5 July Border Walwa v Tumbarumba. The pies rattled the Roos today … first time all season! We put in an immense effort today and in the third quarter, the Pies led by 3 points for about 10 minutes – it was refreshing!!!

28 June. It was cold, wet and miserable in the high country!! A day on the couch with hot chocolate and an old black and white movie was much more appealing…. But you gotta do what you gotta do… Border Walwa had some really tough and well battled matches in horrid conditions (no ice required for injuries…) the juniors won, but seconds and seniors were flattened.

21 June We had a beautiful day, well fought and successful netball matches, a fairly off key grand opening for the new Walwa Community Recovery Centre (on the Walwa Recreation Reserve, which will double as function rooms/canteen/bar and public facilities for the Border Walwa Football and Netball Club and a central point for logistics and public support during times of crisis in our district) and a dismal series of football matches!! We can't win a trick!

Connor Newnham leaps a downed player (Lachlan Reeves) in pursuit of the ball

Clayton Bosman (4) and Hughie Greenhill fight for the ball, Morgan Johnson waits to crumb

Corryong handballs the ball up the line dogged by

Andrew Julian put under a bit of pressure by Tumba

desperate: Connor Newnham looks up as Ash Greenhill hauls in the opposition

Photos and reports by Janice Newnham
DEADLINE for articles for next edition
5pm TUESDAY 26 August 2014
NO articles will be accepted after this deadline

Please send articles in either word or publisher. For group reports please limit articles to 220 words and 2 photos.

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

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"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." — A.A. Milne

We get all sorts popping into the Community Shop.

A free icecream if you can guess who it is. (no family members please!!)
The Federal Member for Murray, Dr Sharman Stone, travelled to Walwa on Saturday to assist with the official opening of the Walwa Community Recovery Centre.

The project came about following the effect on the Walwa community of devastating weather conditions in recent years such as drought, floods and bushfires.

The new community building will principally provide a gathering point for emergency personnel, volunteers and community members in need of shelter or support during a crisis, such as a natural disaster.

It will also be used to support other community activities such as football, netball, functions and meetings.

“We are delighted with the outcome we have been able to achieve and I take this opportunity to thank the Federal government for its contribution under the Commonwealth Disaster Resilience grant program to this worthwhile project,” said Towong Mayor, Cr Mary Fraser OAM.

The project received $250,000 funding from the government and $90,000 from Towong Council.

“This wonderful project has also been a collaborative effort between council and the community,” Cr Fraser said.

“I would like to give special acknowledgement to community members of the Project Control Group, who have invested countless hours of time in recent years to deliver this great outcome for the local community.

They include Robert and Janice Newnham, Chris Wood, Tom Greenhill, Henry Lee and Alby Maras.

“A satisfying element of the project was the outstanding in-kind contribution by the community,”

These volunteer works included tree removal, earthworks, trenching and building pad preparation; erection of framing and trusses; plumbing and electrical works; landscaping and local project oversight; supply and installation of stainless steel benches; and accommodation provided for visiting trades people.

“I hope the community is very proud of its Community Recovery Centre,” Cr Fraser said.

“I would especially like to recognise the efforts of our Director Technical Services Jamie Heritage and project managers Charlie Bird and Martin Kusz and various other past and current staff members.”

The Walwa recovery centre was officially opened by (lto r) federal Member for Murray Dr Sharman Stone, Magpies stalwart Lou Coutts, Cr Debi Gadd and Towong Mayor Cr Mary Fraser OAM
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Radio Upper Murray (RUM) provides a live and local community broadcasting service to residents of the Upper Murray region of Victoria and New South Wales. To continue this service, RUM needs the support of listeners such as you.

It is now membership renewal time. We thank all current members for your support and hope you will be able to continue as a member.

To become a member, or renew your membership, complete the form below and send it with payment to the address above. Please also mail the form if you pay by direct deposit.

Regards

Greg Thompson, Secretary

2014/15

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Walwa Community Shop
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10:30am to 3:30pm
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We would appreciate any donations of goods or clothing excluding electrical and large furniture. Our fruit and vegie swap is still going so if you have any excess please bring it in.

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TREE PLANTING AT THE KURRAJONGS

WALWA PRIMARY SCHOOL VISITS PAMELA ALLEN PLAYS

Today we went on Mum’s bus to Oddies Park to have fish and chips. We went to the Yellow Submarine and we went to the play before we went to the submarine and we got lollies and a fruit bar. Mac

We went to a play. It was Mr McGee and the Biting Flea. There was spots all over him. I liked Belinda and Old Tom nearly got kicked but he finally got milk but he had to wear Bessie’s dress. Lachlan

We saw Mr McGee and the Biting Flea. He took his clothes off because he was so itchy. We went to the Yellow Submarine in Holbrook. Brayden

We went to Mr McGee and the Biting Flea. I liked Belinda. After that we went to Oddies Park and had fish and chips, calamari and dim sims. We couldn’t play in the park so we went to the Yellow Submarine. We went around the submarine. It was very, very bright because it was yellow. We went under the cover and had lollies and then we went back to school. Dylan

On Tuesday the prep, one, twos went to Albury to watch Pamela Allen plays. We watched six plays. The six plays were called: Mr McGee and the Biting Flea, Mr McGee and the Apple Tree, Alexander’s Outing, Brown Bread and Honey, Inside Mary Elizabeth’s House and Belind. After that we went to Oddies Park for lunch. Joe

Bellinda the cow was crazy. Mr McGee and the Biting Flea. Mr McGee had red spots. Lilly S

Oddies Park was very wet. The best thing was watching Mr McGee and the Biting Flea because it was really, really funny. Harry

I liked Belinda because she was funny. Belinda was a cow. Old Tom tried to milk her. Old Tom had to wear Bessie’s dress to milk the cow. Lilly J
Jock Spiden and Jack Hamilton on Radio Upper Murray singing “Don Gato”

Amy Greenhill from Walwa Primary School year 3, singing “Let It Go.” On Radio Upper Murray 29th May 2014

Larissa Sommers from Walwa Primary School singing “I had the worstest life” on Radio Upper Murray 29/5/14.

Lilly Jeffs on Radio Upper Murray talking about her Poppy Laurie Jeffs (Grub) who did the Saturday morning show on RUM radio for years. He loved Elvis and Rock and Roll and played the National Anthem every week. Lilly is being assisted by Amy Greenhill.

Jack Hamilton, Draven, Tom Spiden, Jack Daly, Amy Greenhill and Karissa Sommers singing “Snowy River Roll” on Radio Upper Murray 29/5/14 on Bob Ledo’s Thursday afternoon show.
OBITUARY:  
RAYMOND BERNARD BUCHHORN  
Keen sportsman became a loved town identity

Raymond Bernard ‘Bernie’ Buchhorn was born on August 6, 1931 in Albury, the fifth child of Joe and Kathleen Buchhorn. His father Joe owned a market garden in Lavington and on many occasions Bernie and his sister Kath would take the horse and sulky around the Lavington area delivering vegetables to their customers. On one occasion, Kath came off the sulky and it ran over her head. There was conjecture about whether she fell or was pushed - only Bernie would know that! Bernie’s other job at the time was to turn the rockmelons to ripen them evenly and if ever he broke the stem off one, he would tell his father that the crickets did it. Bernie was proud of the fact that six out of the 11 children went to university; although he made no secret of the fact he wasn’t one of them! At 14, Bernie left school and after doing a few odd jobs, moved to Walwa to work for his uncles and aunty at Hunt Brothers Farm. As was the custom at the time, when most houses were full of people, Bernie slept on the verandah which he happily did without complaint.

He did most chores that were required on the farm, such as scrubbing, chipping weeds, sheep and cattle work and fencing. In his ‘spare time’ he made a bit of cash trapping rabbits. He always had a well-kept vegie garden which supplied much of the district with fresh produce.

In 1965, he accompanied three young female relatives and an aging aunt on a trip around the world for eight months. It must have been a great experience as he reminisced about the trip right up until recently! His love of sport was his greatest passion playing football, tennis, golf, table tennis and indoor bowls, in which he excelled. In the 50s, he played in three of the four successive premierships that the Walwa Tigers won, only to miss the ’55 flag due to mumps. After retiring as a player, he took on many jobs including committee man, gatekeeper, goal umpire and steak cooker. He also supplied drinks, oranges and chewies to the players.

He was an active member of the Walwa tennis club and for years coached the junior teams with passion. He also took the local kids such as the Newnhams, Hallinans, Schmetzers and Wolters to many sporting events around the district and to Albury.

Bernie started to accrue his own land while still working for Hunt Brothers. He was the first person to get $500 a head for his bullocks at the old Wodonga Saleyards. As he would travel down most Tuesdays, he was well known at the saleyards and had a reputation of being an excellent judge of cattle. He turned his farm into one of the most productive and well cared for in the district. Chipping weeds was his forte. Not overspending was one reason for his success.

On the subject of being careful with money, when his mates went on camping trips with him, he grumbled about the amount of toilet paper they used. He showed them his technique of how to fold the paper to only use four sheets - it can be done! At home nothing was wasted either. When making a cuppa, you had to measure out the amount of water so as not to boil too much and the flames of the gas stove weren’t allowed to go up the side because it was wasteful.

While he may have been frugal at times, he always did every job properly and was more than generous to community organisations with cash donations and, on many occasions, lending people money. He wasn’t interested in accumulating interest from them, he just wanted to help.

Every day he would go to the shop to get the papers and on the way back would meet the school kids coming the other way. The kids would form a line and he would hit each of them on the head with the paper, with some running to the back of the line to be hit again! He loved children.

Bernie was one of the most dedicated volunteers in the Walwa community.

He was a Meals on Wheels deliverer since its inception in the town and only retired from the task in July 2011, just short of his 80th birthday, clocking up more than ten years of service.

Bernie continued to do his paper round, each day collecting the newspapers for the Walwa Bush Nursing Hospital from the store and hand delivering them to the front desk (except on Tuesdays when he went to the Wodonga saleyards to check on the state of the market, to have a social outing and a good lunch!). It was a good messaging system - if there were no newspapers somebody would check to see if Bernie was alright! He bought his house in Walwa in the ’70s which is where he lived until just last year when he decided to retire, sell his farm and shift to Albury. He didn’t want to leave Walwa but he knew he couldn’t live on his own anymore and actually liked being waited on at Kath’s and at the aged care facility.

Mostly, he was quite healthy up until the last year or so when he had quite a few illnesses. He would tell visitors “not a day goes by when I don’t think of Walwa” and when he would visit Walwa he would give a running commentary on who lived where and had a story to tell about each of them. Those exact stories would be repeated on every trip!

Many a cup of tea and a chat was had in the company of Jack Hallinan and Bob McLellan and their families which Bernie appreciated immensely.

WALWA COMMUNITY SHOP REPORT

The AGM of the Walwa Community shop was held in the Boardroom of the WBNC on 25th June. Reports by the President and the Treasurer indicated the success that the shop has had in its first full year of operation. The Shop has brought together a diverse group of volunteers and created lots of new friendships and connections in an innovative and fresh social hub. The number of locals and tourist from far and wide that drop in on any given day can be quite astounding.

The funds raised, through the support of the many volunteers, the community contributors and the tourists, has become an extra bonus for our project; one that was never considered when we opened the Shop. As volunteers and others began to ask us what we were going to do with the funds it prompted the members of the Dreamers, the original group to set up the Shop, to develop a charter by which to document the purpose of the project, how to run the shop and how to distribute the funds within the community to best address our original goals.

Promoting healthy ageing in our community through the concept of sharing, supporting and connecting is our core purpose.

A draft charter was presented at the meeting and was discussed at length. The distribution of available funds will be in accordance with our original purpose.

RUM Radio and the Community Bus will be supported each year. After these payments are made, 75% of funds remaining will be donated to the WBNC as this is the most effective way to distribute monies to projects that support healthy and safe ageing in our community. The funds will be allocated to support:

- Maintaining of the community car (transport)
- Walwa World (communications and connections)
- Planned Activity Group (healthy ageing)
- Gym and gym programs for all community members (healthy ageing)
- Health programs run by our nurses such as Diabetes awareness, Quit smoking, movement and music in the school.

The 25% remaining will then be distributed to community groups that apply in writing to the Shop Committee. At this AGM Walwa School and the Recovery Centre received these funds.

Sandi explained at the meeting that this support from the community shop will become more and more important in the future as funds for such programs, which are at the moment mostly funded by the Federal Government, may be totally withdrawn from the BNC next year.

A Committee of Management of seven people was elected to oversee the running of the Shop and the distribution of the funds.

The charter, after several amendments are made, will be available at the shop for all to read.

Kerrie Thompson
CHILD 8
It was with great sadness that I read a news article this week that I found very disturbing. So much so, that I lost a night’s sleep over it. The article was about a court case that went to trial here in Australia this week, over a child abuse case. I lay awake all night thinking about the child, and the fact that people knew what was happening, and did nothing to stop it. I remember several years ago seeing an interview on TV with Oprah Winfrey, whom it has been well documented that she is a child abuse survivor. She advised in the interview that EVERY child should have a minimum of THREE, but preferably FIVE SAFE PEOPLE to whom they can TRUST and tell ANYTHING, regardless of threats made against them. I completely agree with her statement, not just for children, but for everybody. I believe it is a conversation well worth having with your children. So, it is based on my response to the news story, I offer the following piece:

Child 8

I scanned the news
The headlines held little of interest
There must be something
In here for me….

And there it was
A title I wish
That I had never seen
For the story below it
Made my heart bleed.

Child 8: Dies Alone and in Pain
Somebody’s baby
I gasped with the terror,
But continued to read
As the story unfolded
Oh NO! Her mother!
The one the child trusted.

Now, the mother,
She admitted her crime
And justice prevailed
Her peers all decided
She will serve her time.

But as I read on
Not so clear, cut and dried
For there were others who knew
And said not a word.

There were Aunts and Uncles
And Grandparents to
And let’s not mention
The Department
Whose cracks she fell through.

Now, the news it stated
The girl’s final words
“Mummy, Please Pray for Me.”
A last desperate plea.

So, tonight,
With tears in my eyes
I lift my head skyward
And reach out with my heart.

I reach for one
Now gone from this Earth
And with God,
I have this word…

“Let her know she was never alone.
For on the wings of a dove,
You carried her home.”

Shirley Sprenger
28/6/14

LANKEYS CREEK HAPPY HOUR

At our June Happy Hour we were fortunate to have David Hunter from Eccosystems and Threatened Species Office of Environment and Heritage NSW Dept of Premier and Cabinet come and talk to us about the Boorolong Frog (Litoria booroolongensis) in the Jingellic Creek Catchment

The nationally endangered Boorolong Frog has been the focus of targeted research and management in the Jingellic Creek Catchment over the past eight years. This has included restricting stock access, weed management and the establishment of a monitoring program to gain insight into temporal and spatial trends for both the frog and its critical breeding habitat (rocky sections of stream). The report presents the findings of the monitoring with respect to conservation works undertaken by the Murray Catchment Management Authority as part of a Commonwealth ‘Caring for our Country’ grant (Threatened Aquatic Species Recovery in the upper Murray).

Our July Happy Hour was a casserole night and once again it was well attended and we had a great night.

The Happy Hours are held in the Lankeys Creek Hall on the first Friday of every month so come along and join in.
IS MODERN WHEAT MAKING YOU FAT AND SICK? by TheAlternativeDaily.com

Food for thought! More people today seem to becoming gluten intolerant. If you suffer from bloating or bellyache particularly after eating bread or pizzas you may be interested in reading this article. Might be worth a try to reduce your intake of products made from wheat for a month or so and see if there is a difference (and maybe you will even lose some weight!).

RELEVANT HISTORY: When our hunter gatherer ancestors collected food from the ground - insects, berries, roots, nuts, etc., they found that the animals were eating grass, so incorporated wild wheat into their diet. This grass called Einkorn had only 14 chromosomes. Plants mate with each other and combine chromosomes. At some point, wild grass Einkorn mated with another wild grass and the offspring Emmer ended up with 28 chromosomes – the wheat mentioned in the Bible, but is not the wheat of today, that is for sure.

In the Middle Ages, bread was a staple and very common food. Emmer mated with another grass which contributed more chromosomes to result in Spelt, Triticum landraces with 42 chromosomes.

In 1960, when the threat of world population explosion was imminent, an investment was made in agricultural research to increase wheat yield. Different strains of wheat were crossed over and over again to select certain characteristics and to introduce unique genes.

The resulting wheat yielded up to 10 times more per acre. When this wheat was introduced to third world countries, famine was greatly reduced within one year. Dr. Norman Borlaug received the Nobel Peace prize for his work creating this high yield strain of wheat. This wheat is so prolific and has now taken over almost all of the world’s wheat supply.

There are also about a million acres of what is known as Clearfield Wheat grown in the Pacific Northwest. It is a semi dwarf strain of wheat that has had its seed and embryos exposed to a chemical, sodium azide, which is an industrial toxin. The makers of this wheat claim that their wheat is a result of “enhanced, traditional plant breeding techniques,” making a distinction between genetically modified wheat. However, although no gene splicing techniques were used, many other methods were, such as the purposeful induction of mutations using chemicals, high dose x-ray and radiation techniques to induce mutations coupled with cross breeding. These methods might be far worse than genetic modification, according to Dr. William Davis, author of the popular book, Wheat Belly.

Modern Wheat is a Serious Appetite Stimulant It is estimated that up to 10-30% of the population has a sensitivity to the protein in wheat known as gluten. However, the other 70% of people who consume wheat really should consider not being eaten if either...

Gluten is a two part protein comprised of gliadin plus glutenin. Gliadin has a unique elasticity that enables us to stretch our pizza or bread dough. Gliadin, the other part of the gluten protein, was heavily studied in the 1970's by psychiatrists who found that if they took all of the wheat out of the diet of their patients with schizophrenia, they improved markedly. When they put the wheat back, they found that the condition worsened. So the question asked was: What was in bread that led schizophrenics to hallucinate? It was traced back to the gliadin protein which enters the brain and binds to opiate receptors where it stimulates appetite. Gliadin, acting like an opiate in the brain, has other disastrous effects. People with ADHD become hypersensitive with behavioural outbursts. People with schizophrenia have major hallucinations. People who suffer from bipolar disorder become increasingly manic and those with eating disorders such as binge eating, will develop food obsessions.

By 1985, everything at the supermarket with wheat in it came from the prolific semi-dwarf strain or a spinoff. If you compare what happened to America’s weight prior to and after 1985 it is evident that there was an obesity explosion that is still happening today shortly after the “new” wheat was introduced. A huge increase in the number of diabetics also followed. Although cause and effect cannot be proven scientifically – have we been fed an appetite stimulant?

Modern Wheat Destroys Blood Sugar. Two slices of whole wheat bread raise blood sugar higher than 6 teaspoons of table sugar.

Amylopectin A, the complex carbohydrate of wheat, is highly sensitive to amylose, found in our mouth and stomach. This makes it very easy to digest and raises blood sugar rapidly, more rapidly and to a higher extent than table sugar.

Wheat for breakfast (cereal, bagels, bread, muffins, etc), wheat for lunch (sandwich bread), wheat for dinner (pasta, bread, etc), and wheat for snacks (crackers, cookies, etc) results in visceral fat that encircles the intestines, heart, liver and kidneys. Repetitive high blood sugar over and over results in what Dr. Davis calls a “wheat belly.”

Modern Wheat Causes Inflammation

When bacteria or a virus enters the body, our immune system responds in many ways. Plants do not have the same type of immune system, they have lectins, proteins toxic to mould, fungi and insects. Some lectins are benign to humans like the lectin found in spinach, others are very toxic.

The lectin in wheat (Wheat Germ Agglutinin) is a four part complex molecule. When this lectin is isolated and given to rats in very small amounts, it destroys the small intestine. Americans consume about 10-20 mg of the wheat lectin daily, enough to do significant damage.

When we consume wheat, the gliadin protein unlocks the normal intestinal barrier and allows foreign substances entry into the bloodstream – substances such as wheat lectin. This is why people who eat wheat have autoimmune and inflammatory distress such as joint inflammation, bowel inflammation, acid reflux, inflammation of the brain, inflammation of the airways etc. In fact, not one system fully escapes the inflammatory assault of wheat.

What Happens When We Remove Wheat From Our Diet?

Taking wheat out of the diet is not as easy as one might think (unless you avoid processed foods) – wheat is in a lot of foods – in Campbells Tomato Soup, taco seasoning, frozen dinners, cereals, salad dressings, granola bars and a lot more. In 1960, we could find wheat only where we would expect to find wheat – breads, pastas, pancake mix, etc. Today is an entirely different story – wheat is in all kinds of foods where we would not expect to find it.
WALWA PRIMARY BOOK FAIR

Walwa Primary school has just held its annual book fair.

They are pleased to announce that they sold $750 worth of books. The school will receive 20% of this.

A big thank you goes out to all the community members who helped the school to reach that total.

THANK YOU

A big thank you to
Neva Taylor,
Elma van de Hoef
Betty Hallinan,
Mary Connors and
Cecilia De Laurentis for helping
with the folding of May Walwa World

Cont’d from page 12

Impact of a Wheat-Free Diet (DR Davis)
Improved weight loss, Reduced appetite (Wheat as an appetite stimulant), lowered blood sugar, reduced joint pain and inflammation, improvement in cognitive function, reduced anxiety, reduced food obsessions, reduced blood pressure and triglycerides, increased energy and improved sleep.

What About Gluten-Free?
Going gluten-free is a good thing as you avoid problems with gluten and gliadin, wheat germ agglutinin and amyllopectin A, but gluten-free foods contain other potentially harmful ingredients if eaten in large quantities, mainly potato starch, rice starch, tapioca starch and corn starch. These are the only foods that raise blood sugar almost just as high as the amyllopectin A found in wheat. If you choose to be gluten free, avoid the commercial gluten-free products, at least until you educate yourself on the differences between the various gluten free products on the market. If you choose gluten-free products, look for products made from nut flours, coconut flour, and bean flours as opposed to rice flours, tapioco, corn and potato starch.

What Can I Eat?
Most people make eating gluten-free and wheat-free seem too difficult, but it's actually quite simple and enjoyable. Eat real, single ingredient non-grain foods as much as possible.

Focus most of your diet on nuts, healthy fats, organic fruits/vegetables, grass-fed beef and bison, organic chicken and turkey, wild caught salmon, quality aged cheese, organic eggs, coconuts, avocados, seeds, olive oils, grass-fed butter, coconut oil, as well as a variety of other foods in their natural state. The more processed and refined a food is, the more likely it contains wheat and other by-products of the refinement process, dangerous to your health.
HEALTH BENEFITS OF ALCOHOL

Very moderate amounts of alcohol (around half a standard drink a day) may provide health benefits for some middle-aged or older people by reducing the risk of some types of cardiovascular disease. However, people who do not already drink alcohol are not encouraged to take up drinking just to get some health benefits.

Recent scientific evidence suggests that the potential for health benefits may have been overestimated in earlier studies. Possible benefits need to be balanced against the risk of cirrhosis, some cancers and other diseases (which becomes greater with increased alcohol consumption).

The same benefits do not extend to younger people. Drinking alcohol can affect how the brain develops in people under the age of 25. Teenagers under 15 years of age are particularly at risk.

THE NEW ALPHABET

A's for arthritis;
B's the bad back,
C's the chest pains, perhaps car-di-ac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for farting and fluid retention,
G is for gut droop, which I'd rather not mention.
H high blood pressure—I'd rather it low;
I for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.
L 's for libido, what happened to sex?
M is for memory, I forget what comes next.
N is neuralgia, in nerves way down low;
O is for osteo, bones that don't grow!
P for prescriptions, I have quite a few, just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.
S is for sleepless nights, counting my fears,
T is for Tinnitus; bells in my ears!
U is for urinary; troubles with flow;
V for vertigo, that's 'dizzy,' you know..
W for worry, now what's going 'round?
X is for X ray, and what might be found.
Y is for another year I'm left here behind, Z is for zest I still have -- in my mind!

I've survived all the symptoms, my body's deployed, And I'm keeping twenty-six doctors fully employed!

U16 disproportion: Tom Spiden faces up to the opposition – Tom the Giant killer!

Clayton Bosman makes a flying tackle on the Cudgewa opposition
<table>
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<th>1ST WEEK</th>
<th>2ND WEEK</th>
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<td><strong>MONDAY</strong></td>
<td>Community Shop Kerrie</td>
<td>Community Shop</td>
<td>Community Shop</td>
<td>Community Shop</td>
</tr>
<tr>
<td>10:30am - 3:30pm</td>
<td>Balance Class WBNC Yvette</td>
<td>Balance Class WBNC</td>
<td>Balance Class WBNC</td>
<td>Balance Class WBNC</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Power Bar WBNC - Yvette</td>
<td></td>
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<tr>
<td>5:30 - 6:30pm</td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td>Powerbar WBNC Yvette</td>
<td>Powerbar WBNC</td>
<td>Powerbar WBNC</td>
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<tr>
<td>5:30-6:30pm</td>
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<td>5:30 - 6:30 pm</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td>Community Shop Kerrie</td>
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<tr>
<td>10:30 - 3 pm</td>
<td>Planned Activity Group WBNC Kylie</td>
<td>Planned Activity Group WBNC</td>
<td>Planned Activity Group WBNC</td>
<td>Planned Activity Group WBNC</td>
</tr>
<tr>
<td>11:45am - 3:30pm</td>
<td>Yoga WBNC Irene</td>
<td>Yoga WBNC</td>
<td>Yoga WBNC</td>
<td>Yoga WBNC</td>
</tr>
<tr>
<td>5:30 - 6:30pm</td>
<td>Music Group</td>
<td>Music Group</td>
<td>Music Group</td>
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<tr>
<td>8pm</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>Catholic Church Exposition</td>
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<tr>
<td>9-10am</td>
<td>Ladies Golf Caroline Walwa Golf Club</td>
<td>Ladies Golf Walwa Golf Club</td>
<td>Ladies Golf Walwa Golf Club</td>
<td>Ladies Golf Walwa Golf Club</td>
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<tr>
<td>9-9:30am</td>
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<tr>
<td>10am</td>
<td>Bookclub D</td>
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<tr>
<td>2:30pm</td>
<td>Bridge Group Penny Walwa Golf Club</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Powerbar WBNC Yvette</td>
<td>Powerbar WBNC</td>
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<td>Powerbar WBNC</td>
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<tr>
<td>6:30pm</td>
<td>Ladies Night Cecilia</td>
<td>LIONS Walwa Hotel Vyner</td>
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<tr>
<td>7pm</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td>Community Shop Kerrie</td>
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<td>10:30 - 3:30pm</td>
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<tr>
<td><strong>SATURDAY</strong></td>
<td>Walwa V Federals at home</td>
<td>Walwa V Cudgewa at home</td>
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<tr>
<td><strong>SUNDAY</strong></td>
<td>Catholic Church Service</td>
<td>Catholic Church Service</td>
<td>Catholic Church Service</td>
<td>Catholic Church Service</td>
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<td>9 am</td>
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<tr>
<td>11:30am</td>
<td>Uniting Church Service</td>
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</tbody>
</table>

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
Friendly Service guaranteed

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8am to 6pm.
Winter Trading Hours:
Sat. 8am to 5pm.
Sun. 8am to 4pm.

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OPEN 7 DAYS

Cast of characters at the Walwa Primary School
Book Week

“A belief may be comforting. Only through your own experience, however, does it become liberating”

Eckhart Tolle

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