

Pleasant Hills Community Newsletter

July 2026

phnewsgroup@gmail.com



PLEASANT HILLS CWA

We held our June meeting in Albury on quite a miserable day. After our meeting, we went on to

the Boomerang Hotel for lunch and a chat.

We were thrilled to learn that both our junior cooks had received Highly Commended Award Certificates plus a \$10 note each, and one of the boys had given his to the Cancer Morning Tea at the school.



Lachlan and Cohen with their Highly Commended Awards

Dr Joe McGirr's secretary contacted us and mentioned our Branch's 90th birthday and some of our achievements in Parliament. It's nice that he takes an interest in the happenings in his electorate.

We were delighted to be asked to cater for Nola Pumpa's funeral wake, which was held at the Henty Community Club.

We have been invited to go to Wagga Evening's International Day on 3rd July, so anyone wishing to go, please let me know.

Some of us attended the Rural Women's Network Meeting in Albury on 16th June.

Carol and Lyn attended this and since one of the State Land Cookery Committee ladies was there telling everyone about our "fabulous Pleasant Hills CWA Cookbook", including Minister Jodie

Harrison, Minister for Women, so we gave Jodie a complimentary copy. We all enjoyed a fabulous Women NSW RWN "She Gives Back Hidden Treasures" launch with women from many parts of NSW.



Hannah Cargill, Carol Grylla, Minister Jodie Harrison, and Lyn Jacobsen at the Rural Women's Network Meeting in Albury.

We are looking at putting on a skit at the Cultural Day at Ganmain in August.

We had our first Cookery competition for this year's competition, results being - Sultana Cake, 1st Lyn Jacobsen and 2nd Kay Dean, and a Ginger Loaf, with 1st Kay Dean, and 2nd Heather Barrett. Next month's competition will be Chocolate Butter Cake and Single Fruit Marmalade.

We agreed to send our \$1,000.00 to the RFDS this month rather than with our allocations, so that they can get the double donation which was being offered until 30th June.

Our next meeting will again be held in Albury on Wednesday, July 8th at the UPA Rooms at 10am.

Lyn Jacobsen.

Pleasant Hills Community Hotel

It has been another busy and productive few months at the Pleasant Hills Hotel.

We are pleased to report that our new EFTPOS point-of-sale system has now been fully implemented and is working extremely well. The new system makes it much easier to print kitchen orders and tax invoices, helping to improve efficiency and customer service.

In May, Therese Clancy & her wonderful team from Frontier Services once again volunteered their time to complete a huge amount of maintenance around the hotel. Their work included painting, repairing flyscreens on our accommodation room windows, and tackling many other much-needed maintenance jobs. We sincerely thank the team for their continued support and look forward to welcoming them back in 2027 to help with the next stage of improvements.

Our Annual General Meeting will be held on **Friday, 14 August**, commencing at **7:30 pm**. We look forward to presenting the results of another successful year of trading for our community-owned hotel. All shareholders and committee members are warmly invited to attend.

A successful drum muster was held on **Monday, 15 June**, with approximately **800 drums** collected. The funds raised from each drum muster go directly towards maintenance and improvement projects at the hotel. Thank you to everyone who helped out—we hope to hold another drum muster in October.

Sadly, in April our hotel family and wider community lost a much-loved friend, **Callum Smail**, who tragically passed away while mustering stock on a station near Broken Hill. Callum, was engaged to Brittany Scholz. Callum is dearly missed by everyone in the Pleasant Hills community. A donation box remains on the hotel bar, with both cash and EFTPOS donations accepted which will go to The Callum Smail Scholarship Fund, which will be launched to establish a scholarship at Longerenong College, to help future students study Agriculture. Callum spent three years studying Agriculture at Longerenong. We thank everyone who has already shown their support during this difficult time.

The hotel is hoping to host an **RSA (Responsible Service of Alcohol)** course in the near future, provided there is enough interest. If you would like to participate, please register your interest by emailing phillshotel@gmail.com.

Construction of our new disabled toilet block continues to progress. Now that crops have been

sown, we are hopeful the project will be completed and operational over the coming months.

As always, thank you to everyone who continues to support our community hotel. We look forward to seeing you all at the pub soon!

Many thanks Clare.

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School News and Reviews



Biggest Morning Tea

Thank you to everyone who attended our Biggest Morning Tea on the 27th May. We had a great day with a special person who came to our school to play the Bagpipes. We raised \$522.00 to the Cancer Centre which is an amazing effort.

PHPS Melodies and Moves - Thursday 2nd July

As the term winds to an end, a special treat is in the making. Get ready for PHPS MELODIES and MOVES. This will be a mini showcase of music and dance that the K-6 students have been learning this term with Mrs Madden. This gives the students the opportunity to perform the items that they have been practising in front of an audience. Time; 2.15 pm Thursday of week 11 @ PHPS classroom. All welcome!

New Virtual Assistant Principal Curriculum

During Week 9 we will have Lee Degeling visit Pleasant Hills Public School in person to work with staff and students. Here is an introduction written by Lee.

Hello everyone,

I am excited to be joining your school community this year in my role as Virtual

Assistant Principal, Curriculum and Instruction. I am passionate about helping every student achieve success and look forward to working alongside staff to build on the great work already happening at your school.

When I'm not working, I enjoy spending time with my family, reading and getting outdoors whenever I can. I am looking forward to getting to know the students, staff and families who make your school community so unique.

I look forward to working with you throughout the year.

Warm regards,

Lee Degeling



Riverina PSSA Cross Country at Gundagai



On Thursday 11 June, Samantha and James travelled to Gundagai to compete in cross country races at the 3rd level of competition. Congratulations to

James 17th and Samantha 8th. This is a fantastic achievement!

James: "It felt like I was sprinting all the way. The boys in front of me were doing 2000 m in 6 minutes. My time was 8 minutes and 30 seconds."

Samantha: "It felt good to come 8th in my last year of primary school and my last time running at Gundagai."

Acknowledgement of Country Workshop

On Thursday 18th June, our school was very excited to be hosting John Van Beek and Lilysh Retallick from Billabong High School. They created an Acknowledgement of Country that



reflects Pleasant Hills Public School through farming, the local landscape and the community's connection to Country.

John and Lilysh assisted with the filming and editing of a Pleasant Hills Public School Acknowledgement of Country. During their visit, they captured footage around our school and local environment which can be incorporated into both our school's Acknowledgement and the broader network Acknowledgement of Country project.

NAIDOC DAY at URANA PS



Our students will also be travelling by bus with Yerong Creek

Public School to attend the Naidoc Day at Urana on the last day of Term 2 (3rd July). The other schools who are attending will be Oaklands, Lowesdale, Jerilderie and Boree Creek schools.

School Holidays

We hope all students, families and staff have a relaxing holiday break. The last day of school is on Friday 3rd July. Staff will return to school on Monday 20th July for CPR and Anaphylaxis Training. Boree Creek and Yerong Creek schools will also be attending. Students return to school on Tuesday 21st July 2026.

Pleasant Hills Pre School



This month we were very lucky to have a visit from Ken Medway, who is a volunteer with the Albury SES. He bought out one of the SES boats that is no longer in use for

the preschool to have! It has been an absolutely wonderful addition to our yard, despite the repeated shark attacks and visits from pirates that have been occurring.



Mrs DeGail made some paper plate snakes with the children on a cold, wet afternoon. These snakes were named and hung up around the room (to scare off the pirates of course).



We have been doing a lot of gross motor play, with a focus on balancing, jumping, climbing, kicking and aiming a ball.



The preschoolers enjoyed experimenting with painting with balloons! They left small and big



'squish' marks all over the paper.

Mia Heapy.

Hills Happenings



Birthdays:

Happy 80th Birthday to Fran Fifield for the 12th July.

Condolences

Condolences to John & Janice, Elaine & Bill, Deanne, and Jane, and the extended Pumpa family on the passing of Nola Pumpa on the 25th May 2026.

Condolences to Sue, Jake, Georgia, Lachie, Richard and Fran, and all the Fifield family, on the passing of Luke Fifield on the 26th May 2026.

Condolences to the family of Bruce Kreutzberger on the passing of Bruce on the 20th June 2026.



Pleasant Hills Patchwork Group



What a wet day at Pleasant Hills for our June meeting, but it was cosy inside the hall finishing off their projects as can be seen by our photo collage attached above.

Our next meeting in July focuses on the Japanese Art of Embroidery combining Sashiko (a simple running Stitch) with Boro, the practice of reinforcing a textile using scraps of fabric. A necessity in Medieval Japan that evolved centuries later as a distinctly gorgeous artform. Create dramatic and unique designs whilst learning to embrace imperfection. This is a great way to use up your scraps.

Or if you prefer you are welcome to continue working on your unfinished project.

BYO: Hand Sewing Needles, Thread, Scissors, Ruler, Your choice of Fabric Scraps. Sewing notions and Sewing Machine if not doing Sashiko & Boro.

\$7 Hall hire, Your own lunch.

Word of the month

"Numinous"

"Numinous" means "arousing spiritual or religious emotion; mysterious or awe-inspiring",

Also "supernatural" or "appealing to the aesthetic sensibility".

The term was given its present sense by the German theologian and philosopher Rudolf Otto in 1917.

Fire Brigade



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



A big THANK YOU to FRONTIER SERVICES

In the last week of May the Community Hotel was a hive of activity with repairs, painting, new fly screens and more completed by the generosity of the staff and volunteers of the Frontier Services. Thank you also to the locals that pitched in by: organising accommodation, catering, & helping with the work.



Frontier Services staff Therese and Noel (and Noel's little helper Stella).



A team of six.



The kids room freshly painted.



Kerryn busy making fly screens



Ken busy painting.



James if not on the tools, then entertaining at the Community Hotel with his Bagpipes.



Lyndall busy removing paint from a window

Not Quite A Poem

by Trudy Smith.

This poem will be short
As I haven't much time
Of making it lengthy
With words that align.
The days are against me
There's too much to do
To sit down and write
Something worthwhile and new.
I've several half written
But none of them done
Some are more serious
And some are plain fun.
There are plenty of topics
And stories to tell
I just don't have the hours
Of doing it well.
So for now they lay idle
For days not under duress
And soon I will offer
Prose I hope may impress.



Congratulations to Peter Forck for achieving joint winner of Grade 3 Bowler of the Year. Well Done,

Steph's
bigger for
getting you
moving.



Chat to Steph Knust
0455 307 227

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Techno Info

It's tax time – here's how your phone can help
The end of financial year doesn't have to be a shoebox full of receipts. Here's how your phone can make tax time a lot less painful And this month's tip is about 2FA

The ATO App is your free tax helper

The Australian Taxation Office has a free app called, simply, the **ATO app**. You can download it from the App Store (iPhone) or Google Play (Android) at no cost.

It's just been updated for the 2025-26 tax year, so right now is the perfect time to get it set up. Here's what it can do:

Track your tax return

Once you've lodged your return, whether you do it yourself or use an accountant, you can follow its progress right in the app. You won't need to login to MyGov wondering where your refund is.

Check your super

The app shows you an overview of your superannuation balance and contributions. Worth a look to make sure your employer has been paying it correctly.

Verify ATO phone calls

Getting a call claiming to be from the ATO? The app has a feature that lets you check if the call is genuine – this can be very handy given how many ATO scams are going around~

myDeductions: the receipt tracker

This is the real gem. Inside the ATO app is a tool called **myDeductions** and it's designed to solve the shoebox problem.

Throughout the year you can:

- Take a photo of a receipt the moment you get it
- Record work-related car trips using your phone's GPS
- Track working from home hours
- Keep everything organised in one place

Then when tax time comes, you can email your records straight to your accountant, or upload them directly to your tax return to pre-fill the information automatically. No more hunting for that Bunnings receipt from last August.

To get started:

1. Download the ATO app (free)

2. Open it and tap **myDeductions** on the home screen — no login needed to use this part
3. Choose whether you're an employee, sole trader, or both

4. Start adding receipts by tapping the camera icon

One important note: **myDeductions** stores your records on your phone, not automatically in the cloud. Make sure you use the **Back up** feature in the app regularly, so you don't lose everything if your phone is lost or breaks.

Asking AI about your tax

Remember last month's article about AI tools? Tax questions are one of the best things to ask them.

You can ask things like:

- I work from home two days a week — what can I claim?
- I bought a new tool for work — is it tax deductible?
- What's the difference between a tax deduction and a tax offset?
- Can I claim my phone bill if I use it for work?

AI tools like ChatGPT, Claude, Gemini, Grok or the Meta AI in your WhatsApp can explain tax concepts in plain English — something the ATO website isn't always great at. Just remember: AI can give you general guidance, but for anything complicated, your accountant or tax agent is still your best friend.

Tech Tip — What is 2FA (or MFA)?

You've probably seen websites ask you to “set up two-factor authentication” or “enable MFA” and thought -- what does that even mean, and do I really need to?

The short answer: yes, you really do.

2FA stands for Two-Factor Authentication.

MFA means Multi-Factor Authentication.

They're essentially the same idea -- instead of just a password to log into something, you need a second proof that it's really you.

Think of it like your front door. A password is like a key -- if someone copies your key, they're in. Two-factor authentication is like adding a deadbolt that only you can open from the inside. Even if someone has your key (your password), they still can't get in without that second step.

In practice, it usually works like this: you log in with your password, and then a code is sent to

your phone via text message (or an app). You type in the code, and you're in. Takes about ten seconds.

Where to turn it on:

- MyGov — strongly recommended
- Your email (Gmail, Outlook etc)
- Internet banking
- Facebook, Instagram, any social media
- Any account that has your personal or financial information

It's one of the single most effective things you can do to protect yourself online. If your password is ever stolen in a data breach — and it may already have been, without you knowing — 2FA means the thief still can't access your account.

Most services have it under **Settings** → **Security** → **Two-Factor Authentication**.

Turn it on wherever you can.

Yvonne Lee.



ST PAUL'S COLLEGE
WALLA WALLA, NSW

EXPLORE AND SEE THE DIFFERENCE

DISCOVERY DAY

FRIDAY 31ST JULY

An open day for families and students of all year levels. Information session and tours of our learning facilities, boarding, agriculture and equine begin 9am.

Scan here
Bookings essential for Year 5 students!

Year 5 students experience
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Hills History

“Through Bush and Scrub”

Pt1

Between the mighty rivers of Southern New South Wales, is a small scattered village, set among the hills and dales.

The ‘Bidgee to the north, the Murray to the south rising in the border Highlands, South Australia sees its mouth, ringed by red rid ridges, which the toiling farmer tills, the warm and friendly village is the place called “Pleasant Hills”.

Way back in the 1830, and a man named William Guise, to Gundagai made tracks, then settled on a rise, and other people came , making stations on the way, some names are still familiar to the locals of today, “Wallandool”, “Urangeline”, and Henry Osborne of “Brookong”, with “Munyabla”, “Mundawaddra”, and the mighty “Mittagong”.

The Sir John Robertson Land Act was to some the greatest news, and selectors came a flocking -Gleasons, Thomases and Hughes.

In 1880, the Brownes took up “Waverley”, and “Arronmore” was chosen, by John and Dan Clancy.

The Lutherans then arrived, they made up quite a band, coming across from South Australia, to buy up cheaper land.

Their trip had not been easy- travelling far with horse and dray, they tried farming in the Mallee, but needed soil which had more clay, on to Gerogery, Jindera, Walla, those people with Iron wills, then selected land from stations run by Rand and the Edghills.

Martin Pumpa and Gottlieb Terlich in the year of ’83, with Martin Kotzur, selected land, which they hoped would make them free.

Though free to do their utmost – their lives were full of toil, there was too much to do and

organize, before they farmed their soil. Their plans to grow great wheat crops met with derision loud and bold, ‘Twas said the only sense in digging was to go deep and bring up gold, but the settlers grimly persevered – and prayed for the sun and rain, and rejoiced when the district prospered, from the sale of their GOLDEN GRAIN.

(From: “Under the Fig Tree”, pg 47)

Transcribed by: Fiona Beckett



Our Backyard

Collecting or Hoarding?

When I was young, everybody was a collector of something. Stamps and coins were the most popular choices, but as time has progressed, both of these have fallen by the wayside. Modern living has virtually made them redundant.

As a matter of fact, collecting has recently been described as hoarding, not a very virtuous term. I hope the younger generation haven't fallen for this completely and have continued the age-old tradition of collecting.

'Banjo' Paterson (and others), were avid collectors. In Paterson's case it was the tradition of collecting "Old Bush Songs", something we as Australians are most grateful of today. On reaching out to the public to contribute, one could be assured that any contribution to the cause would reach Paterson as long it was simply addressed to "Banjo – Sydney".

Patterson on his original purpose in the preface of the 1905 edition of 'Old Bush Songs', states: "The object of the present publication is to gather together all the old bush songs that are worth remembering. Apart from other considerations, there are many Australians who will be reminded by these songs of the life of the shearing sheds, the roar of the diggings townships, and the campfires of the overlanders. The diggings are all deep sinking now, the shearing is done by contract, and the cattle are sent by rail to market, while newspapers travel all over Australia, so there will be no more bush ballads composed and sung, as these were composed and sung as records of the early days of the nation. In their very roughness, in their absolute lack of any mention of home ties or of the domestic affections, they proclaim their genuineness. They were collected from all parts of Australia, and have been patched together by the compiler to the best of his abilities, with the idea of presenting the song as nearly as possible as it was sung, rather than attempting to soften any roughness or irregularity of metre."

Paterson also avoided including any of the British or Celtic folk songs that had become popular in the bush.

Tunes came from all over the world and would often be adapted to fit the lyrics, but most bush songs appear to be apart of an unaccompanied tradition, with songs sung as stories.

Bush dance music, whether played at a makeshift woolshed dance, the local community hall or around the kitchen table, tend to echo the rough and tumble aspects of pioneering life.

Every nation creates a body of song that eventually emerges to represent that country's musical heritage. The Australian tradition is relatively young but it was definitely born and bred in what became universally known as the 'Australian Bush'.

We have a great deal to thank Paterson (and others) for beside their contributions to Australian Literature and that is the collecting of 'Old Bush Songs'.

On The word 'Banjo'

"It has nothing to do with my second initial – B – as some people seem to think... 'Banjo' was the name of a horse I once rode. I was at a loss for a signature for my first contribution, not wishing to put my own name, and Banjo being my mind at the time, I just slapped that down, and, somehow it stuck to me."

From: Old Bush Songs Edited by Warren Fahey and Graham Seal



Bob Marshall.

Charlie's Footy Column

The Hume League is starting to become extremely competitive, with teams fighting for top position. Henty seniors are narrowly leading the way, with Jindera following close behind. Jindera have a few injuries, which is worrying for their club. RWW Giants are showing the league that they will be at the top when the year is to finish. Osborne has got some big guns back and is showing the league that they are definitely a team to worry about.

The AFL is looking great with hammerhead teams going at it once again. Brisbane Lions showed the Sydney Swans that they are the real deal and are proving they're not going away despite their positioning on the ladder. Hawthorn is playing good footy, showing the league how powerful they are.

Player Profile:

Name:

Hamish Ryan

Nickname:

Hammer, Ham dog

Hume Team

Osborne

AFL Team

Richmond Tigers

Favourite Footy Memory:

Kicking his first goal at Osborne against Brock-Burrum.

Favourite Canteen food from the footy:

Hot chips

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

James Clancy, Josh Fraser, Dan Gorringe

Matt's Cooking Corner:



Grandpas creamy tomato soup with spinach and ricotta ravioli



Ingredients:

- 1 tbsp extra virgin olive oil
- 1 brown onion, chopped
- 2 garlic cloves, chopped
- 2 x 400g cans whole peeled tomatoes
- 1 large potato, peeled, diced
- 2 cups Vegetable Liquid Stock (or chicken stock)
- 1 tsp dried oregano
- 1 tsp paprika
- 1 cup milk (or almond milk)
- 300g packet spinach and ricotta ravioli
- 150g baby spinach (plus extra to serve)
- Extra virgin olive oil (to serve)
- Fresh basil leaves (to serve)
- Himalayan rock salt and cracked black pepper (to serve)

Method:

- Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Season with salt and pepper. Cook, stirring occasionally, for 6 minutes or until softened. Add tomato, potato, stock, oregano and paprika. Bring to the boil. Cover. Reduce heat to medium. Simmer for 20 minutes.
- Remove from heat. Add milk. Using a stick blender, carefully blend mixture until smooth. Keep warm.
- Cook pasta following packet directions. Drain. Add spinach to soup. Stir until starting to wilt.
- Divide soup among serving bowls. Add pasta. Season with pepper. Drizzle with a little extra oil. Serve topped with basil and extra spinach.



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

A local Pleasant Hills resident has kindly set up a website where the monthly Newsletters will be hosted to. Website address is <https://pleasanthills.life/> Past and present Newsletters will be able to be viewed on this site. It may take some time for past newsletters to be made available to this site however.

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

Diary of Events

Monday 6th July
School holidays start

Wednesday 8th July
CWA meeting Albury UPA
rooms 1000am.

Thursday 9th July
Mobile Library 10:45-11:45am

Saturday 18th July
Patchwork group meet

Monday 20st July
PHPS Staff return Term 3

Tuesday 21st July
PHPS Students return Term 3

Thursday 23rd July
Mobile Library 10:45-11:45am

Friday 31st July
St Paul's College Year 5
Discovery Day

