



### WHAT'S ON

#### Hula Hooping

Sunday | Mount Hope

#### Jedi Day

Monday.. May the Fourth be with you..

#### Pyramid Hill Preschool Biggest Morning Tea

Tuesday 5th May | 10.30 - 11.30am |Raffle and Lucky Door Prizes | RSVP by 1st May to 0498606023

#### Mothers Day

Sunday 10 May | Everywhere

#### PHFNC - Annual Ball

Saturday 16 May | Pyramid Hill Memorial Hall

### 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

**Justice of the Peace** | Neighbourhood House | next dates TBC.....

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

#### WEDNESDAYS

**Book Club** | 4:30 PM | FIRST Wednesday of each month. This month the theme is *WW2 Intrigue* TWO vacant spots in Book Club! Come join us.

#### Moderate Movers

12.30PM | Community Centre in McKay St | Bring a towel / exercise mat and a cold drink.

#### THURSDAYS

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

**Card Sharks** | 2PM | Neighbourhood House [other games available too]

#### 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 FB for more details].

**Senior Citizens** each Friday | Community Centre McKay Street. On the 2nd and 4th Fridays join us for a community meal commencing at 12 noon. **For more information please contact Terry on 0429843479 or Lyn on 0428564006.**

#### SATURDAYS

#### Pyramid Hill Golf Trail Park Run

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

#### SUNDAYS

#### Finders Keepers Op Shop - Furniture and Tools

10am - 1pm next to the Pyramid Hill Store, Kelly St

Come along to Senior Citizens this Friday afternoon 1st May at 1pm in the Community Centre and join us for a fun filled Trivia afternoon.

Test your knowledge, have a few laughs, and catch up with friends.Refreshments will be provided, We'd love to see you!  
Contact Lyn on 0428564006

Robins Nest  
Garden Nursery | EST. 2024

One Year Anniversary

# Mother's Day Spectacular!

10am-5pm  
Sunday 10<sup>th</sup> May  
461 Cohuna Leitchville Road

Treat Mum this Mother's Day to Coffee & Plants in a beautiful walk-through Garden Nursery.

Market Stalls including beautiful handmade products and crafts will be available. Stay tuned to see what quality handmade goods you could get Mum this Mother's day.

Pyramid Hill FOODSHARE

## 2026 SCHEDULE

January 19	July 13
February 16	August 17
March 9	September 21
April 13	October 26
May 11	November 16
June 15	December 14

**ALL ARE WELCOME** FROM 4:30 PM while SUPPLY lasts

St. Patrick's Catholic Church  
Pyramid Hill

Please bring gold coin donation to help cover the delivery cost.

SUPPORTED BY: Foodshare

Kerang, Cohuna and Pyramid Hill

# 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 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



1.5 hour session with Sharon Lister

\$10 per person

**Sunday 3<sup>rd</sup> May 3PM**

Durham Ox Memorial Hall

Places are limited  
Please RSVP TO SARA: 0455 460 027

**YOGA @ DURHAM OX**

**Pyramid Hill Preschool Biggest Morning Tea!**



Come join the children, families and community at the Pyramid Hill Preschool to help fundraise for those affected by cancer.

All donations appreciated!

Tuesday 5th May from 10.30am - 11.30am.

RSVP by Friday 1st May to the preschool 0498606023

Please note there will be **no service** at the **Church of Christ on May 24th**, as we will join St Patrick's Church for the 100th

YOU'RE INVITED TO THE

*100<sup>th</sup> Birthday of St. Patrick's Church*

M A Y

SUNDAY **24** AT 10:30 AM

2026

10:30 AM HOLY EUCHARIST  
St. Patrick's Church, Pyramid Hill  
*followed by a*  
SHARED LUNCH  
St. Patrick's School, Pyramid Hill

✔ Bring a plate to share.  
✔ For enquiries contact Rachel Cain

☎ 0428557231  
✉ pyramidhill@sandhurst.catholic.org.au

# NETBALL – ANZAC DAY

## Minis - No Game

**13 & Under** – On a very warm ANZAC Day the girls played a very handy MGYCW team. Everyone played their part on the court and improved as the game went on, the girls fought hard to the very end.

*Pyramid Hill 4 def by MGYCW 73*

**Graeme Hayes Award: Olivia Scott**  
**Pyramid Hill Store Award:**

**15 & Under** - The 2nd half was good and the defence kept their scoring limited. We created a lot of turnovers, and we kept the pressure on, but MGYCW were just too strong and took the win. Our girls worked hard in the hot weather.

*Pyramid Hill 8 def by MGYCW 53*

**Graeme Hayes Award: Ivy Cladingboel, Michell Wool**  
**Award: Emily Dehne & Pyramid Hill Café Award: Lilly Broad**

**17 & Under** - We came into the game today undefeated with all the girls coming onto the court firing! Everyone played their part to the best they could, however Maiden Gully just took the win. Either way we were closing in with a comeback in the last quarter, and we fought to the end.

*Pyramid Hill 35 def by MGYCW 38*

**Pyramid Hill News & Post: Laura Poole**  
**Graeme Hayes Award: Cecily Farrar**

**B Res** – It was a hot day on court with conditions



pushing both teams from the first whistle. Despite a few setbacks in the defensive end with injuries forcing some adjustments, the team showed great resilience and composure. First quarter was a tight contest, with both sides going goal for goal. We found ourselves just behind at the first break, trailing by a single goal, 9–10. We turned the momentum our way in the second quarter to head into halftime with a solid lead, 20–14. The opposition fought their way back into the contest

midway through the last quarter making it a close finish. However, we showed great teamwork across the court and finished strongly to secure a well-earned victory.

*Pyramid Hill 35 def MGYCW 30*

**National Hotel Award: Chelsea Emmerson**

**B Grade** - In a fast-paced and hard-fought contest, the B Grade match kept everyone on the edge of their seats. Our side came out strong, taking the early lead and holding it for most of the game with consistent teamwork and smooth ball movement. The final quarter proved challenging as the heat took its toll and the opposition lifted, with our side narrowly falling short at the end. Overall, a great game played in good spirit, with plenty of positives to take away.

*Pyramid Hill 25 def by MGYCW 28*

**O'Connors Award: Shamica Castro & Victoria Hotel**  
**Award Rebekah Quinn**

**A Res** – Under clear skies on ANZAC Day, and in a later time slot than usual, the girls took to the court in very warm conditions for what turned into a hard-fought, high-quality contest. MGYCW held a slight lead for most of the game, with their tall shooter providing a real challenge in the goal ring. To our credit, the girls worked tirelessly to bring the ball the whole way down the court, showing strong connection and composure under pressure. The final quarter was a true arm wrestle, with the score changing hands multiple times in a thrilling finish. A great team effort, with positive encouragement and support evident right across the court. The game finished in a well-earned draw.

*Pyramid Hill 47 drew with MGYCW 47*

**National Hotel Award: Mia Farrar**

**A Grade** - Pyramid Hill overcame the heat to record a strong win over Maiden Gully YCW. They set the tone early, leading 15–9 at quarter time and gradually extending the margin each term (25–19, 39–26). Despite the hot conditions, Pyramid stayed composed and consistent across the court. A key factor was Pyramid Hill's Trish Soulsby, who stepped up

brilliantly to shut down Maiden Gully's GS, creating turnovers and limiting scoring opportunities. Pyramid's steady control and defensive pressure proved too much, sealing a convincing four-quarter performance.

*Pyramid Hill 52 def MGYCW 32*

**Victoria Hotel Award: Trish Soulsby**



# Pyramid Hill College

Respect ● Learn ● Community

## ● ANZAC Day

What an incredible turnout at this morning's ANZAC Day service. It was a truly special occasion, marked by a record attendance from our school and wider community.

Our students represented Pyramid Hill College with pride and respect, delivering the readings and wreath laying with great maturity and dignity.

As we reflected together, we were reminded of the powerful words, "They shall grow not old, as we that are left grow old; age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."

It was a memorable and significant day for our College, and a wonderful reflection of the strength and unity of our community. Thank you to the community volunteers who organised and lead the Anzac Day services.

Fiona Moon, Principal



**Mother's Day**  
**BREAKFAST**  
 MAY  
 TUESDAY 5 8:15 - 9:15AM  
 BER Building  
 Pyramid Hill College  
*Please wear a touch of pink with a gold coin donation going to Breast Cancer Research.*

*Save the Date*  
**Pyramid Hill College**  
**150<sup>th</sup> Birthday Celebrations**  
 NOVEMBER 2026

Thursday	Friday	Saturday
5	6	7

LODDON VALLEY FOOTBALL NETBALL LEAGUE

# FIXTURE

SEASON 2026

**ROUND 1 - APR 11**

INGLEWOOD v PYRAMID HILL  
 BRIDGEWATER v NEWBRIDGE  
 MGYCW v MACORNA  
 MITIAMO v CALVIL UNITED  
 MARONG v BL SERPENTINE

**ROUND 2 - APR 18**

PYRAMID HILL v BRIDGEWATER  
 INGLEWOOD v MARONG  
 BL SERPENTINE v CALVIL UNITED  
 MACORNA v MITIAMO  
 NEWBRIDGE v MGYCW

**ROUND 3 - APR 26**

MACORNA v BL SERPENTINE  
 CALVIL UNITED v MARONG  
 BRIDGEWATER v INGLEWOOD  
 PYRAMID HILL v MGYCW  
 MITIAMO v NEWBRIDGE

**ROUND 4 - MAY 2**

INGLEWOOD v MACORNA  
 NEWBRIDGE v CALVIL UNITED  
 MARONG v PYRAMID HILL  
 BL SERPENTINE v BRIDGEWATER  
 MGYCW v MITIAMO

**ROUND 5 - MAY 9**

MITIAMO v INGLEWOOD  
 BL SERPENTINE v MGYCW  
 MARONG v BRIDGEWATER  
 CALVIL UNITED v PYRAMID HILL  
 MACORNA v NEWBRIDGE

**ROUND 6 - MAY 16**

NEWBRIDGE v BL SERPENTINE  
 PYRAMID HILL v MITIAMO  
 BRIDGEWATER v MGYCW  
 INGLEWOOD v CALVIL UNITED  
 MACORNA v MARONG

**ROUND 7 - MAY 23**

MITIAMO v BRIDGEWATER  
 BL SERPENTINE v PYRAMID HILL  
 MARONG v NEWBRIDGE  
 CALVIL UNITED v MACORNA  
 MGYCW v INGLEWOOD

**ROUND 8 - MAY 30**

MITIAMO v BL SERPENTINE  
 NEWBRIDGE v INGLEWOOD  
 PYRAMID HILL v MACORNA  
 BRIDGEWATER v CALVIL UNITED  
 MGYCW v MARONG

**ROUND 9 - JUN 13**

INGLEWOOD v BL SERPENTINE  
 MACORNA v BRIDGEWATER  
 NEWBRIDGE v PYRAMID HILL  
 MARONG v MITIAMO  
 CALVIL UNITED v MGYCW

- JUN 6

**ROUND 10 - JUN 20**

PYRAMID HILL v INGLEWOOD  
 NEWBRIDGE v BRIDGEWATER  
 MACORNA v MGYCW  
 CALVIL UNITED v MITIAMO  
 BL SERPENTINE v MARONG

**ROUND 11 - JUN 27**

BRIDGEWATER v PYRAMID HILL  
 MARONG v INGLEWOOD  
 CALVIL UNITED v BL SERPENTINE  
 MITIAMO v MACORNA  
 MGYCW v NEWBRIDGE

**ROUND 12 - JUL 4**

BL SERPENTINE v MACORNA  
 MARONG v CALVIL UNITED  
 INGLEWOOD v BRIDGEWATER  
 MGYCW v PYRAMID HILL  
 NEWBRIDGE v MITIAMO

**ROUND 13 - JUL 11**

MACORNA v INGLEWOOD  
 CALVIL UNITED v NEWBRIDGE  
 PYRAMID HILL v MARONG  
 BRIDGEWATER v BL SERPENTINE  
 MITIAMO v MGYCW

**ROUND 14 - JUL 18**

INGLEWOOD v MITIAMO  
 MGYCW v BL SERPENTINE  
 BRIDGEWATER v MARONG  
 PYRAMID HILL v CALVIL UNITED  
 NEWBRIDGE v MACORNA

**ROUND 15 - JUL 25**

BL SERPENTINE v NEWBRIDGE  
 MITIAMO v PYRAMID HILL  
 MGYCW v BRIDGEWATER  
 CALVIL UNITED v INGLEWOOD  
 MARONG v MACORNA

**ROUND 16 - AUG 1**

BRIDGEWATER v MITIAMO  
 PYRAMID HILL v BL SERPENTINE  
 NEWBRIDGE v MARONG  
 MACORNA v CALVIL UNITED  
 INGLEWOOD v MGYCW

**ROUND 17 - AUG 8**

BL SERPENTINE v MITIAMO  
 INGLEWOOD v NEWBRIDGE  
 MACORNA v PYRAMID HILL  
 CALVIL UNITED v BRIDGEWATER  
 MARONG v MGYCW

**ROUND 18 - AUG 15**

BRIDGEWATER v MACORNA  
 PYRAMID HILL v NEWBRIDGE  
 BL SERPENTINE v INGLEWOOD  
 MITIAMO v MARONG  
 MGYCW v CALVIL UNITED



## Pastie Recipe [just in case!]

Growing up on the farm in Strathmerton, there were always four things in our freezer *Just In Case*.

1. Flat wide Tupperware containers full of home made Pasties
2. Squared Tupperware containers of Pea and Smoked Ham Hock Soup
3. Half a lamb/steer/pig - whatever my dad and his friends had butchered in late summer.
4. Dozens of Lamingtons, in a clear plastic container.

With those four things, my mother was ready for any circumstance.

My father was a great gatherer of neighbours and random hungry travellers. Ushered in, washed up and sat at the table - having been promised that *lunch will be ready soon*. I could see my mother mentally prepare, and imagine what stock she had on hand. Miraculously, home made food would appear. Pea and ham hock soup first, and then these magnificent pasties. Mum was rarely caught off guard by visitors, with her well stocked freezer.

When I was small, I would carefully grate carrots, parsnip, watery potatoes and onions to combine with the ground meat. When I was slightly less small, I would sometimes be given the task of manually sending the tough cuts of steak through the mincer machine. An ancient apparatus that attached by a clamp to the side of the table. I tried hard not to think about the distracted kids through history who must have minced their whole fingers off doing the same chore for *their* mothers.

My mum was and still is at 89, a marvellous traditional cook. Along with farm work and house work, each season had a kitchen task, whether it was bottling jams, preserving peaches, pears and apricots, or making a winters worth of soup and pasties for the *just in case* times.

After years of watching my mother make pasties from scratch - I have made it my ritual each winter as well.

Something I have learned is that the filling is an expanding contracting base of ingredients. If you need to make a good big batch, put in more carrots and potato.

There is nuance in the working through of the pastry. The secret to both the filling and the pastry success, in my opinion is using your hands to mix the ingredients.

**The picture** ok.. *it looks a mess. But know that the rolling pin, the bone handled knife and the vintage plate are from my grandmother. The rolling pin was one my grandmother had all her married life, bought with the £8 grandfather gave her when they were married, with which she had to set up the whole house. These things are my special inheritance, and part of my ritual while baking.*

*Also remember that it is a recipe handed down from mothers to daughters, and that is why I am teaching Ziggy.*

*Also know I wasn't expecting to share this picture in the Press!!*

### Ingredients List

**Filling:** 2 brown onions, 3 parsnips, 2 large potatoes, 4 carrots, 1 large egg, 500 grams of mince beef. Salt and Pepper

**Pastry:** 2 cups of self raising & 2 cups of plain flour, half a cube of solidified oil [Supafry]. Salt. Water.

**Method:** For the filling, grate the vegies and combine together. The potato will be more watery than the other ingredients, squeeze excess moisture from potato mix before you put it in. Crack the egg and combine WITH YOUR HANDS, work the vegies and raw mince in a bowl together. Add salt and pepper to taste. The egg is used to 'bind the meat and the veg together'.

For the pastry, sift the 4 cups of flour together. Grate half a cube of Supafry and add that into the flour and work through WITH YOUR HANDS. Until the mixture looks like biscuit crumbs with larger chunks of the oil in it here and there. Now add water. Slowly. Keep working the pastry with your hands until it becomes a dough ball. \*\* Don't OVERWORK the solidified oil flakes until they disappear. If you can still see shiny chunks of oil that is THE BEST as it's this that keeps your pastry flaky. More flaky? More oil chunks..

Take a handful of pastry and roll it flat. Use a bread and butter plate as a guide - use a knife to score the pastry around the plate. Stack up your pastry rounds.

Using a dessert spoon, spoon the filling mixture onto the pastry rounds - fold pastry over filling into a half circle, and using a pastry brush dipped in water, wet the bottom edge to make the pastry a little sticky, use your fingers to pinch the top and bottom edge together. Use a fork to pin prick the top of the pastie, so there's some ventilation while cooking.

Place on a silver baking tray if you have one, and cook on 220 for 25 minutes. A fan oven will be quicker.





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

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UNDER NEW MANAGEMENT

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Supplying to all surrounding districts.

FOR ENQUIRIES & ORDERS, CONTACT US:

- 📞 Adam: 0429 807 318
- 📞 Drew: 0401 186 155

**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](http://loddon.vic.gov.au)

**BJD PLUMBING**  
*Servicing Bendigo, Pyramid Hill and Surrounds*

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- Backflow & TMV Install & Testing
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**PYRAMID HILL NEWS & POST**

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Sat 8am - 12pm

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OFFICIAL

## Media Release

**April 27 2026**

### Irrigators urged to plan ahead before dewatering campaign starts

Goulburn-Murray Water (GMW) is reminding irrigators to plan their water orders now before its 2026 dewatering campaign gets underway.

Each year, GMW dewateres parts of its channel network to undertake crucial maintenance works on assets that are usually beneath the waterline.

This takes place during the irrigation off-season between 16 May and 14 August.

The current irrigation season will end on 15 May 2026, with 10 May being the last day customers are able to place orders. The 2026/27 season then begins on 15 August 2026.

GMW General Manager Water Delivery Services Warren Blyth said irrigators needed to prepare now for the period between seasons when they would not have access to water.

“Customers will not be able to order water during the irrigation off-season, so it is important they have plans in place if they need water during this time, such as filling their tanks and dams in advance,” he said.

“I strongly encourage anyone with questions about securing water for the irrigation off-season to get in touch with us to discuss their options as soon as possible.”

Mr Blyth said the dewatering campaign provided a number of benefits besides allowing crucial maintenance works to take place on assets.

He said it also enabled GMW to inspect its network and combat aquatic weeds.

“Dewatering channels during the winter is one of the most effective means we have of treating aquatic weeds,” he said.

“Exposing weeds to frost helps us kill off large amounts without having to manually treat them with herbicide, making it a very efficient and cost-effective method.

“Dewatering also allows us to inspect more of our channel network, which helps us prioritise future maintenance works.”

More information about how people can prepare for the end of the irrigation season can be found on [GMW's end of season webpage](#).

Customers who may want to use water for irrigation purposes during the irrigation off-season must apply for an Out of Season Agreement from GMW.

For more information, customers can phone GMW on 1800 013 357.



For any enquiries call or message  
**Emelia | 0428 586 516**  
 Email: [chrisleerson@gmail.com](mailto:chrisleerson@gmail.com)

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## TRIVIA SPOT

supercalifragilistic  
expialidocious

Yes it's a real word!

**Definition:** Often used to express extreme approval or as a nonsensical word to use "when you don't know what to say".

**Origin:** While popularized by the 1964 Mary Poppins movie, a variation was first documented in 1931 in a university column, and other earlier variations existed before the movie.

**Composition:** It is a whimsical compound word often broken down into: super- (above), -cali- (beauty), -fragilistic- (delicate), -expiali- (to atone), and -docious (educable).

**Song:** The song was written by the Sherman Brothers, and sung by Julie Andrews and Dick Van Dyke in the film.

## Want to advertise in the Pyramid Press?

As of May 1 2026 Pyramid Hill Press will be delivered fortnightly. A total of 23 editions per year. We have a readership of over 450 per edition via online and print.

### Annual Cost

Small Ad Tile - \$120

Double Ad - \$200

Triple Ad - \$300

Quarter Page - \$400

Half Page - \$600

Full Page - \$1000

### Weekly - one off cost.

Half Page - \$30

Full Page - \$60

Simple design for your ad can be arranged at a negotiated cost [costed at \$30 per half hour for design time].

To advertise, contact  
pyramidhillfinance@gmail.com  
or 54557129



# Native Trees

**Kurrajong**  
**Mallee Golden Wattle**  
**White Cypress Pine**  
**Red Flowering Gum**  
**Gooseberry Mallee**  
**Kamarooka Mallee**  
**Bald Island Marlock**  
**Black Wattle**  
**Red Gum**  
**Blue Gum**  
**Blackwood**  
**Lightwood**  
**Ironwood**

**From \$15.00**  
**In 250mm tree Bags**

## PYRAMID HILL & KERANG Millers Ag



*It's lambing time and sowing season is in full swing — so don't let anything slip through the paddock!*

For those who are starting to end up with a few extra woolly mouths to feed, we've got ProFeLac Sheperd Milk Powder to help rear strong, healthy lambs through to a good finish.

Alongside our full range of livestock and cropping supplies, we're here to help you stay on track and make the most of the season.

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

[www.millera.com.au](http://www.millera.com.au)

# Are you prepared? Prepared and Resilient in Pyramid Hill

Emergencies are unpredictable, and during a disaster, help may not always be immediately available. These sessions will support you to plan and prepare, helping reduce risks to life and property.

Join community engagement sessions hosted by Loddon Shire Council, supported by ARC Justice

## The First 72 Hours Emergency Plan

The first 72 hours of an emergency are critical. Consider how you would manage if professional assistance was unavailable and essential services—such as power, water, gas, roads, phone reception, and food supplies—were disrupted. The First 72 Hours program supports households and businesses to develop a practical Emergency Plan. Building safer, more resilient communities is a shared responsibility for all Victorians, not solely those working in emergency management.

### Being legally prepared for a disaster - including:

- Getting and checking home and/or contents insurance
- Disaster and renters' rights
- Storing your important documents
- What to do if a disaster happens
- Disputes with insurers



This is a catered event. Please note dietary requirements during registration.

**Registrations close on 3 May.**

**Friday 8 May, 5:30-6:30pm**

**Pyramid Hill Community Centre 6-10 McKay St**

**Registrations: [Humanitix](#) or call Loddon Shire**



www.castrail.art



CAMPASPE  
ARTISTS  
STUDIO TRAIL

*Discover our creative  
Campaspe community*

Echuca - Tongala - Kyabram - Lancaster  
Rushworth - Colbinabbin - Corop - Rochester



Image: Angie Russt Studio


ARTISTS OPEN  
STUDIOS


Sat & Sun  
2-3 May  
10am-4pm


\* Some studios open  
Fri 1 May 5pm-7pm


# Avoid the Flu

Protect yourself and your community this flu season!

 **Where:** Pyramid Hill NDCH Community Health Building  
8/10 McKay Street, Pyramid Hill

 **When:** Thursday 14 May  
9:30am - 10:30am

 **Bookings:** Call NDCH Medical Clinic  
03 5452 1366





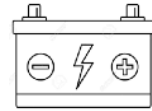
### MOBILE SHEEP DIPPING

Geoff & Colleen Hampson  
Mobile: 0429 823 293

### PYRAMID HILL COMMUNITY OP SHOP

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

5 Kelly St, Pyramid Hill



### 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)



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- ✓ Servicing Boort, Pyramid Hill & surrounds



#### OUR SERVICES

- Maintenance Plumbing
- Property Maintenance
- Excavation
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**BRAD TYQUIN** 0438 425 852  
email: [btmaintenanceandrepairs@gmail.com](mailto:btmaintenanceandrepairs@gmail.com)

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