

Pyramid Press

MATES mentoring at Pyramid Hill College

Students in Year 9 and 10 met with their MATES mentors at Pyramid Hill College on Wednesday 10th May to get to know each other and learn more about their career paths and life experiences. A Panel of mentors, Marie Noelker, Nathan McGann, Chris Cain and Ange Eads answered questions prepared by students about their interests, their first jobs, how they chose their career path and advice to their younger selves. Career paths varied from teaching, nursing, graphic design and science. Students heard comments like, 'Make the most of opportunities that come your way', 'Don't worry so much about what other people think' and 'Be yourself and follow your dreams.'

Mentors and students joined in games such as 'Two Truths and a Lie' introduced by Jed Stewart, 'Kahoots Trivia' introduced by Eloise Walters and Dempsey Lee and 'Group UNO' introduced by Shamica Castro. There was a lot of laughter and competitive good will. A BBQ tea followed with desert, prepared by students assisted by Mr McCann, Mr Roberts and Mrs Moon.

Mentors in the MATES program are matched with a young person in Year 9 and arrange to meet in their own time, at least once a month, until students move on to another school at the end of Year 10. Students this year have been pro-active in choosing their own mentors and arranging times to meet. We are very fortunate to have a range of caring and committed people in our local community, prepared to give up their time to be part of the MATES mentoring program. By having a positive role model and building mutual respect, mentoring allows young people to gain confidence in themselves and make a lasting connection with a trusted friend, guide, supporter, motivator, advisor, confidant and resource. These are important benefits for students at this stage of their education on the verge of exploring career options, developing their strengths, skills and setting goals and aspirations for the future. The MATES mentoring program at PHC is alive and strong!

Story submitted by Barb Bear



Pyramid Hill Neighbourhood House

43 Kelly Street | PO Box 86, Pyramid Hill, 3575

Tel: 5455 7129

HOURS Tues - Fri 10am - 4pm

Press Submissions due Tue | 06:00 PM

Email: pyramidhillpress@gmail.com | Digital copies: facebook.com/PyramidHillHouse/



Produced by the community
and Pyramid Hill
Neighbourhood House

Pyramid Press is sponsored
by the Loddon Shire Council



CO-ORDINATOR CATCH UP

Hi my Neighbours!

While I am writing this, people are streaming in to donate more goods to the Rampant Raffle for the Biggest Morning Tea on Thursday 25th May. I am overwhelmed with the generosity of this town, every time I put my hand up for help. You are all a good mob. Thanks for backing us in our raising funds for the Cancer Council. Here's to a successful and fun event!!

We are getting our hands dirty this weekend with our community garden beds being planted out. Please come along at 2pm Sunday and give us a hand! It will be wonderful to get some plants in the garden.

Now, something that is coming up in just over a week is the Mallee Family Care Community Legal Centre visit to talk to us about SCAMS..... and also for FUTURE PLANNING with Powers of Attorney, Medical Treatment Decision Makers and more. Neighbours, make Thursday 8th June the day you start planning for your future with these general information sessions - and get yourself more aware about scams and scammers and how to protect yourself on your phone and online.

We've got our Ag Chem courses running next week! They have been fully booked for a few weeks now. However, if you are wanting to put your name on a list for the next course [possibly September/October] you can call The Centre on 5721 0200 and get in early with your booking.

Kids Night starts on 5th June. I am hoping we get a few takers, as I have been playing Nintendo by myself for the last few weeks. If you would like to book your kids in for the week then let me know. We will have craft, nintendo, snacks and a quiet homework space. If anyone needs assistance with getting home after the session, we can load up the kids in our Community Car and get them home.

We are mad busy here at the moment [Wednesday afternoon] my friends, so I will sign off and wish you a terrific week!

Kim



Neighbourhood House apprentice Freddie Talbot

KID'S NIGHT

AT THE NEIGHBOURHOOD HOUSE

FUN FOR ALL STUDENTS IN FOUNDATION -YEAR 12

TIME: 3:30-5pm

Every Monday, starting on the 5th June

Activities include:

- Card/Board games
- Access to the Library
- Quiet space for homework
- Snacks
- Computers for use
- Nintendo Switch*
- Free WI-FI

CLEO THE COMMUNITY CAR would be free for anyone needing a ride home*

*Bookings are required the Friday before each Monday
To book call 5455 7129 or email phnh@bigpond.com
Please state child/ren name/s and parents/guardians phone number
Or fill out a form with mentioned details and give to Jasmine at PHC

Gardening Working Bee

Sunday 28th May

2 - 4 PM

Pyramid Hill Neighbourhood House



WHAT'S ON

Biggest Morning Tea

Thursday 25th May | 10.30 am

Pyramid Hill Memorial Hall

Details inside the Press

Pyramid Hill Playgroup Storytime

Friday 26th May | 10.30 - 11 am

Pyramid Hill Kinder

Gardening Working Bee

Sunday 28th May | 2 - 4 pm

Pyramid Hill Neighbourhood House

Pyramid Hill Golf Club Committee Meeting

Tuesday 30 May | 7.30pm

Golf Clubrooms

Chemical Users Course

Monday 29 May, Tuesday 30, Wednesday 31, Thursday 1 June

9 - 4pm | Pyramid Hill Memorial Hall

Protect yourself from Scams & Planning for the future Information Session

Thursday 8 June | 9.30am

Pyramid Hill Neighbourhood House

Details inside the Press

Pyramid Hill Bowling Club AGM

Wednesday 14th June | 7.30 pm

Bowling Clubhouse

WHAT'S ON *regular activities*

Cleo Community Car

Call the Neighbourhood House to book transport to your next appointment | 54557129

Price List inside

Bendigo Blood Donation Trips - Community Car

Call the Neighbourhood House to book a groups of donors (max 4 people)

Blood donation trips are free thanks to Pyramid Hill Progress Association

TUESDAYS

Moderate Movers exercise group | 2 PM | Seniors Centre

Mackay St | BYO exercise mat or towel

Morning Coffee | 10:15 AM | Neighbourhood House

Goldfields Library visit | 10:15 AM | Neighbourhood House

WEDNESDAYS

Social Bowls | 7:00 PM | 98 Victoria St

Book Club | 4:30 PM | last Wed of each month

Ask an Accountant | 1:00 - 2:00 PM | Neighbourhood House

FRIDAYS

Rhyme Time | 9:30 AM every Friday during term |

Neighbourhood House

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

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

VLINe TRAIN AND COACH

Monday – Friday

Train dep Melbourne | 07:39 AM and 06:08 PM

Departs Bendigo | 10:00 AM and 08.26 PM

Arrives Pyramid | 11:09 AM and 09:34 PM

Tuesday and Thursday

(Need to book on Thursdays)

Train dep Melbourne | 01:06 PM

Coach dep Bendigo | Tuesday 03:09 PM

Thursday | 3.10 PM

Arrive Pyramid | 04:29 PM

Friday Only

Train dep Melbourne | 07:08 PM

Arrives Bendigo | 09:00 PM

Coach departs Bendigo | 09:10 PM

Arrives Pyramid | 10:25 PM

Saturday & Sunday only

Train dep Melbourne | 07:40 AM and 06:43 PM

Arrives Bendigo | 10:00 AM and 08:57 PM

Arrives Pyramid | 11:09 AM and 10:05 PM

V/LINE TO MELBOURNE

Monday – Friday

Train dep Pyramid | 08:05 AM and 02:46 PM

Arrives Bendigo | 09:18 AM and 03:59 PM

Arrives Melbourne | 11:28 AM and 06:11 PM

Tuesday and Thursday

Coach dep Pyramid | 10:51 AM

Train dep Bendigo | 12:26 PM

Train Arrives Melbourne | 02:25 PM

Friday only

Coach dep Pyramid | 05:30 PM

Train dep Bendigo | 07:01 PM

Train Arrives Melbourne | 09:09 PM

Saturday only

Train dep Pyramid | 08:05 AM and 02:46 PM

Departs Bendigo | 09:20 AM and 04:01 PM

Arrives Melbourne | 11:30 AM and 06:09 PM

Sunday only

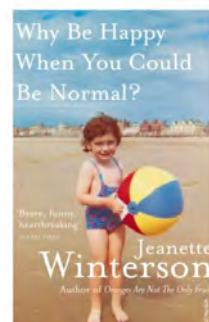
Train dep Pyramid | 08:05 AM and 05:47 PM

Departs Bendigo | 09:18 AM and 07:00 PM

Arrives Melbourne | 11:30 AM and 09:12 PM

BOOK CLUB

Last Wednesday of the Month
This month's book is *Why be Happy When you could be Normal*
by Jeanette Winterson
This popular group has two
vacancies only for those wishing
to join this year!



PUBLIC NOTICES

CHURCH SERVICES

Anglican

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

Sun | 11:00 AM

Church of Christ Kelly St

Pyramid Hill

Enquires:

June Smith | 0438 062 646

Uniting

1st and 3rd Sun

10:00 AM

Tyndale Church,

Victoria St,

Pyramid Hill

Kids Rock

For all school aged children

3:30 - 5:00 PM | Every second Tuesday during term

Uniting Church Pyramid Hill

Enquiries:

Robyn | 0427 561 973

Catholic

Sat Mass | 6:30 PM

St Patrick's Catholic Church

Victoria St



Protect Yourself From Scams

Free Information Session

The internet can be a wonderful way to be connected to the world but it can also be a way for people to be scammed. In 2022, Australians lost an estimated 500 million dollars to scams. Join us for this free information session presented by the Mallee Family Care Community Legal Centre to help protect yourself from becoming a victim. Topics include:

- The latest scams
- How to identify them
- Tips to protect yourself

Thursday 8th June at 9:30am

Pyramid Hill Neighbourhood House

Followed by morning tea at 10:30am



Planning for the future

Free Information Session

Who will make important decisions about your finances and health if you are unable to?

In the event of temporary or permanent loss of decision making capacity, having documentation in place means that someone of your choice can make these decisions on your behalf.

Join us for this free information session as part of presented by the Mallee Family Care Community Legal Centre.

Topics include:

- Enduring Powers of Attorney
- Medical Treatment Decision Makers
- Advance Care Directives

Thursday 8th June at 11am

Pyramid Hill Neighbourhood House

Please join us for morning tea beforehand at 10:30am

* Please note: this session is general information only & individual legal advice cannot be given



Understanding Toddlers

This workshop will give parents and carers of toddlers the opportunity to share ideas and experiences with others.

We will discuss toddler development and the joys and challenges this stage brings to your family.

Discussion will also focus on parenting strategies you may use for this age group.

✓ Strategies

✓ Support

✓ Understanding

Workshop Details:

Location: Pyramid Hill College, in the BER
97 – 101 Kelly St, Pyramid Hill

Date: Thursday 22nd June, 7:00pm – 8:30pm
Arrival: 6:45pm

Register at www.catholiccarevic.org.au/register
or with the QR code above.

This is a FREE single session workshop only
delivered by CatholicCare's Regional
Parenting Team.

Early registration is encouraged.

Your local contact is Julie Kerr: 0438 336 991

Hosted by:



Register:

CatholicCare Victoria

P 03 5438 1300

E bendigo.reception@catholiccarevic.org.au

www.catholiccarevic.org.au

(03) 5438 1300 | 176 – 178 McCrae Street, Bendigo VIC 3550



We're upgrading the Echuca Line and there will be transport disruptions

As part of Victoria's Big Build, we're upgrading the Echuca Line to allow trains to travel faster between Goornong and Echuca.

Coaches replace trains in both directions

Until 21 June

Bendigo to Echuca

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ASK AN ACCOUNTANT



Wednesdays 1pm - 2pm
Neighbourhood House

Come and learn some tips
and tricks from Cheryl and
enjoy a light lunch with us!



Netball Notes

Round 7 Saturday 20 May YCW vs Pyramid Hill

A Grade

The Pyramid girls started well during the first quarter and were down by just 2 at first quarter break. YCW came out firing during the second and gained a nice lead at half time. Pyramid put up a great fight but could not catch YCW. Great effort girls!

Final Score: MGYCW 68 Pyramid Hill 46

Award: Kearley Stone

B Grade

Our game against MGYCW was an even contest despite the score. Accurate shooting from our goalers and great tight defensive pressure all the way down the court.

Final Score MGYCW 59 Pyramid Hill 39

Award: Emily McGovack

C Grade

Our girls knew it would be a tough week against the Eagles, however that didn't deter them from coming out firing. Some solid defence and beautiful ball work down the court saw us down by only a small margin at half time. The second half brought some crafty passes into the ring from our midcourters and some windier weather conditions for our goalers, leading to a loss of 15. Despite the score, the communication and teamwork remained strong throughout the game, a real credit to our girls!

Final Score MGYCW 46 Pyramid Hill 31

Award: Lauren Driscoll

C Res

The sun came out from behind the clouds and gave us some great conditions to play in. Despite the score we played a strong 4 quarters, keeping the pressure on. Special mention to Liv Turvey for keeping the ball moving throughout the court, playing a full game of centre. Sarah Luke for her defensive pressure and Kelly Gould for their consistency and versatility playing well at both ends of the courts - moving from GK to GS.

Final Score MGYCW 47: Pyramid Hill 16

Award: Kelly Gould

Under 17

It was a great game, with a tough competitor! The score didn't reflect how hard we tried, despite the rain and the damp courts with little grip. Thanks to our u15's for helping out.

Final Score: MGYCW 48 Pyramid Hill 17

Glenn Atkins Award: Kaitlin Broad

Under 15

The under 15's were determined to fight this week! The first quarter was a tight game, by halfway rain came, making it difficult for the girls to grip the ball but the defenders had many turnovers and allowed the attackers to continue the ball to flow to goal end. The girls are ready to fight harder next week. Awesome effort to Alina with her strong leads and defences.

Final Score MGYCW 42 Pyramid Hill 18

Pyramid Hill Bakery Award: Alina Gould

Under 13

Our girls played hard on a slippery court and in cooler conditions. It was great to see how well they communicated to each other resulting in some tight plays down the court. The midcourters had some impressive intercepts as well. Our strength in defence in the last half kept the ball returning to our attack. Unfortunately final scores didn't reflect the great effort our girls put into today's match. Keep up the fighting spirit girls!!

Final Score MGYCW 27 Pyramid Hill 3

Coffee Bank Award: Jamison Walters

Minis

The Minis took the court on a cold wet day ready for a big game. Some excellent passes and great movement down the court saw our girls score some brilliant goals. The rainy weather didn't dampen the girls' enthusiasm with great talk and enthusiasm from all. Well done girls!

PHFNC Canteen Award: Jaida Dehne



FOOTBALL NOTES

The trip to Maiden Gully turned out to be a “mixed bag”, with a win, that followed 2 losses on the footy field rounding out a chilly day of competition. A positive for the Club was the appearance of our Under 18s for their 4th game, and although overrun by a much bigger Inglewood, they continued to display endeavour and effort, and coach Bryden and all parents would have been impressed with their efforts. The Pyramid Hill “Butchers Award” went to Xavier Emmerson, Lewis Stubbs claimed the “Ant Free Shearing Award”, and the “Good Sports Award” went to Riley Doorty. The “Club President’s Award” was awarded to Blake Gibson. Others to come under notice included Riley Hutton, Jacob Clough-Fidler, Wil Thomson and Tristan Broad.



With no inter-change bench, and just 17 on-field players, the Reserves had their work cut out. The injury curse continuous to haunt the Bulldog “kennel” and hopefully we can regain a few of the sidelined ‘Dogs in the near future. A scoreless opening term was always going to extend the pressure as the game wore on, so to post 3 goals and restrict the “Eagles” to just 7 was a win of sorts. Promoted from the Under 18s it was good to see Jake Gibson at his elusive best and slot through 2 of our goals. In recognition for a true 4-quarter effort Tom Walker received the “Pony Award”, and Jack Douche in defence worked overtime and won the “National Hotel Award”. The “Victoria Hotel Award” went to Matt Carroll, with Rowan Pollock getting the “Good Sports Award”. Others to toil over four quarters were Gregg Quinn and Rylan Delamere.



It was good to see the Bulldogs Seniors spring from the blocks and put a big stamp on the game in the opening term.

Ten scoring shots, for 5 goals and a 30+ lead at the opening break, and courtesy of continued run, overlap and precision delivery, this lead was extended to more than 11 goals at the main break. By game’s end the margin was in excess of 100 points, and with 10 individual goalkickers, 6 of whom scored multiples, it was a good day at the office. Another bonus was to restrict the opposition to just 2 goals and allow for a healthy percentage boost. Award winners were Dylan Collis (Victoria Hotel) and Billy Micevski (National Hotel). In a very even team effort others to perform well included Jesse Sheahan, Bryden Morison, Bailey George, Scott Mann, Adrian Holland, Zach Alford and Seb Relouw. After hosting Inglewood today, it is time to “frock up”, polish the boots and head to the Annual Club Ball.



Pictured Top: Four sets of brothers ran out for the PHFNC Senior Footy Team- Zac & Mitch Dingwall, Steven & Mitch Gunther, Matt & Brad Moon, Bryden & Dylan Morison.

Pictured Middle: Two Father and Son combinations- Steven Gibson and Son Blake, Jayson Carroll and Son Matt.

Pictured Bottom: First time all five of Rowan and Chelsea Broad’s children played Netball and Football on the same day.

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Tuesday - 1pm-5pm

Sunday - 8am-12pm

For more information on garbage & recycling visit loddon.vic.gov.au



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Email: rexgilhooley@bigpond.com

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5 Kelly St, Pyramid Hill

Opening hours

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Email:

pyramidhill@mawsons.com.au



Adam Ellerton Mobile

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122 Martins Rd, Goornong

adamellerton@hotmail.com

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Geoff & Colleen Hampson

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ABN : 86 635 807 297
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FOODWORKS



03 54862 200

GOLF NOTES

Pyramid Hill Golf Results 21-5-23

We had the first round of the singles knockout on Sunday. Well done to everyone who played and congratulations to the winners of the matches.

The next round of the knockouts is:

Ted Carmody vs Wayne Maxted

Dave Mann vs Ron Ritchie

Rod Wilkinson vs Caleb Smith

Winner of the day with 40 points was Caleb Smith, well done Caleb! Runner up was Dave Mann with 38 points, well done on breaking 80 Dave. Next week will be a stableford event.

Our championships will commence shortly, please see the updated list of dates below. Results will be calculated from the best 3 of 4 rounds with players needing to play the final round.

1st Round Sunday June 4th

2nd Round Sunday June 18th


3rd Round Sunday June 25th

4th and Final Round Sunday July 9th



The photo is Ted's ball location on the 15th.

We also have our junior program commencing on Sunday June 4th and the sessions will run from 10:00am - 11:00am. Further information for these can be found on the Pyramid Hill Golf Club Facebook page. Alternatively, contact Luke Roberts on 0408368686.



Woman by the Water

Living and Learning through Connection to Nature



This is a free event !!

Indigenous Arts and Craft Workshops & Community Treeplanting
...along our Loddon River !

When? Sunday 25th June 1030am - 430pm
Where? Behind the Mill near the Waterhole, Bridgewater
What you may want to bring along..
camping chair or picnic rug, water and..
...your wonderful self !
You are welcome to bring some feathers you found yourself to use at the workshop.

The Loddon Plains Landcare Network would like to invite our local Women and Children to join us for this very special event! We have invited traditional owners Aunty Kathy and Aunty Marilyne to teach us their ancient basket weaving and feather crafting skills! There also will be an educational tree planting workshop, learning about our rare and wonderful riverine ecosystem. Free Lunch will be provided by Coffee on Loddon! Please register by contacting Charlie on 0422 169 665

LODDON PLAINS LANDCARE NETWORK



Women's Health



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

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Battery Round Up Fundraiser

If you have any old car, truck or large batteries laying around and getting in the way drop them off on the nature strip at

4 Albert Street Pyramid Hill
Any queries please call



Tan: 0427 993 004
Bill: 0427 888 102

Northern District Community Health

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

- **Medical Clinic**
- **Allied Health**
- **Community Nursing**
- **Community Support**
- **Registered NDIS provider**
- **Health Promotion**

📍 **Kerang Medical Clinic**
34 Fitzroy St Kerang
📅 Mon to Fri
8.45am to 5.30pm
☎ Phone: 03 5452 1366

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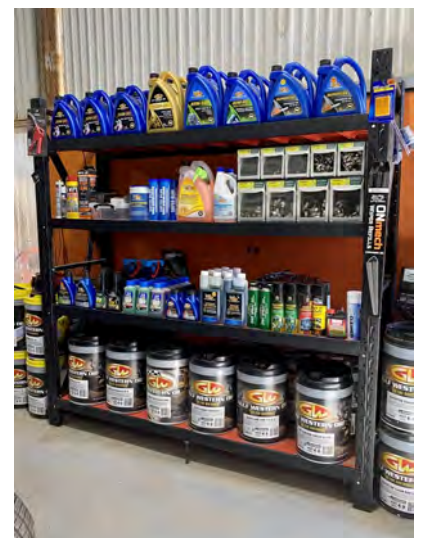
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PYRAMID PRESS

Issue 12 April 30

CEP HSC TV WORK EXPERIENCE PROGRAM

The Country Education Project, in conjunction with all Victorian Regional Television Stations, will again present specially produced television programs relevant to the H.S.C. syllabus, in 1982.

The Project is funded by the Commission and funds programs which are designed to help overcome educational disadvantage in rural areas.

For the past two years, the Project has employed experts to produce these programs. They mainly consist of interviews and discussions with leading experts in the fields of study.

Stations taking place in the telecasts are, BTV 6 Ballarat, BCV 8 Bendigo, GLV 8 Traralgon, STV 8 Mildura, GMV 6 Shepparton, AMV 4 Albury and SES 8 Mt. Gambier.

The first program will go to air on Monday 7th June. The programs may be viewed each weekday morning after that date, with the exception of Wednesday, from 9.30 a.m. to 10.30 a.m.

Programs will cover four H.S.C. subjects this year; English, Australian History, Legal Studies and Biology. Schools are currently being advised of the topics/themes which will be discussed in the programs.

RAINFALL

Rainfall for the last week to 9am each morning.

April 22	0.0 mm
23	0.0 mm
24	1.0 mm
25	0.0 mm
26	1.8 mm
27	7.0 mm
28	1.4 mm

This week has seen a chilly return to winter conditions with the lowest minimum recorded this month being 2°C on Monday 26th.

At the beginning of April, average maximum temperatures were around 30°C, and last week we were still experiencing temperatures in the mid 20s. Tuesdays maximum however was only 15°C.

So far this month a total of 18.2mm have fallen, and this is around half the rain required to improve local conditions satisfactorily.



The week beginning 21st June will see Pyramid Hill HES Year 10 students going to various towns in the district to try their hand at work experience.

The students are working at the theses various locations:

Rosalee Guthrie- Cohuna Consolidated Primary School, Classroom teaching.
 Laurene McKenzie- William and Mackenzie solicitors, Cohuna, Secretary.
 Kerry Mooney- Cohuna Consolidated Primary School, Physical Education teacher.
 Donna Stewart- Rick Hall Lacey's Stables, Bendigo, Strapper.
 Louise Whitewood- 380 Bendigo, Researcher (maybe).
 Cameron Dowling- Cohuna Smash Repairs, panel beater.
 John Farrar- David Broad, Pyramid Hill, farmer.
 Anthony Carroll- Laughlins Sport Store, Kerang, Sales assistant.
 Nigel Leed- Bendigo Bearings, Computer operator.
 Mark Lacey- Cohuna Front Ends, Mechanic.
 Neville Miller- Bendigo, Recreational Officer.
 Daryl Stevens- Golden City Data Processing, Computer Operator.

The co-operation of the above firms is greatly appreciated by the students and staff involved in this program.

IRRIGATION SEASON ENDS

All irrigators are reminded that the 1981/82 irrigation season will end at midnight on Saturday 15th May 1982.

To prevent shortage and/or possible Over Ordering of supplies that will result in water being wasted, all water (including domestic & stock supplies) required for the period 11th May 1982 to 15th May 1982 must be ordered in writing on or before 9:00 a.m. on the 7th May 1982.

WORK AT SCHOOL

Due to the high water table the school's Transpiration Bed for the disposal of sewerage effluent has always been a problem. With the resulting hazard to health a sewerage treatment plant has been planned to treat the waste and so eliminate the need for the transpiration bed.

Onley's Holdings P/L of Donald were the successful tenderers at a cost of \$23,990. They have commenced work this week and hope to complete the work in three to four weeks.

The men that are working on the Transpiration bed are Brian Walsh, Brian Melican and Jon Onlay. They are staying until the end of the month in the Caravan Park.



Edwards' Thought For The Week

There is no pleasure in having nothing to do; the fun is in having plenty to do and not doing it!!!!





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Local Service, National Strength.

This week's happenings at Pyramid Hill College

Hapkido



Respect Learn Community



Hapkido

Thanks to the Northern District Community Health Service students at Pyramid Hill College have taken the opportunity to learn self defence skills under Hapkido instructor Mr David Rees.

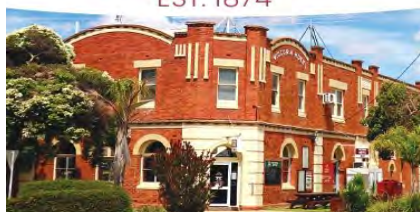
The students will be a force to reckoned with in the future as they have mastered a number of moves that will leave any unsuspecting attacker literally on their knees.

Not only has it been a fun filled after school activity, Hapkido has also given students the knowledge of the power that they can exert and the skills in preserving their own safety.

Thanks NDCH for sponsoring the six week sessions of Hapkido; our students have had a blast!

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with Friday happy
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Monday – Open 3.00pm

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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
With Hot Bar Snacks,
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Saturday – Open Midday

Lunch from 12.00pm
Dinner from 5.30pm

Sunday – Open Midday

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Small Towns, Big Difference Forum

Discover how small towns throughout the Mallee region have made a significant impact on their communities through the development of community owned models for facilities/retail, diverse funding sources, innovative service delivery methods, facility improvement and the organisation of fantastic events. Everyone is invited to attend this free event presented by the Mallee Regional Partnership and Regional Development Victoria.

Date: Tuesday 6 June 2023

Time: 10:00am to 3:00pm

Location: Charlton Park, Calder Highway

Cost: Free

Morning tea and lunch will be provided

Come along to hear about a range of exciting and successful initiatives from across the Mallee region of Victoria, including:

- Community-owned facility / business models

- Fabulous community events

- Diverse funding sources

- New ways of delivering services

- Improved community facilities

- Key ingredients to success.

Special guest Derek Guille (ABC Radio) and Brad McEwan (Brad McEwan Media) will be in attendance. Representatives from various Mallee communities will also share insights into their local initiatives. To register for the forum, please visit <https://www.eventbrite.com.au/e/small-towns-big-difference-forum-tickets-593925716807?aff=ebdsoporgprofile>.

Wedderburn Swap Meet and Market

Last Saturday (20 May), the Wedderburn Engine Club hosted the Wedderburn Swap Meet and Market. This event provided an opportunity for the community to come together and exchange unwanted engine parts or other items they no longer need. Engine enthusiasts, mechanics



and individuals interested in automotive repair gathered to connect, share knowledge and find new uses for these discarded parts.

Despite a damp start, the event was fantastic and the sunshine made an appearance later in the afternoon. Thank you to organisers and all those involved for making the event possible.

Reminder - Victorian Crop Sowing Guide

As we approach another sowing season, I wanted to remind farmers of available resources. Agriculture Victoria, in partnership with the Grains Research and Development Corporation (GRDC), released the 2022 Victorian Crop Sowing Guide.

The guide provides the most up-to-date information on crop variety performance and crop disease resistance ratings. This information will be valuable as growers consider their planting options for the upcoming winter crop season.

To download the Victorian Crop Sowing Guide, please visit www.grdc.com.au/NVT-Victorian-Winter-Crop-Summary

Australia's Biggest Morning Tea celebrates 30 years

Cancer Council Victoria encourages residents of Loddon Shire to host an Australia's Biggest Morning Tea event with their family, friends and colleagues in support of people affected by cancer.

While the official day to host a morning tea is Thursday 25 May, participants can register to host at any time through May or June.

By hosting or attending a morning tea, you will contribute to Cancer Council Victoria's lifesaving cancer research, prevention, advocacy and support programs for individuals affected by cancer

Currently, there are 21,386 morning tea hosts registered across Australia with over \$2,913,128 already raised.

For more information or to register, visit <https://www.biggestmorningtea.com.au/> or call 1300 65 65 85 to receive a free morning tea host kit.

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*Prices are indicative and to be used as a guide only.

