

PYRAMID PRESS

Subscribe to receive the Press in your Inbox each week, at www.pyramidhillhouse.org.au

Kinder Kids Get Cooking!

A visit from Rachel and Chomper from Northern District Health got our local kids exploring Healthy Foods and having fun this week!



Inside: Exciting Netball Round up for the season - Grand Final Results and Awards, Renewables Info Meeting scheduled for Pyramid Hill, Past Press page, Northern District Community Health news TIAC Free Counselling Service for farmers, truckies and tradies, Bowls news, Pyramid Hill Deb Ball announced, Pasture Cropping Workshop, Book Launch postponed, local artist acclaim, College news and more..

Pyramid Hill Neighbourhood House

43 Kelly Street | Tel: 5455 7129

Hours: Monday to Thursday 10am - 4pm **NEW HOURS****

Submissions due Tuesdays | 3:00 PM

Email: pyramidhillpress@gmail.com

Digital copies: facebook.com/PyramidHillHouse/

Subscribe to the Press: www.pyramidhillhouse.org.au

Produced by the community and Pyramid Hill Neighbourhood House.



REMINDER: NO PRESS DURING THE SCHOOL HOLIDAYS

WHAT'S ON

Four Seasons in One Week

Sunday | Mount Hope

Finders Keepers Op Shop - furniture and tools

Opening and times Sunday 10am - 12noon, Tuesday 11.30am - 1pm | Shed next to Store. Donations being accepted currently. This is an initiative of Pyramid Hill Progress and money raised will go back into community projects.

Golf Club Dinner

Sunday 21 September [after golf] BBQ tea, please bring a salad. Families welcome.

Golf Club AGM

Tuesday 23 September 7pm

Pyramid Hill Golf Trail Park Run

Saturdays | 7.45am for an 8am start at the Hill

Loddon Valley Renewables Awareness Forum

2pm - 4.30pm Sunday 21st September | Memorial Hall Pyramid Hill lvrag@pm.me and at the LVRAG Facebook page

NDCH - Nurse Practitioner Visit.

Book in to see Yvonne on these dates: 25 September | 16 October | 6 & 27 November | 18 December Call NDCH Medical clinic 54521366 to book or ask the community nurses to arrange an appointment

First Aid Course - Pyramid Hill Monday 29 September | Rich River First Aid | Enrol via website <https://richriverfirstaid.com.au/training-dates/> or 1300 046 381

AFL Grand Final viewing and Family Fun Day BBQ Games [pickle ball, billiards, table tennis and more!] more info text 0491296613 | Saturday 27 September

Plein Air [outdoor] Painting - Pyramid Hill as part of the Loddon Valley Arts Trail Weekend | Sunday 5 October | contact Neighbourhood House 54557129

Pyramid Hill Seniors Garden Party as part of Seniors Week Thursday 9 October | contact Neighbourhood House 54557129

Boort Show - Saturday 11 October

Kerang Baptist Church Ladies Day cost \$40 includes lunch and guest speakers. RSVP Linda 0427 578 266 | Saturday 18 October | Kerang Baptist Church

Cheesemaking Course Pyramid Hill - Tuesday 4 November | contact Neighbourhood House 54557129

Pyramid Hill Art Show 13-19 February 2026 Entry Forms available from 14 November - 30 January. For more details go to the Pyramid Hill Art Show Facebook page or contact Anne Grogan aegrogan@gmail.com

REGULAR ACTIVITIES

TUESDAYS

Staying Strong Exercises | Kelly Park Exercise Equipment | 9.30am - 10.30am \$5 per class

Coffee and Catch Up | 10:15 AM | All Welcome | Neighbourhood House

Goldfields Library visit | 11:30 AM | Neighbourhood House

WEDNESDAYS

Moderate Movers exercise group | 9 AM | Pyramid Hill Community Centre | BYO exercise mat or towel
Book Club | 4:30 PM | last Wednesday of each month. ONE VACANCY in this group! This month: Red Gifts in the Garden of Stones by P.A. Swanborough

THURSDAYS

Art Group | 10.30 AM | informal crafty arty gathering | Neighbourhood House

FRIDAYS

Pyramid Hill Playgroup | 10:00 AM | Preschool, 67 Kelly St [Storytime and activities once a month with Goldfields Libraries see Pyramid Hill Playgroup on Facebook for more details].

Senior Citizens | 1-3pm each Friday | Community Centre McKay Street | Cuppa, chat and games. *Fourth Friday of the month there is a community meal at midday. Please RSVP Terence on 0429843479 or Lyn on 0428564006 for catering.

Word Game of the Week

Unscramble these letters to make a word..

LOREFSW	*clue 'grown for love'
TERMWAOENEL	*clue 'pink and pippy'
NIBIIK	*clue 'itsy bitsy'
AADSLSN	*clue 'hot weather wear'
MNIAGPC	*clue 'dirt holiday'
LRXAE	*clue 'kick back'
NCBCAIGKKPA	*clue 'European dream'

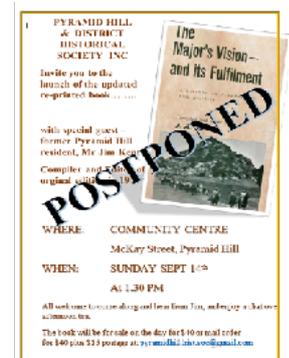
Book Launch Postponed

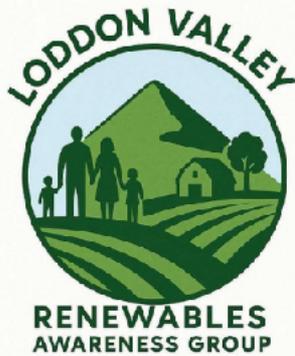
Last week the Pyramid Hill and District Historical Society was saddened to receive news of Jim Kent's sudden passing. We wish to express our condolences to Jim's family.

Jim was the original editor of "The Major's Vision". We were looking forward to having his presence at the launch of the book's reprint next Sunday.

Out of respect to Jim's family we have decided to postpone the launch to a date to be advised.

Jim's contribution to the documented history of Pyramid Hill and district is enormous. "The Major's Vision" has become a valuable resource to our society and to all those interested in the district's rich history.





WHAT'S HAPPENING?

Do you know large wind and solar farms are planned for throughout our district?

What changes and Impacts can you expect?

Do you have questions?

LVRAG Renewables Forum is for you!

EVENT DETAILS



Sunday 21st September



2 - 4.30pm



Pyramid Hill Memorial Hall
Kelly Street, Pyramid Hill

GUEST SPEAKERS

Dan Straub

Mayor, Loddon Shire

Simone Lewis

Diary of a Wind Farm Neighbour

Ross Johns

Wimmera Mallee Environmental and
Agriculture Protection Association



Afternoon tea provided. Byo chair and refreshments for a networking opportunity in the park following the main event.



lvrage@pm.me



LVRAG Facebook Page



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

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

Battery Round Up Fundraiser

If you have any old car, truck or large batteries laying around and getting in the way drop them off To Trevor McIntosh in McKay Street



Northern District Community Health

Services located in Kerang, Cohuna, Boort, Pyramid Hill, Quambatook and Swan Hill

Services Available:

Medical Clinic | Allied Health | Community Health Nurse | Community Care | Community Support | Health Promotion

Community Health Nurse Services Include:

- Take blood/pathology samples
- Wound care
- Chronic disease support
- Palliative care
- and more!

Allied Health Services Include:

- Occupational Therapy
- Chronic Disease Management
- Podiatry & Footcare
- Diabetes Education
- Speech Pathology
- Dietitian

Main Office (Kerang)

- 📍 24 Fitzroy Street, Kerang
- ☎ 03 5451 0200
- 📅 Mon - Friday | 8:30am - 5:00pm

Kerang Medical Clinic

- 📍 34 Fitzroy Street, Kerang
- ☎ 03 5452 1366
- 📅 Mon - Friday | 8:45am - 5:00pm

Pyramid Hill (Community Centre)

- 📍 6 - 10 McKay Street, Pyramid Hill
- ☎ 03 5455 7065
- 📅 Mon - Friday | 9:00am - 10:00am (other times by appointment)



Custom Built Cabinetry



- ✓ Kitchens
- ✓ Bathrooms
- ✓ Laundries
- ✓ Home Offices
- ✓ Wardrobes
- ✓ and more!

Arrange a FREE quote



1.8 tonne excavator for hire

Pyramid Hill and surrounding area

Contact Rob - 0429416609



Kerang Progress Association Acquire an Anne Grogan

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 join with the UCA at Tyndale Church at 10.00am

4th Sunday 11.00am HC at St Thomas' Anglican Church

Enquiries: Rev 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

Wednesday Mass 6.00pm each week

Enquiries: Contact Kerang Presbytery 5452 1041

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

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

Uniting Church Enquiries: Robyn 0427 561 973

We are so proud of our talented Anne Grogan! Her painting 'The Home of the Ibis' was chosen as one of four artworks recently installed in the township of Kerang.

Photo courtesy of Kerang Progress Association Facebook page.



TRAIN/COACH MELBOURNE TO PYRAMID				TRAIN/COACH PYRAMID TO MELBOURNE			
Monday – Friday				Monday – Friday			
Dep Melb	Dep Bendigo	Arrive Pyramid		Dep Pyramid	Dep Bendigo	Arrive Melb	
07:39 AM	10:00 AM	11:09 AM		08:05 AM	09:18 AM	11:28 AM	
06:08 PM	08:26 PM	09:34 PM		02:46 PM	03:59 PM	06:11 PM	
Tuesday and Thursday (Need to book on Thursdays)				Tuesday and Thursday			
01:06 PM	TUE 03:09PM	04:29 PM		10:51 AM	12:26 PM	02:25 PM	
	THU 03:10PM	04:29 PM					
Friday Only				Friday Only			
07:08 PM	09:10 PM	10:25 PM		05:30 PM	07:01 PM	09:09 PM	
Saturday & Sunday Only				Saturday Only			
07:40 AM	10:00 AM	11:09 AM		08:05 AM	09:20 AM	11:30 AM	
06:43 PM	08:57 PM	10:05 PM		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 Community Transport

Price List as of 1 March 2025

Return trip leaving from Pyramid
(based on 42c per km)



- BENDIGO \$70
- ECHUCA \$65
- KERANG \$45
- COHUNA \$35
- BOORT \$35
- SWAN HILL \$95
- MELBOURNE \$200*



*price depending on destination

If your journey is more than 100km one way, you could be eligible for a VPTAS refund.

Contact Liz or Kim at the
Neighbourhood House to book
our Community Car.

pyramidhillcar@gmail.com
5455 7129



**VICTORIA HOTEL PYRAMID HILL
PLAN AHEAD AND PHONE ORDER!**
03 5455 7391 or 0417 111 297

BOTH \$13 & A COKE

BANGERS & RISSOLES
Mash & Veg

WEDNESDAY, FRIDAY, SATURDAY

LUNCH SPECIALS

The skills you already have, can help you make a positive impact as a Prison Officer.

Discover a rewarding and secure career as a Prison Officer. Apply now and receive an \$8,000 sign on bonus*.



**Corrections
Victoria**

Hiring now

*Conditions apply.



Authorised by the Victorian Government,
1 Treasury Place, Melbourne





Pyramid Hill College

Respect ● Learn ● Community

● Father's Day Celebration

We experienced a wonderful morning during our Father's Day Breakfast. It was so special to see our students enjoying the day with their dads and other significant individuals in their lives.

This event serves as a beautiful reminder of the love and support that dads bring to our school community. A heartfelt thank you to everyone who participated and contributed to making the get together unforgettable. It was indeed a Father's Day to remember.



● R U Okay Day : September 11

It takes only a moment to check in, listen, and show you care. "Are you okay?" is a simple question you can ask in any day to start a conversation.

● OSHC *Pyramid Hill College*

Our **OSHC Program** which offers before and after school care has now been approved for Child Care Subsidy. Families should now be able to access this and apply for the subsidy through their Centrelink on myGov account. This subsidy makes this child care very affordable for all families. For more details please contact Joy at the office.

Have a conversation using these 4 steps

- 1 Ask R U OK?**

How are you travelling?
 You don't seem yourself lately - want to talk about it?
- 2 Listen**

I'm here to listen if you want to talk more.
 Have you been feeling this way for a while?
- 3 Encourage action**

What do you think we first step that might help you?
 Have you spoken to your doctor about this?
- 4 Check in**

Just wanted to check in and see how you're doing?
 Have things improved for you since our last chat?

Learn more at ruok.org.au

● QUICK Updates

SEPT 2025

- 10** Footy Clinics
- 11** R U Ok Day
- 15** Sandhurst Athletics
(Y4-6: Qualifying students only)
- 17** Boort Excursion (Years F -6)
- 18** Disco:
F-6 (5-7pm)
7-10 (7-9:30pm)
- 19** Fun Run
Colour Run

PHC Values

- Respect:** We are respectful of self, others and the environment.
- Learn:** We are learners who strive for excellence.
- Community:** We are community minded and embrace diversity.

Netball Notes



GRAND FINAL Pyramid 2025



**GRAND FINAL
BEST ON COURT
AWARD:
ERIN FARRAR
B RESERVE**



Grand Final - Saturday 6th September at Newbridge 2025.

Congratulations to our three Netball teams A Grade, B Grade and B Reserve, on making it into the Loddon Valley Football Netball Grand Final.

Congratulations to our B Reserve Premiership Team, on winning the Grand Final! a wonderful achievement!

To our A Grade and B Grade sides, congratulations on coming Second, what a fantastic netball season.

Congratulations to Shannon Taylor from our B Grade Team on receiving Best on Court, and Erin Farrar from our B Reserve Team on also receiving Best on Court. Amazing Ladies!

MINIS 2025 Pyramid




GRAND FINAL



48 A GRADE 54
35 B GRADE 41
37 B RESERVE 25



17 & UNDER Pyramid AWARDS



**17 & UNDER
RUNNER'S UP
BEST & FAIREST
AWARD:
SHAMICA CASTRO
40 VOTES**



17 & UNDER Pyramid AWARDS



**17 & UNDER
BEST & FAIREST
AWARD:
ALINA GOULD
72 VOTES**



17 & UNDER Pyramid AWARDS



**17 & UNDER
MOST IMPROVED
AWARD:
CHLOE DEHNE**



17 & UNDER Pyramid AWARDS



**17 & UNDER
COACH'S
AWARD:
DEMPSEY LEE**



15 & UNDER Pyramid AWARDS



**15 & UNDER
MOST
IMPROVED
AWARD:
RIAN PANTIG**



15 & UNDER Pyramid AWARDS



**15 & UNDER
RUNNER'S UP
BEST & FAIREST
AWARD:
JAMISON
WALTERS
38 VOTES**



A GRADE AWARDS

A GRADE BEST & FAIREST AWARD:
MORGAN DINGWALL
53 VOTES





A GRADE AWARDS

A GRADE RUNNER'S UP BEST & FAIREST AWARD:
JESS HOLDSTOCK
49 VOTES





A RESERVE AWARDS

A RESERVE BEST & FAIREST AWARD:
JULIA CASTAIG
56 VOTES





B GRADE AWARDS

B GRADE BEST & FAIREST AWARD:
SHANNON TAYLOR
40 VOTES





B GRADE AWARDS

B GRADE RUNNER'S UP BEST & FAIREST AWARD:
BEC CLADINGHOEL
33 VOTES





A RESERVE AWARDS

A RESERVE RUNNER'S UP BEST & FAIREST AWARD:
MIKAYLA BURGE
29 VOTES





B RESERVE AWARDS

B RESERVE BEST & FAIREST AWARD:
ERIN FARRAR
50 VOTES





B RESERVE AWARDS

B RESERVE RUNNER'S UP BEST & FAIREST AWARD:
KELLY GOULD
31 VOTES





GRAND FINAL AWARDS 2025

GRAND FINAL BEST ON COURT AWARD:
SHANNON TAYLOR
B GRADE





15 & UNDER AWARDS

15 & UNDER BEST & FAIREST AWARD:
CECILY FARRAR
77 VOTES





15 & UNDER AWARDS

15 & UNDER COACH'S AWARD:
LAURA POOLE





13 & UNDER AWARDS

13 & UNDER BEST & FAIREST AWARD:
CHARLOTTE EMMERSON
41 VOTES





13 & UNDER AWARDS

13 & UNDER MOST IMPROVED AWARD:
LILLIAN BROAD





13 & UNDER AWARDS

13 & UNDER COACH'S AWARD:
BELLA VINE





13 & UNDER AWARDS

13 & UNDER RUNNER'S UP BEST & FAIREST AWARD:
ELSIE POOLE
34 VOTES





Bowls Report



After allowing the PHFNL take center stage for the past few months, it is time to edge the bowling group back in to take a bit of the limelight. However, before even mentioning the looming Bowls Season, the PHBC extends hearty congratulations to PHFNL on another successful season. Although you didn't reach the ultimate pinnacle at all levels, the number of teams represented in the finals series, along with the number of individual awards claimed at League level, clearly identifies that you were well and truly in the mix. Special mention and congratulatory honours to the B Reserve Netball team on their exciting Premiership win. Fantastic effort, ladies.

Now to Bowls Business as we are about to crank up a new season in earnest. Firstly, if any of the footballers or netballers would like to defect to bowls in the Summer months, you would be warmly welcomed- we could do with a boost to our numbers. In fact, you might find the exercise in bending and walking (no running or jumping required) beneficial in keeping your bodies limber during the off season.

The Board of Management for this season is Marie Noelker (President), Carmen Cauchie (Secretary), Lionel Mann (Treasurer), Joe Cauchie, Allan Fidler, Jan Leed, Kate Wood, Lorraine Dingwall and Bill Boyd. They look forward to directing the Club through another year of administration, match play and social activity.

As the weather warms up and new growth starts to take place so does our list of notable dates. Bowlers please take note of the following:

Bowls Practice - each Tuesday from 4:30pm

Thursday 18th September - Vic Hotel Dinner at 6:30pm

Sunday 21st September- Practice Match v Leitchville at PH at 1:00pm

Tuesday 23rd September - Working Bee, 4:00pm followed by Practice followed by BBQ

Sunday 28th September - Practice Match v Leitchville at Leitchville at 1:00pm

Tuesday 30th September - Women's Bowls Carnival hosting Pairs event

Thursday 2nd October - Women's Bowls

Carnival hosting Fours events

Wednesday 8th October - Midweek Pennant commences.

Wednesday 8th October - Board Meeting at 7:30pm

Saturday 11th October - Saturday Pennant commences- following play there will be a sponsored social dinner at cluBarham for all members.

If you are looking for more opportunities to get in some practice, or to represent the Club, there are a number of tournaments around the area – contact Jan Leed.

Subs must be paid before the commencement of Pennant.

Surely that is enough information to get your juices flowing!

As has become customary, we like to finish our reports on a brighter note: The fact that Head and Shoulders doesn't have a body wash for knees and toes disappoints me. 😊😊

PASTURE CROPPING WORKSHOP - COLIN SEIS

Colin is a regenerative farmer best known for pioneering the pasture cropping technique (where a winter cash crop is sown into an existing summer-active pasture). Colin will discuss regenerative techniques (such as pasture cropping and multi-species pastures) and the flow on benefits for soil and business.



9AM - 4PM
**OCTOBER
3RD**

**HOSTED BY THE LODDON PLAINS LANDCARE NETWORK
28 STATION STREET
INGLEWOOD**

Please Register & email
lpln.facilitator@gmail.com if
you have any dietary
Requirements



PYRAMID HILL RECYCLE CENTRE & TIP

Ballast Road Pyramid Hill

Opening Hours Tuesday - 1pm-5pm and Sunday - 8am-12pm
For more information on garbage & recycling visit loddon.vic.gov.au



Extensive breakfast menu, hot and cold lunch, homemade pies, pasties and sausage rolls, hot and cold drinks, homemade cakes and slices, large range of local produce, school lunch orders on Fridays, catering available, bulk buy homemade freezer, fresh sourdough bread baked daily.

NEW HOURS

Monday - Friday 5am - 5pm
Saturday - Sunday 6am - 3pm

PHONE: 54557006

PYRAMID HILL COMMUNITY OP SHOP

Opening hours
Tuesday to Friday
11:00 AM - 04:00 PM

5 Kelly St, Pyramid Hill



MOBILE SHEEP DIPPING

Geoff & Colleen Hampson
Mobile: 0429 823 293

BJD PLUMBING

Servicing Bendigo, Pyramid Hill and Surrounds

- General Maintenance Plumbing
- Blocked Drains
- CCTV Drain Camera & Locating
- Hot Water Replacement
- Roofing & Guttering
- Gas Fitting
- Backflow & TMV Install & Testing
- New Homes & Renovations
- Septic Tanks



Contact Brad today for an obligation free quote

✉ info@bjdplumbing.com.au ☎ 0466 885 307

PYRAMID HILL NEWS & POST

Mon – Fri 6:30am - 5pm
Sat 8am - 12pm

Friendly service, great range of cards & stationery, V/Line Tickets & much more

Phone: 5455 7036

QUINLANS TRANSPORT

Loads of water will be delivered anywhere for domestic, stock, swimming pools

7 DAYS A WEEK

Jordan & Lyndsey Quinlan
Phone - 0428 567 407
quinlans.transport@gmail.com



PICKLES AG

Sowing, Spreading, Mowing, Raking, Baling 8x4x3 squares, Round baling, Bale stacking, Buy hay & straw standing or on shares, Cartage 30ft Disc Chain [dry or wet hire]

Rob 0428 366 258
Claire 0429 922 780

Boort District Medical Centre

DR. CHRIS OLISE
ABN : 86 635 807 297
2 COUTTS ST, BOORT VIC 3537
Email: medicalreception@bdh.vic.gov.au
We welcome all existing and new patients
IN CASE OF EMERGENCY DIAL 000

APPOINTMENTS PHONE: 5451 5220

MON TO THUR | 08:30 AM - 05:00 PM
FRI | 8.30 - 2 PM

Pathology
MON to THU 8.30-10.00
(Service provided to Boort District Medical Centre Patients Only)

HOTDOC Available



CONCRETE & QUARRY PRODUCTS

Phone: 5455 7304
Email: pyramidhill@mawsons.com.au



Be part of Give-tember!

This September, Northern District Community Health (NDCH) is launching our first-ever Give-tember appeal, and we need your help to raise \$50,000 to support building improvements and equipment purchases.

From fitting out our new Pyramid Hill facility and upgrading our Quambatook site, to purchasing essential equipment like blood pressure monitors, podiatry chairs and height-adjustable beds – every dollar makes a difference.

Why should you give to NDCH?

- NDCH is an independent community health organisation. Our ongoing funding does not cover capital or equipment expenses.
- Health happens in community and in this region NDCH plays a vital role providing nursing, allied health, aged care and social supports. We keep people well, connected with community and out of hospital.
- That's why every NDCH location is essential in keeping rural people connected and leading healthier lives. NDCH is located in Kerang, Quambatook, Boort, Pyramid Hill, Cohuna and Swan Hill.
- NDCH is a registered charity under the Australian Charities and Not-for-profits Commission. This means that donations to NDCH of \$2 and over are tax deductible.



Give where you live and make a donation to the NDCH Give-tember appeal today. Together we can make a difference to our community.

NDCH is a registered charity with the ACNC. All donations are tax deductible.



Pyramid Hill Debutante Ball

Friday 17th October, 2025

Pyramid Hill Memorial Hall

Doors open 7:15pm for an 8pm start

Tickets available from the Pyramid Hill College or at the door on the night

Prices: \$50 family; \$20 Adult;
\$12 Seniors and Secondary student;
\$7 Primary student,
and under school age is free.
**Cash only on the night*

Come and share in a wonderful night of celebration with our nine debutantes and their partners



FRESH QUALITY FLOWERS AND PLANTS

57 KELLY STREET

ALSO SENDING AND RECEIVING ORDERS FOR FLOWERS PLANTS AND HAMPER WORLDWIDE

ENQUIRIES TO MARGARET

0427180011



ALCOHOL & OTHER DRUG SUPPORT

COVERING BULOKE, GANNAWARRA AND NORTHERN LODDON SHIRES

AGES 12+

How we can help

- Confidential conversations with a trained professional
- Support for mental health, friends, family and life issues
- Focus on better wellbeing
- Access to detox/rehab services
- Help to reduce or stop substance use

Why choose NDCH?

- Free service
- No referral needed
- Compassionate, local and professional support

Contact us:

03 5451 0200 | reception@ndch.org.au

Live the life you want to live



FLOWERING NOW

Walpy Glen

Eremophila maculata x Viscida



Fast Growing dense shrub
2m x 2m Profuse Flowers in
late Winter & Spring are
steel blue outside & white
with purple spots inside.

Frost, Drought & Greywater
tolerant.
From \$8 in spacesaver Pots



10% off all website orders with
click & collect at the neighbourhood house



LODDON
PLAINS
LANDCARE
NETWORK

Fee-4-Service : 🌳 Tree Planting: ✂️ Weed Control :

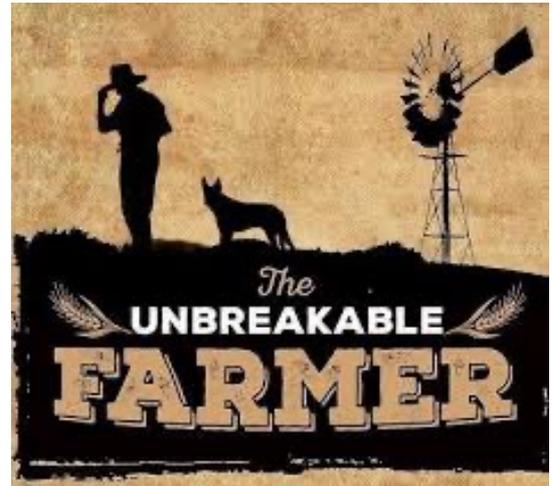
Why Choose Us?

- Personalised Service
- Experienced Professionals
- Transparent Pricing

Time poor ?? We can Help - Contact us today.

0490 412 430

lpfn.facilitator@gmail.com



Warren Davies, The Unbreakable Farmer is coming to Pyramid Hill!

Friday 19th September

PHFNC Clubrooms

Free BBQ Tea from 6.30pm

Presented by

**PHFNC & Pyramid Hill Fire
Brigade.**

Hey mate!

Are you a tradie, truckie, rural or blue collar worker? If you haven't been feeling your best and need a chat, we're here to lend an ear.



Call or text us to speak with a counsellor.

Monday to Friday
8am-10pm AEST

0488 846 988



TIACS is a free phone and text counselling service offering mental health support to Australia's blue collar community.



Past Press 5 March 1985

DIARY

- Mar 5 Sen Cits Cards
 RSL Meeting
 11 PHFC Committee Meeting
 12 Football Ladies Committee
 Swimming Club Meeting
 PHES Parents Club
 14 60 and Over Bowls
 17 Lions Bowls
 20 St Pats Mothers Club Meeting
 21 St Pats Mothers Street Stall
 23 Lions Auction
 30 Northern District Show Society Group Final
 Apr 6 BACK TO
 Old Time Dance
 7 BACK TO
 8 BACK TO

MURRAY GOULBURN TRADING

SUPPORT YOUR LOCAL STORE FOR ALL YOUR BASIC NEEDS

Your one stop shop for Groceries, Vegetables, Meat, Bread, Milk, Drapery, Footware, Large Range of Domestic Items, Hardware, Fencing and Produce.

MURRAY GOULBURN TRADING

Rape Seed Seminar

Cargill oilseeds in conjunction with the Department of Agriculture are holding a Rapeseed seminar at the Boort Memorial Hall on 12 of March at 9.30am.

All welcome
 Ballet Classes

Classical ballet classes held at East Loddon school on Thursday, commencing at 3.30pm.

Syllabus followed by Royal Academy of Dancing.

Anyone interested would persons please telephone D.Field - 882244.

Thankyou.

Yarrowalla Social Club

Bus trip to Garden Week, Thursday 21st March. Departs Yarrowalla Hall 7.45am. Please note change of date. Bookings please ring Marge Smith on 551 210

J.Robinson
 Secretary

★NOTICES★

Kitchen Tea

A kitchen tea will be held for Barb Young and Ian Baker on Fri. March 8, in the Memorial Hall at 8.30 p.m.(color scheme - Autumn Colors). All welcome, ladies a plate please.

Family Reunion

Farrar, Broad and all relatives. Sunday 10th of March 12.00 - 3.00 pm. This will be held in the Sutton Grange Hall with a photo display and Family tree. Share in a family lunch basket and a have a real family time together.

PYRAMID HILL FOOTBALL CLUB

The club will be holding the following practise games;

Sunday March 24 versus Appin at Pyramid

Saturday March 30 versus Leitchville at Pyramid
 Watch this paper for further information.

FRESH HONEY

TOP QUALITY FRESH HONEY IS AVAILABLE FROM HAWTHORNES IN KERANG, DURHAM OX CAFE AND FROM BRUCE FAWCETT ON 557346
 SWARMS REMOVED

NUTRITION IN SCHOOL

The Parents Role

This seminar for parents, teachers, school councillors, canteen workers and students is being held on Tuesday March 26 from 9.30 am to 3.30 pm at St Paul's Hall, Myers St, Bendigo. The closing date for receipt of applications to Janet Coles, Education Department, PO Box 442, Bendigo, is Tuesday 5th March.

Lost

Lost at Country and Western Night.
 1 Ladies Crome Digital Watch
 1 White Shell Bracelet
 Could anyone finding the above please return to Carmel Ervin or ring 557 366.

Ladies Football Committee

The Annual Meeting will be held on the 12th of March not the 5th. The President's, Secretary's and Treasurer's position will be vacant. The club is need of a new committee.

PYRAMID HILL VIDEO LIBRARY NOW OPEN NEW RELEASES AND VIDEO HIRE

8.30-9.00 MON TO THURS 8.30-9.00 FRI TO SUN

Past Photos

Would anyone having photos of the Yarrowalla South school please lend them to Lorna Pickles for display at the Back To. Phone 366 325.

PYRAMID HILL CEMETERY

A public working bee will be held on Friday, March 8 all day if necessary, commencing at 8.30am

Mowers, rakes, shovels and wheelbarrows required.

JOHN GREGORY
 Secretary,
 Pyramid Hill Cemetery Trust

LEGAL OFFICE

The office of Needham O'Haire & Partners, Victoria Street, Pyramid Hill will be unattended on Friday 15th, March. Mr. Michael Mew will be in attendance on Wednesday 13th, March of that week.

Old Time Dance

Do you want to improve your TERPSICHORIAN SKILLS? Have teenagers and 10 year olds learn too. Got you tricked - we mean dancing. Come along to Durham Ox on Friday nights at 8.00pm. Learn to dance the Pride of Erin, Barn Dance, Palma Waltz, Fox trot etc. Get back to the basics of dancing in time for the Centenary Celebrations.

SENIOR CITS SNIPPETS

Last Friday afternoon bingo was played followed by films of tours and excursions taken by our members several years ago. They created a great deal of interest and brought back many happy memories. Films of other trips will be shown in the future.

Only 25 players took part in the euchre at night and winners were Mrs. Forster, Mrs. Crilley and Mr. Walder all with 9 games each.

As this was the first night of the new aggregate competition these three are the leaders at present.

Mrs. Dingwall won the weekly competition.

The visit to Boort Wednesday, March 20, has been held over for another time owing to another function being held in Boort that day.

Instead, a bus load of our members will attend a variety concert in the Bendigo City Hall held in conjunction with Senior Citizens Week.

The bus is booked out already and regrettably, no further bookings can be taken.

For the first time for quite a while two mats were required for indoor bowls last Saturday. Twelve players took part with others playing pool. It is anticipated that there will be more interest in the Wednesday night games as the cooler weather approaches.

Today, Friday March 8 is Mr. Andy Ryan's birthday and next Sunday Mrs. Walker will celebrate. We all wish these members every happiness on their days and always.

Hostess for today are Mrs. Cognill and Mrs. Matson.

PYRAMID HILL & KERANG Millers Ag



Engine failed.. must've been bearing a grudge!

At Miller's, we stock quality parts from trusted suppliers like Bendigo Bearings and Ag Point - so you don't have to waste time searching. Let us help you get back on track, quickly and easily.

Why did the harvest parts never argue at Ag point..? because they always worked it out in the field!

Support local. Shop at Miller's today!



For all your agricultural & hardware needs Ph: 5455 7306

Locally owned by Nev & Michelle Miller Email: nifty@millersag.com.au

Mon - Fri 8am - 5pm | Sat 9am - 11-55am Facebook: [@MillersAgSupplies](https://www.facebook.com/MillersAgSupplies)

www.millersag.com.au

Kerang

69 Wellington Street, Kerang VIC 3579
(03) 5450 3792
admin@ghrealestate.com.au

GRAEME HAYES REAL ESTATE

Swan Hill

34 McCallum Street, Swan Hill VIC 3585
(03) 4016 2005
info@ghrealestate.com.au



GRAEME HAYES

Principal / Licensed Real Estate Agent VIC & NSW



NATHAN HIPWORTH

Licensed Real Estate Agent VIC & NSW



TRAVIS HIPWORTH

Water Trading / Licensed Real Estate Agent



CHELSEA MANUEL

Business Development Manager



TAMIKA YATES

Swan Hill Office Manager



COLIN BALCAM

Sales Agent



GEMMA EAGLES

Property Manager



CHARLY DELMENICO

Property Manager



EMILY EDWARDS

Property Manager



HOLLY EAGLES

Administration Assistant



TAYAH BOX

Administration Assistant

SERVICING KERANG, SWAN HILL, AND SURROUNDING AREAS

RESIDENTIAL AND COMMERCIAL PROPERTY SALES . PROPERTY MANAGEMENT . WATER TRADING . ONLINE AND ON SITE CLEARING SALES . BROAD AND IRRIGATION FARMS

WWW.GHREALESTATE.COM.AU