

# Pleasant Hills Community Newsletter

## May 2026



phnewsgroup@gmail.com



### PLEASANT HILLS CWA

Pleasant Hills CWA had a wonderful celebration for their 90<sup>th</sup> Birthday, and a big thank you to all the former members,

other Branch Members and friends who attended, making it very special to us all.



Our new cupboards, bought to store memorabilia of Pleasant Hills in the Hall, were installed just in time for the celebrations, and our thanks to the people involved in that. Our NSW CWA State President, Mrs Tanya Jolly was our guest speaker and was thoroughly taken with our Hall. She spoke on the relevancy of CWA today, and how it is still working continually, looking after women and children in the country and improving conditions for everyone.



Bev Frohling, Lyn Jacobsen and NSW CWA State President Tanya Jolly.

Life member, Narelle Morey gave a very interesting account of the highlights of each decade over the last 90 years. So much has been achieved in that time, both world-wide and also in our Branch.

Our State President, Tanya also launched our new 90<sup>th</sup> Birthday Recipe Book, which was a sensational success, selling all we had had printed, so more coming next week. We tried to include many of our former member's recipes making it a record of many of our member's names over the years as well. (My thanks to Marie for helping me with the typing and Wendy H for proof-reading it).

Another interesting thing we discovered when doing the recipe book was how much our eating habits have changed in the forty years since we last printed a recipe book. One example was desserts were eaten at every main meal, whereas now it's mainly special occasions! Tanya was presented with the first Recipe Book for launching it and a bag of condiments as a thank you for coming, made by Kay Dean, so a big thank you to Kay.



We will have outlets where they can be purchased from in the district -Pleasant Hills shop & Ken Dales' Electrical, with also an outlet in Walla & Gundagai.

A very surprised Bev Frohling received her Long Service Badge! She has worked hard for CWA over her many years of being a member and put in many "hard yards" when we were having major fund-raising street stalls, as we have a very well organised system going, with Bev playing a big part.



Peter Creek was another very surprised person when he received a Certificate of Appreciation for his help behind the scenes right back to our concert days in getting the Hall ready, then helping at Bunnings BBQ's when we

needed manpower, and helping get the Hall and surrounds clean and tidy for our 90<sup>th</sup> birthday. Von Heald and her family did a great job in washing all the crockery and cutlery prior to our event – quite a big job, so thanks also to them. Kay Dean had the job of making and decorating our beautiful cake, so thank you Kay, and Eunice McRae, being our oldest member, was asked to cut the cake.



*Lyn Jacobsen and Eunice McRae*

Fiona Beckett had very kindly done up a display of aprons belonging to her family over the generations, which we displayed in the Supper room.



Our salads and desserts were Pleasant Hills Style extra special, getting many favourable comments, and since we're catering for the 100<sup>th</sup> Riverina Group Conference, probably a good practice run! We had a couple of tables of

memorabilia – one particular photo on a Cultural Book Cover in 1989 made me think we were well ahead of the times back then! We have two delegates attending State Conference at Forster in early May, and good luck to all our cooks who have entries in the Land Cookery contest, and also the cushion in the recycled article.

The Group International Day on Fiji will be held on 23<sup>rd</sup> May in the gardens in Wagga Wagga and promises to be a great day, so think about going please.

We are going to hold a Cake Stall at Bunnings, hopefully on the 15<sup>th</sup> May, so goods that will keep can be brought to our meeting two days before. We want to sell our recipe books, so a great opportunity.

Our next meeting will be held in Henty at the back of Ken Dale's Electrical on Wednesday, 13<sup>th</sup> May, starting at 10am, so hoping to see as many of you as possible.

Lyn Jacobsen.

### **Pleasant Hills Community Hotel**

The Pleasant Hills Community Hotel would like to extend a big thank you to everyone who supported us over the Easter break. It was a fantastic weekend, with great company and plenty of excitement. Highlights included a delicious seafood tray from Trav's Butcher Shop in Henty and some wonderful chocolate hampers—both very popular prizes that added to the festive spirit.

Recently, we were pleased to host the Osborne Football Netball Club for their game awards following their match against Henty. Guests enjoyed our much-loved roast beef rolls served with gravy and coleslaw—a crowd favourite that went down a treat. That same weekend, our dining room was also fully booked for a 40<sup>th</sup> birthday celebration, making it a busy and vibrant time at the hotel.

It was especially great to see so many of our local committee members and volunteers stepping in to lend a hand. Your support and dedication are what make weekends like this so successful, and we are truly grateful.

Looking ahead, we're excited to once again host our ever-popular Mother's Day Lunch Under the

Verandah on Sunday 10th May. Be sure to book early so you don't miss out on this special occasion. Bookings close soon & must be completed

online; <https://www.trybooking.com/events/landing/1566295>

On 24th May, we're also looking forward to welcoming Frontier Services back for a second visit as part of Stage 2 of our renovation projects. These ongoing improvements are an exciting step forward for the hotel, and we can't wait to share updates and photos with you in future editions. Finally, don't forget that the Pleasant Hills Community Hotel is a great venue for your next event. With a spacious function room and six fully renovated bedrooms available for booking, we're here to help make your occasion memorable.

We look forward to seeing you at the hotel soon!

Clare Hamson  
Secretary  
Pleasant Hills Community Hotel

### School News and Reviews



We welcome all our students back to school in Term 2 and love seeing their smiling faces again.

#### **Cricket NSW**

The cricket sessions at Pleasant Hills Public School have been very popular with two more sessions on Friday 1<sup>st</sup> and 8<sup>th</sup> May. We have been fortunate to receive a Sporting Schools Grant to have cricket coaches at our school. Thank you to Myles Guy from Cricket NSW for organising everything for us, the children are enjoying the cricket program.

#### **ANZAC Day**

The school was represented by our students, parents and staff who attended the Anzac Service at the Pleasant Hills Hall on Saturday 25<sup>th</sup> April. Samantha and Laura presented a

wreath from our school during the service. We also had a lovely morning tea outside the front of the hall.

#### **GK Schools Cross Country at Pleasant Hills**

Congratulations to all our students on the last day of Term 1 as they all ran very well at the Cross Country. We were excited to hear that we won the "GK Champion school" and had two students Samantha and James Terlich win the Age Championships.

We have eight students attending the SR Cross Country at the Jindera Golf Course on Thursday 30<sup>th</sup> April. We wish them all the best.

#### **GK Athletics**

The GK Athletics Carnival will be held at the Lockhart Recreation Ground on Friday 22<sup>nd</sup> May with Boree Creek and Yerong Creek schools attending. Thank you to all the parents for taking their children by car to Lockhart.

#### **Biggest Morning Tea**

Pleasant Hills school will host the Biggest Morning Tea on Wednesday 27<sup>th</sup> May commencing at 10:00am – 11:30am. Everyone is welcome to attend.



## Pleasant Hills Pre School



We have enjoyed some beautiful Autumn weather for our return to preschool! The preschoolers got stuck into the garden and got rid of all the weeds ready to plant some winter veggies. They found a bunch of snails, which they quickly collected, but soon discovered snails like to escape!

The preschoolers have been exploring colours in different ways. We have some beautiful coloured shapes to light up the light table! The way the light shines through them makes them almost glow. We have some new bells that make tinkling noises, each bell is a different colour that produces a different musical note. We celebrated Hardin and Wyatt's 5<sup>th</sup> birthdays! Once again we made a cake and this time decorated it with M & M's!

Mia Heapy.

## Belated congratulations:

Happy 50<sup>th</sup> Wedding Anniversary to Rodney and Janita Selwood for the 12<sup>th</sup> March.

## Get Well Wishes:

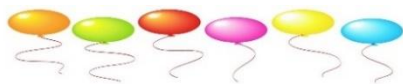
Wishing Barry Terlich a smooth and speedy recovery following a recent illness.

## Condolences

Condolences to Andrew Newton, Ross and Sarah Newton, and Jenny and Richard Byrant, on the passing of Max Newton on Thursday 23<sup>rd</sup> April 2026.



## Hills Happenings



### Birthdays:

Happy 60<sup>th</sup> Birthday to Steven Scott for the 2<sup>nd</sup> May.

Happy 30<sup>th</sup> Birthday to Daniel Lieschke for the 4<sup>th</sup> May.

Happy 21<sup>st</sup> Birthday to Joseph Clancy for the 31<sup>st</sup> May.

## Pleasant Hills Patchwork Group



It's lovely to see the cute little zipper pouches, the frog is very cute too and all the various UFO quilts and other projects completed in our April meet at Pleasant Hills. A great day was had by all who attended.



Next is Stained Glass Stack and Slash which is a quilt by Ann Ferguson of Balmoral Ridge which uses a fun technique of stacking your fabrics together then cutting them up while in piles and constructing your blocks. Sounds fun so why not

give it a go and a great way to use up 12 of your fat quarters.

BYO your sewing machine and requisites, \$7 for hall hire and your own lunch.

See you at Pleasant Hills Hall, Saturday May 16 for another fun day of stitching.

## Fire Brigade



The AGM will be held Friday 12<sup>th</sup> June at 7 pm at the Pleasant Hills Community Hotel. All community members welcome to attend.

**MOTHER'S DAY**

LUNCH UNDER THE VERANDAH  
PLEASANT HILLS COMMUNITY HOTEL

SUNDAY  
10TH MAY 2026

12:00PM

3 COURSE  
LUNCH



♥ **\$55 PER PERSON** ♥

KIDS MEALS AVAILABLE

BOOK YOUR TABLE TODAY!

<https://www.trybooking.com/events/landing/1566295>



**Embellish**  
CATERING

## Word of the month

### “Snollygoster”

A “snollygoster” is someone, especially a politician, who acts for personal gain instead of consistent, respectable principles.

Printing costs are met by Henty and District  
**Community Bank**® Branch **Bendigo Bank**



# ANZAC



A very respectful ANZAC Day service was well attended with 75 present at the Hall. It was fantastic to see so many young people attend, and our local schools represented. Money collected on the day (\$218:80) was donated to Legacy House in Albury for their dedicated work supporting widows and families of deceased or incapacitated veterans. Thankyou to all those that helped by; playing the piano, playing the audio for remembrance, bringing a plateful of yummy food to share, warming food, helping set up and pack away the chairs, washing up and cleaning up on the day. With you all pitching in the morning went very smoothly.

The service is a credit to our beautiful community.

Fiona Beckett.



## COUNCIL VILLAGE VISITS

For payment of rates previously paid at the Post Office

**Thursday 14<sup>th</sup> May 2026**

Council officers will be attending the following places for ratepayers to pay their rates in person by cash, card or cheque.

- ★ Pleasant Hills Recreation Ground  
10am to 10.30am
- ★ Yerong Creek Hall  
12pm to 1pm
- ★ The Rock Community Centre  
1.30pm to 3pm

## FREE BBQ AT THE HALL

Please save the date, Saturday 30<sup>th</sup> May at 10.30am, as we are having a free BBQ for everyone.

Eliza from the Rural Adversity Mental Health Program will be running the morning event to advise us on:

- The fundamentals of how to be a good communicator when delivering unwelcome news.
- How to support a person during a difficult conversation.
- How to proceed if the conversation doesn't go as planned.

This advice session is very informal and would suit everyone in the community, to help us develop skills to have those difficult conversations with children, teenagers, and almost everyone.

This session discusses strategies to maintain your safety and the safety of others involved in difficult conversations. It's free for all to attend. Come and enjoy a get together with the locals and a free feed.

## Afternoon Wanderer

A poem by Mathew Rush

The ticking of the clock on the wall,  
And the leaves doing a dance in the  
breeze,  
Give me time to think and to ponder,  
And to see things no-one else sees.

A terrific balloon in the sky,  
Sailing endlessly on and away,  
Tasting the sun and the dew of the clouds,  
And back home at the end of the day.

A wily fox is loose in the henhouse,  
Up to no good it seems as it must,  
Watch out young fox for the farmer,  
For his aim with a rifle is just.

An Albatross skimming the waves,  
On wings as wide as a plane,  
Searching the seas for a tasty morsel,  
Then back to the cliffs again

A worm underground in the dark,  
Eating material left to decay,  
Sometimes they can get to metres in  
length,  
Leaving no time at all to just play.

A submarine under the seas,  
Watching fish swimming casually by,  
To the deep and beyond, past coral reef  
fronds,  
And return for my chips and a pie.



The Pleasant Patch will have fresh flowers for sale this Mother's Day. Available for pickup from the farm gate or delivery.

*\*Only while stocks last  
Pre-order your locally grown fresh cut  
flowers NOW!*

Contact Tanya ~ 0428695853



Welcome to our new section:

## Techno Info

*The aim of this section is to give tips and tricks in regard to technology. Please send in your requests to the Newsletter email address if you are wanting help in a particular area and perhaps Yvonne can help!*

*May's topic is:  
Mobile Phone Reception*

**Poor mobile phone signal is just a fact of life out here. But it doesn't have to be! At least not at home.**

Did you know you can make and take calls over wi-fi? And text messages!

### **How to turn on Wi-Fi Calling**

**iPhone:** Go to Settings → Phone → Wi-Fi Calling → turn it on.

**Android:** Go to Settings → search “Wi-Fi Calling” → turn it on.

You may need to check that your carrier supports it (most do). Once it's on, your phone handles the rest automatically.

### **Tip of the Month – use Starlink Standby Mode to save \$\$\$s**

### **What is Starlink Standby Mode?**

Starlink's standard plan for the cost from \$69 per month for 100 Mbps (speed) or \$80 per month for 100 GB or \$139 per month for maximum speed. That's not cheap.

But there's another option called **Standby Mode**, which costs just \$8.50 a month.

In Standby Mode, you're essentially keeping your spot in the system without paying full price. But it still lets you

“use” the internet but it's throttled (meaning slowed right down) – but it will still let you make and take calls, send emails, do your messaging, and do basic browsing. Just don't expect Netflix or online gaming!

And for those of you who already have Starlink, you can do this too and save serious dollars.

### **How to switch to Standby Mode**

Once you have Starlink set up, changing to Standby Mode takes about a minute:

1. Log into your account at [starlink.com](http://starlink.com)
2. Select **Subscriptions**, then select your service
3. Select **Manage**
4. Choose **Pause Current Service**
5. Click **Confirm**

That's it. You'll drop to \$8.50/month until you switch back. You can do this as often as you like — switch to a full plan when you need it, pause again when you don't.

### **What does it cost?**

- Starlink hardware: around \$599 upfront (one-off cost) – currently has a special with no upfront hardware cost for the “home internet” version.
- Standby Mode: \$8.50/month when you're not using much data.

Yvonne Lee.



## *Hills History*

Given that we have just had ANZAC Day I would like to add to one of the WW2 veterans who story was read out at the service.

Allenby Austin Francis Brown service number 12595, Royal Australian Air Force. He served in the RAAF 305 Radar Unit as a “coast watcher”, stationed on an island call Kiriwina part of a group of islands call the Trobriand Islands out from New Guinea, they arrived there on an Arnotts fishing boat. The island is 400 mile long, with Japanese air bases either end of the island.

Allanby and his mates disguised themselves as native islanders and built thatched huts in between the bases, set up their radar, so that every time the Japanese “Zero’s” took off to fly to New Guinea, they would radio Milan Bay

(where the Allied “Kitty Hawks” were based) so they could meet the fight head on. Allenby and his mates were instrumental in keeping the Japanese Air Force at bay. If the Japanese sent 10 Zeros up the Allies would send 20 Kitty Hawks. The Japanese never worked out how the Allies did it.

This story was told to me by Allanby’s son Noel Brown on his recent visit to Pleasant Hills.

Photo from the book “Two Steps to Tokyo”.

Written by Fiona Beckett.



# Our Backyard

## TWO BY TWO

“We all need somebody to lean on!”, or so the song goes. But seriously we all are social creatures and often depend on each other to happily survive.

We are very lucky here in Pleasant Hills as we have plenty outlets to allow this to happen. Weather it’s going down to the pub now and then or being involved with one of the local sporting or social clubs everybody has the opportunity to become connected somewhere. Some places aren’t so lucky though so “Let the Good Times Roll”.

Plants are exactly the same and seemingly survive better when they are propagated in groups or at least pairs. There are many plants that require both a male and female variety to successfully produce viable seeds or fruit. A couple that come to mind are The Peppercorn Tree (the symbol of Pleasant Hills according to Paul Knie in his book ‘The Pepper Trees on Ryan Street’) and the Carob Tree. Now I have a male Carob tree (pictured), and at this time year the perfume is somewhat overwhelming, not mention the inviting hum of being attended to by large swarms of bees and other insects who come for the nectar.

But I have been lazy in procuring a female (until now). When I do, I will be blessed with a delicious fruit that many say can be used as a substitute for chocolate; now there’s a savings that’s worth pursuing.

Other trees benefit from company, not necessarily from the same species.

On Garden Australia the other week, the narrator in company with an indigenous elder approached two identical fruit trees to collect tucker. The narrator was directed to collect from one tree only, the other it was explained to her was becoming attached to another tree of a completely different genus and was to be left alone to mature. I have trees that seem have thrived well after being planted near trees that have already developed or trees that grow naturally out or nearby trees of a completely different type. You never know what you might get in your garden if you just let grow sometimes. I find that if I don’t till my vegetable garden too early, I am presented with a variety of

plants that can be dug around and encouraged. It may take more time in preparing a vegetable garden but the results can be rewarding.

Also, the trick in planting large groups of trees is not to plant them too close together. We visually look at the plot when there are only seedlings to observe. We need to imagine what the group will like when fully matured and not to liken like plantation trees. When Arthur Phillip first arrived at Sydney Cove in 1778, he was able to take his horse and sulky through the trees to where Parramatta is today (and back) with barely a stop, in one day. In this type of environment, indigenous people were able to collect enough firewood from fallen branches, never ever have to cut a tree down.

Bob Marshall.



# Charlie's Footy Column

What a start this has been to the Hume football netball league. Major upsets have happened, and the league is looking very close. Down at the Henty Showgrounds, Henty Swampies started very strongly and got a one-point win over the Osborne Tigers, and then a week later, Jindera beat Osborne in a thrilling night match. Brock-Burru have started well with a draw with Henty, an encouraging win over Holbrook, and then a magnificent beat over Howlong by 57 points. Jindera have looked to be great contenders, although going down to Howlong by 13 points in round 2. Rand-Walbundrie-Walla Walla Giants have started well with 2 fantastic wins and narrowly losing to Lockhart by 2 points.

To the AFL, the Sydney Swans are leading the way with 6 straight wins. Brisbane Lions have had their ups and downs with wins over Adelaide and Collingwood and a loss to Melbourne. Hawthorn and Fremantle are 2 strong teams that are proving their points early in the season. North Melbourne is flying high with some great wins and showing the team that they're serious. Carlton has had some really good games, but hasn't been able to get the results after having some big leads, which is something that they will need to focus on.

Charlie Clancy.

## Player Profile

### **Name**

George Alexander

### **Nickname**

G-Bung, G

### **Hume Team**

Osborne

### **AFL Team**

Western Bulldogs

### **Favourite AFL player**

Tom Liberatore

### **Favourite Footy Memory**

2017 premiership First Senior  
Premiership Flag

### **Favourite Canteen Food From the Footy**

Hot dog

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

Billy Brownless, Michael Jordan, Tom Liberatore

## Matt's Cooking Corner:



### Grandpas Fish pie



#### Ingredients:

- 50g butter
- 1 medium brown onion, chopped
- 2 medium carrots, peeled, chopped
- 3 celery stalks, chopped
- 1/4 cup plain flour
- 2 cups milk
- 2 cups grated Bega tasty cheese
- 2 teaspoons English mustard (or Dijon)
- 2 tablespoons lemon juice
- 1/4 cup chopped fresh flat-leaf parsley leaves
- 800g firm white fish fillets (such as Ling, Barramundi, Snapper, King George Whiting, Flathead or Blue eye), cut into 3cm pieces

- 1 or 2 large sebago potatoes, peeled
- 1 tablespoon olive oil

#### Method:

- Preheat oven to 220°C/200°C fan-forced. Lightly grease a 6cm-deep, 10 cup-capacity baking dish. Melt butter in a heavy-based saucepan over medium heat. Add onion, carrot and celery. Cook, stirring occasionally, for 8 to 10 minutes or until onion has softened.
- Add flour. Cook, stirring, for 1 to 2 minutes or until coated. Gradually stir in milk. Cook for 5 minutes or until mixture boils and thickens. Stir in half the cheese, mustard, lemon juice and parsley. Remove from heat. Add fish. Stir to combine.
- Grate potato into a bowl. Squeeze out excess moisture. Add oil. Stir to coat. Season with pepper. Spoon fish mixture into prepared dish. Mix remaining cheese with grated potato. Spread potato and cheese mixture over top. Bake for 30 minutes or until golden and bubbling at edges. Serve.

## 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 week of the month to [phnewsgroup@gmail.com](mailto:phnewsgroup@gmail.com)

Remember - If we don't know about it, we can't put it in the Newsletter. So please email the Newsletter if you want something (like significant birthday's / anniversaries) included in the Newsletter.

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](mailto:phnewsgroup@gmail.com)

## Diary of Events

- Sunday 10<sup>th</sup> May  
Mother's Day
- Sunday 10<sup>th</sup> May  
Mother's Day Luncheon at the Pub  
(Bookings essential)
- Wednesday 13<sup>th</sup> May  
CWA meeting 10:00am in Henty
- Thursday 14<sup>th</sup> May  
Mobile Library 10:40 – 11:40
- Thursday 14<sup>th</sup> May  
Lockhart Council Visit at the  
Recreational Ground 10:00 -10:30
- Saturday 16<sup>th</sup> May  
Patchwork Group meet
- Wednesday 27<sup>th</sup> May  
Australia's Biggest Morning Tea at  
PHPS 10:00 – 11:30
- Thursday 28<sup>th</sup> May  
Mobile Library 10:40 – 11:40
- Saturday 30<sup>th</sup> May  
Free BBQ at the Hall hosted by Rural  
Adversity Mental Health Program

