

# PYRAMID PRESS

## Junior Tennis Comp Returns

Last Sunday had perfect tennis conditions for the return of the Pyramid Hill Junior tennis tournament, 16 years since the last!

38 players came from Boort, Cohuna, Dingee, Calivil, Gunbower, Yarrawalla and of course our local kids!

All the thanks goes to Paul 'Milo' Condliffe for inspiring the return of these special competitions, so great to see so many kids taking part. Much thanks to Shoogs on the BBQ and parents helping on the day!

1st division winner Harry Condliffe, runner up Oscar Balic [pictured]

2nd division Jacob Malone and Chaise Hird, runners up Toby Robe and Kiefer Haines [pictured]

3rd division Emily Lister and Abbey Smith, runners up Zahli Young and Jake Wiltshire

4th division Lucy Scott with runner up Maddy Leerson

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*You're invited*

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**ST PATRICK'S PRIMARY  
PYRAMID HILL**

SUNDAY 8 DECEMBER 2024  
11.00AM - 3.00PM

*Hundreds of people were reportedly turned out for the opening of St Patrick's school which was built in only eight days.*

THE DAY WILL INCLUDE A MASS COMMENCING AT 11.00 AM FOLLOWED BY LUNCH WITH VARIOUS ACTIVITIES AND DISPLAYS UNTIL 3.00 PM ON SCHOOL GROUNDS.

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**PLEASE RSVP for this event for catering  
CALL THE SCHOOL on 54557220**



**INSIDE:**  
Christmas Plans for Pyramid Hill, Snake Bite care and Snake Catcher contact details, Bowls Notes, latest from Birchip Cropping Group, and RIAC, AWU call for Shearers licensing

### Pyramid Hill Neighbourhood House

43 Kelly Street | Tel: 5455 7129

Hours: Tues - Fri 10-4pm

**Submissions due Tuesdays | 3:00 PM**

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Produced by the community and Pyramid Hill Neighbourhood House.



**REMINDER: NO PRESS DURING THE SCHOOL HOLIDAYS**

# WHAT'S ON

**Procrastinators Anonymous Support Group**  
Sunday | Mount Hope

## **Christmas in Pyramid Hill**

Saturday 14 December, Street Party, music, food, Christmas Lights Competition and more!

## **Pyramid Hill FOODSHARE 2024 dates**

Thursday 21st November, Monday 2nd December  
From 4.30pm at Pyramid Hill Catholic Church while supplies last.

## **Justice of Peace**

12.30- 2pm 25th Nov | 10th Dec | Neighbourhood House

## **NDCH Nurse Practitioner visits Pyramid Hill**

Thursday 5 December  
NDCH Clinic, call 54521366 for an appointment

## **Christmas Carols**

Combined Churches Event for the whole community  
19th December | 7.30pm | Memorial Hall

## **REGULAR ACTIVITIES**

### **TUESDAYS**

**Morning Coffee** | 10:15 AM | Neighbourhood House

**Goldfields Library visit** | 11:30 AM | Neighbourhood House

### **WEDNESDAYS**

**Moderate Movers exercise group** | 1 PM | Pyramid Hill Memorial Hall | BYO exercise mat or towel **[not during holidays]**

**Social Bowls** | 7:00 PM | 98 Victoria St

**Book Club** | 4:30 PM | last Wednesday of each month

### **THURSDAYS**

**Art Group** | 10.30AM Neighbourhood House

**Pyramid Cares Walking Group** | 9.15AM Neighbourhood House

### **FRIDAYS**

**Playgroup** | 10:00 AM | Preschool, 67 Kelly St

**Scrabble Fever** | 2:00 PM - stumps | Neighbourhood House



LETS MAKE PYRAMID SPARKLE

## Christmas Light Competition

DUST OFF THOSE CHIRSY LIGHTS AND DECORATE YOUR HOME IN TIME FOR PYRAMID HILLS STREET PARTY (14TH DECEMBER) FOR YOUR CHANCE TO WIN A CASH PRIZE!  
VOTING BOX AVAILABLE AT PYRAMID HILL NEWSAGENCY. VOTING CLOSSES 23RD DECEMBER.  
WINNER ANNOUNCED CHRISTMAS EVE

**FIRST PLACE \$125**  
**RUNNER UP \$75**

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## Pyramid Hill Christmas Party

**Sat 14th Dec**

**Stalls from 3pm**  
**Marist Brass Band 3.30pm**  
**Food from 5.30pm**  
**Kids Activities Live Music**  
**'Kiss the Pig' Fundraiser!**  
**Christmas Lights Competition**  
Kelly Street, Pyramid Hill

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# PUBLIC NOTICES



**ANGLICAN CHURCH—Durham Ox Rd Pyramid Hill**

1st Sunday of each month join with the UCA at Tyndale Church at 10.00am  
2nd Sunday 9.00am HC at St Thomas' Anglican Church  
3rd Sunday 10.00am join with the UCA at Tyndale Church  
4th Sunday 11.00am HC at St Thomas' Anglican Church  
Bring & Share lunch to follow  
Enquiries: Rev'd Sue Allen 0417 365 386  
Bill Boyd 0448 219 457

**CHURCH OF CHRIST—Kelly St Pyramid Hill**

Every Sunday at 11.00am  
Enquiries: June Smith 0438 062 646

**ST PATRICK'S CATHOLIC CHURCH—Victoria St Pyramid Hill**

Saturday Mass 6.30pm each week  
Enquiries: Fr Dean 0401 337 433

**TYNDALE UNITING CHURCH—Victoria St Pyramid Hill**

1st Sunday of each month 10.00am at Tyndale Church  
2nd Sunday 9.00am join with Anglicans at St Thomas' Church  
3rd Sunday 10.00am at Tyndale Church  
4th Sunday 11.00am join with Anglicans at St Thomas' Church  
Bring & Share lunch to follow  
Enquiries: Rev'd Mark Boyce 0402 906 780

**PYRAMID HILL KIDS ROCK—for all school-aged children**

Every second Tuesday during term 3:30-5:00 pm at the Uniting Church - Enquiries: Robyn 0427 561 973

## Pyramid Hill Senior Citizens

Pyramid Hill Senior Citizens was revived recently and now has twenty-six financial members.

A traditional two course Christmas lunch has been arranged for 22nd November in the Supper Room of the Memorial Hall at 12 noon.

Those interested in attending need to book. Please contact any of the numbers below.

**President Terry Wood 0429843479**

**Secretary Fred Belli 0411 118 260**

**Treasurer Cheryl Jones 0449 108 408**

## Tennis Notes







Here are the scores from Saturday (17/11), and the updated ladder!

Serpentine, 4 (95) def Lake Meran, 1 (70)  
Mincha west, 4 (102) def Dingee, 1 (86) Yarrawalla forfeited to Calivil North  
Raywood : Bye









### Ladder

Calivil North, 4.63 (140.7%)  
Mincha West, 4.50 (140.7%)  
Dingee, 3.30 (123.0%)  
Raywood, 2.20 (85.5%)  
Serpentine, 2 (94.5%)  
Yarrawalla, 2 (84%)  
Lake Meran, 0.30 (63.8%)

### TRAIN/COACH MELBOURNE TO PYRAMID

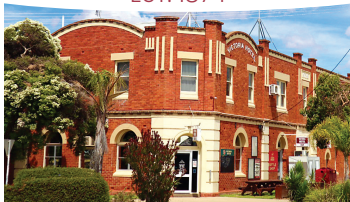
Monday – Friday		
Dep Melb	Dep Bendigo	Arrive Pyramid
 07:39 AM	10:00 AM	11:09 AM
 06:08 PM	08.26 PM	09:34 PM
Tuesday and Thursday (Need to book on Thursdays)		
 01:06 PM	TUE 03:09PM	04:29 PM
	THU 03:10PM	04:29 PM
Friday Only		
 07:08 PM	09:10 PM	10:25 PM
Saturday & Sunday Only		
 07:40 AM	10:00 AM	11:09 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
Friday Only		
 05:30 PM	07:01 PM	09:09 PM
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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**Wednesday – Open Midday**  
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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  
Meat Raffle

**Saturday – Open Midday**  
Lunch from 12.00pm  
Dinner from 5.30pm

**Sunday – Open Midday**  
All Day Pizza Menu  
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# Pyramid Hill, have your say!

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# Bowls Notes

*We may have taken a brief break with no bowls played on Wednesday, but the wind certainly remained on track – every day we bowled!!! There was even no let up from the wind on the day of our tournament! That was a day of all seasons – wind, rain, sun – luckily we missed the hail and snow. Here's a thought! Install a bowling rink – it makes the perfect site for a wind farm!*

**Saturday Pennant:** Division 2 travelled to Cohuna where they found the warm windy conditions, as well as the heat from the teams too hot to handle. Up to the half-way mark we were matching up very well. Ray (Skip), Joe, Kate and Carmen were teaming well together and had the front running until they hit a brick wall on the thirteenth end. At that stage, they led 15 – 12.

That brick wall was greater than the Great Wall of China! They were unable to secure another shot and lost eight ends in succession while their opponents piled on nineteen shots of their own.

The 15-31 results was not what was forecast in the early stages of the game. Terry D. (in his new role as Skip), Jan, Ian and Rose kept within reach of their opponent's tally, but losing two ends with 6 shots never augers well, particularly when one of those massive hauls came on the final end.

Had it not been for those two disastrous ends along with another gift of four, the end result would have been much tighter. Ten shots to twenty-nine was a poor return for their effort.

The saviour of the day, was the win on the rink with Lionel (Skip), Nathan, Marie N. and David. It was a much closer battle than the scores indicated due mostly to the solid beginning. They accumulated ten shots to one in the first quarter of the match and steadily kept building their lead with few hiccups along the distance.

Lionel again was in dynamic form, although he was well supported by his team who helped form good heads for him to work with. The combat between the Skips was delightful to watch, but Lionel was a clear-cut winner on the day. Their fifteen shot winning score was enough to earn them the Freddo Frog Award.

Unfortunately it was not enough to cover the deficit on the other rinks, which resulted in Cohuna claiming a good share of the Premiership points with their 73-53 victory.

Division 3 travelled to Kerang to contest their third team on their slick greens made even worse with the wind to contend with, along with the flies and the heat to boot. That was not a good combination of

factors for our "Hillians" who were still requiring a substitute player. Thanks again to Marie M.

We welcomed new player Rohan on board – thrown in the deep end. IT is not just a rumour that if you turn up at training you are into the playing group. Well done, Rohan.

The rink Skippered by Tony R., with Ray, Bill and Sub player Marie M., had a great game and handled the conditions very well. They kept the score-line at an interesting level throughout, with only a shot or two separating them the entire way. Building up momentum towards the end, they were eight shots clear when it came to the last end, when the only five shot end all match was played.

Unfortunately it was not in our favour and their winning margin was reduced to just three shots, 20-17. Well done to that team – our only highlight for the day. Lorraine and her team of Maurie, new player Rohan and Anthony failed to bother the scoreboard in the early stages, but must have chosen the right blocks of cheese at the break as they came out ready to play after that. Winning the next six ends on the trot put them back into contention and only three shots in arrears 14-17 until Kerang came back to life with a vengeance allowing our folk only one more shot while piling on multitudes of their own to finish a good way in front, 15 -31.

Hopefully, it gave Rohan some encouragement during the purple patch to see that we actually could bowl. Poor Allan and his team of George, Amy and Robyn must have felt like lambs to the slaughter as they failed to make much headway, until a wave of hope midway got them to double figures. Sadly, that's where they stayed with Kerang forging on to finish off with a tidal wave of shots and overwhelming victors, 10 – 38. Overall, it was a day to put behind us.

**Next Week's matches:** Saturday 23rd November, both Divisions play at home with Division 2 hosting top placed Cohuna Golf, while Division 3 host Kerang Golf 3. They will both be tough encounters, but we will certainly be giving it our best shot. Good bowling and good luck.

**Extra notes:** Our Pyramid Hill Butchery sponsored tournament for Any Combination Fours saw fourteen teams line up to vie for the succulent and beautifully presented meat trays so generously donate by Paul Walters for both Winners and Runners-Up. Paul's meats are always of the highest quality and his service and reputation is common knowledge around the district. The lucky winners after the conclusion of three games of competition was the Kerang Golf contingent entered by Rob Fischer.

They were the only team to score three wins. With eight teams winning two games, the Calivil team

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entered by John Pickles, scraped into second place after a count back of shots for and against.

All players did well to contend with the cold, rain and blustery winds. The greens and surrounds were in immaculate condition and evoked many compliments.

Congratulations to Bill, Joe, Carmen, Anthony and Allan for their tireless work and achievements. A huge highlight of the day was the afternoon tea with creamy sponges centre-piece on each table – compliments from and to Kate. Seven tables featured seven sponges (and there were a couple of spares for good measure). Thanks to other Club Members who donated food items served in addition to the sandwiches and sponges. Additional thanks to people who donated the raffle prizes and assisted with the jobs that needed to be done.

The whole day went off all according to hoyle, thanks to the impeccable planning and implementation by our Tournament Secretaries, Jan and Lionel.

#### Social Activities:

Our next dinner at the Victoria Hotel is set for 21 st November at 6:30pm. The Christmas Party will be at the Gunbower Hotel on Thursday, 12 th December commencing at 7:00pm

All Club Members are asked to donate an item or two for the Christmas Hamper Raffle. Tickets are on sale now and can be purchased from any Club member or a couple of venues around the town.

The tickets cost just \$2 each and the three-prize raffle will be drawn on December 11th.

All Club Members are asked to participate in at least one tournament for the Season. If we can share this involvement across the board, it takes the pressure off those who are always putting up their hand to travel around to other Clubs. Remember that the more we support other Clubs, the more inclined they are to return the favour when we hold a tournament.

#### *A bit of humour to keep our spirits up:*

*The biggest lie I tell myself is that I don't have to write something down - I will remember it.*

*.. Plus, I have serious doubts about my memory foamed insoles working effectively. They never seem to remind me of where I am, or what I went there for!*



***Photos of the winners, Kerang Golf, and Runners Up, Calivil from the tournament sponsored so generously by Paul Walters, Pyramid Hill Butchery.***



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## Northern District Community Health

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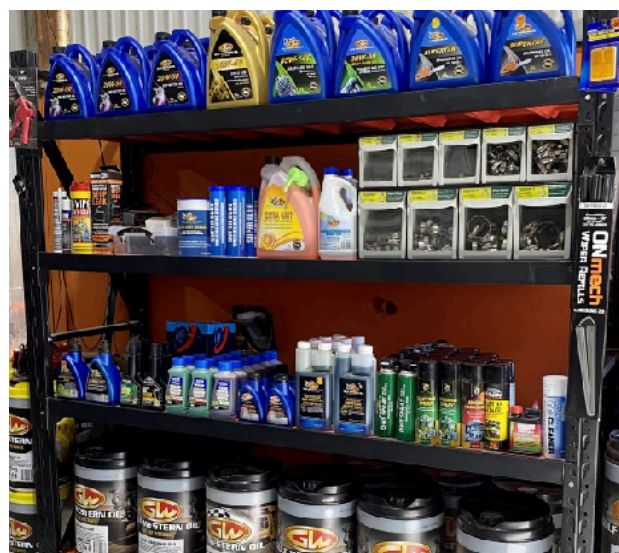
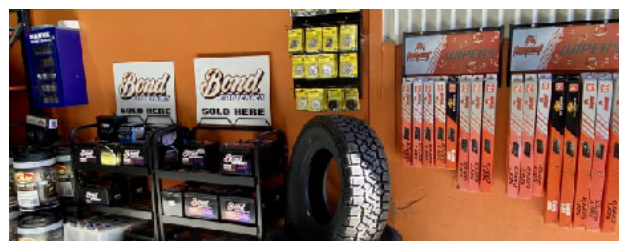


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## BCG putting farm safety first

With harvest well underway across Australia, BCG is reminding growers to put safety first. In the latest episode *Safety First: What's the Rush*, BCG's Janine Batters interviews Warakirri Farm Manager Jono Robinson on why getting everyone home safely needs to be farm businesses' top priority.

"For me personally, I don't want to see any of my colleagues, my friends, not make it home or go home injured," Robinson said who manages Warakirri property between Donald and Warracknabeal in Victoria's Wimmera. "It's creating a culture to get each other home safe and looking after each other. It starts at the top. It starts with me. If I'm not doing it, the staff aren't going to do it... you've got to practice what you preach."

Robinson, who manages 14000 hectares, insists it has flow on effects: "Putting safety first has the added benefit of creating efficiencies. If you're looking after your machines, they're in better condition. Taking the time to induct people thoroughly, teaching them how to use gear and not just rushing them out and throwing them in a machine, it adds up to efficiencies down the track.

"If you're rushing around, always in a hurry to get to the next job, you find things break, things go wrong, things get missed and that's when you lose time—you're further behind. Whereas if you've got a good plan in place and it's organised and safe, you'll find machines are constantly rolling at a steady speed all day."

The latest podcast, sponsored by Action Steel, *Safety First: What's the Rush* released on Monday the 18<sup>th</sup> of November. You can listen wherever you get your podcasts or visit [bcg.org.au/podcasts](http://bcg.org.au/podcasts). Search *Shared Ag Solutions* by BCG.

**Janine Batters, Media and Communications Manager**  
**Birchip Cropping Group**  
[Janine.batters@bcg.org.au](mailto:Janine.batters@bcg.org.au) |

**0400 504 330**

## RIAC's Tips for Carers/Parents of Neurodivergent children

### *Neurodivergent Children and Sleep*

Neurodivergent children often struggle with sleep. They may have difficulty falling asleep, be restless during the night, or wake early. A lack of a good night's sleep affects not only your child, but everyone in the family.

The following tips may help your child get a better night's sleep.

- Use soft or warm lighting in the house during the evening to help your child's body produce melatonin, the body's sleep hormone.
- Give your child a pre-warning when it is coming up to bedtime so they can finish off what they are doing. Or use a timer so they can see how much longer they have until bedtime.
- Use a visual support with pictures of your child's bedtime routine so your child knows what to expect at bedtime.
- To help with sleep during the night try using a weighted blanket, a soft cuddly toy, heavy curtains to block out light.

Remember – every situation and family circumstance is different, and not all tips will work with every child.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

### Echuca Walking Group

When: 9.30am – 11am 2nd Wednesday each month

Where: Leslie Street Carpark

### Echuca Carer Self- Care Hub

When: 1pm – 2.30pm 2nd Wednesday each month

Where: Echuca-Murray CWA, 498 High Street, Echuca

### Online Carer Support Group

When: 12 noon 3rd Monday each month

To register Contact Carolyn, 0488 605 363

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## Shearers call for labour hire licensing system to stop exploitation

### AWU media release

*Shearers will continue to work for poverty wages in unsafe shearing sheds across the country until the Commonwealth Government imposes a licensing regime on all labour hire companies operating in regional Australia the union which represents shearers, the Australian Workers' Union, said today.*

*A new resolution passed at the AWU's National Conference held in Perth calls on the federal government to step in with a new national licensing and enforcement body after widespread reports of labour exploitation in shearing sheds across the country.*

*The new regulation body would hold the powers to ensure licensing and registration but also have powers of enforcement.*

*The AWU was formed by unionised shearers in Ballarat in 1886, and it was shearers who formed the political arm of the labour movement, the Australian Labor Party, in Queensland in 1892.*

*Ross Kenna, lead organiser with the AWU Victorian Branch's Country Team says shearers of the 1800s would be ashamed to see what's happening in shearing sheds in 2024.*

*"The AWU was born fighting for shearers, and we're not backing down now," said Mr Kenna. "It's disgraceful that some of the same exploitative attitudes that we saw prevailing in the 1890s have reemerged in 2024. "Today we are once again seeing young shearers working for poverty wages in unsafe conditions. "A national licensing system for shearing contractors is a must if we want to protect our workers' rights and safety. "There's no reason that the regulation of this industry should lag every other industry in the country. "Shearers deserve safe jobs, fair pay, and protection from dodgy contractors just like everyone else.*

*"Some of the conditions in shearing sheds today would make our founding members turn in their graves. "That's why I'm so pleased that the AWU has officially committed to fighting for a licensing body that can put an end to the abuse."*

Contact: Tim Brunero 0405 285 547

**Bendigo Snake Catcher - 0409 541 972**  
**Greater Bendigo Snake Control - 0481 587 637**

# Snake Bite

We are now well into the time of year where snakes are becoming more prevalent as the weather heats up.

**All snake bites can be potentially life threatening and need to be treated as a medical emergency**

**Call triple zero [000] immediately**

Venom from the wound or clothing can be used to detect if venom has been inflicted the wound and for that reason do not wash or suck the wound or discard any clothing. You do not need to catch or identify the type of snake!

## WHAT TO DO

- 1 Follow DRSABCD.
- 2 Call triple zero (000) for an ambulance.
- 3 Lie the patient down and ask them to keep still. Reassure the patient.
- 4 If on a limb, apply an elasticised roller bandage (10–15 cm wide) over the bite site as soon as possible.  
 Apply a further elasticised roller bandage (10–15 cm wide), starting just above the fingers or toes and moving upwards on the bitten limb as far as can be reached.
- Use clothing or other material if an elasticised roller bandage is not available.
- Apply the bandage as tightly as possible to the limb.
- 5 Immobilise the bandaged limb using splints.
- 6 Keep the patient lying down and completely still (immobilised).
- 7 Write down the time of the bite and when the bandage was applied. If possible, mark the location of the bite site (if known) on the skin with a pen, or photograph the site.
- 8 Stay with the patient until medical aid arrives.



**Snake Bite Symptoms Include**  
 severe pain around the bite, swelling, bruising or bleeding, bite marks [may be obvious puncture wounds or tiny small scratches], nausea / vomiting, dizziness, headache, blurred vision, difficulty breathing / swallowing, stomach pain, skin tingling, stinging or burning sensation.



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