conference has been cancelled, Delegates will now receive their voting papers in the mail.

There was an online "Virtual Scone" campaign to raise some money for the Show Catering Committee, since the

Sydney Show was cancelled and there were several accounts to be paid. The Sydney Show is our major fund-raising appeal each year, which paid, among other things, the administration of the drought appeal, as 100% of money raised for these appeals go to the appeal.

CWA of Australia Scrubs Project

Sewing enthusiasts are encouraged to join the national effort to sew scrubs for local medical heroes during the COVID-19 pandemic. The national community sewing drive is a joint initiative of the Australian Government, the Country Women's Association of Australia, and Spotlight, and involves the help of other community organisations across the country.

Scrubs are the foundation of medical professionals' clothing requirements and can be crafted at home using readily available fabrics such as cotton and poly cotton blends.

For more information, including details of how to get involved,

visit spotlightstores.com/scrubs

"COVID 19 Dr Bear" There was also a pattern on Facebook for a this teddy bear, which I've knitted, and will give the pattern to the newsletter for anyone who'd like to make one – they are only little, but might be a bit of fun. I also seen where a Sydney hospital was asking

for little knitted bears for the children in hospital if anyone gets really interested. In the mean- time, take care and stay safe.

Little Doctor Bear



Claire Fairall

This free pattern is my thank you to the wonderful nursing staff all over the world who work so tirelessly for us all.

If you want, you can knit one to give as a thank you gift or maybe to give comfort to a child or adult in these difficult days.

I hope the time spent whilst you knit your little doctor bear will give you a creative lift and give you a smile.

Doctor Bears head and body are knitted in a single piece with simple shaping His tunic and trousers are removable. His hat is sewn in place. His scrubs are knitted flat in single pieces from the top down and seamed.

Little Doctor Bear

Pattern Information

Doctor bear size-21cm /8.5" tall

Needle size-

Bear -3.5mm (UK 10 /US 4)

Tension - 20sts x 26 rows = 10cm (4") st.st.
Square

Recommended yarn: -

Stylecraft Special DK yarn

Or any Double Knit /Light Worsted yarn

Bear-Golden Yellow DK 20 g

Scrubs-Spearmint Green 30g

You will also need-

Small amount of Black and white yarn

Toy stuffing

Sewing up needle

5mm button

Abbreviations

(Used in both teddy and his clothes)

CO= Cast on using cable method

k=knit

p=purl

kfb= knit into front and then back of the same stitch

k2tog= knit the next 2 stitches together

stst = stocking stitch

rep = repeat

BO= Bind off

C&T= Cut and thread yarn through remaining sts

YO=Yarn over needle, bring the yarn to the front

between the needles, take the yarn over the needles

ready to k2tog

Little Doctor Bear Pattern

Body

Use teddy shade yarn CO 8

R1: kfb every st (16)

R2: p

R3: (k1, kfb) rep to end of row (24)

R4: p

R5: (k2, kfb) rep to end of row (32)

R6-8: stst 3 rows, *starting with a p row*

R9: (k3, kfb) rep to end of row (40)

R10-18: stst 9 rows, *starting with a p row*

R19: k4, k2tog (k8, k2tog) rep three times, k4 (36)

R20-22: stst 3 rows *starting with a p row*

R23: k4, k2tog (k7, k2tog) rep three times, k3 (32)

R24: p

R25: k3, k2tog (k6, k2tog) rep three times, k3 (28)

R26: p-
 R27: k3, k2tog (k5, k2tog) rep three times, k2 (24)
 R28: p
Head shaping
 R29: k2, kfb, (k3, kfb) rep five times, k1 (30)
 R30-32: stst 3 rows, *starting with a p row*
 R33: k3, kfb, (k4, kfb) rep five times, k1 (36)
 R34-38: stst 5 rows, *starting with a p row*
 R39: k14 (k2tog) rep four times, k14 (32)
 R40: p
 R41: k14, (k2tog) twice, k14 (30)
 R42: p
 R43: k6, k2tog, k2, k2tog, k6, k2tog, k2, k2tog, k6 (26)
 R44-46: stst 3 rows, *starting with a p row*
 R47: (k2, k2tog) rep to last st, k2 (20)
 R48: p
 R49: (k1, k2tog) rep to last st, k2 (14)
 R50: p
 R51: (k2tog) rep to end of row (8)
 C&T

Legs (make two)

Use teddy shade yarn CO13
 R1: k
 R2: p
 R3: k1, kfb, k to last 2 sts, kfb, k1 (15)
 R4-6: stst 3 rows, *starting with a p row*
 R7: k1, kfb, k to last 2 sts, kfb, k1 (17)
 R8-10: stst 3 rows, *starting with a p row* -
 R11: k7, (kfb) three times, k7 (20)
 R12: p
 R13: k7, (kfb) six times, k7 (26)
 R14: p
 R15: k7, (kfb, k1) six times, k7 (32)
 R16: p
 R17: k2, (k2tog, k3) rep to end of row (26)
 R18: p
 R19: k2, (k2tog, k2) rep to end of row (20)
 R20: p
 R21: k2, (k2tog, k1) rep to end of row (14)
 R22: p
 R23: k2tog to end of row (7)
 C&T *leaving a long yarn end for sewing up*

Arms (make two)

Use teddy shade yarn CO7
 R1: kfb, to last sts, k1 (13)
 R2: p
 R3: k1, kfb, k to last 2 sts, kfb, k1 (15)
 R4-6: stst 3 rows, *starting with a p row*
 R7: k1, kfb, k to last 2 sts, kfb, k1 (17)
 R8-18: stst 11 rows *Starting with a p row*
 R19: k2, (k2tog, k1) rep to end of row (12)
 R20: p
 R21: k2tog to end of row (6)

C&T *leaving a long yarn end for sewing up*

Ears (Make two)

Use teddy shade yarn CO6
 R1: kfb every st (12)
 R2-4: stst 3 rows *starting with a p row*
 R5: k2tog to end of row (6)
 R6: p
 R7: BO

Tunic

Use clothes shade yarn CO22
 R1: k
 R2: k1, YO, k2tog (*makes buttonhole*) k to end of row
 R3: p
 R4: k2, (kfb, k1) rep three times, kfb, k4, (kfb, k1) repeat three times, kfb, k2 (30)
 R5: p
 R6: k3, kfb, k1, kfb, k3, kfb, k1, kfb k6, kfb, k1 kfb, k3, kfb, k1 kfb, k3 (38)
 R7: p
 R8: k4, kfb, k1, kfb, k5, kfb, k1, kfb k8, kfb, k1 kfb, k5, kfb, k1 kfb, k4 (46)
 R9: p
 R10: k5, kfb, k1, kfb, k7, kfb, k1, kfb k10, kfb, k1 kfb, k7, kfb, k1 kfb, k5 (54)
 R11: p
 R12: k6, kfb, k1, kfb, k9, kfb, k1, kfb k12, kfb, k1 kfb, k9, kfb, k1 kfb, k6 (62)
 R13: p
 R14: k7, kfb, k1, kfb, k11, kfb, k1, kfb k14, kfb, k1 kfb, k11, kfb, k1 kfb, k7 (70)
 R15: p
 R16: k8, kfb, k1, kfb, k13, kfb, k1, kfb k16, kfb, k1 kfb, k13, kfb, k1 kfb, k8 (78)
 R17: p13, k13, p26, k13. p13
 R18: k12, BO following 16sts, k21, BO following 16sts, k11 (46)
 You will now have 46sts on your needle with 2 loops of BO sts which will make the sleeves.
 R19: p11, p2tog (to join under the sleeve) p20, p2tog (to join under the second sleeve) p11 (44)
 R20-25: stst 7 rows, *starting with a k row*
 R26: k makes a ridge on right side
 R27: BO

Trousers

Use clothes shade yarn CO40
 R1: (k1, p1) repeat to end of row
 R2: (p1, k1) repeat to end of row
 R3-16: stst 14 rows *starting with a k row*
 Divide for legs
 R17: k20, slip remaining 20sts onto a stitch holder, turn work and continue to work on 20sts on needle.
 R18-27: stst 10 rows *starting with a p row*
 R28: K, *makes a ridge on right side*

R29: BO

Second leg Slip remaining 20 stitches off holder and onto needle.

Re-join yarn and k1 row Rep R18-29

Hat

Use clothes shade yarn CO 37

R1 k makes a ridge on right side

R2-6: stst 5 rows *starting with a k row*

R7: k *makes a ridge on right side*

R8: (k4, k2tog) rep to last st, k1 (31)

R9: p this and every following alternate row

R10: (k3, k2tog) rep to last st, k1 (25)

R12: (k2, k2tog) rep to last st, k1 (19)

R14: (k1, k2tog) rep to last st, k1 (13)

R16: k2tog to last st, k1)7)

R17: C&T

Face mask

Use white yarn CO10

R1- 6: stst 6 rows

R7: BO

Making up Your Little Doctor Bear

Body and Head

Gather the CO stitches at the base of the body. Sew the back seam, leaving the C&T section of the head open for stuffing.

Stuff the body and lightly stuff the head. Tie a piece of matching yarn firmly around Little Bears neck.

Once the neck has been formed you can continue to stuff the head paying attention to the shaping at the snout and eyes area.

When you are happy with the shape of the head pull the C&T yarn to close the seam and sew in the ends of the yarn, including the knotted necktie yarn.



Arms

Pull the C&T yarn to close each paw and sew the seam to the top of the arm. Stuff each arm and fold the arm flat at the BO edge so that the seam is at the centre back. Sew the BO edge shut.

Position the arms either side of the body and just below

the neck. Sew in place firmly.

Legs

Pull the C&T yarn to close each paw and sew the seam to the top of the leg. Stuff each paw and leg and fold the leg flat at the BO edge so that the seam is at the centre back. Sew the BO edge shut.

Position the legs at the base of the body, make sure the feet are facing forwards! Sew in place firmly.

Ears

Sew the CO and BO edges of each ear together, the knitting will naturally form a curved ear shape. Sew the ears on to teddy's head after you have made and sewn on his hat.



Nose and Mouth

Using black DK yarn make 5x 1cm long stitches at the top of the nose shaping. Make an upside- down T shape for the mouth. Thread the yarn end through the head twice to secure the yarn. Cut off close to the head so that the tail disappears into the head

Eyes

Cut two 40cm lengths of Black DK yarn, take one piece of yarn and fold it in half. Wrap the middle of the doubled yarn around your index finger to make a loop. Leaving the loop on your finger, thread one end of the doubled yarn through the loop, as if to make a knot. Do not tighten the knot yet!

Thread the yarn twice more through the loop on your finger. Take the loop off your finger and gently pull the ends to tighten the knot. You will now have an oval knot in the middle of the yarn. Position the eyes approx. 0.5 cm above the nose with 1.5 gap between them

Thread one doubled end of thread onto a needle and push the needle from the front to the back of the head. Unthread the needle and repeat with the other end of the knotted yarn 2 stitches above the first thread. Repeat for the other eye. Gently pull on the loose threads at the back of the head to indent the eyes.



When you are happy with the eye positions re-thread each end and pass the needle through the head twice to secure the yarn. Cut off close to the head so that the tail disappears into the head.

Tunic

Weave in any loose ends
Seam the back of the sweater from the hem to 5 rows from the neck cast on edge.

Sew a small (5mm) button to the left hand of the back opening. Use the buttonhole to guide you for positioning the button.



Trousers

Fold each leg section in half and sew the leg seams, from the bound off edge to the crotch.

Sew the back trouser seam from the crotch to the ribbed Cast on edge.

Hat

Sew the back seam of the hat and place on teddy's head. Sew into place then add the ears. Use the illustration to guide you.

Face mask

Cut a two 20cm lengths of white yarn. Add 15cm lengths of white yarn to each corner of the mask and tie into place

(It would be great to see some finished Bears – so if anyone does make a Little Doctor Bear, please send us a photo so we can include it in a future newsletter).

Pleasant Hills Community Hotel

Firstly, we would like to pass on our deepest sympathies to the Coghlan Family on the sudden passing of Denise. Our thoughts are with you all. The pub remains shut but please don't forget to support the pub by purchasing goods through the shop. Slab beer can be purchased and needs to be before it goes out of date. Also can get frozen takeaway food from the shop to cook at home like Chicken Schnitzels, Battered Sausages, Chiko Rolls.

Please everyone remain safe and healthy through this isolating time and we will see you all on the other side. For updates on the pub and specials keep an eye on the pub Facebook page.

School News and Reviews



FOND MEMORIES

We wish to send our sincere condolences to the Coghlan family for the very sudden passing of Denise. She was a wonderful role model to our students supporting them with their swimming and cooking lessons for many years. Our school community will miss her greatly.

HOME LEARNING

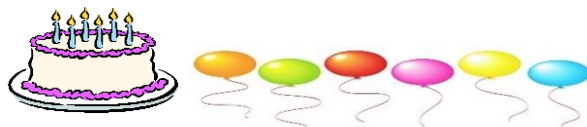
Home learning for Term 2 has recommenced this Wednesday 29th April. We started with a Zoom check-in, Primary at 9:00am and Infants at 9:30am. This was be a great opportunity for our students to connect with one another and share what they have been up to at home. We aim to have regular video conference check-ins with our classes and whole school, allowing students to remain connected throughout the term.

Hills Happenings

Birthdays:

Tia Lieschke happy belated 18th for the 1st April
(Sorry it missed last month's newsletter)

Sharnee Wilmore (Christie) on the 24th May – Happy 30th

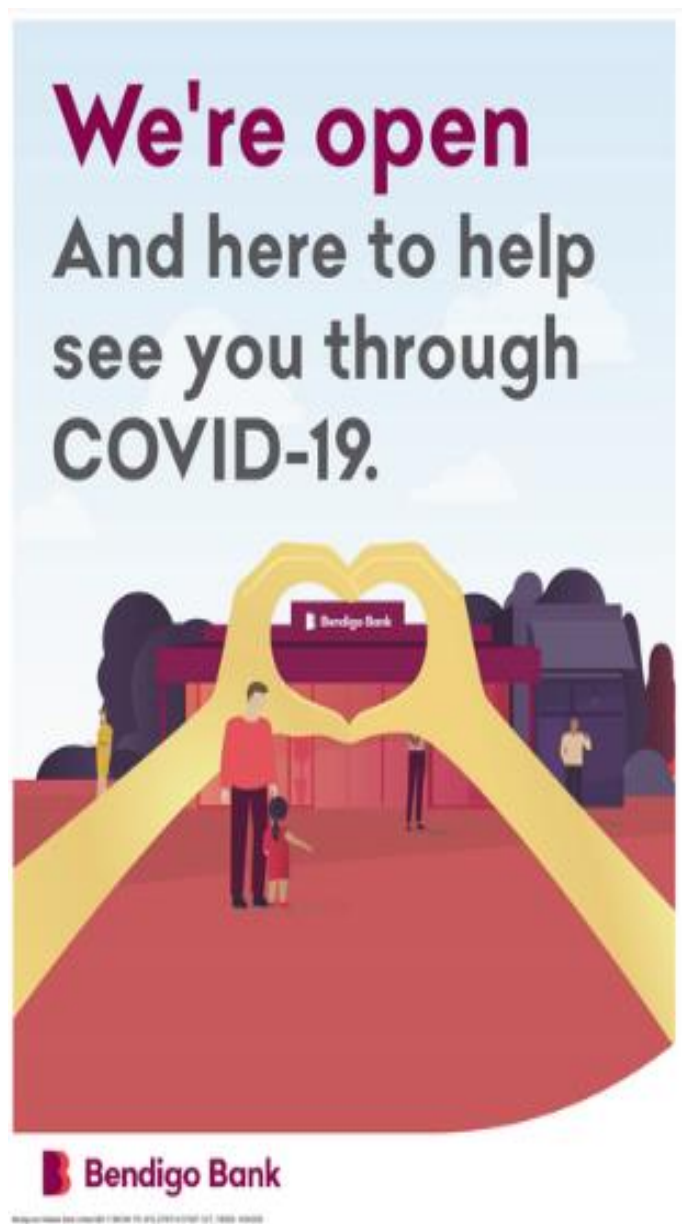


Wishing you all HAPPY BIRTHDAY

CONDOLENCES:

Condolences to Justin and Nadine Coghlan and family on the passing of Justin's mother, Denise Coghlan. Denise's smile, friendliness and passion with teaching our children to swim and cook will be missed.





Easy Shortbread.

(makes a lot of biscuits – recipe can be halved).

- 5 cups SR Flour,
- 1 can condensed milk,
- 250 grams butter,
- ½ cup sugar.

Cream the butter & condensed milk, then add sugar, and lastly flour.

Cut recipe into roughly quarters and roll out each bit in a long sausage about 3- 4cm wide, then chop into 1 cm wide slices and put on baking tray.

The recipe will make two large trays full, so cook for 15 minutes at 160 degrees C.

Whilst still warm, you can dust lightly with icing sugar.



Pleasant Hills Patchwork Group

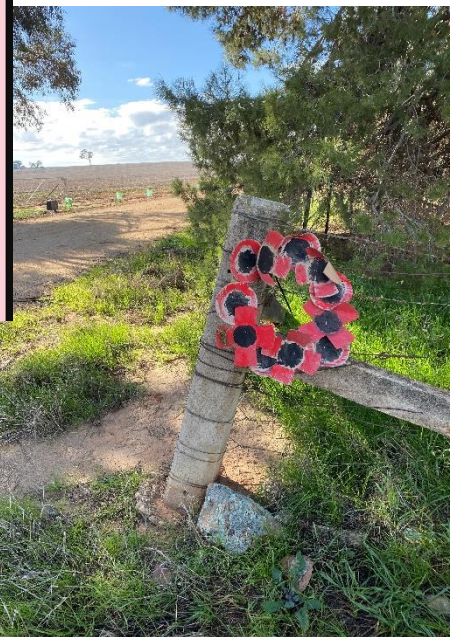
Unfortunately, it looks as if this month meeting on the 16th May will not be possible, so we expect to see more finished projects by the time we can all meet face to face at the hall next. Here are some examples of some people's work while in isolation.

This month was dedicated to making fabric bags for charity, so please feel free to do this at home if you can, otherwise we will delay it until later in the year.



Hall

Anzac Day – We did remember them ...



Backyard

ANCIENT GIANTS

Few conifers grow into quite such massive trees as do many of the 13 species of *Agathis* or *Kauri*. The genus is of great evolutionary interest, representing a major element in the temperate rain forests that covered much of the southern super continent of Gondwana in the Cretaceous Period (around 120 million years ago), but which had shrunk to small remnants (including Australia) by the mid-Tertiary Period (30 million years ago).

This history is shared with their close relatives (including the recently discovered Wollomai Pine). This was the time before the Eucalypts took over as the major flora species as Australia began to dry out.

Propagation is only practical from seed, gathered as soon as it falls and sown immediately. If you are thinking of growing an *Agathis* you will probably need to buy a seedling and you will need a good deal of space as some species grow as large as 55 metres tall and have a trunk diameter of 2.4 metres.

Agathis grows readily in the wet tropics and in frost free temperate climates and although *Agathis Robusta* is only known from two limited areas of East Coastal Queensland 700 kms apart it will grow, as will its cousin the Bunya Pine, further south (despite the frost) in places such as Adelaide and Hobart. (From: ABC's Gardening Australia. Flora's Trees and Shrubs). There are good examples of both in Wagga Wagga (Memorial Gardens) and in Albury (Botanical Gardens). I was hoping to include a photo from one of these venues but due to the travel restrictions that are presently in place I

felt I could not justify the trip. Both venues are well worth visiting and a good way to enhance a tedious trip to either city, in the future. Even though I probably could have "spun a yarn" if questioned, it certainly wouldn't have been in the spirit of "doing the right thing" at this time. Some people I believe are though using this strategy to justify shopping sprees, secret social gatherings and the like. It really is not in the greater interest of the community to assume that "It won't get me – I'm far too groovy for that".

Instead I have included a photo of some unlikely friends who gathered recently (not practicing social distancing) sheltering on the eastern side of a peppercorn in Pleasant Hills at the height of a howling westerly.

Bob Marshall.



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Hills History

Tuesday 2nd October 1951

Obituary

Well-known Pleasant Hills Identity Passes.

When Mr Charles Gale (75 years), of Pleasant Hills, passed away recently, it signified the departure from our midst of one of whom it could be said that he typified the spirit of Pleasant Hills district more fully than any other of the district's inhabitants.

Although born at Albury, two thirds of his long life – nearly half a century – was lived at Pleasant Hills. He was a most loyal and useful citizen of the district, of his country and of the British Empire. When the war drums sounded in World War 1, he became a representative of his district in the A.I.F. and was wounded in one of the tough engagements at Bellecourt, in France. Upon coming home, he took charge of His Majesty's mails between Pleasant Hills and Lockhart, and was very popular with the Diggers in both centres and the people he contacted on his route. The toll of a strenuous life, in which he encouraged all district sports and district projects, eventually caused him to live in retirement. He is survived by his wife, and two sons, Mr George Gale, of Ashburton (Vic), and Mr Ray Gale, of Pleasant Hills.

Although many old friends in Lockhart and Milbrulong had not heard of his passing, there was a large and representative gathering at his funeral, which was conducted in the Henty Church of England and at the graveside by the Rev. K. Lauders. Numerous floral tributes were also forwarded.

(From: Lockhart Review and Oaklands Advertiser, Page 6)

By Fiona Beckett

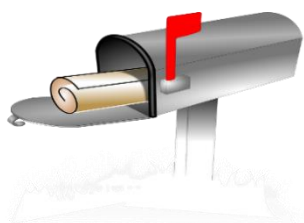


PAPER ROSTER

Please collect papers from the Henty Post Office / Newsagent. It opens at 7am Saturday mornings. Can the papers be at Pleasant Hills by 0930 -1000.

HENTY

May	
2 nd May	Anthony Male
9 th May	Corey Beckett
16 th May	Suz Forck
23 rd May	David Male
30 th May	Rex Lieschke
June	
6 th June	Brenda Gatehouse
13 th June	Shirley Lieschke
20 th June	Wayne scholz
27 th June	Barry Terlich
July	
4 th July	Bob Jacobsen
11 th July	Hugh Clancy
18 th July	Oriel Ridge
25 th July	Rick Clancy



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.

Diary of Events

Friday 1st May – Sunday 31st May
Stay safe, Wash your hands, Maintain 1.5mtr distancing, Ring a friend / neighbour, Be kind to each other.

Friday 1st May
Dust off the knitting needles and start Little Doctor Bear.

Saturday 2nd May
Bake some Easy Shortbread – you will need a break from your knitting.

Monday 4th May
May Day in NT and QLD.

Sunday 10th May
Mother's Day

Tuesday 12th May
International Nurses Day

Sunday 17th May
World Telecommunication and Information Society Day

Friday 22nd May
International Day for Biological Diversity

Friday 29th May
International Day of UN Peacekeepers

Sunday 31st May
World No-Tobacco Day

