

WALWA WORLD

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a free monthly Walwa-Jingellic community newsletter covering the Upper Murray
from Tintaldra to Burrowye and from Ournie to Talmalmo



May 2013

NETBALLERS IN THEIR NEW UNIFORMS



L to R - Back Row: Hannah Wynd, Brianna Cheal, Georgia Watson, Sophie Hanna, Georgie Spiden, Rahni Houston, Caitlan Klippel, Millie Watson Front Row: Caitlin Hamilton, Lulu Fox-McPhee

Border Walwa's netballers took to the courts looking tremendous in their new dresses. Our thanks go to the sponsorship of Maras Bros Building Contractors, Dave Maras Concreting and John's Buys and Loans. A huge thank you to Katy Maras for her persistence and vision.

The young U11 magpies are showing considerable improvement on the court, with stronger passing through the centre and nice loud calling for the ball. No win for this week, but it was a great effort and you should be proud of your teamwork.

The 14 & Under girls did themselves proud when they stepped onto the court to face Bullioh. They displayed beautiful teamwork in the centre court, strong defence and consistent shooting - all in all, it was a pleasure to see their improvement.

D grade as a group of players are growing into formidable opponents as they showed vast improvement on their round one encounter. They came back strongly in the 3rd quarter and can be well pleased with their performance.
C grade built momentum and finished strongly with their determination evident. Controlling the mid court play and forcing offensive errors, the Border Walwa players took full advantage of their opportunities.
Great game girls.

Both A and B grades had tough games this week. Unfortunately we were unable to come away with a win in either grade but it was very positive to see the girls work hard right up to the final whistle.

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RUM Membership form

Craft Group

We now have a name; "*Tangled Threads*" thanks to Gai.

Our last get together was on 16 May. The group was small but we had a good time. We have decided that we will start at 11am instead of 10am for the winter.

Our next get together is Thurs 20 June. It is held at the Old Jingellic School.. Bring along something to work on and \$2 to cover rent. Tea and coffee provided.

A few people are interested in doing a project for charity so if you have any ideas bring them along as well.

Look forward to seeing you there.

Kerrie

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www.walwa.com

DEADLINE for articles
5pm Thursday 27 June 2013

NO articles will be accepted after this deadline

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Photos must have publication approval from the subject. Please label your photos

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A special thanks to the Catafalque party and Lieutenant Andrew Johnson and his wife, from HMAS Cerberus, who travelled a huge distance (over 1000km round trip) to attend the Walwa Ceremony and lend a special touch to the occasion. Lieutenant Johnson provided some personal reflections on the meaning of Anzac Day and was impressive with his research as he mentioned the contribution of local identities in The Great War such as Rupert Coughlan and the Hanna family. The guest speaker was WOII Wayne Wheatley from Latchford Barracks who gave an inspiring presentation and set the mood for the occasion. Wreathes were laid by representatives of local community organisations and families, leaving the cenotaph with poignant colour.

Anzac Day in Walwa: Population: minor, enthusiasm: major! 225 person turnout, population within 10km radius <150, not a bad effort!

Janice Newnham



ANZAC DAY 2013

GRANYA PIONEER MUSEUM

The Granya Pioneer Museum opened in 1997, in the old Granya School Building. The School was closed in 1995, and a small group of locals petitioned the Education Department to retain the building as a museum. Eventually, a deal was done between the Education Department and the Department of Sustainability and Environment (DSE). The DSE was given the land and buildings and a Committee of Management was set in place to operate the museum.

The museum has a vast display of photos, information about Granya's farming and Gold mining history, and objects relating to the history of the area. We hold extensive family history records at the museum, with copies of Birth Death and Marriages, records of the Granya Post Office and newspaper articles relating

to Granya and the surrounding area. Two books have been written by locals, and are available for sale at the museum: "Here's to Wallaby Jack" is a social history of Granya written by Roger Burns, and "Timber Tombstones" is a record of the history of the area, and the beginning of the Murray Grey cattle breed written by Enid Warnock.

There is also a "machinery shed" with farming and mining tools to have a look at. The Granya War Memorial is in the grounds of the Museum, and a service is held there every Anzac Day, followed by a BBQ breakfast supplied by the Committee of Management.

The museum is open by appointment, and groups of up to 30 can be catered for with morning or afternoon tea (\$5 a head) or lunch (\$10 a head) if required.

There is no charge for a visit to the museum, however any donations are gratefully received; to book, ring Glenn on 60729549 or Enid on 60729534.

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PODIATRY etc and CARE PLANS:

Currently THERE IS A PODIATRIST VISIT ONCE A MONTH TO WALWA .

Podiatrist, Anthea Mitchell visits from Wodonga Hospital (Rural Allied Health Team) every two months. This heavily subsidized service is only available to frail and elderly and disabled persons so it only cost a very small amount.

Appointments to see Anthea are made with the receptionists at the Walwa Bush Nursing Centre. Her next available appointments are on the 4th of September.

Anna Reeves is a private podiatrist who visits every two months from The Wagga Foot Clinic. For appointments phone direct 02 6921 1783. Her next visit is on 5th June. Following that she will be here on the 31st of July. The cost of seeing Anna is \$55. This is the concessional rate, however the Wagga Foot Clinic will bulk bill (meaning there is no cost to you) if you are on a GP management plan with what's known as team care arrangements. Basically this means that your doctor has decided that you need a health plan to assist you to manage your health and help you stay well, and has also asked other health professionals to be involved in the process.

Not everyone is eligible to have one of these plans. You must have a medical condition that is likely to go on for at least 6 months, and you need help to manage this condition. It may be arthritis that stops you being able to tend your own feet due to the pain associated with bending, it may be diabetes that makes foot care vital to keep you well, it may be heart disease that has associated reduced circulation in your feet. There are a number of conditions that may make you eligible for a GP management plan, and possibly bulk billed (free) access to the podiatrist. The best way to find out is to speak to one of the nurses at the Walwa Bush Nursing Centre, or the doctor.

If you are eligible for a care plan, there are a number of other health professionals that you may be able to go to for free. These include, Audiologist, Chiropractor, Diabetes Educator, Dietician, Psychologist, Speech pathologist, Occupational Therapist, Osteopath, Physiotherapist, Mental Health Worker or Exercise Physiologist. If you are eligible you can have up to 5 visits per year covered by the scheme. All of it can get a bit complicated as some health professionals choose not to participate in the scheme, so again, the best way to work out if you can benefit from a care plan is speak to the doctor.

So, if you think you have an ongoing medical condition that you need some assistance to manage so that you can stay well, make an appointment to see the GP now!

TEN TOP TIPS FOR A HEALTHY SPINE.

Lower Back and neck pains are some of the most common health problems in adults today. There are many contributing risk factors to back and neck pain such as age, obesity, too little or too much physical activity, poor posture, trauma, poor work ergonomics, psychological stress. Be aware of the potentially harmful factors in your lifestyle. Listen to your body.

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Pain and fatigue are two of the warning signs. Take action, eat, rest, play and exercise properly. Stretching muscles is important to do daily but only after you have warmed them sufficiently after walking or running for a few minutes or even a hot shower or bath. This will increase blood flow to your muscles and lubricate your joints. Stretching a cold or stagnant muscle can lead to tearing of muscle fibres.

Maintain great posture: Sit and stand tall. Balanced and straight is vital.

Check posture at computer.

Is your computer, chair and desk at the right height for you? Do you sit well balanced?

Notice your posture when driving. Adjust mirrors so you can't see out of them if you slump.

Maintain strong supportive abdominal muscles with regular resistive exercise.

If you are on the phone for more than 5 minutes use a headset or hands free.

Ensure you have good spine flexibility with regular stretching, particularly the lower back and hamstrings. (back of thigh)

Have you got a good supportive mattress to sleep on?

Do you take part in aerobic exercise 3-5 times per week for at least 30 minutes?

Avoid smoking. You are more likely to suffer low back pain, damaged cartilage and arthritis if you smoke.

Get a check up.

THE WALWA OLD TIME DANCE

On Wednesday 8th of May 2013, members of our local PAG group, residents from Corryong Hostel and Nursing Home and our local school children gathered together for a lovely afternoon of music dancing and singing.

It all started as we entered the memorial hall, beautifully decorated thanks to Kylie (from Walwa Bush Nursing Centre) and her helpers. We then enjoyed a lovely meal prepared by Lydia (also of the Walwa Bush Nursing Centre). After lunch, the children arrived, the music started and it was on for literally young and old!!

It was lovely to discover that even at our age our feet and hearts were still dancing and the children (bless them) were willing to dance with their Grans and Granddads. The residents from Corryong didn't miss out either with help from their wonderful carers they too "went dancing" wheel chairs and all!!

Afternoon tea will see us all lining up for weight watchers in the not too distant future thanks again to Lydia, Kylie and Tina. A very special thank you to our very talented musicians and as Oliver Twist said "Please Sir, can we have some more!!"

Betty Hallinan.



Joan & Jenny wheelchair dancing



Mary Connors, Jim Lacey, Elayne Moore, Jeannie Blackburn, Beth Drummond, Heather Campbell at dance



Old time dance at Walwa Hall visitors from Corryong Nursing Home and Hostel

PAG

Holiday to Swan Hill

On the early morning of the 26th of April four intrepid adventurers (Heather Campbell, Phyllis Clarke, Tina Clarke and myself) set off on our Annual PAG holiday. We were bound for Swan Hill.

We met up with our other travellers at Corryong and boarded the Humphries bus. The first stop was at Christies Museum. It was by Tocumwal. It was well worth the visit. Lunch was by the river at Barooga. We got to the caravan park mid afternoon and settled into our cabins to await for happy hour and then tea. Happy hour was very happy.

During tea we had an unexpected guest, a possum. He made himself known as he peed down the post he was on and it ran down the log and into the drink of one person and the tea of another as well as on her jumper. They were not amused but we were.

The next morning we got on the bus and went into town and had a tour around Swan Hill on a town bus. The driver was a great story teller. After the tour we had time to go shopping or go to a car museum. After lunch at Lake Boga, we went to see the flying boat museum. It was far bigger than I expected. After that we went to a glass studio and observatory. We watched a presentation on how the planets were made and what the stars were going to look like that night. We went back to the caravan park to have happy hour again and tea before we went to the Pioneer Village for a sound and light show. We were all on possum look out to see where he was before we sat down. We had another great meal, BBQ meat (steak, chops and snags) with vegies and sweets. The sound and light show was great, We rode around in carts. Off home ready for the next day.

We headed off to the Pioneer Village to have morning tea of scone and jam and cream then jumped aboard the Pyap paddle steamer for a ride up the Murray River (I don't know what they did to it but it was very dirty and low) . After the



Phyllis and Tina Clarke on Paddle steamer



Heather Campbell & Snowy Turner on Paddlesteamer ride we had lunch at the old Bakery and then set off to explore the village. There were horse and cart rides and shops galore cars, trucks, carts and many different types of machinery. When we had enough the coach was there to take us home again.



Heather Campbell travelling in style horsedrawn carriage at Swan Hill pioneer village

We had tea at the club that night. A few of us played the pokies, some had more luck than others. The next day we were on our way home. We stopped at Echuca and Yarrawonga and we got home about 5pm. We had a great trip and we recommend travelling with Humphries Tours any time. We would like to thank Sue and Peter Humphries for putting on a great holiday.

P.S Their next trip is to the Yarra Valley in January. Also they are going to see Bon Jovi in concert 7th December. Thank you to everyone who went on the trip it was good travelling with you.

Kylie Clarke (Pag Coordinator)



Murray River at Swan Hill

BORDER WALWA NETBALL AND FOOTBALL REPORTS

Jennifer Stephens and Janice Newnham

A warm Saturday again stretched players' endurance but made for delightful spectating weather at Cudgewa. Border Walwa's 14 & Under team matched the home team in the 1st but were unable to sustain that pressure in the 2nd. They came back strongly in the 3rd and played out the game well despite going down 7-13. D grade was a hard, physical game with Cudgewa getting the break in the 1st. Border Walwa had a stronger second half as the team played with great determination. Our shooters turned their limited opportunities into goals as we continue to build a balanced team. Great spirit girls. In C Grade there are continuing signs of real grit developing. Despite a slow start Border Walwa won the 2nd and 3rd quarters to see yet another game go down to the last minute. A two goal loss to home team but plenty to like in this team's will to play great netball.



Border Walwa FNC vs Bullioh 25/5/13 Bec Butters prepares to launch the ball to Olivia Gadd in the D grade Netball on Saturday.



Having a tad of trouble controlling the Sherrin – Morgan Johnson (BWFNC) fails to trap the elusive Sherrin – Joe Batty (BWFNC) doesn't seem impressed, Clinton Reid (Bullioh) is desperate, and the blond Bullioh ruckman looks about ready to squash Joe! Alex Daly brings up the rear!



Ash Greenhill gets a bit of air in the ruck.



The Under 11s young magpies are showing considerable improvement on the court, with stronger passing through the centre and nice loud calling for the ball. No win for this week, but it was a great effort and you should be proud of your team work.

A very odd speed wobble on BWFNC Connor Newnham's thigh as he gathers in the ball just prior to Cameron Sheather (Federals) pouncing from behind.

Border Walwa netballers hosted their second home game of the season as the weather drifts more towards that of a winter sport with low-lying fog settling in the valley. Our juniors braved the chill with the Under 11's once again showing a wonderful attitude to their team and their game. Despite the convincing loss against Tumbarumba they played their best right to the end. Congratulations to Tumba on a good win, and three cheers to the Magpies for showing great determination.

Tumbarumba 14 & Under players presented strong competition for the young home team. After a slow start Border Walwa played more to their strengths in the second half. There is obvious improvement in all players with their passing more direct as they mould into a team. D grade showed resolve as they started their game with great drive to lead comfortably at the end of the 1st quarter. The visitors fought back in the next three quarters as Border Walwa lost some of their momentum.

Their determination, however, got them over the line to take the points.

Great team effort. From the first centre pass Border Walwa's C graders put on a display of disciplined netball which was a delight to watch.

Their team play saw them take the lead early and maintain it for a solid win. Unfortunately the B Grade girls were unable to come away with a win this week, however we can take a lot of positives from the game. We were once again faced with quite a few changes to the line up due to player availability. A great game by Nikita Maguire, Lou Coutts and Eliza France. A Grade had a great win this week with a team depleted by injury and player availability. The girls are proving once again that their flexibility is a great asset. A fantastic game by Von Mitchell.

Congratulations to all those players who've worked so hard at training these past few weeks and for the manner in which you represent Border Walwa Club.



A slight change of scenery: Connor Newnham hauls off the opposition who is grappling for Jarrod Butters' ball!

Connor is making a bit of a mark as the BWFNC youngest senior player - at just 14!



Ashley Greenhill, the ruckman: The boy can jump



Border Walwa Football Netball Club vs Cudgewa 4/5/13 Ash Greenhill attempts to deflect the ball from his Cudgewa opponent



The magnificent autumn weather continued last weekend, though the warm conditions in Corryong certainly tested the fitness and endurance of all netballers. Border Walwa's 14 and Under players began slowly but built momentum, winning the last quarter as they displayed great determination and team spirit. All players contributed strongly to narrow the margin and show real potential as a competitive team. D Grade were caught off guard as Corryong controlled the first quarter. To their credit the Walwa team regrouped to come from behind and snatch the game 24-20. What a tremendous gritty effort - well done girls. Border Walwa's C Grade team may have been waiting a long time for a victory but it only made the win all the sweeter. From first whistle, and across all positions, our players applied themselves with discipline and ferocity to take the game 42-16. It was a visual treat for our spectators who have been so loyal for so long. Congratulations girls - you earned it.



Federals layer piggy backing Simon Greenhill to the ground.

"After the game, the King and pawn go into the same box. (Italian proverb)



Ash Greenhill in a marking contest!

COMMUNITY CALENDAR WALWA-JINGELLIC

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
MONDAY				
2-3PM	Balance Class WBNC Yvette	Balance Class WBNC Yvette	Balance Class WBNC Yvette	Balance Class WBNC Yvette
TUESDAY				
5:30-6:30PM	Powerbar WBNC Yvette	Powerbar WBNC Yvette	Powerbar WBNC Yvette	Powerbar WBNC Yvette
WEDNESDAY				
10:30 - 3pm	Community Shop Kerrie	Community Shop Kerrie	Community Shop Kerrie	Community Shop Kerrie
11:45-3:30	Planned Activity Group WBNC Kylie	Planned Activity Group WBNC Kylie	Planned Activity Group WBNC Kylie	Planned Activity Group WBNC Kylie
5:30 - 6:30pm	Yoga WBNC Irene	Yoga WBNC Irene	Yoga WBNC Irene	Yoga WBNC Irene
8pm	Music Group	Music Group	Music Group	Music Group
THURSDAY				
9-10am	Catholic Church Exposition	Catholic Church Exposition	Catholic Church Exposition	Catholic Church Exposition
9-9:30am	Ladies Golf Caroline Walwa Golf Club	Ladies Golf Caroline Walwa Golf Club	Ladies Golf Caroline Walwa Golf Club	Ladies Golf Caroline Walwa Golf Club
10am			Tangled Threads Old Jingellic School Kerrie	
11am		Bookclub D		
2:30pm	Bridge Group Penny Walwa Golf Club	Bridge Group Penny Walwa Golf Club	Bridge Group Penny Walwa Golf Club	Bridge Group Penny Walwa Golf Club
5:30-6:30pm	Powerbar WBNC Yvette	Powerbar WBNC Yvette	Powerbar WBNC Yvette	Powerbar WBNC Yvette
6:30pm	Ladies Night Cecilia			
7pm		LIONS Walwa Hotel Vyner		
FRIDAY				
SATURDAY				
SUNDAY				
9 am	Catholic Church Service	Catholic Church Service	Catholic Church Service	Catholic Church Service
If you would like your group or activity listed in the calendar please contact Irene at mail@walwabnc.com.au Contact Phone Numbers: WBNC 02 6037 1220 Penny 02 6037 1275 Caroline 02 6037 1271 Kerrie 0408 696 384				

An old, tired-looking dog wandered into the yard. I could tell from his collar and well-fed belly that he had a home. He followed me into the house, down the hall, and fell asleep in a corner.

An hour later, he went to the door, and I let him out.

The next day he was back, resumed his position in the hall, and slept for an hour. This continued for several weeks.

Curious, I pinned a note to his collar: "Every afternoon your dog comes to my house for a nap."

The next day he arrived with a different note pinned to his collar:

"He lives in a home with ten children -- he's trying to catch up on his sleep. Can I come with him tomorrow?"



CORRYONG DEB BALL 3 MAY 2013

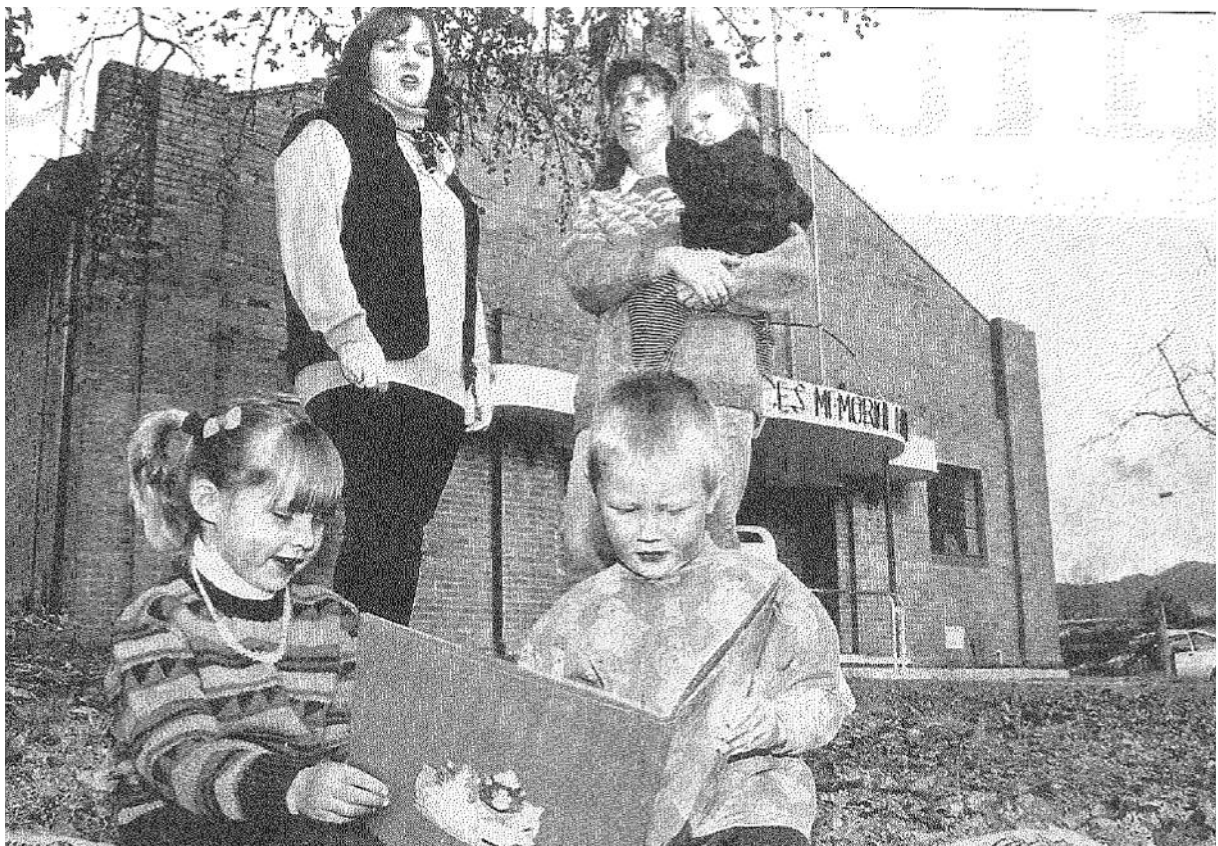
Corryong Deb Ball Friday

Sophie Greenhill partnered by Alex Daly.

Sophie and Alex have been best friends since this early photo of the pair in the gutter featured in the Weekly Times 14 years ago.

They enjoyed the Corryong Anglican Deb Ball on 3 May. This year there were 9 debs and their partners.

The theme this year was "Angles at Midnight"



Caring eyes: three-year-olds Sophie and Alex enjoy a book at rural mobile child care. They are watched by Anne Bowler, Donna Greenhill and 18-month-old Meg

55 Main Street Walwa Vic 3709
Walwa phone/fax (02) 6037 1410
Tumbarumba phone/fax (02) 6948 2878
Corryong phone/fax (02) 6076 2964
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BECOME A RADIO UPPER MURRAY MEMBER 2013/2014

An illustration of two children, a boy and a girl, holding a large yellow flag. The boy, on the left, has dark skin and curly hair, wearing a purple shirt and red shorts. The girl, on the right, has light skin and purple hair, wearing a green shirt and red shorts. They are both holding the flagpole. The flag is yellow with the words "We Need YOU!" written in red, stylized capital letters. The background is white with a simple grey shadow cast by the children.

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Have fun! There is a 9 letter word.

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I have kleptomania, but when it gets bad, I take something for it.
 ~ Robert Benchley

THANK YOU

A big thank you to
 Karlee Mcharg
 Lydia Maras,
 Betty Hallinan
 Mary Connors for helping
 with the folding of Walwa
 World in March.



WALWA PRIMARY SCHOOL NEWS

INDONESIAN COUNTING

Jack Daly

We counted up to 100 in Indonesian. 100 is seratus. I reckon we could count to ribu which is 1000, with help. After that we had a stretch and shake, and read an Indonesian book.

Jack Hamilton

Today we counted to seratus and it was easy and at the end we had a walk around the class to get our strength back. I thought we could count to ribu-1000.

Karissa

I was very proud of everyone who counted up to 100. It is seratus. I know how to read an Indonesian book about a family.

Julia

Today we counted to 100 in Indonesian-seratus. It was hard, just the preps/1/2s. After that we walked around the room. After that we read an Indonesian book. With the counting I never sat down. I reckon we could be able to count up to 1000-ribu.

Mac

I can count to fourteen, but not in Indonesian. I asked Mrs. Daly why they seemed to be tired and "never sat down". They were so proud to count to ten and wanted to keep going, so they continued to twenty and wanted more. Mrs. Daly suggested that those who wanted to go on, stand up and then if tired, sit down. With help, they reached 100 and although they felt they could go on Mrs. Daly suggested they sit down on the couches and read an Indonesian book about families and let their brains settle.

Thoughts of ANZAC day

On the 25th April, 2013 it was Anzac Day. When I got there Jack, Amy, Julia and other people were there. When the whole of Walwa Primary School was there, we sang the National Anthem and then Brianna and I laid a wreath of poppies. Mine was a circle and Brianna's was a cross. There were Navy people at the ceremony. They had speeches. There were five sailors- one with a sword and four with guns. -Ethan

Last week I made ANZAC biscuits. The mixture was really yum. The ANZAC biscuits smelled like biscuits and when they were ready, they tasted yummy. I made them with Ethan and Jock. - Talisha

On ANZAC day the 25th of April, people of the Walwa community went to the Memorial Hall for ANZAC day. We had visitors from the Navy and Army come. Walwa Primary School laid two wreaths and led the community in the National anthem. After the ceremony, some volunteers had a sausage sizzle and it was free. They also had tea and coffee. Also at the ceremony they played The Last Post and Reveille. At Walwa Primary, we all made some ANZAC biscuits and they were very yummy. A lot of people turned up at the hall and it was a hit. -Brianna

24th – 28th June Book Fair at the school

Expressions of Interest are called for the position of Groundsperson at Walwa Primary School.

If interested please send details and relevant qualifications to Wendy Hodgkin, Walwa Primary School, PO Box 28, Walwa 3709 by close of business Friday 7th June

Walwa Primary School are collecting earn and learn stickers from woolworths. These stickers are redeemable for art supplies, books, puzzles and much more. Our tally is 1685 points so far. If you or someone you know shop at woolworths ask them to keep in mind the small school called Walwa Primary.



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24 The Esplanade WAGGA WAGGA 2650

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Steve Biggin

Financial Planner

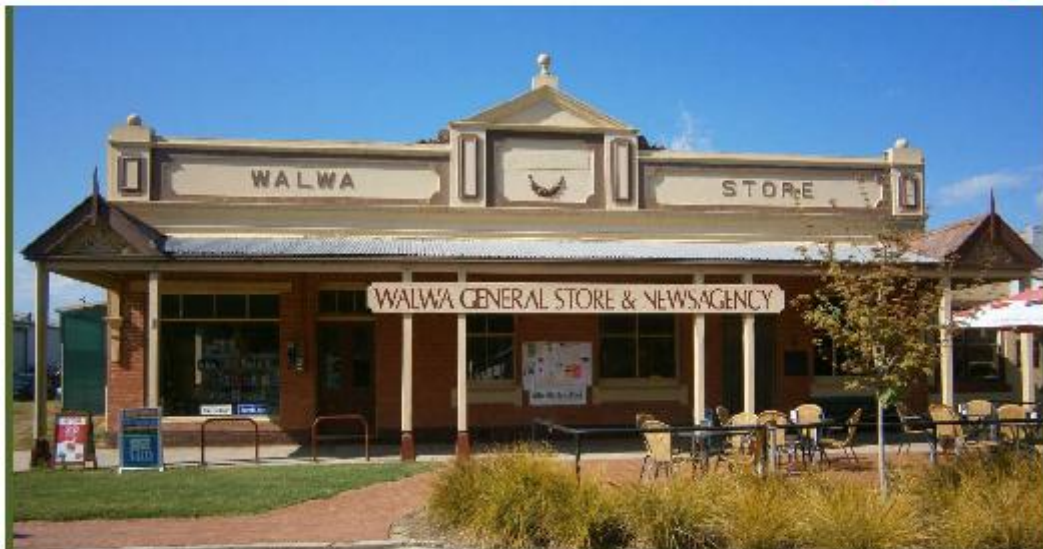
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