

# 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



June/July 2015

## WALWA BOYS SPREAD THEIR WINGS

Four young men who received football 101 in the Border Walwa ranks have gone on to develop their skills in the Ovens and Murray League: Alex and Cooper Daly, Jack Haugen, Connor and Sasha Newnham and we will include Sammy Murray (son of Peter and Allie Murray, ex Walwa publicans and coach of Border Walwa during the premiership-winning era of mid-'90s) - Well, Sammy did play midgets for BWFNC!

The boys are all playing for Wodonga Raiders from U16 through to senior grade and are performing at an exceptional level as demonstrated by the fact that their names are included in the awards lists on a regular basis. It is great that our small, rural footy club can provide such excellent grounding and skills training for our kids. Wodonga Raiders is developing these skills and moulding their physiques - you should see them now! Who knows what the future holds but the boys are in the best position to get noticed by the AFL - Darren Cresswell, Senior Coach of the Wodonga Raiders, has already held discussions with three AFL Clubs who are interested in Sammy Murray. Watch this space: Walwa may soon develop a reputation as a breeding ground for footy stars!!

*Connor Newnham gathers the ball and flies*



*Jack Haugen*



*Alex Daly  
on left of  
picture in  
Wodonga  
Raiders  
special  
tribute  
jumper for  
the  
Indigenous  
Round and  
Naidoc  
Week*



### Radio Upper Murray

It is membership renewal time at Radio Upper Murray. Last year we broke the membership record. We are hoping we can break it again this year. Help us break the record by renewing or taking out a 2015-16 membership. You will have the chance to win a prize in our membership draw if you do this by August 14th. The membership form is on page 8.

*Sasha  
Newnham uses  
his weight for a  
tackle!*



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

**DEADLINE** for articles for next edition  
**5pm TUESDAY 11 August 2015**  
**NO articles will be accepted after this  
deadline**

**Send articles in either Word or Publisher.**  
*Do not send PDF* as articles sometimes need  
adjustment to fit on the page.  
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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Walwa Post Office and Jingellic Store, Sue Wilkie  
who provides free distribution services which  
enables us to keep the Walwa World a free paper.*

## ADVERTISE WITH WALWA WORLD

Rates are as follows:

Business card size @ \$10 per edition or \$110p/a

¼ page @ \$15 per edition or \$165p/a

½ page @\$25 per edition or \$275p/a

Full page @\$45 per edition or \$495p/a

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for the benefit of the community. This information is not a  
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information. However Walwa World cannot guarantee and  
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currency or completeness of information.

## WALWA BUSH NURSING OPENING HOURS

We wish to inform you of our new opening hours. These hours  
will begin from 1<sup>st</sup> June 2015.

The 24 hour emergency will not change.

The new hours are;

### Bush Nursing Centre & Medical Clinic

|           |             |
|-----------|-------------|
| Monday    | 8.30 — 5.00 |
| Tuesday   | 8.30 — 5.00 |
| Wednesday | 8.30 — 5.00 |
| Thursday  | 8.30 — 5.00 |
| Friday    | 8.30 — 5.00 |

## WALWA MEDICAL CENTRE and PHARMACY

### Doctors in July 2015

Dr Claire Rocznio



Dr Madeleine de Haan

Appointments can be made with the  
following practitioners

**Counselling:** Emilia Barrow  
on 1<sup>st</sup> & 15<sup>th</sup> July

**Physiotherapist:** every Thursday  
Ph: 6076 3200

**Maternal Health Nurse:**  
Marie Kirk by appointment -  
Ph: 6076 3200







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## **Walwa Veterinary Practice**

45 Main Street, Walwa, Vic, 3709  
Ph: 02 6037 1399  
Email: walwavet@bigpond.com

## **PODIATRY**

Wagga Foot Clinic is visiting Tumbarumba every four weeks on a Thursday .

Dates at this stage are 30th July and 27th Aug Appointments to be made through Wagga Foot Clinic ( 02) 6921 1783

If you're a pensioner the cost of first consult will be \$60.00



## **HELP THE CHILDREN OF BATASE**

*Tangled Threads Craft Group*, along with Betty Hallinan, is urging people in the community to help us out by knitting items of clothing for Nepalese children from the village of Batase, who have lost everything in the recent earthquake.

Their village has been severely damaged and their nearly completed school has been destroyed, so they are having to start all over again.

If you would like to help out please have items dropped off at the Walwa Community shop by 1 August 2015. Thank you For further information phone 0408 696 38 or website



*School*

<http://www.changinglivesnepal.org/712-2/school-improvements/batase-classrooms-and-computers/>



*After the Earthquake*



## **THANK YOU**

A big thank you to  
Mary Connors,  
Cecilia de Laurentis and  
Elma Van de Hoef.  
for helping with the folding of  
May Walwa World



## **CERT - HOW PRECIOUS THEY ARE**



Suzanne McKimmie is a trained CERT member who is often on call accompanied by the CERT vehicle

## **CERT**

### **COMMUNITY EMERGENCY RESPONSE TEAM**

Enjoy being a part of a vibrant team  
that is vital to our community.  
Volunteering brings its own rewards.  
Contact Team Leader Sue Martin

02 60371397



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Call Tony

on 0413 018 416 or A/H 02 6236 3424



Walwa

Community Shop



36 Main Street  
Walwa Vic 3709

Open Monday, Wednesday and Friday  
10:30am to 3:30pm

**PLEASE** if anyone has a couple of hours a month to spare, we are desperately in need of volunteers, especially during the cooler weather as a lot of our regulars are away.

We are receiving a lot of bric a brac so come in and check things out. Come and borrow a book to read

Any queries contact Kerrie on 0408 696 384 or email [walwacommunityshop@gmail.com](mailto:walwacommunityshop@gmail.com)

## Agricultural Spraying



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**Hayden Drummond**

**Chartered Accountant**

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**Phone: 02 69211813**

Catherine Chalker is an authorised representative and Credit representative of Securit Financial Group Ltd AFSL & Australian Credit Licence 240687 Wholly owned by Westpac Banking Corporation



# Old Battery Round-Up

Recycling old batteries in support of Walwa Hall

## Contact

David Hanna 02 60371 343

Johnny Blackburn 02 60371 232

One more member gives us two more hands to do service in our community



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Contact:

Vyner Smithwick 02 60373235

David Hanna 02 60371343

WALWA JINGELLIC  
LIONS CLUB



**National Diabetes Week is July 12-18.**

## What is Diabetes?

The human body uses glucose to provide energy. This is not only energy for activity, but for all bodily functions, right down to the cellular level. We get this glucose from the food we eat. Once the glucose is absorbed into the blood stream, it can only be transported into the cells via a hormone called insulin.

So when people with diabetes eat glucose, which is in foods such as breads, cereals and starchy vegetables (as complex carbohydrate), fruit, yoghurt and sweets etc (as simple carbohydrate), . Instead of being absorbed into cells to be used as energy, the glucose stays in the blood. This is why blood glucose levels are higher in people with diabetes.

Type 2 is the most common form of diabetes, affecting 85-90% of all people with diabetes. While it usually affects older adults, more and more younger people, even children, are getting type 2 diabetes.

In type 2 diabetes, the pancreas makes insulin but it is either not produced in adequate amounts, or, the cells are resistant to it, so, the circulating glucose cannot enter the cells to be used as energy.

Type 2 diabetes results from a combination of genetic and environmental factors. Although there is a strong genetic predisposition, the risk is greatly increased when associated with lifestyle factors such as obesity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist.

Often, prior to the development of Type 2 diabetes, your doctor can diagnose a condition called "pre-diabetes" or metabolic syndrome. At this stage, a change in diet, activity and body weight can often stop the condition progressing to diabetes, once it has progressed however, it is likely that the best treatment will be with medication. More often than not, the medication will be in tablet form, but in some instances it may be necessary to take insulin injections. The use of insulin in type 2 diabetes is considered "insulin requiring, rather than insulin dependent" as is the

case in type 1 diabetes.

There are a number of complications associated with having high blood sugar levels, untreated or poorly controlled diabetes. These include damage to blood vessels, which in turn can cause damage to the kidneys, eyes, nerves and teeth, as well as the heart and lower limbs. People with high blood sugar levels can also suffer from chronic infections. All of these complications can be avoided with good control and early intervention. So, early diagnosis is the key to staying well.

Here is your opportunity to take the test, and assess your risk of developing diabetes.

In support of Diabetes week, Walwa Bush Nursing is offering you the chance to complete The Australian Type 2 Diabetes Risk Assessment Tool. Should your final score be in the intermediate or high risk categories, Walwa Medical Clinic will provide you with a Bulk Billed appointment to see one of our GPs to discuss the results.



### **INDI, HAVE YOUR SAY ON TELECOMMUNICATIONS: CATHY MCGOWAN AO**

Independent Member for Indi, Cathy McGowan AO, is urging Indi residents to make a submission to the 2015 Regional Telecommunications Independent Review Committee (RTIRC) Issues Paper.

"Mobile phone coverage and internet access are two major issues facing businesses and communities in Indi," Ms McGowan said.

The RTIRC is inviting submissions from the public on key telecommunications issues affecting people in regional and rural Australia. The Issues Paper is available online at the [website](http://www.rtirc.gov.au). Submissions are due by **Wednesday, 15 July 2015**. For more information visit [www.rtirc.gov.au](http://www.rtirc.gov.au), or email [secretariat@rtirc.gov.au](mailto:secretariat@rtirc.gov.au) or phone 1800 064 851.

"Community consultation will be a vital part of the committee's assessment of the telecommunications needs of people in rural and regional areas," Ms McGowan said. "I strongly encourage constituents to tell their telecommunications experiences and views to the RTIRC."

The RTIRC is carrying out the 2015 Regional Telecommunications Review to look at the adequacy of telecommunications services in regional Australia. This includes whether people in regional areas have fair access to telecommunications services in comparison to services available in urban areas. As part of the review, which is legislated to occur every three years, the RTIRC will consider the infrastructure and services in the National Broadband Network (NBN) rollout and the Government's \$100 million Mobile Black Spot Programme.

The RTIRC will report their findings to Government by 23 August, 2015.

### **WALWA BEEF GROUP**

The Walwa Beef Group is entering its third year.

This is a group of ten to fifteen local beef producers who meet once every two months to discuss cattle.

The aim is to talk about technical issues relating to their beef businesses. Meetings are held on farm, so members can talk about their own cattle, and see others cattle and properties.

Topics are chosen by the group, and relate to current issues. Some

of the discussions so far have included calving, bull selection, supplementary feeding and marketing cattle.

The group is sponsored by the Victorian government (previously Vic DPI), is part of their Better Beef Network, and run by Brian Cumming. Members pay an annual fee of \$220.

The opportunity has come up for new members to join this group. If you are interested in joining other local cattle producers and being part of this discussion group, contact Brian Cumming (0411 139 556).



## RUM NOW HAS A FACEBOOK PAGE



Did you know your live and local community radio is on Facebook? Radio Upper Murray's Facebook page has had a revamp! Check it out at [www.facebook.com/RadioUpperMurray](http://www.facebook.com/RadioUpperMurray).

While you're there, hit the 'Like' button to get live updates on programs broadcasted as well as other news and community events.

You are also welcome to contact us via Facebook if you would like to get involved with the station, have suggestions or feedback, or if you just want to send in your song requests.

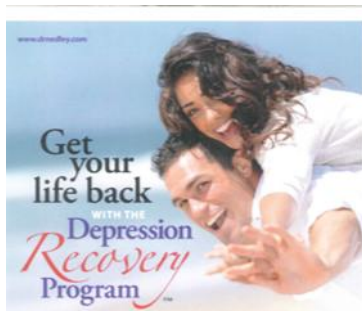
## FIND OUT IF THIS PROGRAM IS RIGHT FOR YOU

### FREE INFORMATION SESSION

Where? Walwa Community Centre

When? Monday 13 July 10am or 7pm

Register: Please call Jan for all bookings and enquiries on 0429 311 039



### 8-WEEK PROGRAM (WEEKLY SESSIONS)

Learn how to:

- Identify depression and its causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression through positive lifestyle choices
- Eat for optimal brain function
- Manage stress without distress
- Live above loss
- Improve brain function
- Defeat depression through right thinking
- Achieve peak mental performance

## TAKEN FROM TALLANGATTA ROTARY NEWSLETTER

An old Doberman starts chasing rabbits and before long, discovers that he's lost.

Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.

The old Doberman thinks, "Oh, oh! I'm in it now!"

Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat.

Just as the panther is about to leap, the old Doberman exclaims loudly, "Boy, that was one delicious panther! I wonder, if there are any more around here?"

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew!," says the panther, "That was close! That old Doberman nearly had me!"

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use

## WELCOME PACKS

If you are new to the Walwa/Jingellic district, call into the Walwa Bush Nursing Centre for a Welcome Pack. This pack has lots of information for you that you may need which will help you with what is where in the district.



Neil Nedley MD "Depression should not be tolerated as a life long condition with its miserable effects"

What others are saying:

I felt trapped by my depression, now I have control over my own mental health

I am getting along so much better with my family and co workers and I did not give up my individuality

I can concentrate better and am making better decisions

Hearty gut laughs are back

I now have a positive Interest in every day

Wow I never thought I would be able to get this much done in a days time and still feel happy and energetic

I've worked as a school counsellor for 20 years and have never seen a program this complete

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There is life beyond the emptiness. The depression recovery program that really works. Unravelling depression through natural means. Website: [www.drnedley.com](http://www.drnedley.com)



and trade it for protection from the panther.

So, off he goes.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, "Here, squirrel, hop on my back and see what's going to happen to that conniving canine!"

Now, the old Doberman sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?," but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old Doberman says .....

"Where's that squirrel? I sent him off an hour ago to bring me another panther!"

Moral of this story...

Don't mess with the old dogs...

Age and skill will always overcome youth and treachery! Bullshit and brilliance only come with age and experience.

Main Street Walwa Vic 3709  
Walwa (02) 6037 1410  
Tumbarumba (02) 6948 2878  
Corryong (02) 6076 2964  
Email [secretary@radiouppermurray.com](mailto:secretary@radiouppermurray.com)  
Web <http://www.radiouppermurray.com>  
ABN 65 841 700 385



## BECOME A RADIO UPPER MURRAY MEMBER 2015/2016

A cartoon illustration of a young boy with a round orange face, a wide smile, and his arms raised in the air. He is wearing a red shirt. Above his head, the word "HURRAY!" is written in large, blue, blocky capital letters. The background is white with some faint, sketchy lines suggesting a ground surface.

Pay your membership by  
August 14<sup>th</sup> to be in our

|                 |             |              |                                       |
|-----------------|-------------|--------------|---------------------------------------|
| direct deposit: | BSB 803-070 | a/c No 47660 | a/c name Upper Murray Community Radio |
|-----------------|-------------|--------------|---------------------------------------|



## HILLVIEW OAK B & B



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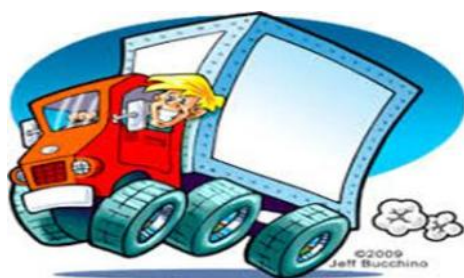
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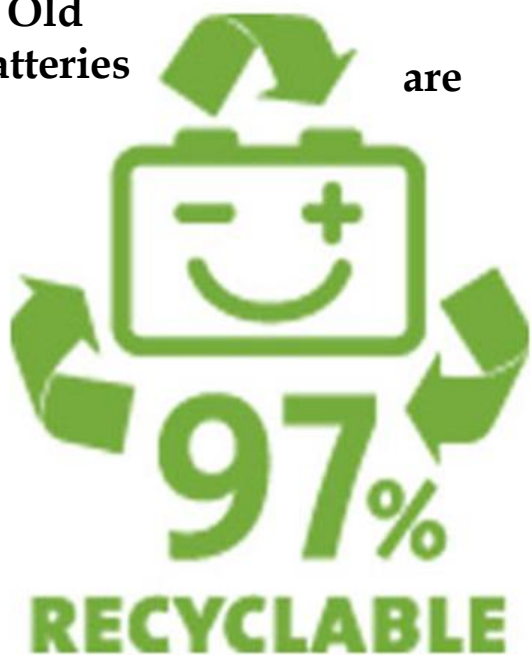
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Downs.

## upper murray electrical



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### *“Book Chooks”*



“The Tin Moon” by Stephen Lacey, is set in a small town on the Central Coast of NSW. It is the story told by a young boy of his growing up.....when children had more freedom than they do now. His escapades with his mates are often hair raising, and generally dangerous. Sometimes resulting in tragedy. There are some quite funny moments, however, there is a dark side as well.....the ever-present school yard bullying, poverty, and family violence. And perhaps a little much swearing in conversation!

If you are a baby-boomer, you will find many things that were familiar.....Tang orange juice, passionfruit sponge, tank loaves, redskins and choo choo bars as well as cleaning your sandshoes with white Kiwi sandshoe cleaner.

Next month's book is “Over The Top With Jim” by Hugh Lunn. Another memoir of a boy growing up in the 40's and 50's.  
Bron



On Saturday 4 July a great night of music was had at the Walwa Golf Club. Gair, who happened to at one time work in the Upper Murray area, held his CD “The Morning Light” launch.

Just about all the songs are written by Gair and he threw in a few covers. His music is a mix of Celtic, folk, blues and rock. The stories he told relating to many of the songs were interesting. It was a really entertaining night.



## MONTHLY COMMUNITY CALENDAR WALWA-JINGELLIC

|                                          | 1ST WEEK                                | 2ND WEEK                        | 3RD WEEK                                                           | 4TH WEEK                        |
|------------------------------------------|-----------------------------------------|---------------------------------|--------------------------------------------------------------------|---------------------------------|
| <b>MONDAY</b><br><b>10:30am - 3:30pm</b> | Community Shop Kerrie                   | Community Shop                  | Community Shop                                                     | Community Shop                  |
| <b>2-3pm</b>                             | Balance Class WBNC<br>Yvette            | Balance Class WBNC              | Balance Class WBNC                                                 | Balance Class WBNC              |
| <b>5:30 - 6:30pm</b>                     | Power Bar WBNC<br>Yvette                | Power Bar WBNC                  | Power Bar WBNC                                                     | Power Bar WBNC                  |
| <b>TUESDAY</b><br><b>5:30-6:30pm</b>     | Powerbar WBNC<br>Yvette                 | Powerbar WBNC                   | Powerbar WBNC                                                      | Powerbar WBNC                   |
| <b>5:30 - 6:30 pm</b>                    |                                         | RUM meeting @ WCS               |                                                                    |                                 |
| <b>WEDNESDAY</b><br><b>10:30 - 3pm</b>   | Community Shop Kerrie                   | Community Shop                  | Community Shop                                                     | Community Shop                  |
| <b>11:45am - 3:30pm</b>                  | Planned Activity Group<br>WBNC Kylie    | Planned Activity Group<br>WBNC  | Planned Activity Group<br>WBNC                                     | Planned Activity Group<br>WBNC  |
| <b>5:30 - 6:30pm</b>                     | Yoga WBNC Irene                         | Yoga WBNC                       | Yoga WBNC                                                          | Yoga WBNC                       |
| <b>8pm</b>                               | Music Group                             | Music Group                     | Music Group<br><br>Jingellic Show Society<br>meeting @ Walwa Hotel | Music Group                     |
| <b>THURSDAY</b><br><b>9-10am</b>         | Catholic Church<br>Exposition           | Catholic Church<br>Exposition   | Catholic Church<br>Exposition                                      | Catholic Church<br>Exposition   |
| <b>9-9:30am</b>                          | Ladies Golf Caroline<br>Walwa Golf Club | Ladies Golf<br>Walwa Golf Club  | Ladies Golf<br>Walwa Golf Club                                     | Ladies Golf<br>Walwa Golf Club  |
| <b>11:00am - 3:00apm</b>                 |                                         |                                 | Tangled Threads Old<br>Jingellic School Kerrie                     |                                 |
| <b>11am</b>                              |                                         | Bookclub D                      |                                                                    |                                 |
| <b>2:30pm</b>                            | Bridge Group Penny<br>Walwa Golf Club   | Bridge Group<br>Walwa Golf Club | Bridge Group<br>Walwa Golf Club                                    | Bridge Group<br>Walwa Golf Club |
| <b>4:00 - 5:00pm</b>                     | Easy Yoga Irene                         | Easy Yoga                       | Easy Yoga                                                          | Easy Yoga                       |
| <b>5:30-6:30pm</b>                       | Powerbar WBNC Yvette                    | Powerbar WBNC                   | Powerbar WBNC                                                      | Powerbar WBNC                   |
| <b>6:30pm</b>                            | Ladies Night Cecilia                    |                                 |                                                                    |                                 |
| <b>7pm</b>                               |                                         | LIONS Walwa Hotel<br>Vyner      |                                                                    |                                 |
| <b>FRIDAY</b><br><b>10:30 - 3:30pm</b>   | Community Shop Kerrie                   | Community Shop                  | Community Shop                                                     | Community Shop                  |
| <b>SATURDAY</b>                          |                                         |                                 |                                                                    |                                 |
| <b>SUNDAY</b><br><b>9 am</b>             | Catholic Church Service                 | Catholic Church Service         | Catholic Church Service                                            | Catholic Church Service         |
| <b>11:15am</b>                           |                                         |                                 | Uniting 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

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