

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



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 | Digital copies: 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



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



Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

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

Enquires:

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
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, Dungee.

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 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 19TH 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

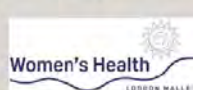


Living and Learning This is a free event !!
through Connection to Nature

*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 Marilyne 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



Extensive breakfast menu, hot and cold lunch, homemade pies, pasties and sausage rolls, hot and cold drinks, homemade cakes and slices, large range of local produce, school lunch orders on Fridays, catering available, bulk buy homemade freezer, fresh sourdough bread baked daily.

36 Kelly Street Pyramid Hill
Monday - Friday 6.30 am - 3 pm
Phone: 5455 7006

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MONDAY – FRIDAY

6:30am - 5pm

SATURDAY

8am - 12pm

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more

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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 2nd hole.



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 22nd June, 7:00pm – 8:30pm
Arrival: 6:45pm

Register at 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:



Register:

CatholicCare Victoria
P 03 5438 1300
E bendigo.reception@catholiccarevic.org.au

www.catholiccarevic.org.au

(03) 5438 1300 | 176 – 178 McCrae Street, Bendigo VIC 3550

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

BYO FOLDING CHAIRS & PICNIC RUGS
TO THE YARRAWALLA HALL
FOR AN UNFORGETTABLE NIGHT OF
FOOD, FUN, FRIENDS AND FAMILY
BY THE FIRE

PLEASE RSVP FOR CATERING PURPOSES TO
SUE: 0428 551 275

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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.



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 Monday's 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 Witcomb (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 usefull 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 skill 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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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



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FOODWORKS



03 54862 200

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

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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

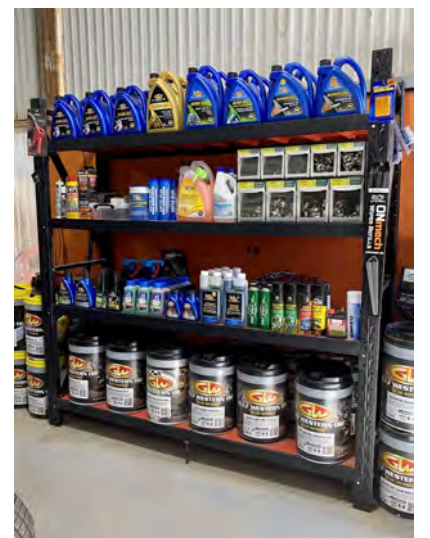
Pyramid Hill
12 Victoria St, Pyramid Hill
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9.00am to 10.00am
(other times by appointment)
Phone: 03 5455 7065

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Andrew: 0407 577 279 Trish: 0400 564 119

E: taqmechanical@outlook.com

FB: @TAQ Mechanical



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Dinner from 6.00pm
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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
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Order - roast chickens and family pies (any flavour)

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Phone 5455 7035

Open every day

8am - 8:30pm

We have your catering needs met. Order today!