

# Pyramid Press

## Men's Health Week

We are smack bang in the middle of Men's Health Week and with that we would like to raise the awareness of the health checks Northern District Community Health undertake with our farming families across the region.

A health check with registered nurse Rosi Bear will include blood glucose, cholesterol and blood pressure check, BMI, respiratory and hearing screening, skin check and vision check, mask and respirator fit, pesticide exposure testing and occupational risk are also included in the individualised screening.

While you've got your lambs lambing and your crops waiting on the rain.. Farmers [and friends of farmers], take the time to get your health sorted.

**The AgriSafe Clinic is a  
FREE service, bookings  
can be made by calling**



**54510200 or at [info@ndch.org.au](mailto:info@ndch.org.au)**



### Pyramid Hill Neighbourhood House

43 Kelly Street | PO Box 86, Pyramid Hill, 3575

Tel: 5455 7129

Hours: Mon 12-5pm | Tues - Fri 10-4pm

Press Submissions due Tue | 06:00 PM

Email: [pyramidhillpress@gmail.com](mailto:pyramidhillpress@gmail.com) | Digital copies: [facebook.com/PyramidHillHouse/](https://facebook.com/PyramidHillHouse/)



Produced by the community  
and Pyramid Hill  
Neighbourhood House

Pyramid Press is sponsored  
by the Loddon Shire Council



## CO-ORDINATOR CATCH UP

Hi Neighbours

We are a bit light on in the news-front this week? Is it too cold for people to get typing?

I thought I'd head out down the road and have a yarn with the fellas working on our parks, cutting down our tree and dragging the guts out of our guttering.. I thought there might be a story to be pulled together there.. But, I have to admit it's all looking like a mess down the street at the moment at the moment, isn't it? Do we want to talk about it? I don't think I can express how I feel about it all

Aside from having a wild time with the Kids Night last Monday, it's been pretty quiet here - the cold air is causing a bit of stay-at-home-it is, I think. Hmm. Speaking about the cold. I got into a little bit of peril the other day when I asked a friend if her husband could come over and light my fire from time to time. Ahh. I assure you I can light my own fire, it's just on the super cold days when I am working late - it'd be nice to have someone else do it for me for a change. You know? Yeah. I spent a bit of time backpeddaling and explaining that I didn't want him to *light my fire*.. Just.. Actually get a flame up my chimney. Gaaah. See what I mean?! Fraught with peril that conversation.

Even though I feel a bit like I am talking to myself when I write this column, I find it funny that occasionally I have someone

## Neighbourhood House Hours in June

Monday 12 - 3.30pm

[followed by Kid's Night 3.30pm - 5pm]

Tuesday-Friday 10am - 4pm

reference something I have here.. For example someone gave me the gift of a mousetrap after I wrote about my mouse trapping escapades. So I know there are some of you who do read this bit of the Press. Crikey, I'll probably come to work tomorrow to see a load of kindling at the door - or something even more alarming!

The other thing people are asking me about this week is the community garden. Yes, yes.. It's coming. We just needed to reinforce our beds - and drill a couple of holes.. Then we can load up the beds and start planting next week.

We also have the start of our our new mural going up this week. It's slow. I am still imagining what the outcome will be.. But we honestly are going forward an inch at a time. Even at that pace we are getting somewhere.

Hands up if you have one of the new puppies that have been born in Pyramid the last few months?

After last week's front page - I feel like we need to have a cute puppy page.. Or maybe we should get a few cute lambs in front of the camera.. What do you think? Stay warm my friends, Kim

# Make a smoke alarm your next bedroom essential

Lamp  
\$35

Desk chair  
\$125

Smoke alarm  
From \$20

The deadliest fires start when we're sleeping.  
Install a smoke alarm in your bedroom, before it's too late.



# WHAT'S ON

**Writing Humorous Articles for next week's Pyramid Press**  
Sunday | Mount Hope

**Yarrawalla Bonfire Night**  
Live Music, Damper workshop and more  
Friday 14 June | 5pm onwards  
Yarrawalla Hall  
*More details inside*

**Kids Night at Neighbourhood House**  
Cooking with Alison, Nintendo and Table Tennis  
19th June | 3.30 - 5 pm  
Neighbourhood House

**Pyramid Hill & District Historical Society AGM**  
Monday 19th June | 7.30 pm  
RSL Hall Pyramid Hill

**Pyramid Hill Lions Club Changeover**  
Thursday 22 June | 7 pm Start  
Victoria Hotel

**Pyramid Hill Playgroup Storytime**  
Friday 23 June | 10.30 - 11 am  
Pyramid Hill Kinder

**Woman by the Water**  
Sunday 25th June | 10.30 - 4.30  
Behind the Mill near the Waterhole, Bridgewater

## WHAT'S ON *regular activities*

### CLEO Community Car

Call the Neighbourhood House to book transport to your next appointment | 54557129

### Bendigo Blood Donation Trips - Community Car

Call the Neighbourhood House to book a groups of donors (max 4 people) *Blood donation trips are free thanks to Pyramid Hill Progress Association*

### TUESDAYS

**Moderate Movers exercise group** | 2 PM | Seniors Centre Mackay St |  
BYO exercise mat or towel

**Morning Coffee** | 10:15 AM | Neighbourhood House

**Goldfields Library visit** | 10:15 AM | Neighbourhood House

### WEDNESDAYS

**Social Bowls** | 7:00 PM | 98 Victoria St

**Book Club** | 4:30 PM | last Wed of each month

**Ask an Accountant** | 1:00 - 2:00 PM | Neighbourhood House

### FRIDAYS

**Rhyme Time** | 9:30 AM every Friday during term | Neighbourhood House

**Playgroup** | 10:00 AM | Preschool, 67 Kelly St

**Scrabble Fever** | 2:00 PM - stumps | Neighbourhood House

### VLINE TRAIN AND COACH

#### Monday – Friday

Train dep Melbourne | 07:39 AM and 06:08 PM  
Departs Bendigo | 10:00 AM and 08.26 PM  
Arrives Pyramid | 11:09 AM and 09:34 PM

#### Tuesday and Thursday

(Need to book on Thursdays)

Train dep Melbourne | 01:06 PM  
Coach dep Bendigo | Tuesday 03:09 PM  
Thursday | 3.10 PM  
Arrive Pyramid | 04:29 PM

#### Friday Only

Train dep Melbourne | 07:08 PM  
Arrives Bendigo | 09:00 PM  
Coach departs Bendigo | 09:10 PM  
Arrives Pyramid | 10:25 PM

#### Saturday & Sunday only

Train dep Melbourne | 07:40 AM and 06:43 PM  
Arrives Bendigo | 10:00 AM and 08:57 PM  
Arrives Pyramid | 11:09 AM and 10:05 PM

### V/LINE TO MELBOURNE

#### Monday – Friday

Train dep Pyramid | 08:05 AM and 02:46 PM  
Arrives Bendigo | 09:18 AM and 03:59 PM  
Arrives Melbourne | 11:28 AM and 06:11 PM

#### Tuesday and Thursday

Coach dep Pyramid | 10:51 AM  
Train dep Bendigo | 12:26 PM  
Train Arrives Melbourne | 02:25 PM

#### Friday only

Coach dep Pyramid | 05:30 PM  
Train dep Bendigo | 07:01 PM  
Train Arrives Melbourne | 09:09 PM

#### Saturday only

Train dep Pyramid | 08:05 AM and 02:46 PM  
Departs Bendigo | 09:20 AM and 04:01 PM  
Arrives Melbourne | 11:30 AM and 06:09 PM

#### Sunday only

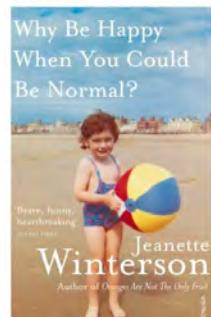
Train dep Pyramid | 08:05 AM and 05:47 PM  
Departs Bendigo | 09:18 AM and 07:00 PM  
Arrives Melbourne | 11:30 AM and 09:12 PM

### BOOK CLUB

Last Wednesday of the Month

This month's book is *Why be Happy When you could be Normal* by Jeanette Winterson

This popular group has two vacancies only for those wishing to join this year!



# PUBLIC NOTICES

## CHURCH SERVICES

### Anglican

1st and 3rd Sun | 10:00 AM

Tyndale Church

Victoria Street

Pyramid Hill

2nd Sun | 9:00 AM

4th Sun | 11:00 AM

St Thomas' Church

Durham Ox Road

Pyramid Hill

Enquiries:

Rev Sue Allen | 0417 365 386

Bill Boyd | 0448 219 457

### Church of Christ

Sun | 11:00 AM

Church of Christ Kelly St

Pyramid Hill

Enquiries:

June Smith | 0438 062 646

### Uniting

1st and 3rd Sun

10:00 AM

Tyndale Church,

Victoria St,

Pyramid Hill

### Kids Rock

For all school aged children

3:30 - 5:00 PM | Every second Tuesday during term

Uniting Church Pyramid Hill

Enquiries:

Robyn | 0427 561 973

### Catholic

Sat Mass | 6:30 PM

St Patrick's Catholic Church

Victoria St

Pyramid Hill

**KID'S NIGHT**

AT THE NEIGHBOURHOOD HOUSE

FUN FOR ALL STUDENTS IN FOUNDATION -YEAR 12

**TIME: 3:30-5pm**

**Every Monday, starting on the 5th June**

**Activities include:**

- Card/Board games
- Access to the Library
- Quiet space for homework
- Snacks
- Computers for use
- Nintendo Switch\*
- Free WI-FI

**CLEO THE COMMUNITY CAR** would be free for anyone needing a ride home\*

\*Bookings are required the Friday before each Monday  
To book call 5455 7129 or email [phnh@bigpond.com](mailto:phnh@bigpond.com)  
Please state child/ren name/s and parents/guardians phone number  
Or fill out a form with mentioned details and give to Jasmine at PHC

## To Let - DINGEE

A vacancy has occurred in the Loddon Shire Council Elderly Persons Units located in Grevillea Court, King Street, Dingee.

The unit comprises:

- open plan kitchen and living area
- two separate bedrooms with built in robes
- large storage cupboard
- separate laundry and bathroom
- reverse cycle heating/cooling
- floor and window coverings throughout
- single car garage
- Rental: \$202.00 per fortnight

Applications close: Monday 26 June, 2023

To Apply: Please contact Council on (03) 5494 1200 or via email at [loddon@loddon.vic.gov.au](mailto:loddon@loddon.vic.gov.au) to request an application form or download one from Council's website: <https://www.loddon.vic.gov.au/Our-Services/Services-for-our-older-residents-and-people-with-disabilities/Housing-for-seniors>



## AGM Meetings coming up..

### PYRAMID HILL BOWLING CLUB AGM

Wednesday 14th June  
7.30 pm  
Bowling Clubhouse

### PYRAMID HILL & DISTRICT HISTORICAL SOCIETY INC

Will be holding their AGM on Monday, JUNE 19<sup>TH</sup> at 7.30 pm in the RSL hall.  
All welcome.

### PYRAMID HILL LIONS CLUB CHANGEOVER

You are invited  
Thursday 22nd June  
7 pm start  
Victoria Hotel



**Woman by the Water** *This is a free event !!*

**Living and Learning** **through Connection to Nature**

**Indigenous Arts and Craft Workshops & Community Treeplanting**  
**...along our Loddon River !**

**When?** Sunday 25th June 1030am - 430pm  
**Where?** Behind the Mill near the Waterhole, Bridgewater  
**What you may want to bring along..**  
camping chair or picnic rug, water and..  
...your wonderful self !

You are welcome to bring some feathers you found yourself to to use at the workshop.

The Loddon Plains Landcare Network would like to invite our local Women and Children to join us for this very special event! We have invited traditional owners Aunty Kathy and Aunty Marilyn to teach us their ancient basket weaving and feather crafting skills! There also will be an educational tree planting workshop, learning about our rare and wonderful riverine ecosystem.

Free lunch will be provided by Coffee on Loddon!  
Please register by contacting Charlie on 0422 169 665

**LODDON PLAINS LANDCARE NETWORK**

**Women's Health LODDON MALLE**





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36 Kelly Street Pyramid Hill  
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Phone: 5455 7006

[leighanddebby@bigpond.com](mailto:leighanddebby@bigpond.com)

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### Pyramid Hill News & Post

**MONDAY – FRIDAY**

6:30am - 5pm

**SATURDAY**

8am - 12pm

Friendly service, great range of cards & stationery, V/Line Tickets & much more

**Phone: 5455 7036**

# GOLF NOTES

Golf results 11-6-23

We had 14 players for the 4BBB Stableford event on Sunday. It was great to welcome Lindsay and Glen and have them enjoy the course with our members. Winners of the day were James Ritchie and Jed Stewart with 46 points. Runners up was Ted Carmody and Steve Gibson with 44 points. Well done to all players. Our junior program also continued and we had another good turnout, this will continue on Sunday at 10am. Our championships will also resume on Sunday. Today's photo is of Adam Twigg putting on the 2<sup>nd</sup> hole.



  **FREE**

## YARRAWALLA BONFIRE NIGHT

LIVE MUSIC FROM SHERRI PARRY  
CAMPFIRE YARNS WITH JAN WOSITZKY  
DAMPER MAKING SESSIONS  
DINNER BY THE BONFIRE

**FRI 14 JULY**  
FUN STARTS AT 5PM

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PLEASE RSVP FOR CATERING PURPOSES TO  
SUE: 0428 551 275

THIS IS A FREE COMMUNITY EVENT SUPPORTED  
BY LODDON SHIRE COUNCIL



## Understanding Toddlers

This workshop will give parents and carers of toddlers the opportunity to share ideas and experiences with others.

We will discuss toddler development and the joys and challenges this stage brings to your family.

Discussion will also focus on parenting strategies you may use for this age group.

✓ Strategies

✓ Support

✓ Understanding

### Workshop Details:

Location: Pyramid Hill College, in the BER  
97 – 101 Kelly St, Pyramid Hill

Date: Thursday 22<sup>nd</sup> June, 7:00pm – 8:30pm  
Arrival: 6:45pm

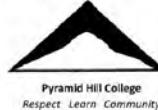
Register at [www.catholiccarevic.org.au/register](http://www.catholiccarevic.org.au/register)  
or with the QR code above.

This is a FREE single session workshop only  
delivered by CatholicCare's Regional  
Parenting Team.

Early registration is encouraged.

Your local contact is Julie Kerr: 0438 336 991

Hosted by:



[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)

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Authorised by the Victorian Government, 1 Treasury Place, Melbourne

# PYRAMID PRESS

## NEW ZEALAND EXCHANGE

Australian Lions Clubs conduct Youth Exchange to many countries throughout the world including USA, Canada, Germany, Denmark, Japan and New Zealand.

Pyramid Hill Lions Club is participating in this program for the first time this year and is offering a district youth the opportunity to participate in Youth Exchange to New Zealand.

The youth selected will travel to New Zealand in a group with youths selected from other clubs departing Melbourne 1st January 1983 and returning 3rd February 1983.

Whilst in New Zealand the youth will be hosted in a Lion members home and have the excellent opportunity to meet and mix with the people and also to see New Zealand.

Accommodation is free but other costs, fares, etc; approximately \$520, passport \$30 and spending money are to be met by the participant.

Youths between 16 and 21 years of age wishing to nominate for selection or requiring further information should contact Lion Allan Henderson, Phone 40 during business hours and 254 at Home before Friday 18th June 1982.

### Edwards' Thought For The Week

It's better to ask a question and look a fool for five minutes than to remain silent and be a fool the rest of your life.



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## TETANUS CASE

Well known Pyramid Hill resident, Mrs. Sylvie Ferris was rushed to Melbourne Fairfield hospital last Tuesday night by motor ambulance to Kerang and from there to Fairfield by air ambulance.

Mrs. Ferris is now in Intensive care at that hospital and she is in a serious but stable condition.

It is thought that the infection came from a wood splinter. Mrs. Ferris had never had an anti-tetanus needle and therefore had no protection. There are only about five cases of tetanus a year in Victoria and these are nearly all from the older age group who have just never availed themselves of the anti-tetanus vaccine.

The Ferris family wish to express their appreciation to all who enquired and are assisting the family through this period.

## RAINFALL

Those farmers who were hoping for good falls in May have been sadly disappointed with the monthly total only 21.3 mm. In the 24 hrs to 9 a.m. on the 31st the largest falls were recorded, 6.8 mm.

As for temperatures, well if you were feeling cold on the morning of the 24th you had good reason. The overnight minimum was a chilly -5 degrees C! Last Mondays effort wasn't much better with a minimum of .5 degrees C.

Let's hope that now winter is well and truly with us some decent rain falls are recorded (Though no-where near as heavy as last winter)



## GEELONG PLAYERS VISIT

On Tuesday Pyramid Hill H.E.S. was visited by five Geelong Footballers. Kevin Sheen (Rover) Mark Bos (Back flank) Murray Wittcomb (Wing) Jack Hawkins (Centre Half Back) and Rick Brown (Promotions Officer) arrived by car at 9.30 a.m.



After that, they split us up into 5 groups according to our ages. Each of the Geelong players took a group and each group concentrated on two or three special skills.

The Geelong players were very impressed with some of the smaller primary boys, who might be our future stars.

Before leaving the Geelong players presented the school with (autographed) top quality football and gave each student a leaflet with some useful hints on playing football.



Boys from both the primary and secondary sections of the school and those from St. Pats were eager to get changed into their Training gear and meet the experts who were to instruct them, for the next hour, in the skill of Australian Rules Football.

After the slow warm up jog, Kevin gathered the boys in a group and introduced the other players to them. Jack then took over and explained the various basic skills of drop punt passing, hand balling, picking up the ball from the ground and marking on the chest. While he explained Kevin, Mark, Murray and Rick demonstrated the moves and skills involved.

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**Tue, Wed, Fri**

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**APPOINTMENTS PHONE : 5451 5220**

DR. CHRIS OLISE  
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Email: [medicalreception@bdh.vic.gov.au](mailto:medicalreception@bdh.vic.gov.au)

**Pyramid Hill Recycle Centre & Tip  
Ballast Road, Pyramid Hill  
Opening Hours**

**Tuesday - 1pm-5pm**

**Sunday - 8am-12pm**

For more information on garbage & recycling visit [loddon.vic.gov.au](http://loddon.vic.gov.au)

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This week's happenings at Pyramid Hill College

## LMR Cross Country



Respect Learn Community



Congratulations to Mia Farrar, James Hercott, William Hercott, Rylan Chislett and Matthew Caspani who all represented the College at the LMR cross country on Tuesday in St Arnaud. They were met with cold and wet conditions, however, they all ran extremely well and matched or improved their times from the previous cross country. We are very proud of you all.

Rylan Chislett 14th 14 years boys

Mia Farrar 17th 16 years girls

William Hercott 30th 14 years boys

James Hercott 32nd 15 years boys

Matthew Caspani 43rd 13 years boys

## Do you need Outside School Hours Care in Pyramid Hill (OSHC) in 2024?

An Outside School Hours Care (OSHC) service provides education and care for children (generally ages 5 to 12 years) outside of scheduled school hours and during school holidays. OSHC services may also provide education and care to children on student-free days.

Currently there is government funding available to establish an OSCH service. An OSHC service can be flexible in its operation for example it may be for two set mornings or afternoons for the week, it does not have to operate on five days.

Before we apply for funding we need to know if there is a need for this service to operate in Pyramid Hill from 2024 onwards. If you have primary school age children in 2024 can you please follow the link:-

<https://www.surveymonkey.com/r/MKNZKYW>. The survey will close Wednesday 21st June.



For any enquiries call or message  
Emelia | 0428 586 516  
Email: [chrisleerson@gmail.com](mailto:chrisleerson@gmail.com)

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## Battery Round Up Fundraiser

If you have any old car, truck or large batteries laying around and getting in the way drop them off on the nature strip at

4 Albert Street Pyramid Hill  
Any queries please call



Tan: 0427 993 004  
Bill: 0427 888 102

## Northern District Community Health

Services located in Boort, Cohuna, Kerang, Pyramid Hill, Koondrook and Quambatook

- **Medical Clinic**
- **Allied Health**
- **Community Nursing**
- **Community Support**
- **Registered NDIS provider**
- **Health Promotion**

**Kerang Medical Clinic**  
34 Fitzroy St Kerang  
Mon to Fri  
8.45am to 5.30pm  
Phone: 03 5452 1366

- **Community Nursing**
- Help manage your health and wellbeing at home
- Palliative care
- AgriSafe™ Clinics
- Chronic disease management

**Pyramid Hill**  
12 Victoria St. Pyramid Hill  
Mon to Fri  
9.00am to 10.00am  
(other times by appointment)  
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Jordan & Lyndsey Quinlan

Phone - 0428 567 407 Mobile - 0428 567 408 [quinlans.transport@gmail.com](mailto:quinlans.transport@gmail.com)

# PYRAMID HILL VICTORIA HOTEL

EST. 1874



## Love our local!

The friendly pub open for meals every day with Friday happy hour, trivia, raffles and a chance to win \$1,000

### Trading hours

#### Monday – Open 3.00pm

Dinner from 6.00pm  
Social Darts Night

#### Tuesday – Open 2.00pm

Dinner from 6.00pm  
Trivia Night

#### Wednesday – Open Midday

Lunch from 12.00pm  
Dinner from 6.00pm  
Pot'n'Parma Night

#### Thursday – Open Midday

Dinner from 5.30pm  
Steak'n'Pot Night

#### Friday – Open Midday

Lunch from 12.00pm  
Dinner from 5.30pm  
Happy Hour 5.00pm – 6.30pm  
With Hot Bar Snacks,  
Meat Raffle

#### Saturday – Open Midday

Lunch from 12.00pm  
Dinner from 5.30pm

#### Sunday – Open Midday

All Day Pizza Menu  
Close 11.00pm



Eat in our Lounge or Dining Room

WIN \$1,000 in our monthly Cash Draw!

Love your local pub!



# \$250 POWER SAVING BONUS

We can help you compare energy deals and claim your **\$250** Power Saving Bonus.



## Professional Funeral Home

Providing a caring and compassionate service to the surrounding districts 24 hrs - 7 days.

Philip and Karen Davey



OFFICE & CHAPEL Ph. 5452 1111

39 Fitzroy St, Kerang  
info@adamsfunerals.com.au

## Pyramid Hill Bakery Cafe

Pasties, pies - plain or flavoured, sausage rolls, burgers, Fish 'n' Chips, pizzas, cold drinks and meal deals.

Hot drinks - cappuccino, latte, chai, hot chocolate and tea.

Cold drinks fridge

Large range home baked cakes & slices.

Order - roast chickens and family pies (any flavour)

### Eat in or Takeaway



Phone 5455 7035

Open every day

8am - 8:30pm

We have your catering needs met. Order today!