

PYRAMID PRESS

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Last Friday, a crowd of around 40 people supported Jean Mann's walk to recognise the lives of the 33 women who have died this year alone from an act of violence. Many people expressed their regret of not being able to join the walk but were deeply touched that the walk took place.

The crowd assembled and Jean paid homage to Hannah McGuire, a young woman who last Monday was buried in the Ballarat region. We know that Hannah worked in a school and she loved playing netball. Living in Pyramid Hill, we all know a young woman like Hannah.

Tribute was also paid to Samantha Murphy, a woman a year younger than Jean, who set about going on her regular exercise but was killed. It was the violent death of Samantha Murphy that deeply affected Jean as she walks daily at the Hill.

We know these women's names for the wrong reasons. Their lives were cut short by an act of violence. In a poignant moment, the crowd stood together and paid tribute to those 33 women and were determined to honour them. The crowd then headed off, united, on their walk.



INSIDE : Biggest Morning Tea, Art for the Heart Page 2 | What's On Page and Coffee Break Quiz 3 | Church Services, Public Notices, Train Timetable Page 4 | School News Pages 5 and 7 | Sport Sport Sport 8 - 14 | PFNC Shave for Peter McCallum Page 15

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

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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!

We have had a busy week with a Sunday course for Food Handlers. It was a great group of 9 students. Our Trainer had us cook lunch together. Note to self. Always book trainers with an Italian heritage! They bring wine for the completion of the course!

On Tuesday we had a Kokedama Workshop with seven participants run by Goldfields Library staff. This was done out in the sun, in the garden. Lovely!

Donations are starting to pile up for our Biggest Morning Tea Rampant Raffle! If you have something you would like to donate - we would be so happy to see you!

Until next week, Kim



Biggest Morning Tea

Seeking donations of items or services for the Rampant Raffle fundraising game for our event on 23 May 2024

Contact Neighbourhood House 54557129

Cancer Council
Australia's Biggest Morning Tea

Save the DATE!
23 May 11am

BENDIGO HEALTH

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 Hill Neighbourhood House

 VICTORIA State Government

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.

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



WHAT'S ON

Dog and Pony Show

Sunday | Mount Hope

Pyramid Cares

22 May | 1:00 pm | Coeliac Support Group
 30 May | 1:00 pm | Caring for Kids
 31 May | 1:00 pm | Sit and Sip Art Session
 Refer to page 5 for more details

Nurse Practitioner in Pyramid Hill

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

Durham Ox MI Committee Meeting

19 May | 10:00 am
 Durham Ox Hall

Pyramid Hill FOODSHARE 2024 dates

20 May | 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.

Biggest Morning Tea

Thursday 23 May | 11 am
 Neighbourhood House
 \$5 entry

Art of the Heart

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

Bike Mechanic

Neighbourhood House
 Friday 5 July | 10 - 11.30 am, 12 - 2 pm
 Bookings ph: 5455 7129

Justice of the Peace

Attending Neighbourhood House on these
 Tuesdays, 1-2.30pm. No appointment necessary.

May 14th, 28th
 June 11th, 25th

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 - stumps | 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

COFFEE BREAK QUIZ

[answers at the end of mayoral column]

1 What geometric shape is a BBQ Shape?

2 Do echidnas have teeth?

3 If your captain yells out "Watch out! Pirates to starboard!" which side of the boat should you run to (assuming you are feeling brave)?

4 Which was invented first, writing or beer?

5 Is a zebra black with white stripes or white with black stripes?

6 If Alanis Morissette has one hand in her pocket, what five things is she doing with her other hand?

7 On the third day of Christmas, how many turtle doves has my true love sent to me?

8 The first Eurovision Song Contest was held in which European country in 1956?

9 What does Kokedama mean?

10 From where did Tim Tams – Australia's unofficial national chocolate biscuit – get their name?

Pyramid Hill Storytime

Stories and Songs for preschoolers.

Pyramid Hill Playgroup

67 Kelly Street

10.30 - 11am Friday

17 May | 14 July



PUBLIC NOTICES

CHURCH SERVICES

Anglican

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
Enquiries:
 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



Photo above: Pyramid Hill Football Netball Club raised an enormous amount of money for Peter McCallum by using their heads! More photos and full story in the Sports section of the Press

Durham Ox Mechanics' Institute Committee of Management

Notice is given of a Public Meeting to be held at the Durham Ox Hall on Sunday, May 19th 2024, commencing at 10:00am.

The purpose of the meeting is to nominate no less than three (3) or more than nine (9) persons as the Committee of Management for the Durham Ox Mechanic's Institute for the term of three years. The current Committee's term will expire on 30/4/24. All positions will be declared open and nominations will be accepted prior to or on the day. Nominations from women, Aboriginal people, people with disabilities, young people and people from culturally diverse backgrounds are encouraged.

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



ST PATRICK'S PRIMARY SCHOOL

'Education for All'

Last Friday, Jace, Svea and Ize attended the Northern Plains Catholic Schools Student Leadership Conference. This event was held at St. Mary's Primary School in Echuca and was attended by approximately 300 students from Heathcote, Inglewood, Elmore, Rochester, Echuca, Cohuna, Kerang and Pyramid Hill.

The Keynote speaker for the day was Kath Koschel. Kath is the founder and director of the Kindness Factory, an organisation that promotes kindness as a way to make the world, and us, the best we can possibly be. Kath also ran workshops focusing on perspective and empathy.

Other workshops throughout the day included 'Dancemob', Proactivity through Sport, and a Juggling session focused on Resilience.



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This week's happenings at Pyramid Hill College

Mother's Day Breakfast



Bowls Notes

Seafood Tournament

Last Sunday our greens were buzzing with one hundred and ninety-two legs of all shapes and sizes, lengths and claddings, along with one hundred and ninety-two arms (no, that's not right! Some players carried an extra arm), thankfully attached to 96 bodies as they maneuvered their way across the greens to compete in the Seafood Tournament. The sunshine and gentle breezes were enticing on their own, but the hope of winning a succulent tray of seafood so generously donated by Paul and Kathy Carter, from our own Victoria Hotel, was a luring factor in encouraging players from a wide area.

Fourteen different Bowling Clubs were interacting, mingling and laughing, talking and walking, bowling and measuring, and tallying scores all in the hopes of winning one of the coveted trays of seafood. It goes without saying that, although people like their bowls, the major attraction was the chance to win the delectable seafood trays.

After contesting three games of eight ends, there were three teams who got through unscathed. The point system and a count back of shots up was employed to determine the margins and decide the winners. The team entered by Cohuna came oh, so close, but missed out by a prawn's whisker. Congratulations to the team from Murray Downs who claimed the title of winners and received the biggest trays of seafood, complete with lobsters. Yummeeee! Marie Scott was a member of that team; she was the only Pyramid Hillian who scored the goods. They finished just ahead of the Lockington team, worthy Runners-Up, and able to claim the smaller, but still equally mouth-watering, seafood arrangements. Thanks, Paul and Kathy, for your generosity – the lucky winners certainly were the envy of us all and went home grinning from ear to ear – prawn tail to oyster shell.

These days don't just happen. There's an enormous amount of work that goes on beforehand and behind the scenes on the day. Many hours over days, weeks and months were put in by the green keepers, Bill, Joe, Carmen, and Allan, as they have fertilized, watered, mowed, rolled, lined, scarified, trimmed and raked to have the greens and surrounds in tip-top condition and appearance. Added to this was the planting of shrubs and grooming of the gardens by Marie S. Their hard work earned them bounteous praise and accolades – the place looked amazing and the greens were running fast and true. Sincere thanks to them all for their dedicated involvement.

Thanks to our Tournament Secretaries, Jan and Ted, who gathered and coordinated the teams - many who came in reciprocated appreciation of our own PH

players who have put themselves out into the bowling community and supported other Club tournaments. Special thanks must be given here to Joe and Carmen who have encouraged other players to play with them spreading themselves around the country which added to the draw card for our tournament. Thanks to Marie S who devised the draw which, in itself, is not an easy task given all the little contingencies that need to be taken into account. Thanks to those who donated raffle prizes (some from our Club members and some from local businesses). The raffle comprehensively added some very valuable funds for our coffers. And of course, special thanks must be given to our Catering Coordinator, Kate, who worked her magic in the kitchen once again. Thankfully, she had a couple of reliable helpers (slaves) and the 96 players got their more-than-ample fill of 3 S's – soup, sandwiches and sponges. Thanks also to those who prepared food, set up the equipment, adorned the dining tables, cleaned and titivated, served and fed the multitudes and then cleaned up afterwards. Whatever you did, big job or little, thanks so much for contributing to the outstanding success of the day. Your work did not go unnoticed, and was truly appreciated.

The event was a fantastic culmination to another fun-filled season. We can now put our feet up for a while and take time to recharge our batteries in preparation for Season 2024-25.

Social Night at the Vic Hotel:

Our next Social Night at the Victoria Hotel is scheduled for Thursday, 16th May at 6:30pm. Let's repay Paul and Kathy's generous sponsorship of the Seafood Tournament with a good attendance at the social night dinner.

AGM

It is planned to hold the AGM of the Pyramid Hill Bowling Club on Wednesday, 12th June at the Bowling Club rooms commencing at 7:30pm. Please do your utmost to attend. There are some important issues to discuss. Please give consideration to becoming a Board Member or taking on some other role.

Keep Smiling:

Wife: Had your Lunch?? **Husband:** Had your Lunch?? **Wife:** I am asking you?? **Husband:** I am asking you?? **Wife:** You Copying me?? **Husband:** You Copying me?? **Wife:** Let's go Shopping. **Husband:** I had my Lunch.

This Week in Golf

We had a ladies and men's team compete in the Kelly Shield event at Mitiamo. Both teams did exceptionally well, with the men's team winning and the ladies team coming second.

Congratulations to both teams on these excellent results. In the individual competition, Don Stewart won the men's scratch event, Jed Stewart was runner up in the nett event and David Mann won the longest drive.

Thank you to the players who competed and to the Mitiamo Golf Club for hosting the event. This Sunday will see our first Medal Round.

Ladies Team member: Maree Ring, Jeanette Naylor and Joan James.

Men's Team members: Jack Walters, Jason Deller, Jed Stewart, Lloyd Naylor, Don Stewart, David Mann and John Kennedy.

Pictured Below:

Jack Walters, Jason Deller, Jed Stewart, Don Stewart and Lloyd Naylor



MOTHER'S DAY

Orders Now being taken by Pyramid Hill Florist for Mothers Day Flowers, Arrangements and special butterfly and heart boxes for the occasion.

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NETBALL NOTES

Congratulations to Simone Edgley on “50 Games” of Netball at PHFNC. Sim is a natural born defender she wants the ball, she’s competitive, consistent and does everything in her power to impact the play. Sim is a member of the Netball Committee and this year has been appointed the B Grade Coach. She has received the C Grade B&F in 2022, and B Grade Runners Up in 2023. Sim you are a pleasure to have at the Club. Congratulations on the “50” we look forward to the next “50”.

A big shout-out to 7 amazing young Pyramid Hill netballers who are representing LVFNL in this year’s tournament season. We’re immensely proud of each of you and can’t wait to see what’s in store for you all. Girls selected are Mia Farrar (17&U), Jessica Minogue (17&U), Kaitlin Broad (17&U), Alina Gould (15&U), Siri Harrison (13&U), Emily Dehne (13&U), and Ruby Fletcher (13&U).

A Grade- The girls started the game strong with great defensive pressure and accurate goaling to take the lead at quarter time. The Beginning of the second quarter the girls were a little unsteady and Bridgewater’s tight defence caused a few turnovers. The girls were able to work together to remain steady and level headed to have a great lead by half time. The last half the girls worked hard and played a tidy game with great passing and accurate shooting by Jess and Darci. The girls have had a great start to the season being 4-0 and will have a nice challenge next weekend against Mitiamo.

Victoria Hotel/National Hotel Award: Jess Holdstock. Final Score: Pyramid Hill 53 Bridgewater: 39.

B Grade- The girls were roaring to go against Bridgewater knowing we have a strong foundation to back us through four quarters. From our shooters right down to our defence we maintained consistent pressure against Bridgee turning the ball over many times. Our third quarter proved our hardest but we managed to regroup, learn from our mistakes and play our game again sealing the deal by fourth quarter to take home a win for Coach Sim’s 50th Game! Big congrats girls! Victoria Hotel/National Hotel Award: Emily Prout. “Players Award”: Laura Herbert. Final Score: Pyramid Hill 53 Bridgewater 44.

C Grade- The C grade match between Bridgewater and Pyramid was very contested throughout. Both sides were well matched with contested play across the court. Down the goal end Gemma was very consistent, rarely missing. In defence Nic and Shannon made things very difficult for Bridgewater’s goalies. Pyramid were three down going into the final quarter but managed to make a comeback finishing with a draw. Great game by all. Victoria Hotel/National Hotel Award: Gemma Flanagan. Final Score: Pyramid Hill 31 Bridgewater 31.

C Reserve- In perfect conditions, Pyramid came out firing, working the ball into goals well and fighting hard in defence. Bridgewater stepped it up in the second quarter,

forcing Pyramid to dig deep in order to maintain their lead. With several position changes Pyramid were able to keep fresh legs in play and come home strong. Victoria Hotel/National Hotel Award: Claire Pickles. Final Score: Pyramid Hill 45 Bridgewater 35.

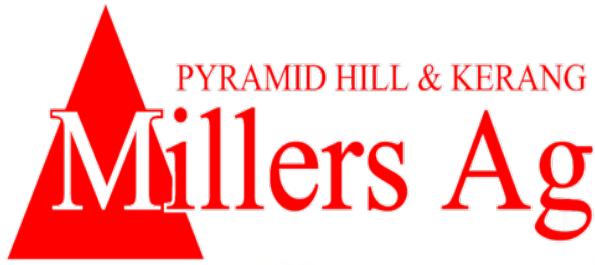
17 & Under- This week, the girls underwent a tough match. The weather was unpredictable, starting off cold, finishing hot with a sprinkle of rain in the middle. Despite the good competition, the girls worked their hardest, and although the score didn’t show it, played their best game as a team. Great effort girls. Pyramid Hill News & Post Award: Jess Minogue. Michell Wool Award: Matilda Kervin. Final Score: Pyramid Hill 28 Bridgewater 42.

15 & Under- Today the girls played the hardest they have so far this season. The whole game was very impressive and even though we didn’t win we still tried our best. Great game girls. Pyramid Hill Store Award: Rian Pantig. Coach Award: Sophie Twigg. Final Score: Pyramid Hill 18 Bridgewater 46.

13 & Under- The weather was cold and overcast, but the girls played each position very well with great communication and skill. What a Win today- our first for the season! The girls went out with a fighting spirit and never looked back. It was great to watch the team working together and using passages of play to get the ball down the court. Our defence were strong in their intercepts, and the mid court players were pivotal in getting the ball down the court. In the goal circle our goalers were on point and when required made use of the goal circle to create space and reset. Well Done Pups! Coffee Bank Award: Lilly Broad. Final Score: Pyramid Hill 17 Bridgewater 6.

Minis - Strong start from our pups with lots of great passing, strong leads and some wonderful goals in the first half. Bridgewater upped it in the third quarter and made us work hard in defence. Great team effort everyone! PHFNC Canteen Award: Jaida Dehne.





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LVFNL Interleague Photo Left to Right- Alina Gould (15&U), Siri Harrison (13&U), Kaitlin Broad (17&U), Ruby Fletcher (13&U), Emily Dehne (13&U), Mia Farrar (17&U), Jessica Minogue (17&U).



Football Notes: Round 4

On what was another perfect autumn day, the Bulldogs returned home to host Bridgewater, and in a repeat of the previous week recorded a win but suffered two defeats on the footy field. The Under 18's again found the going tough, and after a very competitive opening stanza were gradually worn down by their bigger and stronger opponents. The margin did not reflect everything that happened on the field, with a continuation of the small things gradually being harnessed. The coaching staff and the many parents and family members on the sidelines would be aware of the tackling, smothering and preparedness to chase and harass that all team members are working on. Harry Goodes (Victoria Hotel Pizza) continued his great start to the year and was effective across all parts of the ground. He finished with 3 goals, one of which was another ripping running long bomb. Xavier Emmerson (Pyramid Hill Butcher) again was highly effective and followed up the previous week's effort with another 4-quarter game. The output of Jacob Clough-Fidler (Good Sports Award) was welcome and Blake Gibson (Hickmott Award) was effective in his ability to be in the right place at the right time, with his ability to read the play a growing asset. Others to figure prominently included Hayden Ray, Jakobi Mitchell and James Hercott. Today we look forward to another excellent showing as we face the Inglewood Blues at Mitiamo.

After the great win over defending premiers Marong the previous week, the clash with Bridgewater Reserves was the ideal opportunity to maintain momentum. With an opening term that produced a 14-point margin, things seemed to be going to plan. From then on, the 'Dogs appeared to hit a brick wall, with scoring, even with the breeze, non-existent. For some reason the link and run that characterised the opening term simply disappeared. Credit to the visitors as they marshalled a defence that was basically impenetrable. Poor delivery, hurried decision making and lack of run simply compounded the issue. Two goals only in the second half was not enough, and with 14 scoring shots to 8 for the game the visitors deserved the victory. Greg Quinn (Victoria Hotel) again toiled manfully and his contested marking and heavy work at the stoppages saw him continue his excellent season. He was well supported by brother Kaleb (National Hotel) who picked up countless possessions and was one who used the ball effectively. Mitch Gunther (Pony Award) provided run and overlap from defence and was another to put together back-to-back games of notice. Brad Moon (Good Sports) was continually in the play across halfback

and repelled consistently and effectively. Others to do their bit included Sean O'Reilly, Brad Delamare, Matt Moon, Ross James and Tom Boyer. Coach Steve Donat and his bench will be hoping for a bounce back today with a 4-quarter effort against the *Super Roos*.

The senior clash was a relatively low scoring affair, with tactical games and positional moves from both teams a feature early on as each tested the other. Into the breeze in the opening term a 2-goal term for the 'Dogs would eventually turn out to be a potential game winner; particularly as they kept the visitors scoreless. Despite the lack of early action on the scoreboard it was evident that the Bulldogs run, carry and overlap was going to be an issue for the visitors. With great supply from "Dutchy" Holland at the stoppages the 'Dogs ball winners, led by Bryden Morison (National Hotel) were up and about, and Damon Hemphill, Brodie Carroll, Steve Gunther and Ben Knight gathered more than their share of possessions. The visitors had their work cut out harnessing Zac Alford (3 goals) and Bailey Scott and Jayden Cowling (2 goals each), and Jesse Sheahan was always an option. In a day where goals were of a premium it was good to see the total of 11 shared between 7 players. When the visitors did launch forward charges, it was best-on-ground Tom McGregor (Victoria Hotel) who led the repelling counter-attacks. He was virtually impassable. He had great support from Dylan Morison, Gavin James (Healthy Mates Award) and Ben Knight who continually drifted back and helped out. A lead that had been pushed to 20-points at the main break was only marginally extended by the final change, but then the constant run and share of the Bulldogs took over. Five goals to none in the final stanza saw a margin of 53 points at the end of proceedings.

Off field, Pyramid Hill Football and Netball Club's recent fundraiser for the [Peter MacCallum Cancer Foundation](#) last week was a resounding success, raising over \$6500.

In a heartwarming gesture, 35 of our dedicated members shaved their heads in support of our Netball Operations Manager Rowan Broad and his family, rallying together to raise funds for a truly worthy cause.

A massive thank you to everyone who contributed to the success of this event, including the generous donations from [Miller's Ag Supplies](#), [F45 Training Bendigo](#) & [FS8 Bendigo](#), [SportsPower Bendigo](#), and [Andrew Peace Wines](#) for their fantastic raffle prizes!

Special recognition goes out to Jordann Broad and her team for their incredible organisation getting this off the ground, and to [Barry "Nooka" Dingwall](#) for coordinating the head shaving. Thanks to the social committee and those that catered for the large crowd on the night

PHFNC Raises \$6500 for Peter McCallum Institute!

We're thrilled to announce that Pyramid Hill Football and Netball Club's recent fundraiser for the Peter MacCallum Cancer Foundation was a resounding success, raising over \$6500!

But it's not just about the numbers; it's about the incredible show of solidarity and compassion from our amazing club members.

In a heartwarming gesture, 35 of PHFNC's dedicated members bravely shaved their heads in support of Rowan and his family, rallying together to raise funds for a truly worthy cause. Rowan, our Netball Operations Manager and a devoted father of five, has been diagnosed with a rare form of Mantle Cell Lymphoma.

A massive thank you to everyone who contributed to the success of this event, including the generous donations from Miller's Ag Supplies, F45 Training Bendigo & FS8 Bendigo, SportsPower Bendigo, and Andrew Peace Wines for their fantastic raffle prizes! Your support means the world to us and to those we strive to help.

Special recognition goes out to Jordann Broad and her team for their incredible organisation behind getting this off the ground, and to Barry Nooka Dingwall for coordinating the head shaving. Your dedication and hard work made all the difference, and we're immensely grateful for your efforts.

We're truly humbled by the response to our fundraiser. Angela Hunter, the Peter Mac Cancer Foundation Community and Events Fundraising Coordinator, expressed, "We are so blown away by your awesome fundraising efforts," adding that she hasn't seen "a head shave on this scale before."



President Bruce Moon perfectly captured the essence of this event when he said, "This is the true value of being involved in community sport." It's moments like these that remind us of the power of unity, compassion, and support within our club and beyond.

Thank you again to everyone who played a part in making this fundraiser a phenomenal success. Your kindness and generosity shine brightly, and we couldn't be prouder to call you part of the PHFNC family. Let's continue to support one another and make a positive difference.

PHFNC's thirty five members included: Bruce Moon, Nathan Fitzpatrick, Tristan Broad, Glenys Broad, Barry Dingwall, Mitch Gunther, Ed Caburnay, Zac Dingwall, Mitch Dingwall, Colin Hore, Leigh Forster, Tom McGregor, Dirk Gunther, Jamie Horsborough, Chris Wagner, Steven Gunther, Will Perryman, Toby Whinfield, Bryden Morison, Greg Quinn, Ben Knight, Sean O'Reilly, Nathan Moon, Brad Moon, Brad Driscoll, Jack Burns, Jack Gould, Cooper Gould, Zac Manton, Henry Hawken, Oscar Emmerson, Darby Perryman, Henry Deller, Tom Brennan and Mark Wilkinson and Toby Peter.



Left: Jordann, Kaitlin, and Imogen Broad shaving Nan Glenys Broad as part of the "Head Shave" in support of Dad, Rowan Broad

Above: PHFNC Club President Bruce Moon and Glenys Broad

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VICTORIA
HOTEL**
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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

Hot Bar Snacks

Meat Raffle

Saturday - Open Midday

Lunch from 12:00pm

Dinner from 5:30pm

Sunday - Open Midday

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Pyramid Hill Bakery

Pasties, pies - plain or flavoured, sausage rolls, burgers, Fish'n'Chips, pizzas, cold drinks and meal deals.
Hot drinks - cappuccino, latte, chai, hot chocolate and tea.

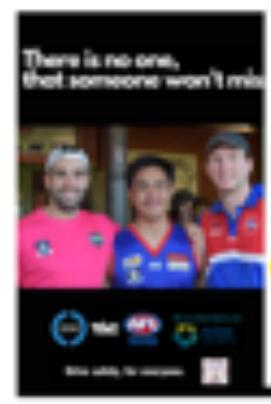
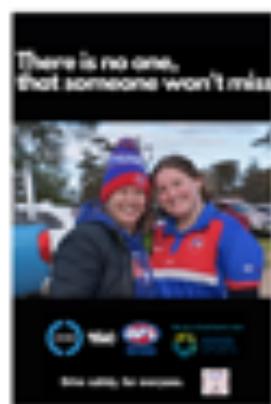
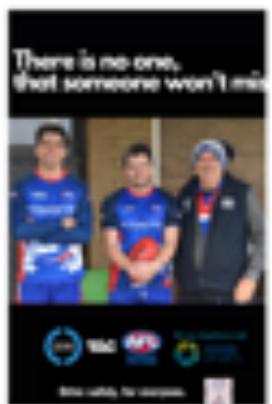
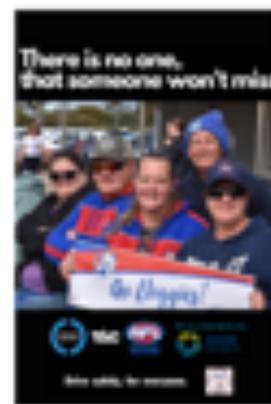
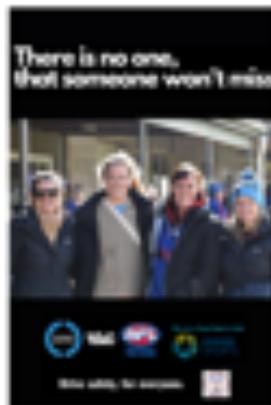
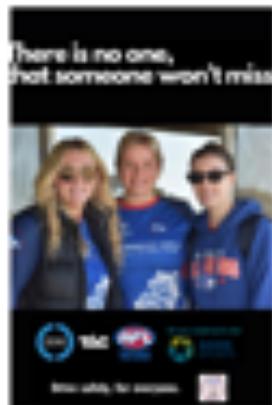
Cold drinks fridge

Large range home baked cakes and slices.
Order - roast chickens and family pies (any flavour)

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Phone 5455 7035
Open every day
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Order today!



National Road Safety Week 2024

5-12 May



TOWARDS





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Emelia 0428 586 516
 Email: chrisleerson@gmail.com

- Landscaping
- Gravel driveways
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- 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

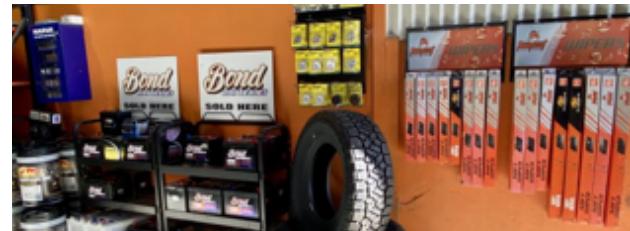


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MAYORAL COLUMN

2nd May 2024



Loddon Shire Council Draft 2024/25 Budget (including Fees and Charges)

At its April Council meeting, Council resolved to advertise Loddon Shire Council's draft 2024/25 Budget (which includes the draft Fees and Charges Schedule) is now out for public comment until Monday 27 May 2024.

Feedback should be referenced with 'Draft Financial Documents Feedback' and can state whether they wish to provide their feedback in person at the June Council Forum.

Copies of the documents are available on Council's website at <https://www.loddon.vic.gov.au/Our-Council/Documents-for-public-comment>. Copies are also available for inspection at Council's Wedderburn office during business hours or can be posted out on request by calling Council's Customer Service on (03) 5494 1200.

Council will meet to consider any feedback at the Council Forum on Tuesday 11 June 2024. Council will then consider adoption of the Draft Budget at the Ordinary Meeting of Council on Tuesday 25 June 2024. Council will give public notice of its decision.

Autumn Firewood Collection

Forest Fire Management Victoria (FFM) has opened the Autumn firewood collection season until Sunday 30 June 2024. This means that woodcutting for personal use has been permitted in designated areas of the forest. You can access the guidelines by clicking on the link <https://www.vic.gov.au/collecting-firewood>. To find a firewood collection area please visit <https://www.ffm.vic.gov.au/firewood/find-a-firewood-collection-area>

Remember :

- You can only collect trees or parts of trees that are already on the ground.
- Don't collect trees that are clearly hollow or more than half the tree is covered in moss or fungi.
- Don't take wood within 20m of any rivers, creeks, lakes or dams.
- Take litter with you when you leave.
- It is illegal to sell firewood you collect from collection areas.
- There is no guarantee that firewood will be available for collection in the firewood collection area.

It's time to start walking

Friday the 10th of May is National Walk Safely to School Day

and I'm encouraging families and students to participate in this initiative, which aims to raise awareness about health, physical activity and road safety.

Now in its 25th year, this initiative aims to encourage all primary school children across Australia to lead a healthier, more active lifestyle by simply including a walk at the beginning, at lunchtime and at the end of each day. Whether you're a parent, teacher, or carer - everyone has a role in helping children and young people lead active healthy lives. To find out more information, visit <https://www.walk.com.au/WSTSD/>

Run for Resilience

Bridgewater Run for Resilience is back for its third year on Sunday 26 May. This is a great opportunity for all of us to come together as a community and support a worthy cause while also promoting a healthy and active lifestyle. Run for Resilience is for ALL fitness levels, and encourage everyone to have a go and get together and enjoy some community connection.

Three courses are on offer and you can run or walk. Everyone gets a finishers medal and there will be live entertainment on the day.

- 21km* Inglewood to Bridgewater
- 10km* Bridgewater River Trail
- FITTYS 5 – Bridgewater River Trail

To make this event a success Active Farmers heavily rely on the support of local volunteers. Volunteers will be located around the courses, providing encouragement and support to the participants as they go by, as well as providing direction and hydration at certain points.

If you aren't able to participate, but would still like to be part of an exciting day, then please register your interest by contacting Claire Harrison at Active Farmers Bridgewater (claire@activefarmers.com.au) or on 0458 373 397.

To register for the event or find out more information, please visit <https://activefarmers.com.au/run-for-resilience-bridgewater-2024>

COFFEE BREAK QUIZ ANSWERS

- 1 Hexagon.
- 2 No, but they can give you a nasty suck.
- 3 Right side.
- 4 Beer – nice priorities, humanity.
- 5 Black with white stripes – if you were to shave a zebra (you weirdo) it would be an all black animal.
- 6 Giving a high five; flicking a cigarette; giving a peace sign; playing the piano; hailing a taxi cab.
- 7 Four – two on day two and another two on day three. (You also have three partridges in a pear tree by day three.)
- 8 Switzerland.
- 9 Moss Ball [japanese language]
- 10 A racehorse – the winner of the 1958 Kentucky Derby.



What can I do at Pyramid Hill Neighbourhood House?

Tuesday - Friday

10am - 4pm

54557129

www.pyramidhillhouse.org

Business Services

Printing, simple desktop publishing and design. Use our free wifi and computers.

Printing, scanning, laminating and printing on plastic signage

Services Australia

Got some Centrelink, Medicare or other related business to do? We are a Services Australia Access Point.

Pyramid Press Newspaper

Our local weekly newspaper has all the good news stories. Community submissions to the paper to be received by 6pm Tuesday evening. Subscribe online at our website.

CLEO the Community Car

Cleo-patra the car can be booked to take you to an important appointment, shopping and more. Door to door service! Bookings essential.

Book a Meeting Room

Our small meeting rooms may be just perfect for you to see clients, or run a meeting. Free for community groups and not-for-profits.

Scrabble Fever

2pm Friday afternoons.

Justice of the Peace

Our JP visits every second Tuesday during School Terms. Check the Press for latest dates.

Grants writing services for community groups

We can assist you with finding appropriate grants for your projects, mentoring you to write your own grant applications, or be an auspice for unincorporated groups. Talk to us about writing a grant on your behalf for a fee.

Pyramid Cares

A series of social and information sharing groups for those caring for others in our community.

Community Pantry

A free service with a range of items from pantry staples to toiletries. Open 24 hours. Please only take what you need.

Book Swap

We have a Little Library out the front of Neighbourhood House. Come and choose a book, or donate a book!

IT Support

Got a tricky question about your mobile, laptop or iPad? We can help you out. [bookings recommended].

First Aid Training

Held in Pyramid Hill as required. Make an enquiry about our next course. Facilitated by Rich River First Aid

Social Coffee Mornings

Tuesdays at 10.15am
Catch up over a cuppa and some morning tea.

L2P

Need Help Getting Your P's? We can help you get in the car! Contact email2p@ncllen.org.au or 5491 1144 to register.

Book Club

Our popular last Wednesday of the month club for book lovers!

Goldfields Library

Tuesdays at 11am

Come and browse our collection, join the library, order books from the main collection and enjoy this wonderful service. Storytime once a month. Weekly visits from our Librarian partners.

Moderate Movers

Wednesdays at 2pm

Supper Room, Memorial Hall
Bring your own exercise mat, towel and drink bottle. This is an active exercise group!

Art, Craft and Coffee

Thursdays at 10.30am

Drop in to learn watercolour techniques or bring a project to work on and get some guidance.

Vege Patch

Get involved with our growing garden, or just sit in the sunshine and use our free wifi.

Still to come in 2024

23 May Biggest Morning Tea

Give us a call to talk about our programs and book in for courses and special events as they come up.

Always, check the Press for the most up to date information!