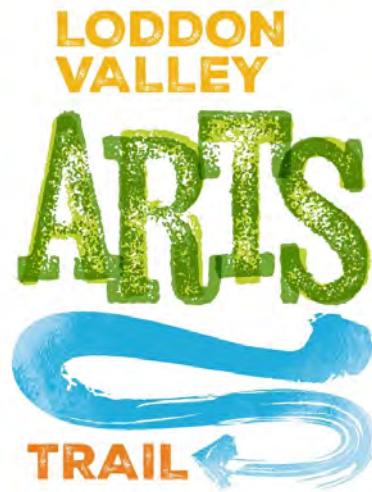


Pyramid Press

School Holidays time, see you all in two weeks.

Loddon Valley Artists on Show



Pyramid Hill Neighbourhood House will become a gallery space for a weekend, joining the Loddon Valley Arts Trail on the 7- 8 October. Artwork from Anne Grogan and Leanne Talbot will be featured, and we are on the lookout for art from other local makers!

The exhibition will be open 10-4pm on Saturday and Sunday, with art activities and mural painting in our garden. Tea, coffee and treats served over the weekend.

More information about the Loddon Valley Arts Trail can be found on Facebook or at the website <https://www.bendigoregion.com.au/visit-loddon-valley/loddon-valley-arts-trail>

You can register your interest in participating as an artist or volunteer, by contacting Kim at the Neighbourhood House.

Pyramid Hill Neighbourhood House

43 Kelly Street | Tel: 5455 7129

Hours: Tues - Fri 10-4pm

Submissions due Tuesdays | 6:00 PM

Email: pyramidhillpress@gmail.com

Digital copies: facebook.com/PyramidHillHouse/

Produced by the community and Pyramid Hill Neighbourhood House Sponsored by the Loddon Shire Council



CO-ORDINATOR CATCH UP

Hi Neighbours

As you could probably tell by looking at me, sport is kind of not my thing. However I was *glued like a grade 6 science project* to the footy scores as they came up on my Facebook feed on Saturday. Must have been a nail-biter of a game. Well done to Pyramid to be runner-up; truly amazing effort to the whole club to support the players right to the very end of the season.

We are gearing up for school holidays in the next two weeks. Teagan has included the Program this edition. We've got some gardening and art activities amongst it all. I hope we see some kids come along.

We have had a mildly successful plant and produce swap on Thursday last week. It was a pretty hairy day, amongst all the beautiful sunshine we suddenly got a freak storm mid way through the event. I am keen to keep it going though. We had a lot to talk about with cuttings being shared, and fruits and veggies being exchanged. Thanks to those who came along.

Our garden had a turbo-charge last week thanks to the Hands on Learning team from the College. I can honestly say, thanks to them we have been out in our garden every day since they made

it look so good! Please come by and give us your opinion on what needs to grow where. I am such a garden novice, so I appreciate advice of all sorts. The garden is a work in progress, we are going to keep adding to it along the way. Of course, special mention to our garden angels, Rob, Tania, Lizzie, David, Bill... Chris Leerson, Bryden and Luke. Did you know we got a grant from the Loddon Shire to activate the front of our building, to make a new gathering space? We are doing it.. We are doing it.

Since we last talked, I have had a visit from Bendigo Sustainability Group to talk about bills and saving money on your power usage. It was a great workshop and I thank them for turning up, I learned a lot. The other great workshops we have held here were from Mallee Family Care legal team. The information they shared, and the discussion around Scams and how to prevent them was insightful. They also held a session on how to choose medical decision makers, and what the latest information is around that.

If you would like us to bring some experts in to explain an issue or for you to learn a new skill. Let me know my friends. We can do it together.

Kim

Guess Who is turning ONE?

Clients, Volunteers and Friends are invited to
CLEO's First Birthday Party

and a celebration of our
Community Transport Program in Pyramid Hill

Thursday 28th September
1.30pm - 3pm
at Neighbourhood House.

Please RSVP: 54557129



Department
of Transport

WHAT'S ON

Bracing yourself for the School Holidays

Sunday | Mount Hope

Rural Financial Counsellor visiting Neighbourhood House

Friday 15th September | 11 - 2 pm

Bookings 54557129

Pyramid Hill Playgroup Storytime

Friday 15th September | 10.30 - 11 am

Pyramid Hill Preschool

School Holidays

Saturday 16 September - Sunday 1 October

Justice of the Peace Mark Boyce

Tuesday 19th September | 12.30 - 2.30 pm

Pyramid Hill Neighbourhood House

Pyramid Hill Progress Meeting

Wednesday 20 September | 6.30 pm

Victoria Hotel

Food Share

Monday 25 September | From 4.30 pm

St Patrick's Catholic Church Pyramid Hill

Cleo's First Birthday Party

Thursday 28 September | 1.30pm - 3pm

Pyramid Hill Neighbourhood House

Whole Loddon Love (Live music for Flood Recovery)

Friday 6 October

Victoria Hotel Pyramid Hill

Loddon Valley Arts Trail

Saturday 7 October - Sunday 8 October | 10-4pm

WHAT'S ON *regular activities*

TUESDAYS

Moderate Movers exercise group | 1 PM | Seniors Centre

Mackay St | BYO exercise mat or towel

Morning Coffee | 10:15 AM | Neighbourhood House

Goldfields Library visit | 11:00 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

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

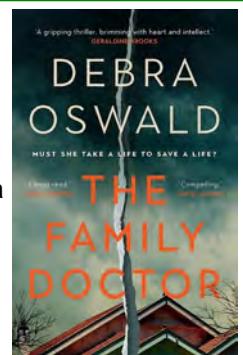
BOOK CLUB

Recommended Read

The Family Doctor by Debra Oswald [writer of tv series *Offspring*]. A gripping thriller with a fascinating moral question at its heart..

When is it ok to kill someone?

Last Wednesday of the Month.



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

Enquiries:

June Smith | 0438 062 646

Uniting

1st & 3rd Sun 10:00 AM

Tyndale Church, Victoria St

Kids Rock

For all school aged children

3:30 - 5:00 PM |

Every second Tuesday during term

Uniting Church

Enquiries:

Robyn | 0427 561 973

Catholic

Sat Mass | 6:30 PM

St Patrick's Catholic Church, Victoria St

30th Wedding Anniversary

Thirty years have simply flown by, way too fast
And there was never a time when we thought it wouldn't last.
I've been using some 'new words' that I've heard over the years.
And when you hear them from my lips, both your eyes well with tears.

In the sheep yards, the paddocks, you pronounce them so loud,
Your expression and articulation, any teacher would be proud.
Sheep know these words now, as do all our neighbours too,
Their vocabulary has expanded and that's credit to you.

Your colourful language extends through the alphabet,
Each letter denotes a word I'm sure many have not heard yet.
Whether it's an expletive beginning with a f, or an a, c or b
No one uses them more, I'm confident all would agree.

Your memory for the jokes or the yarns or the tales
Never fades on your audience as a laugh never fails.
Comedy is one love and you're quick with your wit
You manipulate each joke and flavour it just a bit.

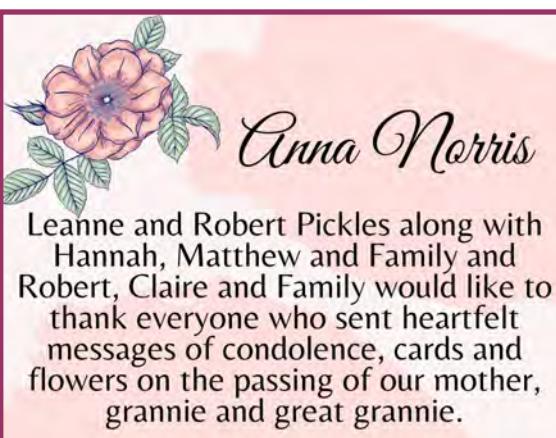
Hard work never hurts you and your ideas run thick
Imagination and problem solving ideas make your mind tick.
You seek the hot sun, as the cold's not your friend
Holiday destinations are always near the top end.

Enjoy the celebrations, time away from 'the farm'
A few days off will certainly do you no harm.
Your singlets, the thongs (or 'surfboards' to some)
The sun, the iPad and more good times to come.

Relax, take it in, sit back and have fun
Walk on the beach or simply lounge in the sun.
It's not where we are that keeps us strong
But who we are, which makes it last long.

The traditional gift is made from Pearl,
But that's not what's needed for this old girl.
Keep doing what you do and being who you be
'Cause they're the things that truly contribute to 'we'.

Happy Anniversary
18.09.2023



ASK AN ACCOUNTANT



Wednesdays 1pm - 2pm

Neighbourhood House

Rural Financial Counselling Service at Pyramid Hill

Anna will be coming to Neighbourhood House to help go through Grant Applications and more..

Friday 15th September
11 - 2pm



Book in to see Anna by contacting
Neighbourhood House
Phone: 5455 7129

SUNDAY AFTERNOON

01 OCTOBER 2023



LUNCH AVAILABLE

1PM
TO
4PM



JUNIOR COACHING

Friday afternoons

10 weeks 6th Oct - 8 Dec
with Coach Paul Condliffe

Contact Alison for more info

0427551253

Pyramid Hill News & Post

MONDAY — FRIDAY

6:30am - 5pm

SATURDAY

8am - 12pm

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Justice of the Peace
Mark Boyce

Tuesday 19th September

12.30 - 2.30 pm

Bookings not required, just call in to Neighbourhood House



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SCHOOL HOLIDAY PROGRAM

Pyramid Hill Neighbourhood House

WEEK 1

Tuesday 19 September

11am - 12.30pm Seed Bombs!

We are out in the garden today with
Goldfields Library

2pm – 4pm Nintendo
On the big screen!

Wednesday 20 September

10.30am – 12.30pm Garden Day!

Planting in our wicking beds, designing
planter pots and getting dirty.

2pm – 4pm Nintendo
On the big screen!

Friday 22 September

1.30pm - 4pm Movie afternoon, snacks
supplied. [Movie title to be confirmed
after we check with the kids..]



WEEK 2

Tuesday 26 September

11am - 12.30pm Meme Zines!

We are making personalised cartoon
magazines.

2pm – 4pm Nintendo
On the big screen!

Wednesday 27 September

11am - 12.30am Cooking

Sushi Rolls

2pm – 4pm Nintendo
On the big screen!

Parents and

responsible adults!

We need a child registration
form to be filled out prior to
the School Holiday program
activity your child is attending.

Children under 8 to be
accompanied by a parent.
Contact 54557129

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adamellerton@hotmail.com



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Contact Gavin 0411 355 842

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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

Plumber

General plumbing services, roof, gas & drainage

In Pyramid Hill 2nd Wednesday each month please call to book a job

Ring Rex 0419 553 025

Lic no. 29427

Email: rexgilhooley@bigpond.com

Pyramid Hill Community Op Shop

5 Kelly St, Pyramid Hill

Opening hours

Tue, Wed, Fri

11:00 AM - 04:00 PM



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Email:

pyramidhill@mawsons.com.au

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It's never you, until it is.



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safety support.



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This week's happenings at Pyramid Hill College



Secondary students connected their in-class exploration of Physics and Newton's Laws to the sporting world.

Newton's First Law: Inertia

An object at rest remains at rest, and an object in motion remains in motion at constant speed and in a straight line unless acted on by an unbalanced force.



Newton's Second Law: Force

The acceleration of an object depends on the mass of the object and the amount of force applied.

Newton's Third Law: Action & Reaction

Whenever one object exerts a force on a second object, the second object exerts an equal and opposite force on the first.



ADMINISTRATION TRAINEESHIP (CORPORATE SERVICES)

Loddon Shire Council, in partnership with CVGT Australia is currently seeking to recruit an Administration Trainee in the Corporate Services Department. This is an exciting opportunity to gain experience in a range of different areas assisting in human resources, training and development, payroll, preparing meetings and agendas and assisting with finance and governance functions. This traineeship has the flexibility to allow you to gain varied experiences, or to focus on a specific business area that you find most interesting.

This Business Traineeship is designed to set you up for success. It will combine on the job training with a skilled professional employer in a supportive environment alongside structured learning with a registered provider to complete a Certificate III in Business.

- Full-time opportunity
- Immediate start
- Located in Wedderburn
- Gain a Certificate III qualification
- Earn while you learn on the job

<https://cvgt.workforceone.com.au/job-board/#/jobs/124>

ADMINISTRATION TRAINEESHIP (WORKS DEPARTMENT)

Loddon Shire Council, in partnership with CVGT Australia is currently seeking to recruit an Administration Trainee in the Works Department. This is an exciting opportunity to gain administration experience in a range of different areas in one of Councils' operational teams such as townscape and waste services as well as building and road maintenance.

This Business Traineeship will combine on the job training with a skilled professional employer in a supportive environment alongside structured learning with a registered provider to complete a Certificate III in Business.

- Full-time opportunity
- Immediate start
- Located in Wedderburn
- Gain a Certificate III qualification
- Earn while you learn on the job

<https://cvgt.workforceone.com.au/job-board/#/jobs/122>



Are Rabbits a Problem for You?

Miller Ag Supplies in conjunction with Loddon Vale Landcare Group and Pyramid Hill East Landcare Group are planning to have a Calici Virus release program. If you are interested and would like to be part of this program, please contact Miller Ag Supplies or Sue Bennett on 0428 551 275 as soon as possible.

It is recommended one vial per warren complex. One vial of K5 can be used to coat 10kg of freshly diced carrots or 5kg of oats. It is recommended to put out free feeds of either carrots or oats for at least 2-3 days before laying the virus. The rate of bait for free feeding should be appropriate to the local rabbit density, typically 2 to 5kg/km for oats and 15 to 20kg for carrots, obviously the nearer their warrens, the more likely they are to eat it.

Also, it is best not to release the virus if there are a lot of young rabbits, as rabbits under six weeks of age are not affected by the virus. Release is also not recommended in extreme climates or weather (eg; peak of summer or during rain), preferably early Summer.

Please refer to the PestSmart website for further information. The link provided here is specific to the bait delivery of RHDV1-K5;

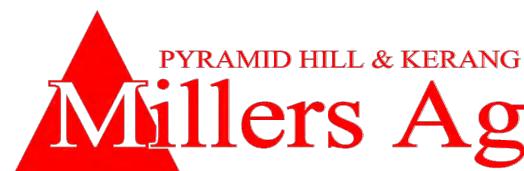
<https://pestsmart.org.au/toolkit-resource/bait-delivery-of-rabbit-haemorrhagic-disease-virus-rhdv1-k5-strain/>

Finally, please consider recording your control activities with;

RabbitScan; <https://www.feralscan.org.au/rabbitscan/default.aspx>



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FOOTBALL

Unfortunately, it wasn't to be for the Bulldogs' faithful at Inglewood, with both the Reserves and Seniors falling agonisingly short of Grand Final victories. Both teams did the Club, members, supporters and themselves proud on the ground, and despite both winning the final term, couldn't bridge the respective three-quarter time margins.

The Reserves kicked into the wind in the opening term, and saw themselves trailing by the barest of margins at the first change. With the aid of the 2-3 goal breeze Marong did plenty of attacking and put the back-half under constant pressure, but as usual, Darcy Hetherington and Brad and Matt Moon were at their frugal best. It was a contest that was fitting of a final with both teams hard at the ball, the pressure was high and possessions and disposals were earned the hard way. The second term for the Reserves was a for-runner for what was to come in the Seniors; despite having the wind the 'Dogs lost the quarter on the scoreboard. The margin at the big break was less than a kick and a repeat of the opening term was needed in the third quarter. Despite heavy work by Tom Walker, Ashton Dye, Nick Skinner and Will Perryman, and the non-stop run from Harry Goodes, Dylan Goulding and Connor Gibbins, the 'Dogs couldn't halt the mini run-on Marong was able to establish. Twenty-six points was a "gettable" challenge, but a tough ask, and the 'Dogs won the term. At the

final siren for the season though, the scoreboard showed a 3-goal deficit. Just eighteen scoring shots to fifteen, and returning the closest margin for the season was an indication of the tightness of the game, but it was not enough. It was a tough pill to swallow but coach Stephen "Stiffer" Donat, and his support staff would have been proud of the endeavour and effort. The "Pony Award" went to Darcy Hetherington, with Brad Moon (National Hotel) and Matt Moon (Victoria Hotel) the other award winners.

Similar to the Reserves clash the Senior contest, taken quarter by quarter, was a mirror image. The Bulldogs kicked into the wind and kept the Panthers to a solitary goal and the margin was less than 6 points when they changed ends. Three goals into the wind in the second quarter was in many ways where the game was won by Marong. Despite great work at the stoppages by Bryden Morison, Dylan Collis and Brodie Carroll, the 'Dogs were 17 points down at the main change. Tom McGregor had been at his reliable best in an intercepting role and Zac Dingwall, Gavin James and Dylan Morison had limited their opponents. To their credit Marong found a couple of opportunities to break the lines and they were able to capitalise. Another quality team effort in the third stanza saw the Panthers kept to 3 goals from eight scoring shots whilst the 'Dogs replied with 2 goals from five attempts. Like the



PLAY YOUR ROLE

Phone Down. Buckle Up.

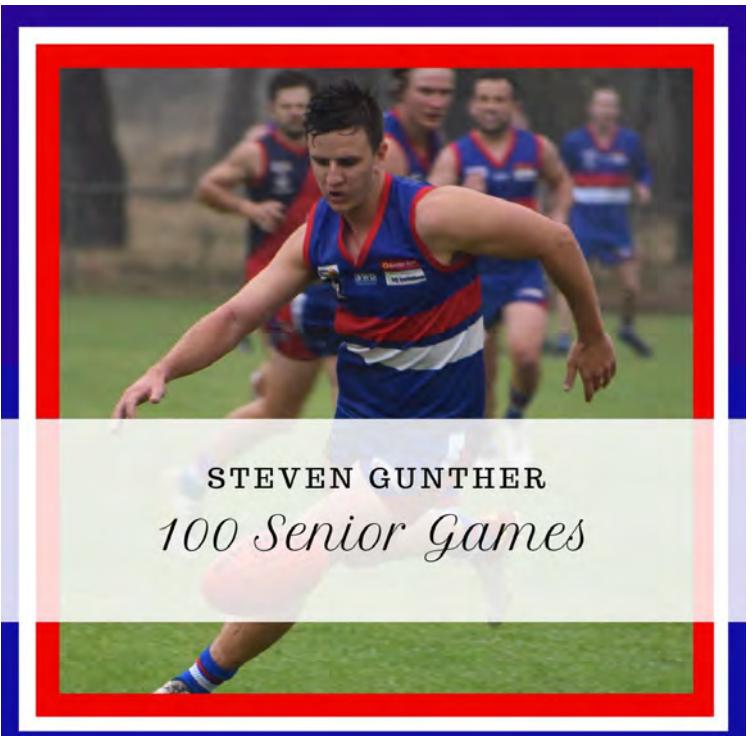


FOOTBALL

Reserves, at the final change the Seniors also had a “gettable” challenge but a tough ask, but 25 points was “do-able”. Seven scoring shots for 2 goals meant that a margin of less than 3 goals showed on the scoreboard when the season ended. Lachlan Sidebottom had been tireless in the ruck and Zach Alford was at his high-pressure best in the forward arc, but the Panthers had been able to sneak forward for a telling goal when the ‘Dogs had the momentum. It was a telling blow but enough to halt the Pyramid Hill late charge. Tom McGregor, in his first season at the “Kennel” was impassable over 4 quarters and won the “National Hotel” award, and “Mr Reliable” Gavin James, claimed the “Victoria Hotel” award. Skipper Steve Gunther played his 100th senior games for the ‘Dogs and despite his usual high-quality game, we were unable to reward him with that elusive flag. A special thanks to the team at “Wizartry Signs” for the Reserves and Seniors run-through banners.

Despite a Senior flag still eluding the Bulldogs, there were plenty of positives to unfold during the season. In both Grand Final games, the Bulldogs kept unbeaten Marong to their lowest scores for the season and ensured the final margins were also the closest. Thanks to tireless efforts by Bryden Morison and his support group we were able to field an Under 18 team. “Auskick” and “Netta” numbers are also very pleasing, and attendances at Thursday training sessions by fans and supporters was fantastic. We were able to utilise our show-piece, the electronic scoreboard, to acknowledge our valuable sponsors and to keep spectators regularly updated. Again the “O’Connors” Pre-Season Day was a huge success and the 2024 event (March 23rd) is well into the planning phase. We can build on this season’s “near misses” and look forward to another year of positive community engagement. If you would like to be part of the off-field team in 2024 make sure you catch up with any committee member.

#bulldogs2023



STEVEN GUNTHER
100 Senior Games

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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

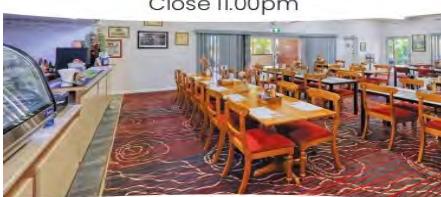
Lunch from 12.00pm
Dinner from 5.30pm
Happy Hour 5.00pm – 6.30pm
With Hot Bar Snacks,
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Saturday – Open Midday

Lunch from 12.00pm
Dinner from 5.30pm

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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!

BOWLS NOTES

Really?!! Where have the months gone??!! That's a bit scary. Remember when it used to take forever for Christmas to come around each year? And the other worrying thought is that since last bowls season we've grown another bit older. I felt a tad depressed about that but then I thought - I'm not going to get all weird about getting older because our age is just counting the days or years that the world has been enjoying us. 😊

Before getting onto bowls business, the PHBC extends hearty congratulations to the PHFNC for their very successful year. It was a real credit to them to have so many teams represented in the finals series. Okay, so none of the PH teams managed to bring home a Premiership Cup but they certainly represented our town magnificently with their display of endeavor and sportsmanship and can hold their heads high. You can be proud of your efforts – we were proud of you.

Now to the bowls stuff. With the days zooming by it will seem like no time at all and we will be applying the sunscreen and hats as we take to the greens for another season of bowling. In readiness for this we need to start getting in some practice – which probably should involve more than sitting on the couch watching the World Championships (goodness, they make it look easy). So this coming **Sunday, 17th September**, we have invited our neighbours from Leitchville to join us for a **Social Day**. To enhance the social aspect, mixed combinations of teams will be formed. Play will commence at **1:00pm**. **Casual dress** is acceptable. A **BBQ** will round off the day. Please place your name on a sheet at the Bowling Club or give your name to Lionel or Marie N. With names in prior to do day we will have a better idea for catering numbers and teams can be formulated beforehand.

Other items of note:

- A return visit to Leitchville is planned for Sunday, 24th

September.

- Bowls practice on Tuesday evenings from 4:30pm
- Mid-week Pennant commences Wednesday 4th October – both divisions 1 and 2 playing away at Cohuna
- Saturday Pennant commences Saturday 7th October – both divisions 2 and 3 playing away at Barham.
- The next Social dinner at the Vic Hotel is Thursday, 21st September.

And finally, on behalf of the Selection Committees :

Blessed are they who can play sport.

Blessed are they who can still be taught.

Blessed are they who accept with grace

To play in any selected place.

GOLF NEWS



The winner of Sunday's stableford event was Steve Gibson with an excellent score of 37 points. Nearest the pin on hole 16 was Jason Deller, congratulations Steve and Jason. Thank you to the Pyramid Hill Bakery Cafe who sponsor our weekly prize, we appreciate your continued support of the club. The golf course continues to play well, thank you to everyone who is working on the course to make it look so good!

**FRESH QUALITY
FLOWERS AND PLANTS
57 KELLY STREET**

ALSO SENDING AND RECEIVING ORDERS FOR FLOWERS PLANTS
AND HAMPERS WORLDWIDE

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Burn-off checklist:

- ✓ Check restrictions
- ✓ Check weather
- ✓ Have water nearby
- ✓ Never leave a fire unattended
- ✓ Put the fire out properly



Check. Apply. Notify.
firepermits.vic.gov.au
or call 1800 668 511





**CHECK
CLEAR
PREPARE**



Show your
property some
attention this
September



For any enquiries call or message
Emelia | 0428 586 516
Email: chrisleerson@gmail.com

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- Hole Boring
- Turf and seed
- Laser levelling
- Irrigation systems
- Rock, mulch and soil supply
- Lawn mowing and whipper snipping

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

- 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)
Phone: 03 5455 7065

- Podiatry and Foot care
- Dietician
- Counselling
- Occupational Therapy
- Diabetes Education
- Speech Pathology
- Paediatric Physiotherapy
- Homelessness service



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- FULLY QUALIFIED MECHANIC
- 20+ YEARS EXPERIENCE
- CAR / TRUCK / TRACTOR
- LOGBOOK SERVICING
- GENERAL CAR/TRUCK PARTS IN STOCK



Enquiries or bookings please call
Andrew: 0407 577 279 Trish: 0400 564 119
E: taqmechanical@outlook.com
FB: @TAQ Mechanical



MAYORAL COLUMN 13 September 2023

Healthy Loddon Campaspe announces new projects for Loddon Shire

Healthy Loddon Campaspe has announced a series of new projects aimed at encouraging physical activity and healthy eating across our region.

Alicia O'Brien, the Coordinator for Healthy Loddon Campaspe shared that the organisation is delighted to introduce the next round of activation programs.

"Data from the Active Living Census told us that 62.5% of Loddon Campaspe residents are overweight or obese, and only 13% of adults and 14% of children meet the daily vegetable consumption guidelines," said Ms O'Brien.

These place based activation projects, designed in collaboration with local stakeholders, aim to address these concerning statistics by fostering healthy lifestyles.

"In addition to the multi-Local Government Authorities projects planned, we're also excited to see the implementation of a number of innovative new projects in the region such as the Active Footpaths Project in Loddon Shire, and the Verge Gardening Project in Macedon Ranges Shire."

Projects commencing from early September 2023 include:

- Active Footpaths Project
- Community Gardens Engagement Project
- Cooking Healthy Meals at Home Project
- Portable StoryWalks Project
- Healthy Sports Clubs Project

For more resources on maintain a healthy lifestyle,

<https://www.healthyoddoncampaspe.au/>

There are six local Councils involved in the initiative – Campaspe Shire, Central Goldfields Shire, City of Greater Bendigo, Loddon Shire, Macedon Ranges Shire and Mount Alexander Shire



Foster Care Week

This week marks Foster Care Week, and is the perfect time to show deserved appreciation for the incredible work that foster families contribute to our community.

I would like to thank all foster carers for their invaluable contributions to the lives of children, young people and families.

If you've considered becoming a foster carer, Foster Care Week is an excellent starting point. People from all backgrounds and walks of life are encouraged to become foster carers. To find out how you can get involved and make a lasting impact on a child's life,

visit <https://fosteringconnections.com.au/>

A promotional graphic for the Pyramid Hill Food Share. It features a large green circle on the left with the text "Pyramid Hill FOOD SHARE" and a small logo of a pyramid with the text "Pyramid Hill, VIC". To the right is a large photo of two women wearing face masks and aprons, standing behind a table filled with grocery bags. Below the main photo are two smaller circular images showing people inside a church setting, likely a food distribution point.

SCHEDULES

January 16, 2023	July 3, 2023
February 13, 2023	August 28, 2023
March 27, 2023	Sept. 25, 2023
April 24, 2023	Oct. 23, 2023
May 22, 2023	Nov. 20, 2023
June 5, 2023	Dec. 4, 2023

**ALL ARE
WELCOME**

St. Patrick's Catholic Church
Pyramid Hill



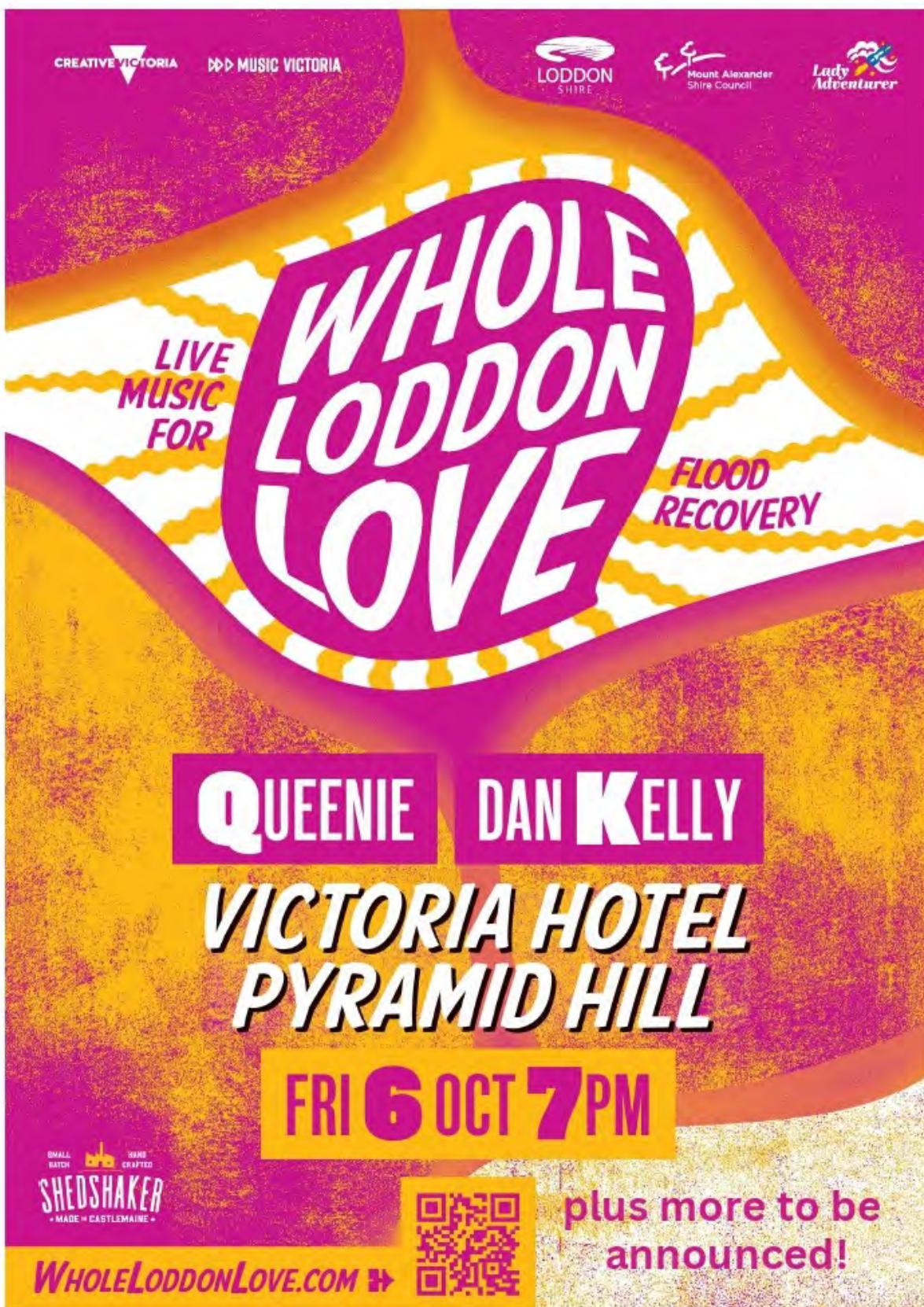
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From 4.30PM
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Money raised will go to
the PYRAMID HILL CFA

