

WALWA WORLD

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

Free - Donations Accepted



July 2013

WALWA MEDICAL CLINIC'S NEW GP

Dr Indren Moodley has recently commenced work as a permanent GP at the Walwa Medical Clinic. Walwa World interviewed Dr Moodley about his shift from Wodonga to rural GP in the Upper Murray.

Q: You are initially from South Africa, but have spent considerable time in Australia?

IM: Yes I was born and bred in South Africa but have spent nearly 20 years in Australia. I went back to SA in 1997 for approximately 3 years but then returned to Australia.

Q: What path has your medical career followed here in Australia?

IM: After initial qualification in South Africa and doing some initial work as a GP, I enrolled as a Medical Registrar in Queensland and followed that path through 2001-2003 doing general training before more specialised rotations from 2003-2008. These included stints at the Royal Melbourne and Western General in Melbourne. I have spent the past 5 years in Emergency Medicine at the Wodonga Hospital.

Q: What has encouraged you to move to General Practice and to a small rural practice?

IM: I suppose it was the capacity to feel that I could make a difference to a community in providing broad health services where they are needed most.

Q: Are there areas of general practice that you are particularly interested in?

IM: I would nominate mental health as a particular area of interest

Q: You have a wife and young family. How do you balance the busy GP schedule with family and lifestyle?

IM: Yes my wife Naleni and I have 4 children – Brandon 13, Brooklyn 11, Oscar 7 and Malia 4 years. I've found it important to get a balance between work and lifestyle and I think my GP role at Walwa will allow me more opportunity with family compared to my previous role in the hospital environment. In addition I hope to introduce some flexibility into practice hours so they become more accessible to the community and leave me with quality time with the family. Our future aim is possibly to find a small parcel of land in the district.

Q: What are your interests outside medicine?

IM: Reading, travelling – a recent trip to Cambodia was memorable, sports – active and passive, cricket in particular

Q: Medicine is a profession where you have to keep up to date



with your skills and knowledge base. How do you manage this process, particularly in the change to GP practice?

IM: Working in Emergency Management has given me good grounding to cope with any particular emergency and it builds confidence in your clinical capacity. In this respect I have kept my professional accreditation with the Australian College of Emergency Medicine.

I now have to manage a transition from predominantly acute to chronic and preventative cases. I'll be starting a formal process with RVTS to assist with this as well as my routine professional development. It is vital to keep your knowledge and skills base up to date.

Q: What are your first impressions of Walwa and the Upper Murray?

IM: I was first inspired by the natural beauty of the place – the mountains, greenness and space. Work-wise I'm impressed by the way things are well set up and ready to go – it's been relatively easy to fit into the system. I've also had great support and help from staff and Hume Medicare Local.

~ ~ ~ WELCOME DR MOODLEY ~ ~ ~

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Editor: Irene Palmer
Publisher: Kerrie Thompson

PO Box 46
Walwa VIC 3709
Ph: 02 6037 1220
Fax: 02 6037 1207

Email: mail@walwabnc.com.au
and cc to
ipalmer@walwabnc.com.au

Copies in colour are available on website at
www.walwa.com

DEADLINE for articles

5pm Thursday 5 September 2013 (late edition
due to absence of Irene & Kerrie)

NO articles will be accepted after this deadline

Walwa World is published on Microsoft Publisher
so please send articles in a format suited to this
program, preferably Word or Publisher

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

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MOBILE LIBRARY

Mobile Library will be in

Walwa on Thursday 22 August 11am to 1:30pm

and

Jingellic Monday 5 August 2pm to 3pm



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A FAREWELL TO LAURIE "GRUB" JEFFS



There will be an article from the family in the next edition of Walwa World.

Some of Grub's involvements in the community included the Fire Brigade, Fishing Club, Golf Club, caravan park committee; was a supporter of the Magpies and presenter on Radio Upper Murray.



THE WALWA COMMUNITY SHOP IS MOVING

Come and check out our new premises at

36 MAIN STREET WALWA (Old WAW Building)
FROM 10:30AM TILL 3PM

We would like to thank Ken for the generous offer of the use of his building and also thank you to Peter for helping us get started

COME AND TAKE ADVANTAGE OF THE **FREE FRUIT AND VEGIES** DONATED BY THOSE WITH EXCESS PRODUCE.

WHILE THERE, CHECK OUT OUR BARGAINS IN CLOTHING, BOOKS ETC

Remember this is a project to help our community so please support us. If you are having a winter cleanout please we would love to have your excess goods - as they say "one person's trash is another person's treasurer"

We hope in the future to be able to open more than one day a week but this is dependent on volunteers so if you have some spare time and would like to volunteer let us know.

Thank you to all those people who are bringing in their spare fruit & vegies.

For further information contact Kerrie on 0408 696 384

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MEDIA RELEASE

19 June 2013

Growth in the Upper Murray Funding

Bill Tilley publicly announced this morning in Corryong that the Victorian State Government has approved funding of \$150,000 towards the development a new strategic plan. We now have \$216,500 funding committed for this plan including Towong Shire funding of \$50,000 and Tumbarumba Shire funding of \$10,000.

This is great news. This means that the Upper Murray can now proceed with development of the plan.

It is expected the plan development will commence in July 2013 and be completed over a 12 to 18 month period after an extensive consultation with the Upper Murray community.

For more information about the Putting Locals First program, please visit www.rdv.vic.gov.au/putting-locals-first.

I don't believe in astrology. I am a Sagittarius and we're very sceptical.
~ Arthur C Clarke

Home cooking. Where many a man thinks his wife is.
~ Jimmy Durante

Walwa Medical Clinic News



eHealth is here

the Walwa Medical Clinic can assist you to register for your **Personally Controlled** electronic health record. With the assistance of Medicare (Hume Medicare Local), the registration process has been simplified. Just call in to the Medical Clinic and ask for the application form, and we will organise the processing of that form on your behalf, or phone for other registration options. Once registered, an appointment with the doctor will be necessary for your medical information to be uploaded to your electronic health record. There will be no charge to you for this service. A summary of your important health information can then be shared with healthcare professionals who may be involved in your care Australia wide.

Take control of your health and register for an eHealth record and your health information travels with you.

A reminder to people when using a grinder to wear sealed goggles with sides as we have had quite a few eye injuries sustained by bits of metal penetrating eyes even when grinder has been wearing ordinary glasses. Not like the guy in this picture with no glasses!!



A HOME BIRTH FOR WALWA

On the 4th of July at 12.48am a little angel came into the world, Garrett William Ryan. With the help of four angels, Irene the midwife, Dianne his nan, Mary and Meagen from CERT, Garrett was safely delivered at home. It was an experience for all who were there, with his daddy Wayne waiting to see his little man. Now we all have a story to tell how little Garrett came into the world, in a bit of a rush.

Cherrie Meloury. Photo of Garrett taken when he was one day old.



MORE RECIPES FROM THE WOOLLY WOMBAT COOK BOOK

Lamb Jingellic

Take a boned le of lamb, stuff with mixture of:
Uncooked long grain white rice

Crushed nuts
Chopped dried aricots
Prunes
Chopped onion
Fresh mint
Garlic
Black pepper
Ground caraway seeds
Allspice



Put into a baking dish that can be well sealed. If necessary seal lid with dough of flour and water. Placing the baking dish in larger dish containing some water. Cook in slow oven 220F for 6 to 7 hours.

Spiced Orange Slices

8 seedless oranges, sliced into 1/4" rings
4 cups sugar
1/2 cup water
10 whole cloves
2 sticks cinnamon

Combine sugar, vinegar, water, cloves and cinnamon. Bring to boiling point. Simmer 5 minutes. Add orange slices. Simmer another 15 minutes or until slices are well glazed but still firm. Spoon into hot sterilised jars and seal airtight.

Nea Smithwick

Stuffed Dates

Soak dates in sherry. Stuff with 1/2 walnut and toss in coconut

Judy Hanna

BORDER WALWA NETBALL MEDIA REPORT 13 JULY 2013

Our 11 and Under team again played valiantly and are a definite shining light for the future of the club with so many enthusiastic young players who are ready to grow their skills.

The 14 and Under team opened the game strongly with some excellent shooting. The team were well served by their younger players showing great determination. The improvement in passing is dramatic and will continue to get better as the players keep practising the basics. Good win girls.

D grade started very slowly and then clawed their way back into the game to nearly steal the points. Three strong quarters of netball and the opportunity to learn from that experience and move forward. Real grit from so many on the court.

C grade expected tough opposition and were not surprised by the physicality of their game. With several players unavailable key team members stepped up and were well-supported by several D grade players who were on our bench. This was a great win with everyone contributing their best and leaving it all out on the court.

A very big thank you to our vocal and loyal cheer squad.

BWFNC VS FEDERALS 20/7/13

The Pies put the wind up Federal Football Club – the cellar dwellers almost defeated the Swans in a tight tussle in miserable muddy conditions on Saturday. In climatic conditions that varied from sunny, but wet underfoot, through the entire spectrum of windy/wet/hail/electrical storm/sunny and back again, the Pies battled fiercely. End result was 5.9-39 to 6.11-47 but the boys were left dreaming about what could have been!



Jarrold Butters survives heavy pressure and handballs the Sherrin upfield

BORDER WALWA NETBALL MEDIA REPORT 20 JULY 2013

Last Saturday saw a blustery winter's day of sport at Walwa with a huge thank you to the home team's men for erecting weather shelters.

With the torrential downpours forecast and the weather true to that anticipated, Border Walwa's valiant 11 & Under team took to the court for their game against Federals.

For the 14 & Under players the improvement is obvious in both defence and attack and was demonstrated on the court as they kept the formidable Federals team to their lowest margin of their three encounters. There were several stunning displays of streaming highlighted by pinpoint accuracy passing. How far this team has come in such a short time. Congratulations girls.

D Grade may have led at the end of each quarter but this was a gruelling tussle. Both teams seemed to find the windy conditions a challenge. It was satisfying to see Border Walwa's strong start and composure in the face of a very competitive Federals team.

Hail was almost as much a feature as Border Walwa's determined fightback after a sluggish first quarter. Playing as a team and showing considerable flexibility this group brought off a strong victory. A goalless third quarter for Federals was the result of persistent home team defence that was matched to disciplined patience in attack.

BORDER WALWA MEDIA REPORT JUNE 29 2013

With the forecast of early morning snow Border Walwa travelled to Tumberumba, to be greeted by clear skies and a warming winter's day. Our 11 & Under team again played their hearts out against far taller and older opposition. If courage and determination were to translate to goals our young players would be on top of the ladder. In the eyes of their supporters they are improving so rapidly that they are a joy to watch.

14 & Under team came up against agile opponents and took a little time to settle into their game plan. Border Walwa held the home team to just one goal in the second quarter in a fine defensive display, but were unable to maintain that pressure. Their movement through mid-court showed significant improvement and the tremendous attitude of all players is to be congratulated.

D Grade played four quarters of clean, sharp netball and were duly rewarded with a victory. Several players found themselves in different positions, showing great spirit in their





Mud flies as Peter Dowling lands a decisive tackle on the opposition, Michael Linklater follows the ball.



Kade Butters (Seniors Coach) shoulders off the opposition in pursuit of the Sherrin



Connor Newnham in the U16 game - another epic battle: Connor takes the Sherrin and runs.....



Articles by Jennifer Stephens and Janice Newnham

Photos: Janice Newnham



It was soooooo cold and miserable the water carrier for the Ressies adopted unusual attire to roam the field of play. Jake Vinge snaffled a dressing gown, but remained high vis (and didn't forget to do his stretches before running on the field!) Barry Wynd on the sidelines was less than impressed, or maybe it was the giggling from the trainers he was objecting to!

******GO THE PIES******

SHORT STORY COMPETITION:

The judging of the 200 word short stories was delayed due to failure of Will McInnes to respond, due to his busy lifestyle and a reluctance to Judge!! Judging was done by his friend John Anderson:

Open section: equal first prize goes to **Janice Newnham and Barbara Pritchard. \$25 each**

Junior section: won by **Rahni Houston. \$30**

Encouragement awards to Sasha Newnham \$10 and Elsie, Ada and Mac Drummond \$10

Congratulations to those writers.

Many thanks to the **CORRYONG NEIGHBORHOOD HOUSE** for donating the \$100 prize money.

All stories were excellent and a joy to read thanks to all the entries.

We hope to have another short story competition over the next summer holidays.

The five best entries have been included in this month's edition of Walwa World.

Here are the five stories:

THE DROVER'S SON

Bryce was the Drover's son, living in the country. It was a hot summer morning and it was the first day without his father. It was hard for him with his father away because he had to look out for his younger brother, sister and mother. There was no one of his age to play with. Bryce was twelve. He had only one friend, Scruffy, his kelpie. Scruffy arrived on his twelfth birthday, but his father had taken Scruffy droving. He cried for days when his father told him he was taking Scruffy. On the drove, Scruffy, who wasn't properly trained and was still a young pup, did not understand that chasing sheep was a bad thing. He was given so many warnings from the farmers; they all threatened to kill Scruffy. But one day, Scruffy took it one step too far and got shot by one of the farmers. When the drover found out he was heart broken. He did not know how he was going to tell Bryce. When he got home the Drover finally gathered up enough strength to tell Bryce. Bryce thought he would never forgive his dad after that, but after a while, he did.

Sasha Newnham
Age 12

ISABELLE AND ONE-EYE

There once was a girl named Isabelle, she was six years old and she was a princess.

One unfortunate day she was stolen by a witch who had a wrinkly face with a long and pointy nose. The witch locked Isabelle in a tall, grey tower.

Isabelle felt sad and lonely. Her room was really, really dark and dusty and there were spider webs in every corner. The witch also gave Isabelle all the revolting jobs, like pulling off the tails of white mice and crushing up dried frogs legs.

Isabelle's luck changed the day that One-eye, the one eyed giant monster, came strolling past and she called out for help.

The giant was a friendly and generous creature. His skin was light green with dark green spots, his hair was bright purple and his one eye was sky blue. He was happy to let Isabelle ride on his shoulder while they looked for a good spot for a picnic.

They found a pretty circle of flowers growing in a meadow and One-eye lay out a large picnic blanket. As soon as the pair had sat down Isabelle picked a bunch of flowers and they floated back to her home.

Elsie aged 7, Ada aged 6 and Mac Drummond aged 4.

There once was a girl and her name was May, May was hard working and every time she would finish doing something she got \$5. So she went to her friend's house April. April was different to May she was messy and didn't help with anything. So when May got to April's house she noticed how messy her room was so she cleaned the washing- \$5- she made the bed- \$10- then she folded her clothes- \$15- she also cleaned her fishes' tank- \$20-she fixed up her junk on top of her draws-\$25- She dusted-\$30-she made the bed for herself -\$35- She vacuumed, all together that was \$40 after May finished she was very tired but pleased with herself then she asked for her money but April didn't want to give it to her May kept on asking but April said no she liked it messy. So May dirtied the washing, messed the bed, unfolded the clothes, dirtied and slimed the fish tank, messed up the junk on the draw, put dirt where she dusted put her bed away and then put dust and mud on the floor. Then she said to April "now you owe me \$80".

Rahni Houston, 11

PYJAMAS

If Matthew had really thought about it he would have worn his pyjamas the night the thick summer heat hung heavily in the old farmhouse. A rickety fan whirled.

Outside on their chains in the humid air, his dogs watched cautiously while an old, territorial and very grumpy wombat grazed on the lawn.

"What on earth's that racket?" Matthew woke.

"Oh no, the new kelpie, she's probably being attacked by the wombat from under the house".

Alongside the dogbox he could see its shadowy form illuminated in the half moon and he snatched a branch from a sapling nearby.

"Get out ya mongrel" He pushed the leaves at it while releasing the dog.

That was when Matthew knew he should have worn his pyjamas. A low growl, sudden retreat, a steep slope, falling backwards with speed, towards Jenny's treasured rose bushes, he screamed.

It was reflex when Jenny grabbed the axe. Hit it with the blunt end.

Discourage it.

Wop wop. The old wombat rose up on its hind legs, bearlike and she felt the crunch on her arm. Wop wop. Warm blood trickled from her wrist.

I'll have to get this stitched, she thought. I wonder what I should wear.

Barbara Pritchard

CHRISSIE DRINKS:

Maddie was buzzing; sparkling wine matched the company. It had been a stressful week: frantic finalisation of contracts before Christmas. Perching on a bar stool, she was starting to regret the elegant heels!

He slipped in beside her; athletic, not classically handsome but with features that were immediately arresting. "Evan" he said and handed her a frost-beaded glass of champagne: "To Christmas and pleasure!" he said. Her mind teased at the word pleasure. His voice was soft, his accent intriguing.

The buzz became a feeling of dread; her vision began to cone down. Time and space became nebulous. She was aware of hands on her body, lifting her. She heard Evan: soothing, encouraging. Later: female voices high pitched with fear, and to another party: accusing, aggressive, screaming. Maddie was enmeshed in treacle. Sirens, strobe lights reached her senses. More voices: this time with authority: questions fired at her, but her words had no voice. Harsh to someone else: "Drink spiking – you weirdo!" Frustrated protestations – was that Evan?

Maddie's purse lay on the floor, kicked aside in the confusion. Her medic alert bracelet lay amongst the lipstick and coins. Nobody knew of her epilepsy, nobody knew she had missed her meds.

Janice Newnham

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Clarkey Walks the Plank (for a good cause)

Visitors to the Bridge Hotel Jingellic front bar are often seen to be craning their heads wondering why the roof is covered with currency notes (mostly Aussie dollars but the occasional Nepalese Rupee and other world currencies, cheques and this year even a pair of .yellow Crocs??!).

The inevitable questions are posed - "Why are they up there" and "How do you get them up there?" Pub hosts Ian and Jo Clarke will oblige by asking for one of their notes (the larger the better) and then proceed to wrap it around a coin, pierce it with a pin and hurl it at the ceilingwhere it sticks!Voila! - another donation to the local not-for-profit Walwa Bush Nursing Centre (WBNC).

Once a year or so the bounty is dislodged from the roof and presented to the WBNC. This year the pub hosted a good crowd for a special pot and parmi night where the assembled throng entered a \$5 competition in guessing the total of funds taken down from the roof. After people had tried to count or just made a stab at the total, guesses were registered on the white board by Clarkey who then proceeded to perform an aerial dexterity display in removing the notes. After dinner, those who had paid for their guesses and the chance of a prize were invited to perform the note tossing caper to re-lodge their donation as a start for next year. By popular acclaim Melanie Seaborn was judged "Best Chucker" in an



amazing throw across the room!

After a lot of laughs and throws, a good start to next year's donations (\$165) was lodged back on the ceiling in notes. Clarkey then announced the winner of this year's closest to the total - Tony Sullivan - who guessed \$2250 which was only \$5 off the total collected. Tony earned a fantastic dinner for two at the Bridge Hotel as prize. Clarkey thanked all who attended this year and proposed another gala note throw next year.

MOBILE LIBRARY WILL STILL DELIVER GREAT READS ACROSS THE SHIRE

Council has joined forces with Riverina Regional Library to ensure that the small communities spread out across the Shire can continue to access a regular mobile library service.

Towong Shire Council Mayor, Cr Mary Fraser OAM, said that Council considered a range of scenarios for the provision of fixed and mobile library services following notice earlier this year that Upper Murray Regional Library would cease operations in June.

"The mobile library is a service that is greatly valued by our more remote communities," said Cr Fraser. "After exploring the options, Council has partnered with Riverina Regional Library who will deliver the mobile library service throughout the Shire from this month."

Following a slightly modified schedule, Riverina Regional Library will continue to visit Bellbridge, Bethanga, Dartmouth, Eskdale, Mitta Mitta, Talgarno, Tallangatta Valley, Tintaldra and Walwa on a fortnightly or monthly basis. The stop at Berrington previously serviced by Upper Murray Regional Library has been discontinued.

Mobile library users will be migrated to a Riverina Regional

Library membership and will receive a new Riverina Regional Library membership card at their next visit to the mobile library. Similarly, when users of the Corryong and Tallangatta libraries visit either branch they will receive a new Towong library card.

"Working in partnership with Indigo Shire Council, our transition to managing our own fixed libraries using the Swift library system has progressed extremely well," said Cr Fraser. "I encourage all residents to visit the library at Corryong or Tallangatta to receive their new Towong library membership card."

Residents can use their Towong library membership card at the libraries in Corryong and Tallangatta, the libraries in Indigo Shire as well as the Wodonga Library.

The mobile library schedule can be viewed online at www.towong.vic.gov.au or contact the Council Office in Corryong or Tallangatta for more information.



WALWA – JINGELIC LIONS CLUB CHANGE OVER DINNER 2013

A most enjoyable evening was held at Rileys Corryong for the Annual Changeover Dinner. PDG Brenda Henderson officiated in the induction of the new Board for 2013 – 2014

President:	Rob Thompson
Secretary:	Jannion Wright
Treasurer:	Shirley Cheshire
1 st President:	David Hanna
2 nd Vice President:	Donald Cheshire
Public Officer:	Ace Coughlan
Membership Chairman:	Donald Cheshire
Tail Twister:	David McCourt
Catering Officer:	Vyner Smithwick
Immediate Past President:	Vyner Smithwick

This year the Club donated \$5422.65 to the following:

Radio Upper Murray
Rotary Club of Albury
Walwa Primary School
Lions Cord Appeal
Lions Eye Health Program
Tungamah Lions Club – Ride for Cancer
Jingellic Cricket Club

Lions Australia Spinal Fellowship
Lions Prostate Cancer research
Hilltop Carers accommodation Albury
Haemophilia Foundation Australia
Walwa Football Club
Walwa School
Walwa Hall
R.S. L.

We catered at
Australia Day
Anzac Day
Sheep Trials
Pestivirus Day at Walwa Golf Club
Jingellic Show
Bush Markets at the Winery,
Jims Clearing Sale
Our Club provided wood, and helped transport a local into the Walwa Units.

Our Guest speaker for the evening was Lt. Col Brian Jones (Rtd) CSC Honary Colonel Commandant RAEME for Victoria and Tasmania. We thank him for his address and presentation.

We look forward to this following year and invite any new members that would like to join us.
WE SERVE



IT 'S MEMBERSHIP RENEWAL TIME AT RADIO UPPER MURRAY

Your community radio station depends on your support

Membership forms available at radiouppermurray.com or phone 6037 1410

DRINK THIS FIRST THING IN THE MORNING (3 major benefits of warm lemon water)

Although we may go to sleep each night, our body continues to work to rebalance, heal, repair, restore and revitalize so that we can have ample energy to face the next day. Because we are exposed to so many environmental toxins from what we breathe in to what we put on our skin, in addition to the damaging impacts of our Western diet, our body quickly shifts into toxic overdrive. If you knew that there was one simple, inexpensive thing you could do every day to help build health and rid your body of toxins, would you do it?

Ayurvedic philosophy states that the choices that we make each day can either build us up or make us more susceptible to life-destroying disease. Consuming a cup of warm lemon water upon rising is one small change that can make a dramatic impact on how our bodies function. If this seems too simple to be true, we invite you to read on...The health promoting benefits of lemons is old news. For centuries, it has been known that lemons contain powerful antibacterial, antiviral and immune boosting components. We know that lemons are a great digestive aid and liver cleanser. Lemons contain citric acid, magnesium, bioflavonoids, vitamin C, pectin, calcium and limonene, which supercharge our immunity so that the body can fight infection.

How to Make Warm Lemon Water

While it is not rocket science, making warm lemon water involves paying particular attention to a couple of things. The water you use should be purified and lukewarm. Don't make the water super hot, and avoid cold water. It is hard on the body, especially first thing in the morning, to ask it to process ice cold water. Always use fresh, organic lemons in your water, never bottled lemon juice. Squeeze 1/2 of a lemon into each glass of

warm water. Be sure to drink the lemon water before you eat anything. This also makes a nice pre-workout drink.

Here are a few reasons why you should consider adding a warm glass of lemon water to your daily routine:

Improves Digestion: Your body works hard to digest all that you give it. Lemon juice helps flush away unwanted materials and toxins left from the digestive process. Because lemon juice is similar in atomic composition to digestive juices and saliva, it does a great job breaking down material and encouraging the liver to produce bile. Warm lemon water is a great tonic for heartburn, indigestion and bloating. The American Cancer Society recommends warm lemon water to encourage regular bowel movements.

Balances pH: Lemons are considered one of the most alkalizing foods you can eat. This may seem untrue as they are acidic on their own. However, in the body, lemons are alkaline; the citric acid does not create acidity once it has been metabolized. The minerals in lemons are actually what helps to alkalize the blood. Most people are too acidic (from eating too much sugar and grains), and drinking warm lemon water helps reduce overall acidity, drawing uric acid from the joints. This reduces the pain and inflammation which many people feel.

Boosts Energy and Improves Mood: Have you ever gotten up on the "wrong side of the bed?" If you are often lethargic and cranky in the morning, or any time of the day, for that matter, you may want to consider a little glass of lemon and water. Our energy comes from atoms and molecules in our food. When positively charged atoms flood the digestive tract and mingle with those that are negatively charged, a positive reaction occurs. Lemons contain more negatively charged ions than positive ions, which gives you a boost as the warm drink enters your digestive tract.

HbA1C – FROM BORDER PATHOLOGY

The HbA1c is a test used to identify the average blood glucose level over the last 2-3 months and should be requested in diabetes management every 3–6 months. HbA1c doesn't show the highs and lows of daily blood glucose but rather measures the amount of glucose that attaches to red blood cells based on how much glucose is in the bloodstream through out the life span of that red cell .

Red blood cells are continuously produced in the bone marrow and released into circulation. When these cells are released into circulation, they accumulate glucose in the blood stream. The HbA1c is a measure of the amount of glucose that the red cells have accumulated throughout its life span of 120 days (10-12 weeks). Therefore any blood sample will have a range of cells released over the previous 120 days with different amounts of glucose attached.

Hence the HbA1c test can give the clinician a good guide to the average glucose and control of a patients diabetes. Generally the target range for most people with diabetes is a HbA1c less than 7% .

Some people may aim for a lower target, but others may need it to be higher, for example children and the old and frail and this is usually determined by the patients diabetic management team. Normal 3.5 - 6.0 % Good Control 6.1 - 8.0 % Poor Control > 8.1%

BORDER PATHOLOGY PERFORMS HbA1c assay on a daily basis.

FOLATE

The usual first test for folate deficiency is assay of serum folate. The margin of safety between folate intake and requirement is small so the serum folate concentration may become subnormal after only three weeks of negative balance (folate intake less than fo-late consumption). This is a stage which precedes and may not even progress to body folate depletion with subsequent haematological changes. Subnormal serum folate may imply body deficiency, but the serum folate level depends on recent dietary intake and is not strictly a diagnostic test for body folate depletion. For example , a low serum folate concentration without body depletion occurs with recent alcohol abuse.

Red cell folate is a direct measure of tissue folate stores. It falls after about 4 months of negative folate balance. Red cell folate will differentiate between negative folate balance and body folate depletion. Low serum with normal red cell folate suggests negative folate balance. Subnormal values of both indicate tissue depletion.

A low concentration of red cell folate usually implies significant depletion of folate stores. Subnormal values can also occur in severe vitamin B12 deficiency and return to normal following B12 therapy alone.

Measurement of serum folate only will not differentiate between negative folate balance and tissue folate depletion. Measurement of red cell folate only may miss the early stage of negative folate balance.

In summary: serum and red cell folate yield complementary data, and when utilised together give a clinician the maximum information.

BORDER PATHOLOGY PERFORMS BOTH ASSAYS DAILY.

MODERATING YOUR BLOOD SUGAR LEVEL

Here are a few tips from Michael Geary, Nutritionist. These will do you no harm to try if you wish to try to moderate your blood sugar level. You probably already know that controlling your blood sugar response from the foods that you eat is a VERY important factor for controlling your ability to burn fat, balance your hormones, and also prevent diabetes.

Studies show that these 3 substances below help to control blood sugar response and/or insulin sensitivity when you take them with meals:

Blood-sugar controlling substance #1: Cocoa

It might sound surprising, but pure cocoa powder contains flavanols which are powerful antioxidants that can help improve insulin sensitivity and blood sugar control. I recommend organic cocoa powder (pure, NOT with any added sugar), which you can add to smoothies or in other ways to help your body improve blood sugar control. I like to add a heaping spoonful of organic cocoa powder to smoothies made with frozen berries and my [favorite protein powder](#) for a delicious blood-sugar controlling treat!

You can also make your own healthy hot cocoa drink at home by blending a couple spoonfuls of org cocoa powder with your milk of choice and some stevia to sweeten. Then just heat on the stove by slowly stirring and in a few minutes you have a delicious healthy hot cocoa, low in sugar, high in fiber from the cocoa, and also high in antioxidants that can improve your insulin sensitivity.

Blood-sugar controlling substance #2: Green Tea

According to one study I've reviewed, animals given the green-tea based antioxidant, EGCG, had a 50% lower blood sugar after eating starch than the animals that didn't get the EGCG but ate the same amount of starch.

This aligns with other studies we've seen over the years that green tea and oolong tea can help to control the blood sugar response from a meal due to their unique antioxidants. So if you're eating a meal that contains carbohydrates, you can protect yourself from the blood sugar spike with a cup or two of green tea along with the meal.

Blood-sugar controlling substance #3: Apple Cider Vinegar

It's been found that taking apple cider vinegar with a meal can

slow the digestion of carbohydrates in that meal and slow the rate of absorption of sugar into the blood.

However, mixing apple cider vinegar into water isn't an enjoyable drink in my opinion, so what I personally like to do is have apple cider vinegar mixed with olive oil on my daily salad each night with dinner.

Keep in mind that my good friend Tim Ferriss did tons of blood sugar experiments and found that white vinegar and balsamic vinegar didn't have any blood sugar controlling benefits in his tests.

"Triple combo" makes tea WAY healthier | Sugar makes you OLDER

As you know, I'm constantly reading and researching nutrition and try to pass on as many useful tidbits as I can to you... here are just a few helpful tips summarized from some of my readings recently:

Tidbit #1: The "triple combo" tip to make your tea SUPER healthy...

You probably already know about some of the powerful health-protecting antioxidants that are found in green tea, white tea, oolong tea, and even traditional black tea.

But researchers in Portugal found that when both lemon and honey are added to teas it amplifies the antioxidant content of the teas in addition to adding their own unique antioxidants. With this combination of all 3 antioxidant sources in one drink, you end up with an "antioxidant trifecta" that is even MORE powerful and synergistic for your health and disease prevention than just drinking tea alone.

Having several cups of varying types of teas per day (green, black, oolong, white, rooibos, etc) along with lemon and a little honey to amplify and produce a synergistic antioxidant effect in your body is proving to be powerful against chronic inflammation in your body and helping to prevent heart disease, cancer, and other terrible degenerative diseases that I'm sure you want to avoid.

Drink up!

Beware: Many people use TOO MUCH honey in their tea by using a full tablespoon. This is 16 grams of sugar and is way too much for one cup of tea which can add too much calories and blood sugar response. I like to only use 1 teaspoon of honey in a full mug of tea, which only contains a mere 5 grams of sugar and 20 calories as opposed to the 16 grams of sugar and 65 calories in a Tablespoon of honey.

NEW WALWA CLINIC HOURS

The Medical Clinic doctor's appointment times for Wednesdays and Fridays have changed.

These changes are as follows:

Monday 9.00am to 5.00pm
Tuesdays 9.00am to 5.00pm
Wednesday 8.00am to 4.00pm
Thursday 9.00am to 5.00pm
Friday 8.00am to 4.00pm



COMMUNITY CALENDAR WALWA-JINGELLIC

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
MONDAY 2-3PM	Balance Class WBNC Yvette	Balance Class WBNC	Balance Class WBNC	Balance Class WBNC
TUESDAY 5:30-6:30PM	Powerbar WBNC Yvette	Powerbar WBNC	Powerbar WBNC	Powerbar WBNC
WEDNESDAY 10:30 - 3pm	Community Shop Kerrie	Community Shop	Community Shop	Community Shop
11:45-3:30	Planned Activity Group WBNC Kylie	Planned Activity Group WBNC	Planned Activity Group WBNC	Planned Activity Group WBNC
5:30 - 6:30pm	Yoga WBNC Irene	Yoga WBNC	Yoga WBNC	Yoga WBNC
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 Walwa Golf Club	Ladies Golf Walwa Golf Club	Ladies Golf Walwa Golf Club
10am			Tangled Threads Old Jingellic School Kerrie	
11am		Bookclub D		
2:30pm	Bridge Group Penny Walwa Golf Club	Bridge Group Walwa Golf Club	Bridge Group Walwa Golf Club	Bridge Group Walwa Golf Club
5:30-6:30pm	Powerbar WBNC Yvette	Powerbar WBNC	Powerbar WBNC	Powerbar WBNC
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

Corporate Management:

A man in a hot air balloon realised he was lost. He reduced altitude and spotted a woman below. He descended a bit more and shouted, "Excuse me, can you help? I promised a friend I would meet him an hour ago, but I don't know where I am."

The woman below replied, "You are in a hot air balloon hovering approximately 30 feet above the ground. You are between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be an engineer," said the balloonist.

"I am," replied the woman. "How did you know?"

"Well," answered the balloonist, "everything you told me is technically correct, but I have no idea what to make of you, and the fact is I am still lost. Frankly, you've not been much help so far."

The woman below responded, "You must be in management."

"I am," replied the balloonist, "but how did you know?"

"Well," said the woman, "you don't know where you are or where you are going. You have risen to where you are, due to a large quantity of hot air. You made a promise which you have no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault"



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X	L	U
V	I	E
C	L	S

NINE LETTER PUZZLE

Here is an easy nine letter puzzle.

See how many words you can
 make using at least 4 letters. Use
 the middle letter in every word.
 Only use each letter once.

Have fun! There is a 9 letter word.

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THANK YOU

A big thank you to
 Neva Taylor
 Betty Hallinan
 Elma van de Hoef, and
 Mary Connors for helping
 with the folding of Walwa
 World in June.





Cheese

Homemade Wine



Yogurt



Three new sections in the pavilion
at next year's Jingellic Show
Sunday 23rd March 2014
Homemade cheese, wine & yogurt
More information next month

**SOMETHING TO DO BEFORE YOU ARE TOO
OLD - EXTREME CAMPING**



Accountants and Financial Planners

24 The Esplanade WAGGA WAGGA 2650

45 Main Street WALWA 3709

Steve Biggin

Financial Planner

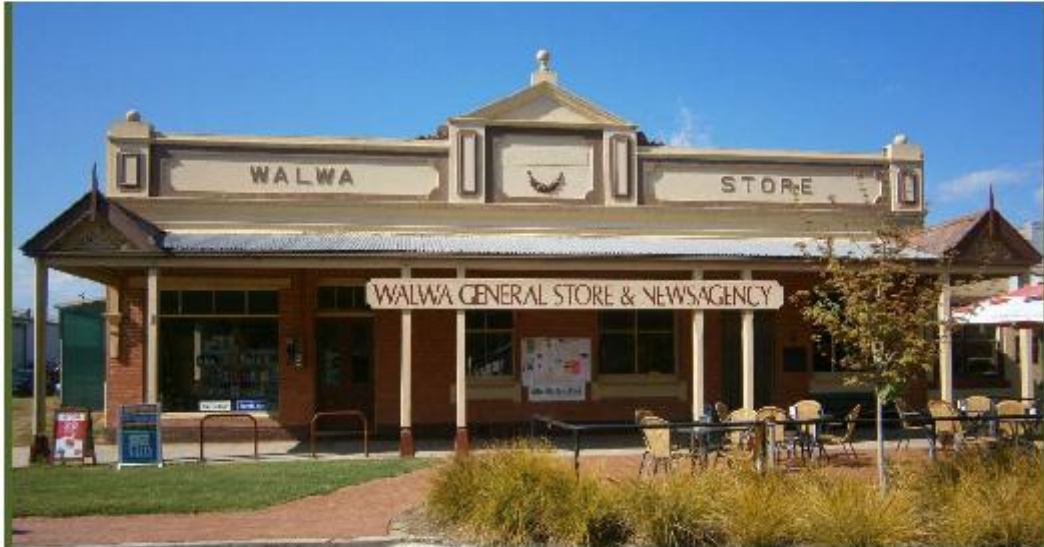
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"TANGLED THREADS"

Our July get together was great, other than being a bit on the chilly side. D Baker gave those who wanted to learn a lesson in crocheting while the rest of us continued on with our projects.

Those who are interested are going to knit or crochet squares to be sent away and sewn up for blankets. If you are interested in joining us each square needs to be 20cm x 20cm.

Our next get together is

THURSDAY 15th AUGUST 2013

OLD JINGELLIC SCHOOL

11AM TILL 3PM

Bring along your lunch. Tea, coffee and morning tea is supplied.

Look forward to seeing you there.

Kerrie (0408 696 384)



WALWA CABINETS

**Kitchens Vanities Wardrobes Shopfitting
Servicing Towong & Tumbarumba Shires - and
Beyond**

**Andrew Long - 21 Shelley Road, Walwa
0260 371 555 or 0488 434 002**

andrew@walwacabinets.com.au