

PYRAMID PRESS

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CONGRATULATIONS Lauren Driscoll

Winner : 2023 Good Sports Victorian Volunteer of the Year



We are proud of local Good Sport from the Pyramid Hill Football Netball Club, Lauren Driscoll.

Lauren's commitment to our community through her volunteer work has received accolades today.

Read about Lauren's exciting news on page 5.

Don't Forget..

Pyramid Hill Progress Association's **Autumn Business BBQ Brekkie**

Come down to the Lions park to support our local business owners and have a chat with mates.

Bacon and egg rolls, snags and hot drinks will be available.

Friday 1st March, 7am to 9am

Lions Park, Kelly Street

Everyone is welcome, see you there!



a Pyramid Hill Progress Assn initiative.



Pyramid Hill Neighbourhood House

43 Kelly Street | Tel: 5455 7129

Hours: Tues - Fri 10-4pm

Submissions due Tuesdays | 3:00 PM

Email: pyramidhillpress@gmail.com

Digital copies: facebook.com/PyramidHillHouse/

Subscribe to the Press: pyramidhillhouse.org.au

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



CO-ORDINATOR CATCH UP

Hi Neighbours,

We've had a great few weeks in Pyramid Hill, with an interesting and cultured March to come, thanks to the Hall committee.

In the coming weeks we will be expanding our programs for Carers here in the community. The flyer for Pyramid Cares is in the Press this week, a program run by Lizzie Boikos for people who care for other humans. Whether you have a child with complex needs, a partner or spouse who needs assistance from you to manage their everyday lives, or someone you look after in other ways - there are resources, social and support groups, and small grants easily available for you to be able to manage your own wellbeing. Please come and see us at the House for our assistance, and for connections to other agencies.

Support might look like: Respite for you - maybe you as a Carer want to get away for a night or two, and need some assistance with accommodation costs, or you are worried about your parent isolating as they are looking after a sick spouse - maybe we could organise social lunches for them and some friends so they can regularly get out of the house for a few hours - we could source financial support for the lunch and possibly pay for a carer/companion for to manage at home. There are so many ways we can help, The groups Lizzie is running are a way to connect with carers, and check in on needs so we can provide the best individualised support. Until next week, Kim

Pyramid Cares

March Program

Friday 1 and 15 March 11AM - Carer's Coffees at the Neighbourhood House. This is open to all individuals caring for someone in the community.

Thursday 21 March 5PM - Caring for Kids at the Neighbourhood House. This is open to all individuals caring for children with complex needs.

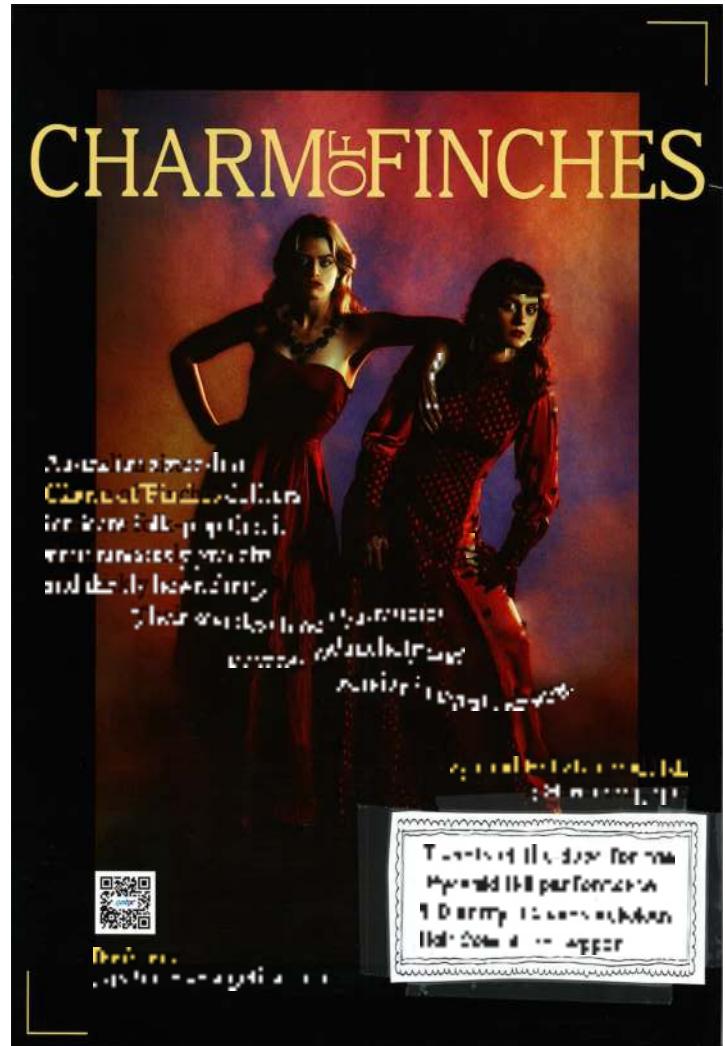
Every Thursday (subject to weather) - walkers group for all carers wanting to socialise while improving overall health.

Meet at Neighbourhood House for a 9:30AM start.

Friday 22 March 1pm - Pinot and Picasso at the Memorial Hall. This is open to all individuals caring for someone in the community, enjoy a guided painting session with afternoon tea.

Bookings required. Call 54557129 or email pyramidhillprograms@gmail.com

The Connecting Carers in their Community grants program is supported by the Victorian Government.



Featuring Syatar Knutur and The Maes



21 March, 6.30pm for 7pm start

\$10 (12 yo and under are free)

Tickets purchased at the Neighbourhood House or at the door if available

WHAT'S ON

International Guinea Pig Birthday

Sunday | Mount Hope

Pyramid Cares

1 & 15 Mar | 11 am | **Carer's Coffee**

21 Mar | 5pm | **Caring for Kids**

22 Mar | 1 pm | **Pinot and Picasso** | Memorial Hall

Every Thurs | 9.30 am | **Walking Group**

All programs run from the Neighbourhood House unless stated. Ph: 5455 7129

Autumn Business Barbecue Brekkie

Lions Park | Pyramid Hill Progress Assoc.

Fri 1 Mar | 7am - 9am

Loddon Plains Bird Day Out

Presented by Terry Jarvis, watercolour artist and Andrew Skeoch, author and naturalist

2 Mar | 12.30 to late, Sunday morning bird walk.

lpln.facilitator@gmail.com or 0490 412 430 for bookings

BBAC Theatre Productions - The Traveller's Tale

Boort Senior Citizens

Sat 2 Mar | 2 pm & 7pm for a 7.30pm start

Ph: Bradley 0488 752 687

Trains resume from Melbourne to Swan Hill

3 Mar

Hard Rubbish Collection

Place on the kerb on Sun 3 Mar | collection starts Mon 4 Mar

loddonshire.vic.gov.au

Pyramid Hill and District Annual Reunion

McKinnon Pavillion Bendigo Showgrounds

Sun 3 Mar | 10 am - 3 pm

Ph: Glenda 0427 301 464

PHFNC Catering Committee AGM

Mon 4 Mar | 7.30 pm | Mitchell Park | All Welcome

Pyramid Hill Fire Brigade General Meeting

Mon 4 Mar | 8 pm | CFA Shed, Kelly St

Justice of the Peace, Mark Boyce

Neighbourhood House

5 Mar | 12.30 - 2.30 pm | alternate Tuesdays

Nurse Practitioner in Pyramid Hill

7 and 28 Mar | NDCH Victoria St bookings essential 54557065

International Women's Day Breakfast

8 Mar | 8 - 10 am | 47 Myer's St Bendigo

Charm of Finches

13 Mar | 8 pm | \$10

Pyramid Hill Memorial Hall

Ward Boundary Reviews

Public submissions close 13 Mar

vet.vic.gov.au/loddon

Breast Screen Victoria Mobile Van in Kerang

Until 15 Mar

Festival of Small Halls

21 Mar | 6.30 pm for 7pm start

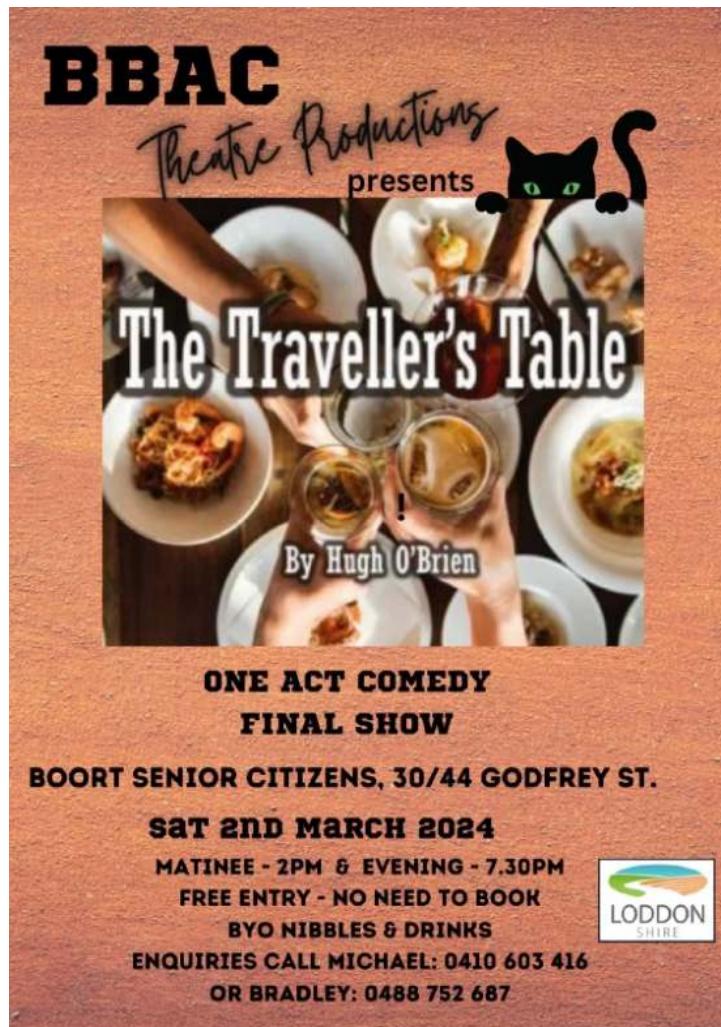
Tickets \$10 at the Neighbourhood House

Bike Mechanic

Neighbourhood House

Fri 19 Apr | 10 - 11.30 am, 12 - 2 pm

Bookings ph: 5455 7129



PUBLIC NOTICES

CHURCH SERVICES

Anglican

1st and 3rd Sun | 10:00 AM
Tyndale Church Victoria Street

2nd Sun | 9:00 AM
4th Sun | 11:00 AM
St Thomas' Church
Durham Ox Road
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
Every second Tuesday
during term 3:30-5:00 PM
Uniting Church
Enquiries:
Robyn | 0427 561 973

Catholic

Sat Mass | 6:30 PM
St Patrick's Church Victoria St

MEETINGS

Pyramid Hill Fire Brigade is holding a General Meeting at the CFA Shed, Kelly St, Pyramid Hill. Monday 4 March, 2024. 8 pm

PRESS DEADLINE

The deadline for submissions to the Press is now 3pm Tuesdays.

Thank you in advance for helping make this change.



The Breast Screen Victoria Mobile Van is in Kerang from 12 February to the 15 March 2024. It is positioned in RSL Drive, behind the Safeway Carpark.

For more information phone 13 20 50



NOTE: COACHES ARE REPLACING TRAINS BETWEEN MELBOURNE AND SWAN HILL FROM 21 FEB TO 3 MAR

TRAIN/COACH MELBOURNE TO PYRAMID

Monday – Friday

Dep Melb	Dep Bendigo	ArrivePyramid
07:39 AM	10:00 AM	11:09 AM
06:08 PM	08.26 PM	09:34 PM

Tuesday and Thursday (Need to book on Thursdays)

01:06 PM	TUE 03:09PM	04:29 PM
	THU 03:10PM	04:29 PM

Friday Only

07:08 PM	09:10 PM	10:25 PM
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Saturday & Sunday Only

07:40 AM	10:00 AM	11:09 AM
06:43 PM	08:57 PM	10:05 PM

TRAIN/COACH PYRAMID TO MELBOURNE

Monday – Friday

Dep Pyramid	Dep Bendigo	Arrive Melb
08:05 AM	09:18 AM	11:28 AM
02:46 PM	03:59 PM	06:11 PM

Tuesday and Thursday

01:06 PM	12:26 PM	02:25 PM
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Friday Only

05:30 PM	07:01 PM	09:09 PM
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Saturday Only

08:05 AM	09:20 AM	11:30 AM
02:46 PM	04:01 PM	06:09 PM

Sunday Only

08:05 AM	09:18 AM	11:30 AM
05:47 PM	07:00 PM	09:12 PM

PYRAMID HILL FOOTBALL NETBALL CLUB



PYRAMID HILL FOOTBALL NETBALL CLUB VOLUNTEER CELEBRATED AT GOOD SPORTS AWARDS

Lauren Driscoll from Pyramid Hill Football Netball Club was today celebrated at the annual Good Sports Awards at Parliament House in Canberra, after being named the 2023 Good Sports Victorian Volunteer of the Year for being the beating heart of her club and going beyond the usual undertakings of a volunteer.

The national Good Sports Awards celebrate Australia's best community sporting clubs and volunteers, for their commitment to building healthy and inclusive club environments, and their work with the Alcohol and Drug Foundation's Good Sports program in tackling topics like alcohol, illicit drugs, smoking, mental health and safe transport.

Pyramid Hill Football Netball Club secretary, Jan Hickmott said Lauren is a long-term passionate Good Sports advocate, committed to creating a welcoming environment for the Pyramid Hill Football Netball Club family.

"Lauren takes on many roles within the club including social media manager, grant writer, netball umpire, and player, and we are incredibly lucky to have such a passionate, loyal and capable person," Jan said.

Pyramid Hill Football Netball Club was awarded the Good Sports National Safe Transport Award in both

2019 and 2021 and working with a small, dedicated group, Lauren ensures the club remains committed to promoting road safety on rural roads.

"Lauren is also a committed advocate for the responsible service of alcohol, mental wellbeing, safety, and inclusion. A teacher and natural leader, Lauren is enthusiastic, passionate, and committed in everything she does," Jan concluded.

Jan said Lauren is a long-term Good Sports champion, committed to making sure everyone feels welcome, and with a vested interest in ensuring the club continues to be safe and inclusive for families.

The Alcohol and Drug Foundation's Victoria Manager, Mona Malouf said the Lauren should be incredibly proud of her achievements.

"The Good Sports Awards are the ultimate trophy for any Good Sports club. Every year we get to celebrate incredible work being done by dedicated volunteers in community sport and this year is no different," Ms Malouf said.

"These award recipients are shining examples of the Good Sports program which is helping build a healthier sporting nation by supporting clubs to be the very best they can be."

Working with almost 12,000 community sports clubs, including over 3,300 in Victoria, Good Sports is Australia's largest community health sports program. In the Victoria, it's managed by the Alcohol and Drug Foundation and funded by the Australian Government.



INTERNATIONAL WOMEN'S DAY 2024
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Women's Health
LODDON MALLEE

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St. Pat's Community Readers

We love Monday and Tuesday mornings at St. Pat's. That's when our community readers come in and support our learners as part of our Community Reading Program. Not only does it help our students with their reading skills and development, it builds relationships with the broader Pyramid Hill community. We would love for more people to join our program and be part of this initiative. If you've got a spare 15 minutes at 8:45am once each week, we'd love for you to contact us and find out what it's all about. Just give the office a call on 5455



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Thursday, April 11th

PYRAMID HILL

Thursday, March 7th
Thursday, March, 28th

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Services:

🕒 Long Consults (30 minutes): Nurse Practitioner Yvonne offers 30-minute long consults. This allows ample time for in-depth conversations, ensuring all your queries are addressed comprehensively.

🕒 Short Consults (15 minutes) - Existing Patients Only: Yvonne is available for 15-minute short consults exclusively for existing patients. It's perfect for routine follow-ups.

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- specialise in Women's Health, Child Health, Age Care and Chronic Disease management



NDCH welcomes people of any age, gender, sex, sexuality, culture, religion and ability. We acknowledge that we are on Aboriginal land and pay our respect to Elders, past, present and emerging.



At Northern District Community Health, we're dedicated to providing the best possible services to our community. Your feedback is essential in helping us understand what we're doing well and where we can improve. We have two surveys available:

Quick Survey (Less Than 2 Minutes):

Help us with a brief survey that will take just a couple of minutes of your time: Quick Survey Link:



Detailed Survey

(Approximately 5 Minutes):

For a more in-depth insight, please participate in our detailed survey, which takes approximately 5 minutes to complete: Detailed Survey Link:



Thank you for taking the time to share your thoughts and suggestions.

ABOUT LLOYD MILLS

When Jasmine Twigg was a Year 9 student at Pyramid Hill College, she had the pleasure of interviewing Lloyd Mills. From her interview, she wrote about his life and she has kindly shared this with us. Thank you Jasmine.

Lloyd Mills has been through war, made himself a loving family, enjoyed a childhood that the modern and future generations would never experience and seen the technological advancements in farming, but Lloyd Mills' favourite topic through his 102 years of life is his time playing community sport.

A child born in Pyramid Hill with a twin brother and raised in Mincha, only to grow up playing sport, to farm and to live over a century, Lloyd's childhood and school life should never be looked over. In our interview, Lloyd talked about how he and his siblings would walk three miles to school every day, until they were old enough to ride a horse, adding that the horse he used would occasionally tip him off. One of his fondest school memories was when he and his siblings would wag school and play in a nearby channel all day. He also talked about how when everyone found out what they were doing, the teachers were mad and his father was in a worse mood, and they were all given a good spanking afterwards.

Horses have been a big part in Mr Mills' life. His father would enter them in agriculture shows when Pyramid Hill ran one. Lloyd even talked about how he traded horses for a T-Ford. His father also entered sheep, cattle and squares of pasture into the local show and won once with three fat lambs.

Farming is an on-going career through Lloyd's family for many generations, including his children and his father. During his years of farming, Lloyd has seen many technological advancements in farming, including moving from horse pulled machinery to modern day tractors and harvesters. But he noted that his favourite advancement was the creation of lazereng. He also added that one of his greatest accomplishments was shearing his first 100 sheep when he was only seventeen.

Mr Mills says that the most important people in his life were his wife and his parents. Followed by his children, which one of his sons added "After lazereng too". But Lloyd also noted that his grandparents had the biggest impact on him. His immediate family, as a child, consisted of his parents, himself and one sister and two brothers, including his twin brother, Richard.

From 70 years of local cricket, playing football and winning multiple country sport premierships to making his children practice every game, Lloyd's love of sport has never died nor whittled down. Though, he does add that he isn't a big fan for tennis, despite playing a doubles to fill in once, and won that match. From the age 12 to 82, Lloyd Mills loved playing cricket. Originally he played cricket for the Mincha team until it had to

disband, before he played for Durham Ox. He played at Durham Ox until that also disbanded and that made him stop playing cricket. Though his family children remember how his wife pestered him to stop cricket and at one stage, she thought he did. That was until a parcel for Lloyd arrived at their door one day and to his wife's surprise, she discovered it was a new load of cricket whites. Lloyd had many wins in his cricket whites, but because of his love and service for the sport, he was invited to have dinner at the MCG, with many famous sports players, including the cricket stars Shane Warne and Bill Lorry, and the famous athlete, Herb Elliot

Lloyd Mills was called up* to serve five years in the war, where he was first sent to Darwin to protect it from the bombing, before heading off to Papua New Guinea and fighting the Japanese there, whilst gaining many injuries. He was also one of the few men who stayed behind guarding the Japanese prisoners of war for some time.

Their journey to Darwin was a long and rough one. They rode a train to one town before boarding another train to Alice Springs. On their way, they slept in a creek before piling on trucks the next day and headed for a boat named Catherine. When they landed on dry land again, they trekked the rest of the way through the bush. They arrived a week before the Japanese bombed the city. One story Lloyd remembers from his time there was that he was about have his lunch one day, when everyone was suddenly called to action. Lloyd left his lunch beside the trench, right where a bomb dropped. Luckily, Lloyd was fine, but his lunch wasn't.

While most of the soldiers returned home to Australia after the war finished, Lloyd and a few others stayed behind to guard the couple islands they had the captured Japanese soldiers trapped on. While imprisoned, the Japanese grew vegetable gardens, which the soldiers who stayed behind, including Lloyd, ransacked them for extra food.

Some of the injuries Lloyd gained during his time in the war included a shrapnel in his leg, which he uses to tell the weather. If it starts to hurt, that meant there was raining coming. He also had a narrow miss of shrapnel across his forehead. Both injuries, he got from his time in Papua New Guinea. His time in the war also led Lloyd to become deaf in his right ear and was losing his hearing in the left. The war also the reason why Lloyd refused to eat sweet potato, because they ate that for months during the war.

Lloyd mentioned how his secret to a long life is that he never smoked. Even during the war, he never used his tobacco ration. But it did not go unnoticed by his family how he can devour a block of chocolate in the car.

You can listen to a snippet of Lloyd talking at these links:

Horse pulled machinery - https://static.wixstatic.com/mp3/2fa1f4_2729e8064f7f4293a364e485ca81bb6d.m4a

Narrow miss of the shrapnel - https://static.wixstatic.com/mp3/2fa1f4_3c0f9e789c5a4619ac17ad1d432c9c91.m4a

SPORT

BOWLS NOTES

The Bowling Season is beginning to draw to a close with the Pennant matches already at the Grand Final stages. However, don't get too complacent, folks. You'd best delay becoming winter couch potatoes for a bit longer yet. We still have three tournaments to host before we can put our feet up, the first of these being Wednesday, March 20th. Then there is still a tournament in April and, finally, we round off with the Seafood Tournament in May. On top of this, there are a myriad of other tournaments around the area, so don't let anyone feel that they are short of a game!

Saturday Grand Final:

Those of us who sat on the sidelines and took in the competition at Cohuna last Saturday did not go hungry. It was a veritable feast of great bowling, the likes of which you'd struggle to find better in the BPL (Bowls premier League).

In Division 1, Cohuna Golf and Kerang Golf showed off their magnificent talents as player after player out-drew their opponent's shots. Kerang Golf managed to secure a win on one rink of the three, but it was the power house Cohuna Golf who notched up another victory – another Grand Final. They won 87 shots to 61 and deserve all the accolades, given that Kerang Golf tested their metal.

In Division 2, Cohuna Golf 2 had a more comfortable win over Barham 2. The strength of Cohuna Golf shone through as they tallied 99 shots (didn't quite crack the 100) to 58.

However, Barham did not go home empty handed as their Division 3 team, Barham 4, had a fairly tight finish holding on tenaciously to win 84 – 71 shots.

Congratulations to all Winners - and Runners Up. Your displays of bowling were a treat to witness.

Wednesday Pennant Grand Final:

The Grand Final matches for Mid-week Pennant will be held on Wednesday this week – if the weather gods can keep it together.

Division 1 will be a contest between Barham 1 and Cohuna 1

Division 2 will be played between Kerang Golf 1 and Barham 3

Again, we look forward to witnessing these elite teams display their prowess. Good bowling and good luck to all players.

Congratulations to Marie S who teamed with our Roma and a Cohuna player, Alison, in the Northern District State Triples. They successfully won the right to go on to play against other Regional Bowling Area teams.

Vale Leigh McCahon

The PHBC was saddened to learn of the passing of former member and player, Leigh McCahon. Leigh's bowling history is short in comparison to some of his other town and community involvements and contributions, but his participation was non-the-less valued. Sincere sympathy is extended to Beth and all members of Leigh's family.

Here's a tip for the ladies: Dave was convinced he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Now, each day, Mabel is putting the cockroach in a different room starting with the bathroom.

TENNIS RESULTS

Mincha West, 5 (116) def Dingee 0 (82)
Calivil North, 5 (120) def Yarrawalla, 0 (64)
Serpentine, 4 (102) def Lake Meran 1 (88)
Raywood had the bye

Ladder

Mincha West, 4.18, 147.41%
Calivil Nth, 3.46, 126.40%
Dingee, 2.89, 106.35%
Raywood, 2.69, 101.57%
Serpentine, 1.93, 89.16%
Yarrawalla, 1.75, 82.68%
Lake Meran, 0.46, 60.72%

Pyramid Hill Art Show, People's Choice Award Winner.

Congratulations
Michelle
Hazelton





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Steak'n'Pot Night

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Lunch from 12:00pm
Dinner from 5:30pm
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- 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

- **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)
 Phone: 03 5455 7065

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



TAQ MECHANICAL



- GULF WESTERN OIL STOCKIST
- BOND BATTERIES STOCKIST
- CAR/TRUCK TYRE SALES & FITTING
- ONSITE REPAIRS
- WINDSCREENS
- 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

