

Pleasant Hills Community Newsletter

September 2026



phnewsgroup@gmail.com



PLEASANT HILLS CWA

Our August Meeting was held in the Pleasant Hills School Library, prior to our International Meeting.

Von and Lyn participated in the Riverina Group Cultural Day, putting on a funny skit in a very entertaining program!

We will get a plaque made to attach to the cabinets we bought and put in the Hall for Pleasant Hills Memorabilia, saying it was donated by the CWA.

We have received some mixed occasion cards from Irene Drieman to sell.

Our member Toni Hasler is walking 78 kilometres, raising money for PanKind in memory of her late mother-in-law, Margaret so we are donating money to her cause, as well as the \$1000 which we're giving to the State Project which is also Pancreatic Cancer Research.

August is the month we allocate our money, and as usual we have raised several thousand dollars which we are distributing to various organisations we have chosen to support, some are associated with CWA and some are just things we want to support.

We held a successful Cake Stall at Bunnings on Friday, 28th August selling everything we made and raised over \$2000.



Our Branch will “man” the Country Lifestyle Catering Stall at the Henty Field Days on the Wednesday, so all members and friends who are able to help will be most appreciated, as so many of our members are involved elsewhere at the Field Days. please contact Lyn J if you can help on 0428690222.

We held our Students Land Cookery, and although sadly there wasn't as much cooking as there has been previously, the Barker Family members won both sections, Lachlan the Ginger Coconut Slice and Connor won the Melt & Mix Choc Chip Biscuits. In the other cookery, the plain butter cake was won by Lyn Lieschke with an outstanding cake, with Lyn J second and Kay Dean third.

In the G/F Jam & Coconut Slice, Kay Dean was first with Lyn J second.

Next month we will have the Marble cake and the Coffee slice.



After the meeting, we served a delicious Fijian Luncheon to the Students, staff and some visitors, Group International Officer Kerry Parker, Joy Hilder and Jenny Chobdzynski, our former State and Group International



Officer who loves coming to our school for our International Day.

After lunch, we went into the classroom where the students all read the section of their presentation on Fiji that they'd researched. It was a lovely afternoon, and their presentation will now go on to be judged.

Our next meeting will be held in Henty at Ken's on Wednesday, 9th September, starting at 10am. We will have Therese Clancy, from Frontier Services as our guest speaker.

Lyn Jacobsen.

Pleasant Hills Community Hotel

The Pleasant Hills Community Association has recorded another successful year at its recently held AGM with the Community Hotel achieving a strong net profit for 2026.

At the recent Annual General Meeting, all executive positions remained unchanged.

Chairman Ross Newton reported on the many achievements of the committee over the past 12 months, including a number of improvements and purchases such as a large television for the dining area, updating the fireplace, purchasing a new kitchen freezer, pressure washer and vacuum cleaner, as well as repainting throughout the hotel.

The repainting was particularly appreciated by the community, completed by Therese Clancy & her amazing team of workers from Frontier Services. The Community Hotel looks forward to welcoming them back in 2027.

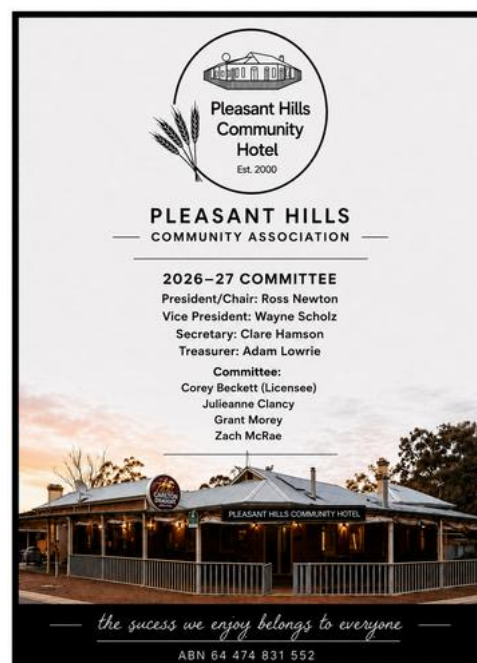
President Ross Newton thanked patrons, volunteers and the wider community for their ongoing support, noting that the hotel continues to provide an important venue for personal and business functions.

The Association also welcomed its new bookkeeper/accountant, Leanne Kreutzberger, and looks forward to working with her in the coming years.

A community working bee will be held at our hotel on Sunday, 13th September, in preparation for a busy Henty Field Days, with all of our renovated accommodation rooms fully booked, anyone is welcome to help at our working bee. The Hotel will be open from 2pm every day of the Field Day's so come and enjoy a refreshment after a day at the Field Day's.

During the AGM many of the committee thanked all volunteers and the local community for their hard work, support and contribution throughout the past 12 months, as the Pleasant Hills Community Hotel continues to provide an important hub for the local community. With many local clubs heading into finals in September, we welcome them to our Community Hotel after the games and wish all teams the very best of luck in the finals. The Hotel will also open at 12pm for the AFL Grand Final on the 26th September. So come along and enjoy the end of the footy season.

Claire Hamson



School News and Reviews



Achievement Merits

What a wonderful way to start week 5! All PHPS students received their merit certificates for 10 or 15 achievement awards. This recognises their efforts and progress across different aspects of school including academic, sporting, creative and social activities.



Riverina Athletics Carnival—Friday 4th September

Congratulations to Samantha Terlich who qualified to compete in the 1500m at the Riverina Athletics Carnival. We wish her all the best for her race.

CWA Fiji Visit—Wed 12 August

The PHPS students were proud to present their learning about Fiji to the CWA members last Wednesday. They enjoyed sampling the different foods prepared. Thank you to the CWA ladies for providing the delicious lunch.

Flying Fruit Fly Circus—Thursday 20th August

We were very fortunate to see the Flying Fruit Fly performance at Henty. The PHPS students were very impressed with the acrobatics performed by the Flying Fruit Fly Circus members.



After the 45 minute performance, the school students were able to ask questions to find out about the Flying Fruit Fly Circus members.



Bernie O'Connor Carnival

Our students went to Yerong Creek to attend the Bernie O'Connor Carnival on the 21 st August. They didn't receive any awards, but they still enjoyed their day. The Infants children from Pleasant Hills and Boree Creek attended Yerong Creek Public School to spend the day with the K-2 students. Thank you to all the parents for transporting their children.

PHPS Book Week Dress Up – Tuesday 25th August

Students, Pre-school and Staff are coming to school dressed up as book characters. The parade will start at 2:30pm. The official national theme is "Symphony of Stories" with artwork by Briony Stewart.

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



Pleasant Hills Pre School



We celebrated Book Week in late August! The preschool children came dressed up in costumes and we enjoyed reading the books they had bought along. Unfortunately, we didn't get up to the school for the parade as it started pouring rain!

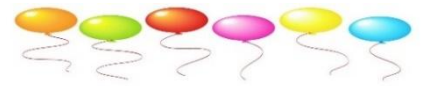
We have been enjoying experimenting with the different combinations of juice we can make in the juicer. We have tried apple and carrot, apple and orange, plain apple and most recently, plain orange. We have also been using the bounty of fresh lemons and limes as part of our everyday play.

Thankfully we have had some nicer weather on our preschool days and have enjoyed getting outside in the fresh air and sunshine. Playing footy and riding the bikes are still the preschoolers' favourite things to do outside. We have been using our group times to learn about the ways we can keep our teeth healthy. The preschool children were able to divide the foods on the board into ones that were good for our teeth and ones that may cause our teeth damage if they were eaten too much.

Mia Heaphy.



Hills Happenings



Birthdays:

Happy 21st Birthday to Declan
Clancy for the 9th September.

Happy 70th Birthday to Reg Lieschke
for the 13th September.

Happy 18th Birthday to Kai Heald for
the 20th September.

Happy 70th Birthday to Phil Salzke for
the 25th September.

Engagement:



Congratulations to Nikita
Clancy and Jackson Quilty
on their recent engagement.

Congratulations:

Congratulations to Rick Clancy for
winning the NSW AFL National
Community Umpiring Service Award.



Tennis Club

The tennis club had its AGM in August & the committee is:

President: Sam Terlich

Vice: David Stein & Grant Morey

Secretary: Carol Smith

Treasurer: Courtney Trethowan

Rec Ground Liaison: Anthony Male

We thank David for his long stint as president & thank Sam for taking it on.

As we have several younger players this season, we are returning to section 3A (which does suit some of us older ones!!). There will be 6 teams in this section. Unfortunately, it looks as though we won't be able to field a Sec 6 team. If anyone is keen or knows of someone, ages 7-13 (even to fill in) please let us know. We need to let the assoc know ASAP.

The court lights are now in place so if anyone would like a hit in the evening, please contact one of the committee. We would just ask for a donation to contribute towards power.

Recreation Ground

The facilities are now in place for free camping with a cleaner employed to maintain the amenities. It will be great to see activity & let's hope the word gets around.

Carol Smith.

Fire Brigade



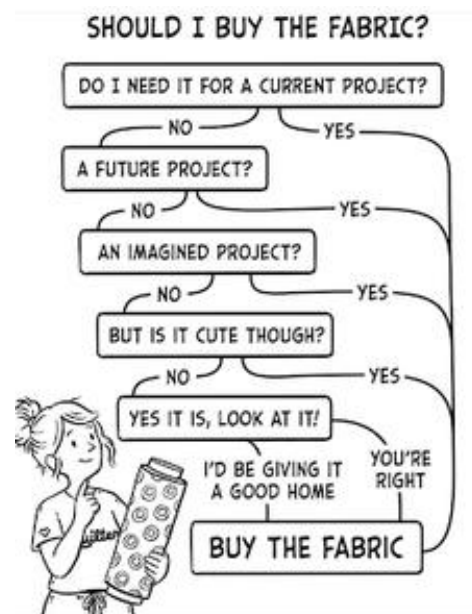
Pleasant Hills Patchwork Group



Even road closures didn't stop these ladies from getting to their patchwork day at Pleasant Hills. Looks like a variety of Unfinished projects including both hand and machine sewing as well as crochet, lovely work ladies. Next up is Fabric Weaving in patchwork combines traditional strip piecing with basket-style weaving. You cut fabric strips, stitch to form tubes, you can back them with fusible interfacing for structure, interlace them over and under each other to create a unique, textured block that can be sewn into a quilt, bag or cushion. The interlacing can be on the diagonal like the 3d Meshwork Bag or traditional weaving like the Tablemat.

You are always welcome to continue working on your own project if you prefer. Our next meeting is Saturday 19th September.

BYO: Your sewing machine and its accessories, requirements for your project, \$7 for hall hire, your own lunch.



OSBOURNE FOOTY CLUB

Happy 125th Anniversary

Osborne celebrated its 125th anniversary this year with a couple of events. The 8th August home game was the main celebration with a history book of the last 15 years, compiled by Liz Lane, launched during the afternoon. This continues from previous books on 110 years. Special guests were Kevin Sheedy (former Richmond Player & long-term coach of Essendon) & Ariel Annott, the great, great granddaughter of Henry Osborne. Kevin spoke about his experiences over the years as a coach & mentor. He was heavily involved in getting the Anzac Day match & Dreamtime at the G started.

He was also involved in the AFL adding \$1 to their finals ticket prices, to go towards the charity, Kids Jobs. He still continues charity work at the age of 79. Kevin presented Osborne with a framed print telling a story of past football.

Henry Osborne was one of the earliest settlers in the region & the district is named after him so to have a descendant there was very special.

The afternoon also saw the arrival of historic tractors that took a lap

around the ground. Quite a sight.

Celebrations continued over the evening with quite a few past members & players coming back.



Charlie's Footy Column

It's this time of year again. Pressure rises, but so do players. In the Hume League, Henty and Brock Burrum are looking like favourites, finishing top 2 on the ladder. Osborne are chasing after them, having won their last 11 games in a row. This finals race looks like it will be as close as any year.

Minor Premiers

First Grade- Henty

Second Grade- Jindera

Under 17s- CDHBU

Under 14s- Lockhart

In the AFL, the wildcard round has opened up some opportunities and amazing games. Carlton are flying with their new coach, Josh Fraser. Fremantle won the minor premiership but seem to be struggling to win in Melbourne. Brisbane are at their best once again, going for three in a row, and personally I believe they will get it. Adelaide are underdogs that will have a red-hot crack at winning it, as will Geelong, who are flying a little bit under the radar.

Charlie Clancy.

Please note:

Deadline for October newsletter will be Monday 21st September due to School Holidays starting 28th September.



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getting you
moving.

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113TH ANNUAL
**WALBUNDRIE
SHOW**
FAMILY FUN DAY

Ferret Racing
Animal Nursery
Local Food Outlets
Shearing Competition
Sideshow Alley
Guessing Competitions
Markets, Pavilion Displays much more....

OCTOBER LONG WEEKEND
MONDAY 5th OCTOBER

ADULTS \$15
PENSIONERS \$7
SCHOOL CHILDREN FREE

Riverina Tractor Trekkers

The Riverina Trekkers had 17 tractors visiting our region in August. With the safety of a couple of support vehicles they left Pleasant Hills Hotel at 8:30am heading through Pleasant Hills to the Urangeline Peace Hall for a lovely morning tea. From there they headed to the Osbourne Football Netball Ground for lunch where it was great catching up with everyone there celebrating their 125th year as a Football Club.

We then headed back to Pleasant Hills Hotel for a well-earned lovely meal.

All up 101km's travelled.

A big thank you to Ross and the volunteers at the Pleasant Hills Hotel for accommodating and feeding us.

A good time was had by all.

Geoffrey McDonnell.

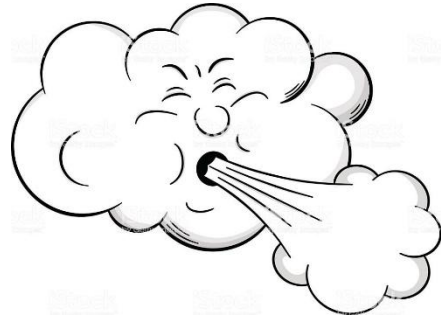


Call of the Wind.

A Poem by Trudy Smith.
For Fiona.

What is this tale we call the wind
A force of stealth and motion
Is it the gentle touch of a coastal
breeze
Ruffling skirts and a rippling
ocean.
Perhaps it's a tempest or a
hurricane
Building waves many metres tall
The crescendo of those southerlies
With their powerful deafening
squall.
While in the lofty great divide
You'll feel a mountainous icy
blizzard
That cuts through coats and
jumpers thin
Stoic birds huddled closely
shivered.
Maybe it's the swirling dust of the
western plains
That smirk as grit assails your
eyes
The willy willy performs his
twirling dance
Whipping red sands up in painted
skies.
And long lived trees wearing
hapless limbs
Have withstood all seasons gales
Finally succumb to just one lethal
blast
Blocking tracks and breaking rails.
The road lies lost beneath
orphaned leaves
That flutter, fall and rest
It seems all cares are blown away
Trading howls and chants in jest.
A wedge tail soars on rising
thermals
Raptorial and dynamic
On outstretched wings the ride is
smooth

Purely effortless and organic.
So if a breath of fresh air is what
you seek
Do inhale and take your fill.
Those currents are only marking
time
Till nature's voice stands still.



Word of the month

“Cogitabund”

To be deep in thought;
thoughtful, meditating and/or
musing.
Deeply immersed in thought;
characterised by a state of
intense meditation or
deliberation. It often
implies both the act of thinking
and having the outward appearance
of being in deep meditation.

Techno Info

Don't Lose the Photos: A Simple Guide to Backing Up Your Phone

A while back a friend of mine dropped her phone and bought a new one to replace it ... but ended up losing all her precious photos, especially the ones with her kids!

That's the thing about phones — we treat them like a filing cabinet for our whole life, but they're a filing cabinet that can be dropped, drowned, lost, stolen, or just die of old age. When that happens, whatever's stored on the phone goes with it. But most of the time we have the option to backup our photos.

A “backup” just means keeping a second copy somewhere safe, so if the original disappears, you haven't actually lost anything. These days that “somewhere safe” is usually the cloud — which just means a secure storage service usually run by Apple or Google, sitting on the internet rather than in your pocket. Once it's switched on, your phone quietly sends a copy of every new photo there in the background, automatically, without you having to think about it again.

A word of warning for our patchy signal: the first backup can be big — years of photos all at once — so do it at home on your WiFi, ideally overnight, rather than out and about on mobile data. After that first big copy, it only needs to back up new photos as you take them, which is quick and barely noticeable.

On an iPhone:

1. Open Settings, tap your name at the top
2. Tap iCloud, then Photos
3. Turn on Sync this iPhone (or iCloud Photos)
4. Leave it connected to WiFi and let it run — you'll see a progress bar while it catches up

On an Android phone:

1. Open the Google Photos app
2. Tap your profile picture (top right), then Photos settings
3. Tap Backup, and turn it on
4. Again, let it sit on WiFi until it's caught up. You'll know it's worked because under those same settings it'll say something like “Backup complete”, and there'll be a little cloud icon showing on your recent photos.

One more thing worth knowing: your backup is private to your account, protected by your password (and your two-factor login, if you set that up after last issue's article)

— nobody else can see it just because it exists. It takes minutes to switch on, and it's the difference between a dropped phone being an inconvenience or a genuine loss.

Tip of the Month: What's Actually Filling Up Your Phone?

If your phone keeps telling you storage is full, here's how to find out what's actually eating the space — and what's safe to clear out.

On an iPhone: Settings → General → iPhone Storage. You'll see a bar showing what's using space (Photos, Apps, Messages, etc.) and a list of apps sorted from biggest to smallest.

On an Android phone: Settings → Storage. Tap it for a breakdown by category.

The usual culprits:

- WhatsApp/Messenger media — every photo and voice message anyone's ever sent you, saved automatically. Go into the app's own storage settings and clear the cache — the conversations stay, just the clutter goes.
- Apps you don't use anymore — that one you downloaded for a wedding RSVP three years ago. Delete it; you can always reinstall it if needed.
- Duplicate or near-identical photos — screenshots, the five almost-identical shots of the same sunset. Once you've backed up your photos (see above), it's safe to delete the ones you don't need — they're still in the cloud if you change your mind.

A quick five-minute clear-out once a season keeps things running smoothly, and it's a much less stressful way to find space than getting the “storage full” warning right when you're trying to take a photo at the footy.

Yvonne Lee.



Hills History

Pleasant Hills

The annual ball of the bachelor's and residents of Urangeline and district was held on the evening of the 1st September at the residence of Mr Crawford's, "Argile", who kindly lent his large spacious woolshed for the occasion. The building was nicely decorated with ever greens, and the words "Welcome to all: appeared on the walls, and opposite the main entrance the words "Ten Thousand Welcomes to Urangeline" were artistically elaborated in poonah painting. The weather was good, the floor perfect, and the music which was supplied by Mr Connors, excellent. The band was made up as follows: - Violin (Miss Connors), harp, and Master Connors (Cornet) from Albury. Dancing commenced about 7:30, and before 10 there were about 50 couples tripping the light fantastic. The ladies of Urangeline deserve great credit for the labour in providing the refreshments for the visitors. There was a high tea for arrivals, a grand supper at midnight, and breakfast for all before leaving in the morning. Dancing was kept up with great vigour till the sun was in the sky. Several songs were also given

during the night by the Messer's, Crawford, Cusie, and McGuire, Mr Crawford snr also gave a recitation. A list of some of the of the costumes worn: - Miss Westendorf (Pleasant Hills) - Lavender cashmere and pink ribbons. Miss Haberecht (Pleasant Hills) - Black velvet, pale blue ribbons and flowers.

The Albury Banner and Wodonga Express.
Monday September 4th 1893, page 17.

Pleasant Hills

An American Tea is being held here next Wednesday at the School of Arts, in aid of the Wounded Soldier's Fund.

The wife of Mr J Knobel has a daughter which arrived on Empire Day. Mr Knobel was showered with congratulations.

The Henty Observer and Culcairn Shire Register, 10th June 1916, page 2.

Transcribed by: Fiona Beckett

Our Backyard

FEEDING NATIVE BIRDS

Well it's Springtime again and after some useful rains recently, a great harvest looms. That's if mother nature hasn't something 'up her sleeve' to destroy things. Here's hoping that all progresses well.

Native birds and their chicks have begun to repopulate the environment and of course the natural thing is for us humans to encourage their development by supplementing their food intake. We can cause illness and disease if we feed them the wrong foods. Remember, native birds are not garbage disposers, they have specific needs and should be treated like 'members of the family'. Rather feeding them 'the scraps', we should endeavour to sometime buy them specialized foods to look after their health.

Safest Options

Seed from a reputable distributor, not the supermarket (labels are misleading)

Homemade dry porridge, wheat

Chopped meat roll, pet food (dog sausage)

Chunky tinned dog food

Dry puppy kibble soaked in water

Garden worms

Meal worms

Fresh fruit (not avocados)

Bread by itself is not harmful to birds but too much can prevent natives from receiving a nutritional diet. It has recently been found that natives in parks and waterways constantly being fed bread by humans are developing eating disorders which can produce symptoms such as disorientation and lack of the ability to fly. Limit the use of bread (especially white) and then stick to grain

varieties.

The other big 'no-no' is minced meat, a common favourite of feeders.

The meat, beside being low in nutrition value can contain virus's and preservatives that can be transferred to the birds. In fact, the use of any raw meat should be avoided. We don't eat raw meat and neither should they. Small amounts of cooked meat can be used.

Gapeworm is just one of the many parasites that affect Australian birds. It is commonly found in Magpies that have eaten too much raw mince.

Other foods to avoid

Anything salty, fatty or sugary

Desiccated coconut, honey

Chocolate, potato chips, cake, cheese

Never citrus

This male Scarlet Robin, an insect eater who feeds on the ground,

captured on a farm fence, no doubt

surveying the insects over a wheat crop.

From: Feeding the Birds at Your Table by Darryl Jones (2019).

Bob Marshall.



Matt's Cooking Corner:



Grandpas Slow Cooker Chicken and Corn Soup



Ingredients:

- Four corn cobs
- 1 whole organic chicken
- 1-2 leeks (sliced white and pale green parts only)
- 4 cloves garlic (bruised and peeled)
- 1 stick celery (sliced)
- 1/2 litre vegetable stock
- 1-2 litres water to nearly cover chicken
- 6 silverbeet leaves, trimmed, shredded
- 1 teaspoon coriander seed (ground)
- 1/4 cup parsley (shredded to serve)
- 1/4 cup grated Bega cheese (to serve, optional)
- Himalayan rock Salt & cracked pepper (to taste)

Method:

Use a sharp knife to cut down the side of the corn cobs to release the kernels, reserving the cobs. Place the corn kernels, corn cobs, chicken, leek, celery, coriander and whole garlic cloves in a slow cooker. Add stock and enough cold water to just cover the chicken.

Cover and cook for 6 hours on high (or 8 hours on low) or until chicken is falling off the bone.

Transfer chicken to a deep baking dish. Set aside for 5 mins to cool. Use 2 forks to coarsely shred the meat, discarding the skin and bones.

Discard corn cobs. Transfer one-third of the corn mixture to a blender. Cool slightly.

Blend until smooth. Return to slow cooker with chicken and silverbeet. Cover and cook for 5 mins on high or until silverbeet just wilts.

Season and serve with parsley.

BIDGEEMIA HALL CENTENARY

SUNDAY 4TH OCTOBER 2026

We are inviting all past and present families along with community members to the Bidgeemia Hall to help celebrate 100 Years!!

From 10am

A chance to reconnect with neighbours, reflect on the legacy of this small but strong rural community & honour the generations who have contributed to its success!

Registration and signing of Visitors Book!

Centenary Books for sale - compiled by Paul Creek

Coffee Van - "Lola" supplied by Amanda Lieschke

Vintage Machinery Parade led by Lighthorseman

Historical Digital Image Displays

Whipcracking demonstration/making and sales by Anthony Rennick

Blade Shearing demonstration by Nicki Guttler

BBQ Lunch available - "Doing it for Dawn" Proceeds to Dementia Aust

Centenary Souvenirs for sale - Coffee Mugs & Stubbie Holders

Nail Driving Competition

Formal Presentation - Unveiling of Centenary Plaque

Centenary Cake Cutting

Free Country Afternoon Tea

Wheelchair Access



Kindly pass invitation on to anyone who may be interested in attending!

Please RSVP for catering purposes by Wednesday 23rd September 2026

BYO drinks event

CASH ONLY for all sales



Email: lisaralston@bigpond.com

Chris Ralston: 0409873885

Lisa Ralston: 0428295226

John McFarlane: 0427277101

Bidgeemia Hall - Facebook page

HENTY CAMERA CLUB

70th Anniversary Celebration

St Paul's School Hall, Henty

Saturday 3rd October

10am - 4pm

Cake cutting at 10:30pm

Gold coin donation at the door

Competition | Exhibition | Displays | Light Lunch

All Welcome

Photography Competition entry form and conditions available from
hentycameraclub@gmail.com

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

Thursday 3rd September

Mobile Library 1045 – 1145am

Sunday 6th September

Father's Day

Wednesday 9th September

CWA meeting 10am in Henty

Sunday 13th September

Pub working bee

Thursday 17th September

Mobile Library 1045 – 1145am

Saturday 19th September

Pleasant Hills Patchwork Group

Monday 21st September

October Newsletter deadline

Tuesday 22nd – Thursday 24th

HMFD

Tuesday 22nd – Thursday 24th

Pub open from 2pm each day

Friday 25th September

Last day Term 3

Saturday 26th September

AFL Grand Final – Pub opens

12 noon. **Go the ????** 😊

Monday 28th September – Friday 9th October

NSW Public School Holidays

October

Thursday 1st October

Mobile Library 1045 – 1145am

Saturday 3rd October

Henty Camera Club 70 years display

Sunday 4th October

Day Light Saving starts

Sunday 4th October

Bidgeemia Hall Centenary

Monday 5th October

Walbundrie Show

Saturday 10th & Sunday 11th October

Spirit of the Land Lockhart