

PYRAMID PRESS

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Nurse Practitioner Clinic in Pyramid Hill

Did you know that we have a nurse Practitioner visiting Pyramid Hill every three weeks? Yvonne Fabry is our Nurse Practitioner. A Nurse Practitioner can help you by: - Directly referring you to other health care professionals - Prescribing some medications - Arrange pathology including blood tests & X-rays - Talking about your health and provide treatment options - Writing certain types of medical certificates.

Appointments can be made with Yvonne by calling the NDCH Medical Clinic on 5452 1366. Or you can call into the NDCH nurse clinic in the mornings to talk with one of our other Community Nurses about wound care, blood tests and Agri-safe health checks.

Dates for the Nurse Practitioner clinic are Thursdays, 30 May, 20 June, 11 July and 1st August.





Consular Outreach Mission in Pyramid Hill, Regional Victoria

ADVISORY

The Philippine Consulate General in Melbourne is pleased to announce its **Consular Outreach Mission to Pyramid Hill for Regional Victoria, including Echuca, Kerang and nearby areas**, to deliver passport services, oath-taking for dual citizens, notarial, and continuing overseas registration

Date of Outreach Mission : 29 June 2024
Venue : Pyramid Hill Memorial Hall, Kelly St, Pyramid Hill, VIC 3575

Passport applicants may secure an appointment at <https://melbournepcg.org>

Applicants for dual citizenship may submit applications for requirements via postal mail to the Philippine Consulate General in Melbourne on or before **17 June 2024**

Support For Filipino Community

We are lucky to be receiving a visit from the Philippine Consulate General staff in late June. Please share this opportunity through your networks, and encourage those who need assistance with passports, citizenships and other legal requirements to attend.

To contact to find out more:

Philippine Consulate General
 Level 10, 257 Collins Street,
 Melbourne, Victoria 3000
 Telephone: +61(03) 7023 7032

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Pyramid Hill Neighbourhood House

43 Kelly Street | Tel: 5455 7129

Hours: Tues - Fri 10-4pm

Submissions due Tuesdays | 3:00 PM

Email: pyramidhillpress@gmail.com

Digital copies: facebook.com/PyramidHillHouse/

Subscribe to the Press: pyramidhillhouse.org.au

Produced by the community and Pyramid Hill Neighbourhood House
 Sponsored by the Loddon Shire Council



REMINDER: NO PRESS DURING THE SCHOOL HOLIDAYS

CO-ORDINATOR CATCH UP

Hi Neighbours

We had a wonderful Biggest Morning Tea last week. Heaps of conversations and catch ups with old friends over good food and hot coffee. Over 40 people came along and we raised a whopping \$625 at the door. With other donations, we are able to send \$700 to the Cancer Council on behalf of our community. Thank you to all who got involved by cooking or providing donations for our Rampant Raffle. Thank you to those who came along to enjoy the atmosphere and be part of a good cause. A few new faces in the room last week - and girls I appreciated the drum rolls!

Our last week's Pyramid Press was popular! I think we all loved seeing Troy, our new policeman on the front cover. Along with our regular distribution of around 300 print copies of the Press, we also had 199 people read the Press on our new website on the day we published!

There's a lot coming up in the next few weeks.

Hope to see you, Kim



Are you over 65?
Pyramid Hill Seniors Meeting !

**Come along to the
 Neighbourhood House
 to discuss
 what you would like for
 Pyramid Hill Seniors.**

1.30pm Thursday 6th June
Existing and New Members Welcome.
Coffee and cake supplied.

**Call 54557129 if you would like more
 information.**




**Pyramid Hill Progress Association's
 Winter Business BBQ Brekkie**
Friday 7th June, 7.30am to 9.30am
Lions Park, Kelly Street.

**Come support our local business owners and have
 a chat with mates.**



Hot food and drinks will be available.
Everyone is welcome, see you there!



WHAT'S ON

Would you rather be Sewing or Sowing?

Skills building for fancy farmers
Sunday | Mount Hope

Nurse Practitioner in Pyramid Hill

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

Pyramid Hill FOODSHARE 2024 dates

17 June | 15 July | 12 August | 23 September | 21 October | 18 November | 2nd December
From 4.30pm at Pyramid Hill Catholic Church while supplies last. All welcome.

Art for the Heart

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

Victorian State Concert Orchestra

KERANG Memorial Hall
Sunday 2nd June | 2pm - 4.30
\$10 Adults | Children u/16 free
Bookings ph: 5456 9333

Services Australia Visit

Centrelink/ Medicare / Pension / Veterans Affairs payments and allowances etc
Kelly Street - near Neighbourhood House
Wednesday 12 June | 9.30am - 4.30am more info in the Press

Philippine Consular Outreach Visit

Pyramid Hill Memorial Hall
Passport services, oath taking, dual citizens, notarially etc. see details in the Press
Saturday 29 June 2024 | <https://melbournepcg.org>

Pyramid Hill Storytime

Stories and Songs for preschoolers.

Pyramid Hill Playgroup
67 Kelly Street
10.30 - 11am Friday
17 May | 14 July



REGULAR ACTIVITIES

TUESDAYS

Morning Coffee | 10:15 AM | Neighbourhood House
Goldfields Library visit | 11:00 AM | Neighbourhood House

WEDNESDAYS

Moderate Movers exercise group | 1 PM | Pyramid Hill Memorial Hall | BYO exercise mat or towel
Social Bowls | 7:00 PM | 98 Victoria St
Book Club | 4:30 PM | last Wednesday of each month

THURSDAYS

Pyramid Cares Walking Group | 9.15AM | weekly
Caring for Kids | 1 PM | 3rd of each month

FRIDAYS

Playgroup | 10:00 AM | Preschool, 67 Kelly St
Scrabble Fever | 2:00 PM - stumps | Neighbourhood House
Pyramid Cares carer support group | 11 AM | 1st and 3rd Friday of month at Neighbourhood House
Hill Walking Group | 4.15pm | 1st Friday of the Month | meet at the Hill for friendship and fitness

COFFEE BREAK QUIZ

[answers on page 9]

- Q1. In which Aussie town would you find the Big Potato?
- Q2. What song did The Wiggles cover for Triple J's Hottest 100 in 2021?
- Q3. Which Australian city has the largest Greek population outside of Athens?
- Q4. Norman Stoddard Everage is the spouse of which famous Dame?
- Q5. Which bank note is Mary Reibey featured on?
- Q6. What's the name of the world's largest sand island, that is found in Australia?
- Q7. Only two mammals on Earth lay eggs. Both are found in Australia. What are they?
- Q8. In 2000, Cathy Freeman won a gold medal for which event?
- Q9. What is Australia's oldest chocolate bar?
- Q10. Which flower gives Australia our Green and Gold identity?



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PUBLIC NOTICES

CHURCH SERVICES

Anglican

Anglican Church Services
1st and 3rd Sun | 10:00 AM
Tyndale Church
Victoria Street, Pyramid Hill
2nd Sun | 9:00 AM
4th Sun | 11.00 AM
St Thomas' Church
Durham Ox Road, Pyramid Hill
Enquiries:
Rev Sue Allen | 0417 365 386
Bill Boyd | 0448 219 457

Church of Christ

Sunday | 11:00 AM
Church of Christ, Kelly St
Pyramid Hill
Enquires:
June Smith | 0438 062 646

Uniting

1st & 3rd Sunday 10:00 AM
Tyndale Church, Victoria St
Pyramid Hill

Kids Rock

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during term
3:30-5:00 PM, Uniting Church
Enquiries:
Robyn | 0427 561 973

Catholic

Sat Mass | 6:30 PM
St Patrick's Catholic Church
Victoria St Pyramid Hill

Pyramid Hill Fire Brigade Annual Meeting

**Monday 3rd June at 8pm.
CFA Shed**





A dinner for
CFA members
and partners



RURAL HEALTH MATTERS

LODDON VALE

CFA Wellbeing presentation by
Michelle Collins, Member
Wellbeing Advisor, NW Region CFA



LODDON VALE CFA AGM

TUESDAY
11 JUNE, 2024 6.30 - 9 PM







PYRAMID HILL HOTEL
DINNER PROVIDED AT NO COST

RSVP BY 4 JUNE
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THIS EVENT IS FUNDED THROUGH THE MURRAY PHN BY THE AUSTRALIAN GOVERNMENT'S PHN PROGRAM.









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

This week's happenings at Pyramid Hill College

Walk This Way, Pyramid Hill Project



On Thursday Megan from Healthy Loddon Campaspe and Loddon Shire Council spoke to the children about Walk This Way Pyramid Hill project. Megan visited Pyramid Hill College in Term 2 and the children voted on which activity sticker they would like to see outside the school. The winning activity was Hopscotch. Today the children enjoyed jumping and dancing on the hopscotch.

The Walk This Way project aims to increase incidental and affordable physical activity in Pyramid Hill.

The project includes:

- A series of five fun and different footpath stickers to encourage children and adults alike to be active in Pyramid Hill
- The installation of accessible seating along walking paths in Pyramid Hill to provide rest stops for residents whilst they're walking, supporting locals of all abilities and fitness levels to be more active, more often.

ADF Visit



On Friday, three members of the Australia Defence Force (ADF) made a presentation to Year 9 and 10 students on the many different career options available within the airforce, navy and army. Students were inspired by the presenters who spoke of their experiences, skills they have developed and financial incentives within the forces. The students asked many questions to further enlighten their knowledge and understanding. Thanks to the ADF for providing this opportunity for our students.



ST. PATRICK'S PRIMARY SCHOOL

'Education for All'



It was terrific to have a visit from the Pyramid Hill Pre-School last week. The children all had a lovely time and our students really rose to the occasion, engaging and supporting the younger children in the classroom and in the playground. These visits are so important for both the Pre-School and for us as we build stronger and deeper relationships between the two of us and also within the wider community. Our students really enjoy these interactions and we look forward to many more visits from them, and to them, throughout the year.

On Thursday Megan from Healthy Loddon Campaspe and Loddon Shire Council spoke to the children about the Walk This Way Project. Megan visited St Patricks in Term 2 and the children voted on which activity sticker they would like to see outside the school. The winning activity was Balance on the Line. Today the children enjoyed walking, balancing and dancing on the line. The project includes:- encouraging children and adults alike to be active - the installation of accessible seating - supporting locals of all abilities to be more active, more often.



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Football Notes: Round 7

After the round 6 Bye it was a home game against Newbridge for the LVFNL “*Reconciliation Round*” that gave all 3 football teams the chance to blow off the cobwebs and get back into a matchday routine. In another day of mixed fortunes, the Bulldogs got to sing the club song after 2 of the 3 contests.

The ‘Dogs U 18 *Pups* were again seriously undermanned and welcomed the appearance of 2 permit players, Darby Brown and Finn Mulcair. Together with Harry Goodes, Blake Gibson, Lewis Stubbs and Jacob Clough/Fidler they helped create opportunities for our smaller members to be involved in what turned out to be a *long day at the office*.

Due to Marong’s greater all over strength and speed, the young ‘Dogs were overrun and that elusive first win was put back another week. By game’s end Darby had done enough to win the *Pyramid Hill Butcher’s Award*, and Finn claimed the *Good Sports Award*. Blake Gibson, who continues his weekly development was both a defensive pillar and a rebounding option; he claimed the *Victoria Hotel Pizza Award*. Harry was again an asset at both ends of the field and did more than his share before being rested for the Seniors.

For the second time this season the Reserves put together back-to-back wins. A powerful opening term, which resulted in 8 scoring shots, and 2 goals to the returning Mark Swiney, saw a handy 22-points buffer in place at the first siren. The impetus for the much-welcome jump from the blocks was the midfield direction provided by Tom Walker, heavy work at the stoppages by Brad Delamare and Kaleb Quinn, energetic forward pressure from Lovell and Swiney, and, the characteristic rebounding efforts of Matt Moon and Brad Driscoll.

By the last change the persistent efforts across all lines had seen the margin pushed out to 45 points, with a final margin of 67 points being a deserved reward for team effort. Multiple goalkickers included Swiney with 4, Cabernay 3 and Lovell 2. Six others shared in setting up the 100+ final total. Award winners were Dylan Lovell (*Victoria Hotel*), Matt Moon (*National Hotel*), Tom Walker (*Pony*) and Brad Driscoll (*Good Sports*). Coach Stephen Donat was in good spirits after the game and also made mention of the efforts of Mark Swiney, Brad Delamare and Dolf Reid.

After a handy opening term, followed by 2 quarters of missed opportunities, the Seniors were able to eventually find the *big sticks* in the final term and post a handy win against a Newbridge outfit that was up for the challenge. The visitors had been

prepared to run and match it with the Bulldogs, and did so until early in the final stanza. By this stage the margin coupled with the level of control the ‘Dogs had established, took its toll. Thirty-eight scoring shots should have resulted in more than 16 goals, but with 6 goals to finish off the game the final term saw the scoreboard *balance up* and highlight the general team performance of the Bulldogs.

To keep the opposition goalless in the second half was a reward for a hard-running game that saw countless forward fifty entries created. The scoreboard was kicked into gear early by Zac Alford with 3 *majors* in the opening term. He finished with 5 for the day and pocketed the *Victoria Hotel Award*.

Tom McGregor, master of the intercept mark and instigator of overlap and run from the defensive zone, collected the *National Hotel Award*, whilst Seb Reloux received the *Healthy Mates Award* for his continual tackling and full-on high-pressure acts at the stoppages.

Skipper Steven Gunther, elusive forward Jesse Sheahan, and Bailey George in a rebounding role, all had their customary effective day on the park. Ben Knight was still running hard at game’s-end as were Damo Hemphill and Gav James. It was a satisfying win, that, barring for some uncharacteristic non-conversion from inside the fifty-metre arc, was based on a preparedness to run, carry and overlap.

Congratulations from all at the Club is extended to Harry Goodes who has been selected to join the SEDA Cup squad who will compete in Perth in August.

As always, if we all arrive home safely, everyone wins.

#Bulldogs24

COFFEE BREAK QUIZ ANSWERS

A1. Robertson, NSW A2. Tame Impala’s Elephant

A3. Melbourne A4. Dame Enda Everage

A5. \$20 A6. Fraser Island A7. The echidna and the platypus.

A8. 400m A9. Cherry Ripe – first introduced in the 1920s A10. The Golden Wattle



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Wednesday, 12 June 2024

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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
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NETBALL NOTES

30 May 2024

This week the Teams of the LVFNL took part in the Annual Reconciliation Round.

100 Game Milestone- Abbey Dingwall

Abbey, a shining example of our home-grown talent, first stepped onto the senior netball court in 2013. By the age of 15, she was an integral member of the 2015 A Grade Premiership Team. Abbey continued to shine brightly as a key member of Pyramid Hill's 2017 A Grade Premiership Team. Abbey has proudly represented our Club in LVFNL Interleague across various age groups, from the 15's to the Senior Open category. Her talent transcended our league as she showcased her skills as a member of the North Central State 15's & 17's team. Notably, Abbey was also honoured with the LVFNL Rising Star Award and secured the 2014 League 17 & Under Best and Fairest title. Off the court, Abbey's contributions have been invaluable. She has served as a past assistant Junior Coach, A & B Grade Coach, social committee member, and umpire. Abbey's dedication to our club shines through as she makes the journey home from Geelong every weekend. Abbey, your brilliance on the court is matched only by your commitment and dedication off it. We are immensely proud of your achievements and involvement with PHFNC.

A Grade- The sun was out and shining for a great A Grade battle. From the very start, the game was very competitive with both teams applying great pressure causing many turnovers. The girls held strong with great defensive pressure to be just trailing behind at half time. The girls continued to work hard, fighting for every ball during a very physical game. Last quarter, the girls had great rebounds, and a quick few- breaks, and began to come back hard. It was a great game but the girls came just short 38-40. Victoria Hotel Pyramid Hill/ National Hotel Voucher Award: Abbey Dingwall. Final Score: Pyramid Hill 38 Newbridge 40.

B Grade- In perfect conditions for a top of the table clash, unfortunately we went down to a well- versed team, who were especially strong in both goals and defence. We played the game out solidly and will come away from the game with some areas to work and move in to the next round. Congratulations to Sim for her best on performance. Victoria Hotel Pyramid Hill/ National Hotel Award: Simone Edgley. " Players Award" : Simone Edgley. Final Score: Pyramid Hill 35 Newbridge 47.

C Grade- C Grade matched up against the top of the ladder Newbridge. It was a close game the whole way through with Pyramid Hill managing to remain in front at all moments of the game. Pyramid Hill held their ground and fought hard to secure another win this season. Some amazing team work and pressure, we saw some standout effort from Shannon in GD who took some amazing defensive intercepts and rebounds against

strong opposition. Some great movement and ring work from all attacking players also. P Hill C Grade Won 38-31 and move to top of the ladder after a well earned Win. Victoria Hotel Pyramid Hill/National Hotel Award: Shannon Taylor. Final Score: Pyramid Hill 38 Newbridge 31.

C Reserve- What a game at home in the Kennel! We expected a tough one against Newbridge, and they met our expectations. Claire and Dayna were our dynamic duo in the goals, with Claire's height and reach being a defensive asset down the mid court, while Dayna's shots rarely missed. Our pocket rockets in the mid court, Liv and Kiz, worked their hardest and applied pressure whenever they could. Our defensive end was strong, with Kelly having a superb game in GK. The added support of Nic, Sarah and Madi kept their attackers on their toes. Ultimately, Newbridge wore us down, taking out the day in a very close margin. Victoria Hotel Pyramid Hill/ National Hotel Award: Claire Pickles. Final Score: Pyramid Hill 33 Newbridge 35.

17 & Under- After two weeks of not playing, the girls were thrilled to play as they have learnt new skills during training. Despite the slow start, the weather gradually warmed up, adding to the intensity of the game. Pyramid Hill showcased their skills from the onset, dominating possession and displaying impeccable teamwork. Their precision passes and strategic maneuvers kept Newbridge on their toes throughout the match. Newbridge, although valiant in their efforts, struggled to match the relentless pace set by the Doggies. Despite their determination, they faced challenges in breaking through Pyramid Hill's solid defence and converting opportunities into points. As the game progressed and the temperature rose, both teams exhibited remarkable resilience and endurance. However, it was Pyramid Hill's unwavering consistency and skill that ultimately secured their triumph. Pyramid Hill News and Post Award: Shamica Castro. Final Score: Pyramid Hill 57 Newbridge 28.





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- Community Nursing
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- Health Promotion

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 34 Fitzroy St Kerang
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 Phone: 03 5452 1366

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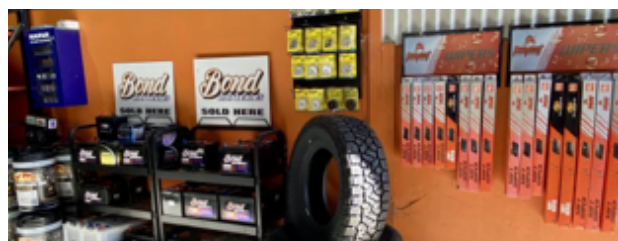


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Inquiry into Women's Pain

Everyone deserves to be heard when it comes to their pain and pain management. Share your experiences so we can advocate for improvements in care and service delivery for women and gender diverse people in the Loddon Mallee Region.

Women's Health Loddon Mallee (WHLM) is currently putting together a submission as part of the Victorian Government's Inquiry into Women's Pain. To ensure our submission authentically and effectively represents the voices of women, girls, and gender diverse people in our region, we are asking community members to share their own experiences with pain and pain management.

We will collate the information provided to us as part of our submission to the Inquiry, directly utilising lived experience to inform recommendations for improved models of care and service delivery for Victorian girls and women experiencing pain in the future. Through this collection of stories, we hope to discover what women and gender diverse people in the Loddon Mallee Region felt was working well in terms of services and pain management, and to identify areas where there is room for improvement.

You can participate by providing us with an audio recording, OR a written description. We suggest providing us with a snapshot only – approximately 1 or 2 sentences. However, we understand that some experiences will require further context and more careful consideration. With this in mind, we suggest audio recordings are no longer than 2-3 minutes, and written submissions are no more than 500 words.

Key Information

Criteria: Entries accepted from girls, women, and gender diverse people aged 12+ living in the Loddon Mallee region.

Submission Limitations: There is no limit to how many submissions you can make. We ask that all submissions are brief, at approx 2-3 sentences in order to highlight the key message or information that you wish to get across.

We have created a number of categories in which you may make your submission under: Experience of pain; Barriers to accessing care; Facilitators to accessing care; Impact of service received on pain and pain management; Opportunities for improving care/treatment/services; Other.

If you are unsure about which category to allocate your submission, please select "Other".

Your Data/Lived Experience:

Your submission(s) will be stored and used in the following ways:

Written submission – WHLM will use your written submission to provide lived experience data within the pain inquiry. All submissions will be deidentified and stored securely. You will not be able to be identified. Data from all submissions will inform key themes and where appropriate, deidentified quotes may be used to centre women's voices.

Audio submission – WHLM will use your audio submission to provide lived experience data as part of the pain inquiry. All submissions are deidentified and stored securely. Data from all submissions will inform key themes and where appropriate, deidentified quotes may be used to centre women's voices. WHLM will make every effort to ensure you are not identifiable, although if recordings are used for advocacy, it is possible that your voice may be recognisable.

Whether you submit a written or recorded piece you will be given the following consent options. You can choose to select one or all based on how you agree to your data being used. The first consent box needs to be ticked for you to complete your submission.

Closing date Sunday 16 June.

Call Women's Health Loddon Mallee for ways to submit your response 03 5443 0233

Make a Written Submission to the Victorian Government: For those wanting to put in a fuller submission,

we suggest making a written submission directly to the Victorian Government via their website: [https://](https://www.health.vic.gov.au/inquiry-into-womens-pain)

www.health.vic.gov.au/inquiry-into-womens-pain. (Submissions close 31 July)

LODDON VALLEY FNL 2024 FIXTURE



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Round 1		15th April	Round 8		1st June	Round 14		20th July
Calivil United	v	MGYCW (Raywood)	B/L Serpentine	v	MGYCW	Inglewood	v	MGYCW
Bridgewater	v	Newbridge	Bridgewater	v	Mitiamo	Pyramid Hill	v	Mitiamo
Marong	v	Mitiamo	Newbridge	v	Calivil United	Marong	v	Calivil United
B/L Serpentine	v	Pyramid Hill	Inglewood	v	Pyramid Hill	B/L Serpentine	v	Bridgewater
Inglewood	-	BYE	Marong	-	BYE	Newbridge	-	BYE
Round 2		20th April	General Bye (King's Birthday)		8th June	Round 15		27th July
Newbridge	v	Marong				Calivil United	v	B/L Serpentine
Pyramid Hill	v	Calivil United				MGYCW	v	Newbridge
Inglewood	v	B/L Serpentine				Bridgewater	v	Marong
MGYCW	v	Bridgewater (Night)				Mitiamo	v	Inglewood
Mitiamo	-	BYE				Pyramid Hill	-	BYE
Round 3 (ANZAC Round)		27th April	Round 9		15th June	Round 16		3rd August
Bridgewater	v	Inglewood	Marong	v	Inglewood	Marong	v	MGYCW
Marong	v	Pyramid Hill	Mitiamo	v	Newbridge	B/L Serpentine	v	Mitiamo
B/L Serpentine	v	Newbridge	MGYCW	v	Pyramid Hill	Inglewood	v	Calivil United
Mitiamo	v	MGYCW	Calivil United	v	Bridgewater	Newbridge	v	Pyramid Hill
Calivil United	-	BYE	B/L Serpentine	-	BYE	Bridgewater	-	BYE
Round 4		4th May	Round 10		22nd June	Round 17		10th August
Pyramid Hill	v	Bridgewater	MGYCW	v	Calivil United	MGYCW	v	B/L Serpentine
Marong	v	B/L Serpentine	Newbridge	v	Bridgewater	Mitiamo	v	Bridgewater
Inglewood	v	Newbridge	Mitiamo	v	Marong	Calivil United	v	Newbridge
Calivil United	v	Mitiamo	Pyramid Hill	v	B/L Serpentine	Pyramid Hill	v	Inglewood
MGYCW	-	BYE	Inglewood	-	BYE	Marong	-	BYE
Round 5		11th May	Round 11		29th June	Round 18		17th August
MGYCW	v	Inglewood	Bridgewater	v	MGYCW	Inglewood	v	Marong
Mitiamo	v	Pyramid Hill	Marong	v	Newbridge	Newbridge	v	Mitiamo
Calivil United	v	Marong	Calivil United	v	Pyramid Hill	Pyramid Hill	v	MGYCW
Bridgewater	v	B/L Serpentine	B/L Serpentine	v	Inglewood	Bridgewater	v	Calivil United
Newbridge	-	BYE	Mitiamo	-	BYE	B/L Serpentine	-	BYE
Round 6		18th May	Round 12		6th July	FINALS		
B/L Serpentine	v	Calivil United	Inglewood	v	Bridgewater	Qualifying Final	Saturday 24th August	
Newbridge	v	MGYCW	Pyramid Hill	v	Marong	Elimination Final	Sunday 25th August	
Marong	v	Bridgewater	Newbridge	v	B/L Serpentine	Second Semi Final	Saturday 31st August	
Inglewood	v	Mitiamo	MGYCW	v	Mitiamo	First Semi Final	Sunday 1st September	
Pyramid Hill	-	BYE	Calivil United	-	BYE	Preliminary Final	Saturday 7th September	
Round 7 (Reconciliation Round)		25th May	Round 13		13th July	Grand Final	Saturday 14th September	
MGYCW	v	Marong	Bridgewater	v	Pyramid Hill			
Mitiamo	v	B/L Serpentine	B/L Serpentine	v	Marong			
Calivil United	v	Inglewood	Newbridge	v	Inglewood			
Pyramid Hill	v	Newbridge	Mitiamo	v	Calivil United			
Bridgewater	-	BYE	MGYCW	-	BYE			

*Venues Subject to Change

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