

PYRAMID PRESS

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Police Presence for Pyramid

Have you met Senior Constable Troy Young?

Troy has been working across the Loddon area for the last 6-7 years, and most recently has been working out of our Pyramid Hill Station.

He's passionate about working toward good and consistent policing coverage for the smaller towns. We had a great chat about something else he is energetic about - speed zones. After a few locals approached him about pedestrian safety and noise, he has kept a keener eye on speeding especially at the entrances to town.

He loves a chat, and finding out more about our town. Do make sure you introduce yourself if you see him down the street. Or, drop in to the Station if you see his car in the driveway!

Troy is in place temporarily, and can't be sure if that will be 6, 12 or 18 months. A more permanent policing solution for our Pyramid Hill station is still being looked at.



**In an
emergency
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000**

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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



REMINDER: NO PRESS DURING THE SCHOOL HOLIDAYS

CO-ORDINATOR CATCH UP

Hi Neighbours

What do you do for your mental health my friends? Truth be told, I sometimes go home from work and I've only got the dog to talk to. Those of you who have met Dr Ziggy will understand talking to her can be costly [she charges \$180 an hour for deep pat therapy].

I've just been chatting to our Police fella, Snr Constable Troy Young - and as he left me he said. 'Stay well. Mental health - it has the potential to creep up on you bit by bit.'

It made me think of the holiday I had back in March, and how that has set me on a strong course of mental health. Swimming in the ocean, gave me a hard re-set.

Here at the House we talk with folks who are looking after someone, a family member, neighbour or friend who need support. We are asking 'who is supporting *you* to make sure you are mentally well enough to do all the tasks you want to do?'

This is where we can help - with Pyramid Cares - AND with the Art for the Heart workshop coming next week.

I know painting isn't for everyone - I know that our Year 9 Art Teachers probably killed our confidence - but it is surprising where your mind goes, taking it up as an adult. I dare you to sign up and come along if you can! It will be good for your brain box. Til next week.. Kim



Art for the Heart

FREE CARER WORKSHOP

Art is a relaxing activity that relieves tension and stress and can have extremely positive impacts on your health.

Bendigo Health Carer Support Services and Pyramid Hill Neighbourhood House invites carers to enjoy a FREE afternoon tea and guided painting session.

Friday 31 May 1.15 - 3.30pm

**Community Hall - The Supper Room
30 Kelly St, Pyramid Hill**

Limited spaces. Bookings essential by **Friday 24 May**

**For more information or to book contact
Pyramid Hill Neighbourhood House
on 5455 7129**




Pyramid Cares

May Program

Friday 3 and 17 May 11AM - Carer's Coffees at the Neighbourhood House. This is open to all individuals caring for someone in the community.

Wednesday 22 May 1pm - Coeliac Support Group at the Neighbourhood House. This is open to all individuals with or supporting someone with coeliac disease or gluten intolerance.

Thursday 30 May 1PM - Caring for Kids at the Neighbourhood House. This is open to all individuals caring for children with complex needs.

Friday 31 May 1PM - Sit and sip art session 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

Every Thursday (subject to weather) - walkers group for all carers wanting to socialise while improving overall health. Meet at the Neighbourhood House for a 9:15 AM start.

PYRAMID HILL

SEASONAL OUTLOOK PRESENTATION

WITH AG VIC SEASONAL RISK AGRONOMIST

DALE GREY

COME AND LEARN ABOUT THE FACTORS INFLUENCING THE SEASONAL OUTLOOK WITH RESPECTED EXPERT, DALE GREY.

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WHEN: WED 19 JUNE, 11AM FOR AN 11.30AM START
WHERE: MILLER'S AG, 1 KELLY ST, PYRAMID HILL

PLEASE RSVP FOR CATERING PURPOSES BY WED JUNE 12 TO LODDON SHIRE COUNCIL
COMMUNITY RECOVERY OFFICER: 0474 911 783



WHAT'S ON

Navel Gazing

Valencia and/or Nectarine Gazing next week.
Sunday | Mount Hope

Nurse Practitioner in Pyramid Hill

30 May, 20 June, 11 July, 1 August
NDCH Victoria St | bookings essential
54557065

Pyramid Hill FOODSHARE 2024 dates

17 June | 15 July | 12 August | 23 September | 21 October | 18 November | 2nd December
From 4.30pm at Pyramid Hill Catholic Church while supplies last. All welcome.

Art for the Heart

Pyramid Hill Memorial Hall
Friday 31 May | 1:15 - 3:30 pm
Free event to support our carers.
Limited spaces available.
Bookings: Liz Boikos Neighbourhood House | 5455 7129

Victorian State Concert Orchestra

KERANG Memorial Hall
Sunday 2nd June | 2pm - 4.30
\$10 Adults | Children u/16 free
Bookings ph: 5456 9333

Pyramid Hill Progress WINTER BBQ Brekkie

Lions Park | Kelly Street
Friday 7th June | 7.30am - 9.30am
Hot food and Drinks available | ALL WELCOME
*First Friday of the Season

AG Vic Seasonal Outlook Presentation

Millers Ag | Wednesday 19 June | 11am [11.30 start]
Talk by Dale Grey, followed by free lunch
Bookings: 0474 911 783

Justice of the Peace

Attending Neighbourhood House on these
Tuesdays, 1-2.30pm. No appointment necessary.
June 11th, 25th

Pyramid Hill Storytime

Stories and Songs for preschoolers.

Pyramid Hill Playgroup
67 Kelly Street
10.30 - 11am Friday
14 July



REGULAR ACTIVITIES

TUESDAYS

Morning Coffee | 10:15 AM | Neighbourhood House
Goldfields Library visit | 11:00 AM | Neighbourhood House

WEDNESDAYS

Moderate Movers exercise group | 1 PM | Pyramid Hill Memorial Hall | BYO exercise mat or towel
Social Bowls | 7:00 PM | 98 Victoria St
Book Club | 4:30 PM | last Wednesday of each month

THURSDAYS

Pyramid Cares Walking Group | 9.15AM | weekly
Caring for Kids | 1 PM | 3rd of each month

FRIDAYS

Playgroup | 10:00 AM | Preschool, 67 Kelly St
Scrabble Fever | 2:00 PM - 4pm | Neighbourhood House
Pyramid Cares carer support group | 11 AM | 1st and 3rd Friday of month at Neighbourhood House
Hill Walking Group | 4.15pm | 1st Friday of the Month | meet at the Hill for friendship and fitness

COFFEE BREAK QUIZ

[answers on page 7]

- 1 How many bones in the human body?
- 2 What is the largest country in the world by area?
- 3 What is the world's largest desert?
- 4 Who composed the Four Seasons?
- 5 Who wrote the Australian Classic 'A Fortunate Life'.
- 6 What is a group of crows called?
- 7 What is a group of flamingoes called?
- 8 What is the primary gas found in the earth's atmosphere?
- 9 Who is the Mayor of Loddon Shire?
- 10 In what country are the Pyramids of Giza?



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PUBLIC NOTICES

CHURCH SERVICES

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Anglican Church Services
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

Sunday | 11:00 AM
Church of Christ, Kelly St
Pyramid Hill
Enquires:
June Smith | 0438 062 646

Uniting

1st & 3rd Sunday 10:00 AM
Tyndale Church, Victoria St
Pyramid Hill

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 Catholic Church
Victoria St Pyramid Hill



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If this interests you please contact Greg Whinfild, President
0428578211



Pyramid Hill Progress Association's

Winter Business BBQ Brekkie

Friday 7th June, 7.30am to 9.30am

Lions Park, Kelly Street.

Come support our local business owners and have
a chat with mates.



Hot food and drinks will be available.

Everyone is welcome, see you there!



TRAIN/COACH MELBOURNE TO PYRAMID

Monday – Friday

	Dep Melb	Dep Bendigo	Arrive Pyramid
	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

	10:51 AM	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



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Pyramid Hill Progress Association

May Meeting Update

Pyramid Hill Progress Association's purpose is to support the growth and development of Pyramid Hill and district and to coordinate and manage effective community planning, projects and partnerships. PHPA is run by volunteers in the community and liaises with various organisations across the Shire.

Police Officer Troy Young was a guest at our meeting and spoke about working in the Loddon Shire and our community.

Some of the projects that were discussed at our May meeting included:

- setting up a Pyramid Hill Parkrun (a 5km run/walk around the Hill),
- a revamped multicultural Fiesta for March/April 2025 and,
- the top 5 priorities as voted on by the local community in the Plan for Pyramid survey. In no particular order these priorities were narrowed down to childcare, a bike/walking bridge over the Bullock Ck, housing/land availability, safety & security including footpaths and streetlights and a skatepark.

If one of these projects has caught your eye and you would be interested in being involved and volunteering your time, please email Penny at pyramidhillprogress@gmail.com and I will put you in touch with the project working group.

If you would like to be part of all these discussions you are very welcome to attend our next meeting on Wednesday the 19th of June at 7pm held at the Victoria Hotel.

Golf News

The condition of the course is improving with the recent rain and we have our club championships rapidly approaching. The championships will run over the following dates:

June 2nd

June 16th

June 23rd

July 7th (Must play)

All competitors must play the final round and scores are calculated as best three of four rounds.

Membership fees will need to be paid by June 2nd. Happy golfing.

COFFEE BREAK QUIZ ANSWERS

1. 206 2. Russia 3. Antarctic 4. Vivaldi 5. A.B.Facey 6. Murder 7. Flamboyance 8. Nitrogen 9. Gavan Holt 10. Egypt

VALE

Mills, Keith 'Linton' George
04.10.1933 – 18.05.2024

Suddenly at home in Bendigo, formerly of Pyramid Hill & 'Wattle Vale', Mincha.

Dearly loved & loving husband of Valerie.

Adored father & father-in-law of Denise & Alister McDougal, Allan Leed (dec), Lynley & Leon Strachan, Craig (dec) and Kathryn & Robert Cuning.

Proud Grandpa of Christopher & Lydia Leed, Jacquelyn & James Dunstan, Amanda & James Rogers, Meredith & Andrew Ball, Rebecca & Randall Bulley, Kieran Strachan & Suzanne Cockcroft, James & Sarah Cuning, Bethany & Callum Gordon, and Emily & Levi de Pyle.

Great Grandpa of Samantha, Oscar, Isaac, Makayla, Angus and Alexandria Leed; Madeleine, Charles, Reuben and Isabelle Dunstan; Grace and Jack Rogers; Sahara, Harvey, Lenny and Elke Ball; Indie and Xander Bulley; Amelia and Ryan Cuning; Adalyn, Jed, Chad and Maverick de Pyle.

Loved son of the late Charles & Florrie Mills of Mincha. Brother of Marjory Roach, Leila Bye, Charles Mills, Freda Kerr (all dec) and Athol Mills.

Funeral service at Eaglehawk Presbyterian Church at 10.30am, followed by a Graveside Committal at Pyramid Hill Cemetery at 3pm.





Have you organised your pasture seed yet? We have quantities of annual rye, italian rye, shaftal and shaftal mixes at both stores.

Need a new pair of boots? Rossi Boots are walking out the door!!

TJStockfeeds has a large selection of horse rugs for your best mate. Keep them cool in summer and snug in winter.

Don't forget to order your fox baits prior to lambing! You will need to show your ACUP with the 1080 endorsement.

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This week's happenings at Pyramid Hill College

NCD Cross-Country



Eighteen students represented the College at the North Central District Cross Country in St Arnaud last Friday. All students ran extremely well as they conquered the hilly track. It was extremely pleasing to see how well the students supported each other throughout the day. The College finished 2nd overall in the standardised team scores which is an excellent achievement. Well done to all competitors.

Team members: William Hercott, Mitch Quaife, John Mark Dovere, Cooper Gould, Tyler Manton, John Dizon, Rylan Chislett, Jacobi Mitchell, Eloise Walters, Daemon, Ziad Mohamed, Tristan Broad, Matthew Caspani, Cecily Farrar, Rian Pantig, Gillian Pacala, Thomas Hercott and Jamison Walters.

The Biggest Morning Tea

Last Wednesday we had a lovely morning tea and had family members join with us for this event. The dress code was 'Wear your PJ's', so we all thoroughly enjoyed lounging around all day in our PJ's. Many thanks to Team SRC and our senior students who catered and prepared for this very successful event. Thanks also to Mrs Cain, Wendy, Gen and all who assisted to ensure this event happened. We raised over \$200 for the Cancer Council, which is a mighty effort. Thanks everyone!



PYRAMID HILL VICTORIA HOTEL

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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
Hot Bar Snacks
Meat Raffle

Saturday - Open Midday

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

Sunday - Open Midday

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MAYORAL COLUMN



Are you interested in becoming a councillor in local government?

Every four years, Loddon Shire residents and ratepayers vote to elect five Councillors to represent our community. The next will be for the 2024-2028 term, to be held via postal ballot this October, administered by the Victorian Electoral Commission.

If you are interested in becoming a local council candidate, you can access information and resources regarding nominations, eligibility, relevant training opportunities and more by visiting Council's website www.loddon.vic.gov.au/Our-Council/Council/Council-elections.

Loddon Inclusive Communities Plan

Council is currently developing an Inclusive Communities Plan, which will include recommendations and actions to help Loddon Shire become a more inclusive place. Inclusive communities enable everyone to access the information, opportunities, services and goods they need to live healthy, connected and fulfilling lives at every stage.

It is important that the plan is informed by your voice to reflect the community's experiences, ideas and aspirations.

Come along to our listening post!

Friday 24 May 2024 10:00-11:30am Wedderburn Biggest Morning Tea

Alternatively, you can pick up a copy of the survey from the Pyramid Hill Post Office or Neighbourhood House, or go to <https://connect.loddon.vic.gov.au/loddon-inclusive-communities-plan>

Best Wool/Best Lamb and Better Beef Conference

Early bird tickets for the Best Wool/Best Lamb and Better Beef Conference, to be held at The Good Shed in Ballarat on Wednesday 19 and Thursday 20 June, are on sale now. Agriculture Victoria Senior Specialist, Lyndon Kubeil, said this was the first time since 2019 the two

conferences would be held together and in the new location of Ballarat.

We are holding everything under the one roof this year - the sheep and the beef industry conferences, the dinner and the trade displays will all be at The Goods Shed, an exciting new venue near Ballarat Railway Station, Mr Kubeil said.

Early bird tickets are available until Friday 31 May 2024 (or until sold out).

For more information and to purchase tickets, visit

<https://www.trybooking.com/events/landing/1211584>

Password strength tester

The Victorian Government has launched a campaign to encourage Victorians to test their password and stay safe online.

The campaign is all about improving your password hygiene so that you can better protect yourself and your information online from cybercriminals.

The campaign, *Will your password pass the test of time?*, illustrates how a strong password can take cybercriminals centuries to hack.

I encourage you all to head online to:

- Service Victoria website to test the strength of a password using a secure online tool and get advice on how to improve it.
- Victorian Government's new Stay Safe Online website to improve your knowledge of good cybersecurity hygiene.

Upcoming Council meeting

Council's May Meeting will be held Tuesday 28 May at 3pm in the Loddon Shire Council Chambers, located behind the Wedderburn Council Office.

You can also watch the Council meeting live via Council's Facebook page at

www.facebook.com/LoddonShire

Some of the items on the agenda include Loddon Planning Scheme Review 2023, an update on the progress of the Annual Infrastructure Program 2023/24 and Flood Restoration program, Quarterly Activity reports, the Finance Report for the quarter, and more.

To view the May Council Meeting agenda, visit www.loddon.vic.gov.au/Our-Council/Agendas-and-minutes/Agendas-and-minutes-2024 from Thursday 24 May.



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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)
 Phone: 03 5455 7065

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



- 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

