

Pleasant Hills Community Newsletter

July 2025

phnewsgroup@gmail.com



PLEASANT HILLS CWA

We held our June Meeting in Albury at the Commercial Club with a good number of people attending. Some reports were given about Conference – because it was held in Wagga Wagga, many people were able to take the opportunity to travel there to observe some part of it.



*Nett Maloney, Kay Dean, Marie Solyk, Bev McLellan, Wendy Crosby – all seated.
Lyn Jacobsen and Carol Grylls standing.*

Several members prepared the food for a Cancer Morning Tea for 60 people, which became a Luncheon, and this was our donation to this year's Cancer Appeal. Members took up a collection and gave this to the Donation Box in Dales IGA in Henty for Carevan.

For our Agriculture and Environmental report, Wendy gave an interesting talk about Saltbush, and some of its uses including the lesser-known part about how it can be used as a flavouring in cooking. Our Group Ag and Environment Day is being held at Uranquinty on 13th September and promises to be very interesting and entertaining day.

I've had an email from Samuel Johnston from "Love your Sister" fame saying they have started a new Campaign – "Love your Gloves" with the idea being people can use up all their oddments of wool and knit these fingerless gloves (he has emailed me the pattern) which can be posted to Sam, and he is selling them as another idea to vanquish cancer. Anyone

interested in knitting them please contact me for the pattern on 0428690222.

As well as the \$600,000.00 CWA of NSW has donated to the Queensland Floods this year, it's been announced that they are also giving \$250,000.00 to Drought Aid, which also covers our region. Producers can apply for up to \$3,000.00 to help cover household expenses, including groceries, school expenses, power bills and vehicle maintenance. For more information visit www.cwaofnsw.org.au/droughtaid

We held another Street Stall last Friday proudly displaying our new tablecloths and tear drop banners saying we are Pleasant Hills CWA, which were sponsored by Bendigo Bank Henty.



Lyn Jacobsen, Bev McLellan, Wendy Crosby and Bev Frohling.

The tables were laden with lots of goodies to sell and we had our most successful stall yet, raising almost \$2000.00! The money is going to assist with drought relief. We thank our chefs very much for their great effort.

For anyone interested in attending a Suicide Prevention Course there is a free course running in Albury for 4 hours on July 23rd. See flyer for more details – see Page 13.

Several members joined a bus trip to Melbourne to see Torvill and Dean skating on their 50th Anniversary Tour and thoroughly enjoyed the performance, although I must say it's a long time since many of us arrived home at such a late hour in the morning!

Some of our members are providing a Devonshire Morning Tea and entertainment at the Riverwood Aged Care this week.

Land Cookery this month was an Apple and Cranberry Chutney won by Kay Dean, plus the Coconut Loaf, won by Lyn Jacobsen, second, Lyn Lieschke and third Heather Barrett. Next month we are having the Coffee Sponge and Tomato Jam.

Please note our next meeting will be held at the Commercial Club in Albury on the 9th July at 10.30am. As we are going to Pleasant Hills for the International Meeting in August, we've decided to have the July meeting back in Albury.

Lyn Jacobsen.

Pleasant Hills Community Hotel

Another busy month has been and gone at the pub, and we would like to thank all the volunteers helping out in any small way. A big thank you must go to Annie Scholz with all the work involved in getting the new equipment sorted for the pub kitchen. All the cooks are looking forward to using the new appliances and stock should be much easier to find in our new fridges and freezers.

Pub AGM is on Friday 1st August at 7.30pm. Everyone is encouraged to attend and always looking for fresh ideas and faces on the committee.

Sammy the Pizza Man is again at the pub on Saturday 2nd August from 5pm. So if looking for something different to eat we encourage you to support him as he is donating back into the refurbishment of the pub accommodation.

If there are any kids that are turning 14 soon or early next year and they would like to waitress at the pub let Annie Scholz know or one of the committee members.

Pub now has a bluetooth speaker to play music on and have Kayo Sports so got all your Saturday sports sorted so why not come in and enjoy a beer, a feed, a chat around the fire.

Suzanne Forck.

School News and Reviews



ATHLETICS CARNIVAL

We had a great day with Boree Creek and Yerong Creek schools for the Greater Kengal Athletics carnival at Lockhart Recreation Ground on Friday 13th June.

Everyone enjoyed the day, and it was a great surprise for Pleasant Hills to win the overall championship trophy. Congratulations to Samantha Terlich and Connor Barker who both won their Age champion medals.

"RATBURGER" CIVIC THEATRE PRODUCTION WAGGA WAGGA

Thank you to Jeremey for taking us to this production. The children absolutely enjoyed it, giving it an average rating of 9/10!

CROSS COUNTRY PSSA

Samantha Terlich represented our school in the Riverina Cross Country at Gundagai. Congratulations to Samantha for coming 7th place, just missing 6th place to go to the next level in Sydney. A great effort, maybe next year!!

SOFTFALL

We are thrilled to inform our school community that the new softfall has been completed in the Fig Tree playground. All the students were very excited and can safely play on the playground now.

NAIDOC DAY @ BOREE CREEK PUBLIC SCHOOL

Our students went to Boree Creek Public school on Friday June 20th to celebrate NAIDOC Day. Everyone had a very enjoyable day with Boree and Yerong Creek students. The Greater Kengal group celebrated and learnt about the rich

history and contributions of Aboriginal and Torres Strait Islander peoples.



Pleasant Hills Pre School



At preschool, we have been investigating all kinds of living creatures and life cycles! One of our preschool families bought in a huge crayfish, which spent the day with us and behaved itself by not chomping any fingers!

The eggs in the incubator didn't go so well here at preschool, it got too cold while we were not in the building, so we will try again in Spring. However, one of our preschool families had great success with their eggs at home and brought in their 7 newly hatched chicks to play with us for a day.

We have explored the life cycle of a butterfly by using the lovely books we have as well as some actual replicas of the entire life cycle! Did you know once butterflies emerge from their cocoon they don't grow anymore?

We also used our arts and crafts time to make some of our own beautiful, coloured butterflies!
Mia Heaphy.

Word of the month

"Dysania"

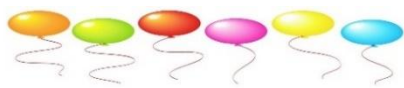
Thanks to Peter and Alison Campbell for this one.

"Dysania" refers to the extreme difficulty or inability to get out of bed in the morning, sometimes described as an "addiction to bed"

Boy, been the odd cold frosty morning I've felt that way.

Mathew Rush.

Hills Happenings



Birthdays:

Happy 18th Birthday to Natasha Beckett for the 18th July.

Condolences:

Condolences to the Kendall family on the passing of Dorothy Ruth Kendall on the 17th June.



Wise Words for 2025:

"Just one small positive thought in the morning can change your whole life"
Dalai Lama.

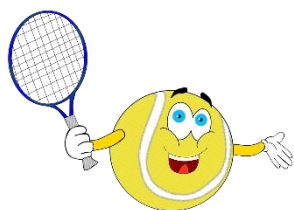
Postage Cost

The cost of Stamps is rising to \$1:70 from July 2025
Therefore, postal cost will increase to \$20 per year.
Email the Newsletter if you would like to organise your newsletter to be posted.

Tennis Club

Our AGM will be held on Friday, 27th July, at 7pm at the pub. Please let any of the committee know (David, Renae, Sarah, Carol or Grant), if you or someone you know, is interested in playing, whether it be to fill in occasionally or more regularly. Always great to see new faces (or familiar faces back!).

Carol Smith.





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Community Bank - Henty



*Based on Roy Morgan survey of 1000 Australian farmers in June and July 2020. Bendigo Bank is a member of the Bendigo Bank Group. Bendigo Bank is a member of the Bendigo Bank Group. Bendigo Bank is a member of the Bendigo Bank Group.

Fire Brigade



Pleasant Hills fire brigade AGM was held on Friday, 20th June, I would like to thank all of those who attended.

We had Matt Paton from The Rock inform us about the new data terminals that are in both Trucks now. The new terminals will hopefully help with guidance and freeing up the radio. Thank you, Matt, for coming along and sharing.

President: Corey Beckett

Captain: Grant Morey

Senior deputy captain: Peter Beckett

Deputy captains: Dennis Clancy, Ross Newton, Andrew Terlich

Secretary: Andrew Terlich

Treasurer: James Clancy

Permit officers: Grant Morey, Peter Beckett

Thanks to both Trevor Terlich and Tony Christie for their time as deputy captains.

Pleasant Hills guide secretary Andrew Terlich.

AGM Annual General Meeting

Tennis / Recreation Ground

Pleasant Hills Tennis Club AGM will be held on Friday 27th July, at 7pm, at the Pleasant Hills Hotel.

NOTE: This is also the AGM for the Recreation Ground Committee.

We'd love to see local people there for the rec ground AGM, given the developments happening there.

Apologies to Sarah Newton 0409588112 or pleasanthillstennisclub@gmail.com

Dr Joe McGirr MP

Upcoming Events

Pop-up Office: Lockhart

Book in a 20-minute appointment to discuss local concerns and provide your feedback.

Date: Tuesday 19th August

Time: 3pm to 5pm

Where: Lockhart Shire Council Chambers

To book your 20-minute appointment:

Call Dr Joe's office on 6921 1622

New to Pleasant Hills: A Fresh Take on Our Village

Hi Pleasant Hills neighbours! I'm Yvonne, and I'm new and want to share my initial thoughts about our little village. Coming from Sydney and the tropical gem of Bowen, I'm seeing Pleasant Hills with new eyes. Hopefully, my take reminds you how good we've got it here.

I moved into the old Bakery in late 2024 from over 2000kms away, because I heard the Community Pub's committee knocked back a heap of cash to not have a 5G tower built. That was a big deal for me. In Bowen – think stunning beaches and the best mangoes – I was doing fine until a 5G tower was turned on 600 metres from my place. It hit me hard: swelling, hives, headaches. I tried fixing my house to block it, but I was stuck using only half the home and not getting better. Leaving Bowen and friends was tough, but Pleasant Hills is a safe spot where I can feel good again. And these days with Starlink for my work from home setup I have great internet (which was one of the concerns moving here).

As a newcomer, I feel very blessed by what this village offers, and maybe you locals take it for granted sometimes. The Community Pub is fantastic. Everyone's friendly, and it's like the TV show Cheers - where everyone knows your name! The post office or "Poster Fish" is handy. Nidine and Cathy have been so welcoming, and it's handy for groceries and banking too.

The history here is fascinating. I'm reading *Pepper Trees on Ryan Street* and loving it. The Community Hall's got old stuff like a Bakery calendar with a three-digit phone number and mail order bread – how did that work? There was even a general store on Ryan Street once. Fiona B's done a cracking job on the Esplanade, and the school mural's a must for visitors. I've been to the Lutheran Church with its

organ and reckon more should pop in to keep it going. There's heaps more: CWA, patchwork groups, tennis courts, the rural fire brigade, and a dam I'd love to see turned into a recreational spot. The village sheep, horses, chooks, and pets are fun to talk to when I walk my dog.

The new dump point's handy for my motorhome, though I haven't used it yet. And this newsletter? It's great! The effort to print and share it each month is huge, and I'm grateful. Pleasant Hills is a great spot, and I'm pleased to be here. Hope to meet more of you soon.

-- Yvonne Lee



Pleasant Hills Patchwork Group



June Patchwork was our road trip where 14 ladies enjoyed a day of fun, good company and great shopping. Our first stop was Corowa where we found some great shopping venues, and then all gathered at a café for morning tea, sharing what shops we had discovered. From there we visited the quilting shop at Howlong, “Whatever Wherever Patchwork Shop”, where Helen kindly provided us with some tea/coffee and biscuits and plenty of shopping opportunity including a large table of discounted fabric. Many of us took this opportunity to purchase a panel (or two) for the upcoming Panel sewing project for our July meeting.

From there we headed for a late lunch at the Howlong Golf Course, where we all enjoyed a lovely meal and good friendship, as can be seen above. Thank you to all the drivers and to Louise for organising this day.

Our next meeting is Saturday, 19th July, with the Topic “Panels”, where there are many different ideas on using Panels in quilts, wall-hangings, table runners, cushions or bags. Equally if you want to continue on a project, you are already working on, that is fine.

Remember to BYO; Lunch, \$6 Hall hire, sewing machine and accessories you will need. We would love to see any show and tell with what you have been working on, or what goodies you purchased on our road trip.

A poster for a workshop titled "Shooting Stars - on your phone". The background is a dark, starry night sky with a bright nebula. The title is in large, orange, sans-serif font. Below it, in smaller orange text, is "A free, no-experience-required Intro to Night Sky Photography". The main text is in black: "You can capture amazing pictures of the Milky Way, the Moon, & the Aurora – with your phone! Completely new or already experienced – there's plenty to learn & good people to meet." A QR code is centered below the text. At the bottom, in small black text, are the details: "WHEN: Fri 18 July 2025 – Pleasant Hills Community Hotel", a list of activities: "• Shout yourself dinner at the Pub: 6:00 pm", "• Workshop: 7:30 to 9:00 pm", "• Stay around for chat & snaps: 9:00 to 11:00 pm", "WHERE: Pleasant Hills in the Riverina", "BOOK NOW: The Workshop is FREE, but you need to reserve your place:", the URL "https://www.trybooking.com/DCYZW", and "QUESTIONS: simon@sinch.com.au or 0412 235 949". A faint image of a building is visible at the very bottom.

Shooting Stars - on your phone

A free, no-experience-required Intro to Night Sky Photography

You can capture amazing pictures of the Milky Way, the Moon, & the Aurora – with your phone!
Completely new or already experienced – there's plenty to learn & good people to meet.



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WHERE: Pleasant Hills in the Riverina

BOOK NOW: The Workshop is FREE, but you need to reserve your place:
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Printing costs are met by Henty and District
Community Bank® Branch Bendigo Bank



Hills History

Pleasant Hills Mail

10 inches of rain

Mr L Klemke, the Pleasant Hills mailman came into town on Monday after a rough trip along the road. To get to Lockhart at all he had to vary his route a little. He was all prepared for the outward trip, had the bread parcels aboard but the train from The Rock had been cancelled and no mails to take, he deemed it advisable to wait until Tuesday morning. The continuous rain also helped him decide to stay in Lockhart. The fall of rain about Pleasant Hills totalled 6 inches up to Monday morning and there has been another 4 inches since. The mailman, with considerable courage, undertook the outward trip from Lockhart on Tuesday morning.

Source: The Lockhart Review and Oaklands Advertiser 9/1/1934.

Written by Fiona Beckett.

On a Cushion of Air

A poem by Mathew Rush.

Silently it floats through time,
With an air that makes it seem
sublime,
It reaches far in nook and cranny,
With little or no regard for granny,
Over and around all things,
On its everlasting wings,
Emerging from an unknown place,
An awesome being without a face,
It brings out the fear in us all,
When we feel its whitewashed
wall,
Its clinging hand leaves nought
alone,
Not even those upon the throne,
It dulls the strength of every
sound,
And makes you lose sight of the
ground,
Its moist glove welcomes every
log,
The blanket everyone calls fog.

Our Backyard

HAIL TO THE LEMON

Well, it is now well into Winter and there is not a lot going on in the natural world except that appears to be stirring towards a bountiful season ahead, that is if we continue to get some more decent rain. One thing that hasn't changed and has become very Australian is the humble "lemon tree". Since colonial times we have adopted the tree until a time when your backyard wasn't Australian unless you had a Lemon tree within its boundaries. Apparently, this tradition has somewhat waned in recent times so if you're not 'complying', have a think about redeemed the problem and plant one. They have been around for thousands of years, and the humble lemon has more uses than you can imagine.

This short history of the Lemon, especially in Australia, comes from Peter Russell-Clarke's book "The Magic of Lemons" (We all remember him, especially on our TV's). Besides giving abundant recipes and cleaning usages, there are many other applications for the Lemon.

Did you Know:

Tomb paintings in the Valley of the Kings show that the ancient Egyptians grew and ate lemons as well as used them for cosmetics, medicine and a cleaning agent. In a country where trees were scarce, they were venerated in the temple orchards and in the gardens of the Pharaohs.

The Greeks used the lemon to cure and clean as well as to give 'life' to their food.

The Roman legions marched the lemon from the Acropolis into Gaul, Portugal,

North Africa and the rest of the known world, including the misty isles of England.

The Spanish Conquistadors in the 16th century taught Moctezuma about the lemon, which they planted throughout Mexico.

Even in America after the Revolution, orangeries (including lemons) were built.

When Captain Cook landed at Botany Bay, Banks, the botanist, took ashore seeds of a myriad of varieties of fruit and vegetables, including lemons. The resulting root stock flourished, and the founding Colony could use the fruit of the lemon to combat scurvy both at sea and during the long journeys of explorations throughout the continent of Australia.

Lemons are credited as to be why England dominated the known world for so long as their ships were able to stay at sea as they no longer had to 'port' due to the dreaded 'scurvy'.

Aussies were encouraged to plant lemons to help with the war effort.

I could go on. Let us all plant a lemon tree and Make Australia.....

Bob Marshall.



Charlie's Footy Column

We are over halfway through the season and you can definitely see in the Hume League the teams to beat in all age groups. In the under 14s Holbrook and Henty are staying strong with Holbrook over them by just the one game win. In the under 17s Henty are up the top but Rand Walbundrie Walla are following closely. The reserves contest is a fight between Osborne and Howlong, but Holbrook and Lockhart are knocking on the top 2 door.

In Firsts, the draw is extremely close, although Osborne and Holbrook are first and second. Lockhart, CDHBU, Howlong and Jindera are all equally as good.

In the AFL Damo Wardius's Collingwood is nearly three games in front of second place. Beans's Western Bulldogs are proving there is a good team but can't seem to play well against the good teams. Andrew Winkly's Giants are playing well the same with Gold Coast but the Suns aren't in the eight so they are going to have to claw their way back in. Andrew Smith's North Melbourne had an upset against Michelle Sharps Carlton.

Pleasant Hills Player Profile

Name:

Rick Clancy

Nickname:

Clancy

Hume Team:

Rand/Walbundrie/Walla Walla

AFL Team:

Collingwood

Favourite AFL Player:

Scott Pendelbury

Favourite Footy Memories:

The day Phillip Star tangled with Kerry Boyle. Also, Brian Trethowan and Reg Star hay carting fundraiser for the football club that got out of control. Massively.

If you were to bring 3 people to the Pleasant Hills pub, who would they be?

Muhammad Ali, Cher, Rod Marsh

Caitlin's Netball News

Welcome back! Can you believe it's already July?

We're getting towards the back end of the Suncorp Super Netball season, now in Round 11, with just three rounds left until finals.

Over in the Hume League, we've just passed the halfway mark!

In the Suncorp Super Netball, the Sydney Swifts are sitting in first place, closely followed by West Coast Fever in second.

Both teams have eight wins and two losses so far, with only a 1.94 percentage difference between them.

In third and fourth place are the Sunshine Coast Lightning and Melbourne Vixens, each with six wins and four losses.

In the Hume League A Grade, the Jindera girls are on top, followed closely by the Billabong Crows, then Howlong and Osborne.

Name/ Nickname: Tash /Tashi

Club you play for: Osborne

Position: GD GK

Suncorp Netball Team: Vixens! (I even have a selfie with Jo Western)

Club Idol: Michelle Gleeson and Carissa Schneider my 2024 coaches

Most annoying teammate and why: probs Annie Kennedy had to put up with her since net set go

Favorite Memory in your Netball Career: To many! But will tell you

worst, breaking my wrist via contact with Molly Kennedy in the pregame warmup for my first under 17s game

Good luck charm before a game:

Tash's recipe for success

- Step 1 - Toast Helga's mix grain bread
- Step2 - Spread Margarine and Vegemite on toast
- Step 3 - Place pre sliced tasty cheese on top

- Step 4 - Microwave for EXACTLY 14s (1000W)
- Step 5 - Enjoy with some no pulp orange juice!

What do you like about the Pleasant Hills Community:

Saturday night Parmi with chips and gravy, and a debrief of my netball game with either a random farmer or Annie Maddie and Liv at the pub. What a community to grow up in!



Livestock Nutrition & Management
Information Day

8th August, starting at 9am.

Helping Producers make confident, informed decisions.

- 363 Schneiders Lane, Osborne NSW 2656
- Morning Tea & Lunch provided
- 6 Guest Speakers / Practical insights / On-Farm Tools
- Covering: Feeding and nutritional requirements, Supplement options, Vaccination strategies, Drenching programs and options, NLIS tagging, Market preparation.
- **RSVP: 1st August**
- For more information contact:
- Randyn 0427108171
- Helena 0409374995
- rsre.fischer@bigpond.com



Matt's Cooking Corner:



Grandpas Easy Mini Pizza



Ingredients:

- 1 pkt mini wraps (1 wrap per serve)
- 1 tbsp cheese spread
- 2 tbsp tomato paste
- 150 grams grated Pizza cheese
- 1 to 2 button mushrooms (thinly sliced)
- 1 Artichoke heart (from jar of preserved artichokes), sliced
- 3 sundried tomatoes (sliced)
- 40 grams pineapple (thinly sliced)
- 1 slice of brown onion (roughly broken up)
- 6 to 8 thinly sliced pepperoni (halved)
- Small handful of sliced black olives
- Small quantity spring onion stalks (roughly sliced)
- ½ tsp Italian herbs

Method:

- Spread cheese spread evenly over wrap, then spread tomato paste evenly over the top of that.
- Top with grated cheese and then add other ingredients in layers evenly on top of that, sprinkle herbs over.
- Place on baking paper lined tray and cook in oven at 180 degrees for 12 to 15 mins (check occasionally).

Note:

Any number of these mini pizzas can be made (depending on how hungry you are), and almost any ingredients for topping can be used.



Free Suicide Prevention Training

Opening conversations around suicide is vital to increase awareness and help prevent suicide in our communities – but knowing exactly what to do that can help can be daunting.

Over 10 million Australian adults are estimated to know someone who has died by suicide.

One in two your people are impacted by suicide by the time they turn 25 and around 8-9 lives are lost by suicide every day.

Wesley LifeForce Suicide Prevention training educates people about suicide, challenging attitudes and teaches basic engagement and suicide intervention skills. You will gain increased confidence in your ability to identify people who may be at risk of suicide, communicate appropriately, ask a person if they are considering suicide and conduct a suicide intervention.

Course Date: Wednesday 23 July 2025

Time: 9.00am – 1.30pm

Location: Commercial Club Albury

Trainer: Maria Krohn

Cost: Free

Apply Today: [Click Here or Scan QR Code to Register Today!](#)



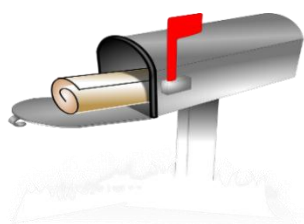
This program is accredited with Quality Innovation Performance Limited (QIP), assessed against the Suicide Prevention Australia Standards for Quality Improvement.

PAPER ROSTER

Please collect papers from the Henty Post Office / Newsagent. It opens at 8am Saturday mornings. Can the papers be at Pleasant Hills by 1000am.

HENTY

July	
5 th July	Wayne Scholz
12 th July	Hugh Clancy
19 th July	Oriel Ridge
26 th July	Rick Clancy
August	
2 nd August	Trevor Terlich
9 th August	Corey Beckett
16 th August	David Male
23 rd August	Rex Lieschke
30 th August	Wayne Scholz
September	
6 th September	Hugh Clancy
13 th September	Oriel Ridge
20 th September	Rick Clancy
27 th September	Trevor Terlich



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 \$20 per year if you need them posted to you. If so, please give your postage cost to Virginia Clancy. 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

Monday 7th July

School holidays start

Wednesday 9th July

CWA meeting Commercial Club Albury at 1030am.

Thursday 10th July

Mobile Library 10:35-11:35am

Saturday 19th July

Patchwork group meet

Monday 21st July

PHPS Staff return Term 3

Tuesday 22nd July

PHPS Students return Term 3

Thursday 24th July

Mobile Library 10:35-11:35am

Friday 27th July

Tennis Club AGM 7pm at the Hotel.

Friday 27th July

Recreation Ground Committee AGM 7pm at the Hotel.

AUGUST

Friday 1st August

Community Hotel AGM 7:30PM

Friday 1st August

PHPS Flyaway Gymnastics

Friday 8th August

Livestock Information Day (See page 11.)

Friday 8th August

SRPSSA Athletics carnival

Sunday 17th August

Twilight Dinner under the Verandah – bookings essential

Tuesday 19th August

Dr Joe McGirr MP pop up office in Lockhart.

