

PYRAMID PRESS

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Drew Home from Capturing Aussie team at the Paralympics in Paris



Vanessa Low flies towards gold medal success in the women's long jump with a world record leap. Photo: Drew Chislett/AAP PHOTOS

Rio, Tokyo and now Paris. Drew Chislett has chalked up three Paralympics, as an official photographer. 160+ athletes were competing this year, and Australia had 4 photographers on the job.

Asked what he enjoys capturing, he reckons the Athletics, Wheelchair Rugby and Wheelchair Basketball are all amazing. Believe it or not he says the Archery and Table Tennis are some of the more difficult to photograph even though he loves the speed and intensity of both. He loves his role, capturing and freezing extraordinary moments as they happen. The camera is his best tool - however with modern cameras capturing up to 30 images per second, it can mean he is up until all hours finding the best shot to send through to be used on social media and in official capacities.

Drew was impressed by the passionate crowds [they cheer louder than at an AFL game], and he loves to engage with them, the athletes and the media liaison officers to ensure he gets the best outcomes

Some of his highlight moments were photographing runner James Turner, long jumper Vanessa Low and 16 year old Talaya Blacksmith in the 400 metres.

Listen to Drew give an interview about his experience, here:

<https://www.abc.net.au/listen/programs/wimmera-breakfast/boorts-drew-chislett-watching-the-paralympics-through-a-differen/104327642>

Inside: PHFNC Grand Final Round Up, Schools News, Seniors Festival Events, Paint at Pyramid Hill, updated Church times, Trash2Cash Registration form, BCG Field Day

Pyramid Hill Neighbourhood House
43 Kelly Street | Tel: 5455 7129
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Produced by the community and Pyramid Hill Neighbourhood House.



REMINDER: NO PRESS DURING THE SCHOOL HOLIDAYS

LVFNL GRAND FINAL DAY - mixed fortunes for Bulldogs

Mitiamo was the host and the PHFNC had 3 teams in the last game of the season; A-Grade netball, Reserves and Seniors football. Unfortunately, only 1 team brought home a "Cup". For the Senior footballers it was a day that ebbed and flowed, but as the game progressed so too, gradually, did Marong's grip on the Cup. The conditions were far from favourable, but were the same for both teams, and it was the Panthers' combination that adapted best, and combined with intense pressure at the stoppages, they were able to wear down the Bulldogs. It was a game that was not destined for a high score, and with the last 3 goals of the game the Marong winning margin had been pushed out to 36 points. Double the scoring shots was a fair indication of the gap between the teams as the final siren rang. From a PHFNC perspective it was a disappointing result considering the small margins in the 3 previous clashes this season. For the Bulldogs Tom McGregor and Lachy Sidebottom were "full on" over 4 quarters, and were joint winners of the Mark Amarant Award. Damon Hemphill continued his great finals form and claimed the Victoria Hotel Award, with Zac Dingwall the winner of the National Hotel Award. Well done to the Marong Panthers on defending their crown, and in so doing, completing a "3-Peat".

Earlier, the Matt Moon-led 'Dogs claimed the prize in the Reserves final. In conditions that got worse before they improved, the 'Dogs established an early

lead, and despite losing only the final term, narrowly, proved that "3 out of 4 ain't bad", and won by 3 points. This was a day for some heavy work in the "trenches", and led by "Dutchy" Holland, joint recipient of the Mark Amarant Award, Bailey Scott (1 classy crunch goal), Mitch Gunther (Victoria Hotel Award), Tom Walker..again..(National Hotel Award), and Nathan Coyle (Good Sports Award), the Bulldogs showed plenty of bite and repelled everything the defending "Champs" could launch at them. Harry Goodes and Dylan Lovell were elusive and dangerous all game, and together with power forwards Greg Quinn and Nathan Moon, kept the flag-wavers busy and ensured the Panthers were kept at arms-length. When the ball did venture deep into defence, Mick Dundon (joint Mark Amarant Award winner) and Brad Moon (Pony Award), worked overtime and were cool in tight situations. Collectively it was a great win and was a fitting reward for the entire squad, coach Stephen Donat, and his "bench team" of Matt Scott, Chris Leerson, Troy Woolhouse, Benny Culross and the "water carriers". Coach Stephen also extended special thanks to match day Secretary Marie Scott, President Bruce Moon and Senior coach Nathan Fitzpatrick. It was a genuine team result. To all our 'Dogs members, players and supporters, a couple of dates to save include Sunday November 3 rd for the A.G.M. at "Mitchell Park" (2 pm), and Saturday March 29, 2025 for the "O'Connors Pre-Season Practice Day".

TRIUMPHANT RESERVES WINNERS 2024



Netball News

NETBALL GRAND FINAL PYRAMID HILL V'S MITIAMO A GRADE: Saturday 14th September 2024.

Congratulations to our Reserves Team, who brought home the 2024 LVFNL Premiership Cup against Marong, such a special moment in Pyramid Hill Football Netball Club history. We weren't as successful in our quest for the Senior Football and A Grade Cups, but a huge Congratulations on making it to the very last game of the 2024 season. A big Thanks to all our wonderful supporters, who turned up we loved seeing the collective spread of red white and blue around the ground. A special thanks to our Coaches, their support teams, and the umpires. As a Football and Netball Club we have all had a very good season.

Onwards to 2025.

A Grade Netball:

The A Grade Grand Final between Pyramid Hill and Mitiamo was a tightly contested battle, with both teams leaving everything on the court. Our girls came out firing, showing their determination from the first whistle. Their strong defensive pressure and precise attacking play helped them gain the upper hand early, taking a 4-goal lead into the quarter-time break, 16 to 12.

Mitiamo however, regrouped quickly. They adjusted their game plan in the second quarter, tightening their defense

and capitalising on a few turnovers. Despite Mitiamo's improved performance, Pyramid Hill managed to hold on, leading by just 1 goal at halftime, 25 to 24.

The third quarter saw Mitiamo begin to find their rhythm. Their midcourt started to control the tempo, and their shooters began converting under pressure. The girls fought hard, but Mitiamo's relentless pressure pushed them to a 4-goal lead by the three-quarter-time break, 40-36.

In the final quarter, Pyramid Hill gave their all, but Mitiamo's consistency and composure saw them pull away in the dying minutes. Mitiamo's shooters were clinical, and their defense proved impenetrable as they closed out the game. Despite Pyramid Hill's valiant effort, Mitiamo claimed the Grand Final victory, winning by 6 goals, 48-42. It was a hard-fought contest, with Pyramid Hill showing immense heart and skill throughout the match, but in the end, Mitiamo's persistence and adaptability earned them the Grand Final title. We are so very proud of the endeavour shown by our girls, and can't wait for the opportunity to have another crack at it next year. Special Congratulations to Chelsea Emmerson for bringing the team together this year, and leading them to our first A Grade Grand Final appearance in 7 years.



Best On Awards:

Victoria Hotel Pyramid Hill Award: Abbey Dingwall

National Hotel Award: Amber Angel

National Hotel Award: Gemma Scott

Final Score: Grand Final Score:

Pyramid Hill 42 / Mitiamo 48

WHAT'S ON

Abandon All Hope..

Sunday | Mount Hope

STRIDE Mental Health Support

Wednesday 25 Sept | 9, 23 Oct | 2 - 4pm

Pyramid Hill Neighbourhood House

Paint at Pyramid Hill [Loddon Valley Arts Trail]

Also - exhibition of local artists.

Sunday October 6 | 11am - 3pm

Pyramid Hill Golf Club and Surrounds

More information at Neighbourhood House

NDCH Nurse Practitioner visits Pyramid Hill

Thursday 12 Sept, 3rd October, 5 December

NDCH Clinic, call 54521366 for an appointment

Pyramid Hill FOODSHARE 2024 dates

Monday 23 September | 21 October | 18 November

| 2nd December

From 4.30pm at Pyramid Hill Catholic Church while supplies last.

Pyramid Senior Citizens

Friday 27 September | 12.00 Light Lunch and

Activities | Memorial Hall

Seniors Festival Garden Party

Friday October 4 | 12pm - 2pm | Kelly Park

Seniors Festival Gala Day BOORT

'Honky Tonk Queens'

*see poster on page 4 for all details

Seniors Festival BINGO

Friday 18 October | 2pm - 4pm

Games and a light afternoon tea

Victoria Hotel | Pyramid Hill

Pyramid Hill Progress Association Meeting

Wednesday 16 October | 7pm

* third Wednesday of the each month

Victoria Hotel

Justice of Peace

12.30- 2pm Tuesday 3rd & 17th Sept | 15th & 29th

Oct | 12th & 25th Nov | 10th Dec

Neighbourhood House

Trash2Cash Garage Sale

Pyramid Hill and Surrounds

Saturday 9 November | 8.30am - 3pm

Register your sale at Neighbourhood House to be included on map and in advertising

REGULAR ACTIVITIES

MONDAYS

Junior Darts | 5pm| Golf Club

Call Joe for info 0428990487

TUESDAYS

Morning Coffee | 10:15 AM | Neighbourhood House

Goldfields Library visit | 11:00 AM |

Neighbourhood House

Pyramid Press

WEDNESDAYS

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

Social Bowls | 7:00 PM | 98 Victoria St

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

THURSDAYS

Art Group | 10.30AM Neighbourhood House

Pyramid Cares Walking Group | 9.15AM Neighbourhood House

FRIDAYS

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

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

CREATING GREETING CARDS WITH CANVA

Pyramid Hill Library Agency

Tuesday 8 October
11.30am-12.30pm



PYRAMID HILL TOWN & SURROUNDS



TRASH2CASH GARAGE SALE

Saturday 9 November

8:30 am - 3:00 pm

**REGISTER YOUR SALE AT THE
NEIGHBOURHOOD HOUSE**

 BY 1 NOVEMBER

**\$10 PAYS FOR ADVERTISING & inclusion on the
GARAGE SALE TRAIL MAP**

PUBLIC NOTICES



ANGLICAN CHURCH—Durham Ox Rd Pyramid Hill

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

CHURCH OF CHRIST—Kelly St Pyramid Hill

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

ST PATRICK'S CATHOLIC CHURCH—Victoria St Pyramid Hill

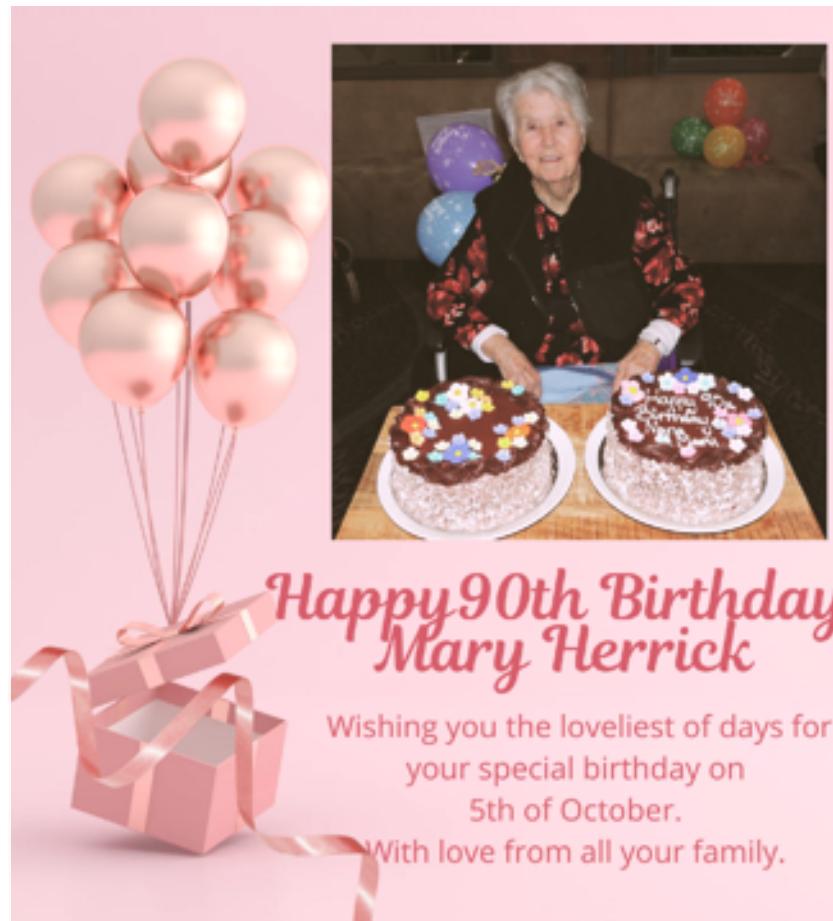
Saturday Mass 6.30pm each week
Enquiries: Fr Dean 0401 337 433

TYNDALE UNITING CHURCH—Victoria St Pyramid Hill

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

PYRAMID HILL KIDS ROCK—for all school-aged children

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



Mary and her famous family member, Zac the Donkey.

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 |

PYRAMID HILL VICTORIA HOTEL

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Trading hours

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Dinner from 6.00pm

Tuesday – Open 2.00pm
Dinner from 6.00pm

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
Meat Raffle

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

Sunday – Open Midday
All Day Pizza Menu
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NEW HOURS

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

PHONE: 54557006

Pyramid Hill Senior Citizens

Pyramid Hill Senior Citizens have not been active in recent times. A new committee has been elected and will welcome anyone interested in becoming a member. The Club has activities planned from 1pm on the second Friday of each month in the supper room at the Memorial Hall.

On the fourth Friday of each month, a light meal will be available costing \$10 in the supper room at the Memorial Hall.

You are welcome to pop in even if you would prefer just a cup of tea/coffee and a chat. There is no pressure to participate in the available activities.

Membership fee is \$5 annually.

The above will be in place until the Club moves to the new building currently being constructed in McKay St.

: Terry Wood tp.wood@bigpond.com or 0429843479



Seniors Festival GALA at BOORT

Wednesday 9 October

A TRIBUTE TO THE FIRST QUEENS OF COUNTRY MUSIC

Honky Tonk Queens

AMBER JOY POULTON & THE HOLY TWO PRESENT THE SONGS OF

LORETTA DOLLY PATSY TAMMY

Tammy Wynette
Patsy Cline
Loretta Lynn
Dolly Parton

AMBER JOY POULTON & THE HOLY TWO PRESENT THE SONGS OF

LORETTA DOLLY PATSY TAMMY

Loddon Shire Council is hosting our annual Gala day for the Victorian Seniors Festival, creating opportunities for senior Victorians to participate in fun, free and low-cost events throughout October. The Festival encourages active ageing as well as social and community participation.

2024 Victorian Seniors Festival Presents

Amber Joy Poulton

'Honky Tonk Queens'

Amber Joy Poulton delivers 'Honky Tonk Queens' – a show that celebrates the first Queens of Country Music – Patsy Cline, Dolly Parton, Tammy Wynette and Loretta Lynn. Known best to audiences for her amazingly successful theatre show, 'Coal Miner's Daughter'.

Amber Joy is backed by the Holy Two and together they deliver some country music's best hits including: Stand By Your Man, Jolene, Crazy, Coal Miner's Daughter, Silver Threads & Golden Needles, Workin' 9-5, Walkin' After Midnight, You Ain't Woman Enough To Take My Man & more.

Join us from 10:30am for some fun interactive activities, stalls and lucky door prizes, followed by a sit down lunch with the concert commencing at 1:00pm

Coach transportation available contact Loddon Shire on 5494 1200 to book a seat

Cost : FREE - Bookings essential

AN INVITATION

Paint at
Pyramid Hill

Artist: Kathleen Mullane

Come along to paint in the magnificent landscape around Pyramid Hill and Mount Hope. Bring your own art materials (limited art materials available on the day).

Exhibition of local art.
Light lunch available at Pyramid Hill Golf Club.
FREE transport from V-line train at Pyramid Hill Train Station

More details at 54557129

Pyramid Hill Neighbourhood House
Pyramid Hill Art Show

Sunday
October 6th
11am - 3pm





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FRI | 8.30 - 2 PM

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HOTDOC Available



This week's happenings at Pyramid Hill College



Birchip Cropping Group (BCG) Field Day



We had six keen year nine and ten students attend the BCG field day in Nullawil last Wednesday. The day involved looking at agricultural research and technological developments in cropping. The students were able to hear from a panel regarding career opportunities in agriculture and completed a treasure hunt around the site. It was great to also catch up with local BCG employee Clare Pickles. Thank you to the North Central LLEN for providing lunch for our students.

2025 PREP 2024 TRANSITION DATES

Pyramid Hill College



| Activity | Pyramid Hill College | What to bring |
|---------------------------|---|--|
| Year F/1 Visit Preschool | Tuesday 10th September 10am - 11am | |
| Preschool visit to school | Wednesday 16th October 11:30am-12:30pm | |
| Transition Day 1 | Wednesday 11th November 9:00am-10:30am | Water Bottle The school will supply a hot and healthy snack |
| Transition Day 2 | Monday 19th November 9:00am-10:30am | Water Bottle The school will supply a hot and healthy snack |
| Transition Day 3 | Monday 25th November 9:00am-10:30am | Water Bottle The school will supply a hot and healthy snack |
| Moving Up Day | Tuesday 10th December 9:00am- 3:20pm | Healthy snack, morning play lunch, lunch & water bottle. |

**2025 ENROLMENTS
NOW OPEN**

**FOR MORE INFORMATION
PLEASE CONTACT JOY**

Pyramid Hill College
03 54 557 377





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Emelia 0428 586 516
 Email: chrisleerson@gmail.com

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 Any queries please call
Tan: 0427 993 004 | Bill: 0427 888 102

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

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

Kerang Medical Clinic
 34 Fitzroy St Kerang
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 8.45am to 5.30pm
 Phone: 03 5452 1366

- **Community Nursing**
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 9.00am to 10.00am
 (other times by appointment)
 Phone: 03 5455 7065

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- Diabetes Education
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- Homelessness service

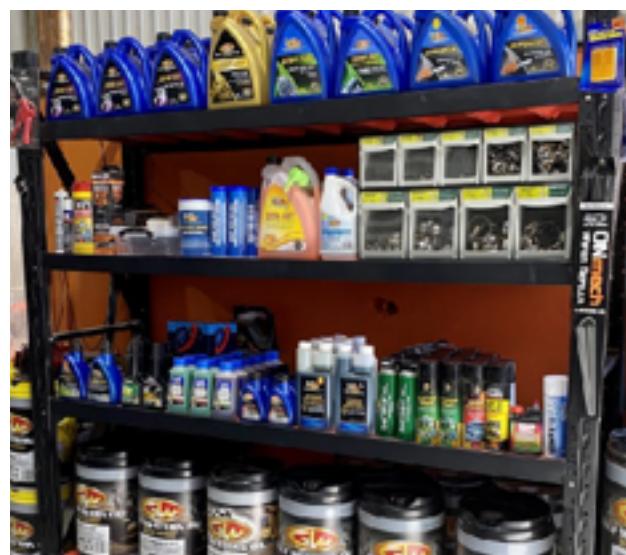
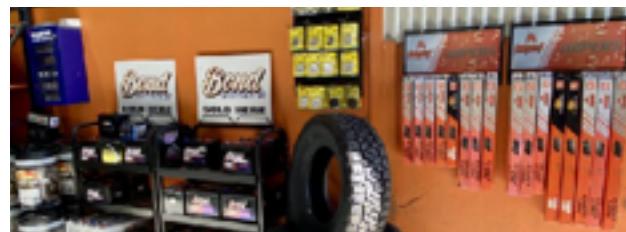


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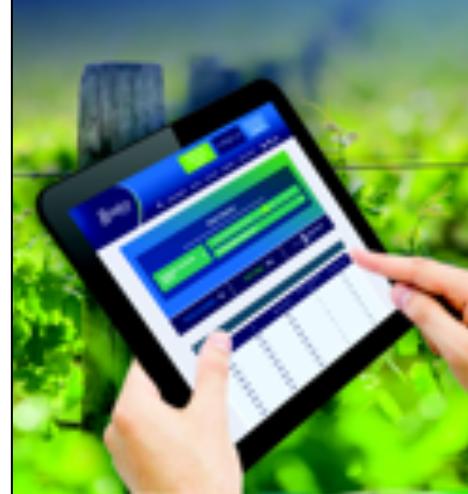


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BCG Main Field Day highlights fatigue management and profitability link

“The most profitable farms were those that spent more time working on their business than in their business,” Professor Ross Kingwell said in his presentation at BCG’s Main Field Day at Nullawil last week.

In his ten-year profitability study of 250 Western Australian farmers, Professor Kingwell said the most profitable farmers were those who consistently looked for answers and work-life balance: “The study highlighted that profitable farmers were those who always have their antenna up, are always curious, always questioning and they weren’t workaholics. Farming for them was a social activity, not just business activity.” Professor Kingwell’s presentation was a highlight for many of the 400 growers and advisers who attended the event.

Fatigue management

His message weaved seamlessly with Eyre Peninsula farmer Mark Modra’s, whose presentation followed Kingwell’s and focused on the importance of fatigue management and “knowing your capacity”.

Mr Modra attributes a farm accident where he sustained a serious head wound and five broken vertebrae to fatigue. He told attendees he is no longer willing to compromise his health and well-being to meet the demands of farming.

“When we are fatigued, we make mistakes. We get tunnel vision and things in our peripheral vision are missed,” stated Mr Modra. “It also affects our mood, our reflexes, our ability to communicate appropriately and we are more likely to take short cuts.”

Farmer Rodney Pohler from Nhill said both the farm profitability and the farm safety presentation had important messages for attendees: “The field day was excellent as always. Ross Kingwell’s presentation tied in nicely with Mark Modra’s with a focus on not being a workaholic. Keith farmer Tim Morcom added: “The fatigue presentation highlighted that it’s a topic very much overlooked, it’s all common sense but not necessarily common.”

Livestock profitability

For farmer Andrew McLean from Keith, he too felt the farm profitability was a standout. “Ross Kingwell’s comment about livestock and its negative affect on profitability in Western Australia reaffirms what we are doing on our farm,” he said.

Adjuvant trial

Mr Pohler was also impressed by the adjuvant trial: “It is good to see it in person. Some adjuvants were more targeted towards grass or broadleaf weeds so I learnt you need to know your main target.”

Research and genetics

A reoccurring theme of the day was the importance of research funding from levies and government, investment in genetics and the affects for farm profitability.

“The unlocking hyper yielding cereals discussion with BCG’s Dr Yolanda Plowman and The University of Melbourne’s Professor James Hunt drew a large crowd and highlights the importance of ongoing research. The smart disease management, NVT and long coleoptile wheats sessions further cemented the importance of research and investment in genetics,” BCG Senior Manager of Extension and Communication Grace Hosking said.

Health and wellbeing

Health and wellbeing were focusses at this year’s event, with East Wimmera Health Service, Central Mallee Health, Headspace, WorkSafe and Agriculture Victoria on-site together with Northern District Community Health who provided health checks and advice throughout the day.

BCG’s Demi Taylor said the purpose of having a health focus at the field day was to offer busy farmers and advisers convenient access to these crucial services.

Student stream

Over fifty students from five schools attended the field day with a focus on education as well as highlighting career opportunities in the agricultural industry.

North Central LLEN’s Agriculture Education Project Coordinator Susan Gould was impressed by the student stream and engagement with students: “It was a successful day and the enthusiasm of the students and the staff enhanced the good vibe. The careers panel was the perfect mix for the student audience.”

Ms Gould added: “I love the altruistic and community-focus of BCG, breaking down some of the traditional competitive and individualistic notions of agriculture.”

Over fifty students from five schools attended the field day with a focus on education as well as highlighting career opportunities in the agricultural industry.

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Bringing research to life

BCG staff and collaborators also enjoyed bringing research and extension topics such as optimising canola establishment, future proofing Australia's supply chain, active versus passive nitrogen application decision making, on-farm biosecurity, the interactive trial and the pulse session to life on the day. All were well attended and created much discussion with presenters both during, and after, the sessions.

Building connections

BCG CEO Fiona Best said: "The BCG Main Field Day is our way of connecting with farmers, to share the work we do for them and their surrounding communities. It's an educational event showcasing the latest research and thinking in crop production and farming more generally. Bringing together such a diverse range of quality speakers is a highlight for BCG as an organisation and we thank our attendees, presenters, collaborators and sponsors for being actively involved in the day."

"We are grateful to the Watts family for hosting the event on their farm and thank them for this invaluable support."

BCG membership

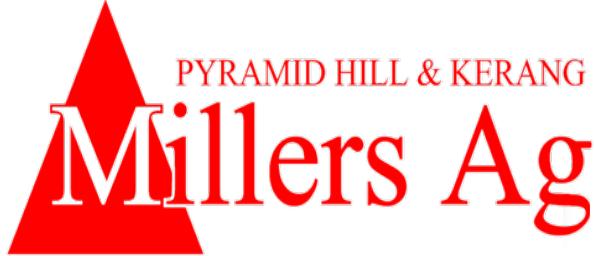
For more details, or to become a member, call BCG on (03) 5492 2487 or visit www.bcg.org.au/memberships



Image 1: Left to right: BCG's Project Manager Claire Pickles and AgVantage Agronomy agronomist Lee McNaulty discussing a research plot at BCG's Main Field day at Nullawil last week.

Image 2: Left to right: Professor James Hunt from The University of Melbourne with Boort farmers Tom Sawers and Harry McIntyre discussing best practice for nitrogen management under irrigation.

Image 3: Left to right: BCG's Joe Collins with East Loddon P – 12 College year 11 agriculture students



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Email:

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Signature: _____ Date: ____/____/____

Paid: Yes / No