The Walwa Primary school students are enjoying their ukuleles which were purchased earlier this year with funds donated by the Walwa Community Shop. The students would like to thank all the volunteers who have given up their time to support various community projects and especially for their ukuleles. The ukuleles really help with rhythm which is so essential to music. Previously, musician John Anderson, who from time to time volunteers to help the students with their singing and music, had donated three white ukuleles. The students will be playing the ukuleles in the end of the year school concert.

Since its inception in April 2013, the Walwa Community Shop has provided financial support to the Walwa Hall for renovations, the Fishing Club towards restocking the Murray River with native fingerlings, Radio Upper Murray towards running costs, the community car, which is used to take elderly people for appointments with the help of our main volunteer drivers Kathy and Ivan, the Jingellic Show Society for a Pavilion cabinet, Walwa and District Community Support group towards cost of bus, Jingellic Pony Club towards jump rails, Border Walwa Football and Netball club for chairs and tables in Recovery Centre, Planned Activity group towards activity costs, Walwa World and Gym maintenance, (along with ladies Auxiliary who also donate to the WBNC).

These have provided a huge input to the local community. Also the shop has supported other activities sending clothes to Nepal, brassieres and books to poor overseas countries and supporting Corryong Consolidated students with these projects and sending towels and soap to Albury for use by the homeless when using St Matthew’s Church shower.

Between April 2013 and August 2015 the Community Shop has taken over $30,000.
Jingellic & District P.A. & H. Society
Annual General Meeting is on
Wednesday, 19th August, 2015
at Walwa Hotel.
Start 7pm for 7.30pm and finger food supplied.
Everyone is welcome
Liz McLellan, Secretary, Jingellic Show Society

WALWA MEDICAL CENTRE and PHARMACY

Doctors in August 2015
Dr Madeleine de Haan
Dr Claire Roczniok

Appointments can be made with the following practitioners

Counselling: Emilia Barrow on 12 & 26 August
Ph: 6076 3200

Physiotherapist: every Thursday
Ph: 6076 3200

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

Massage Therapist
Narelle Rouch Ph: 6037 4122
THANK YOU

A big thank you to
Mary Connors,
Cecilia de Laurentis,
Elma Van de Hoef and
Betty Hallinan
for helping with the folding of
June/July Walwa World

CERT

CERT, Community Emergency Response Team spent the day of 12th July in Corryong participating in their final accreditation subjects for the year.

They had a theory session on all drugs they may use as a part of their day to day activities and a pharmacology exam. Then after lunch, the team had a practical exam on the following:
1. Hypoglycaemia
2. How to test blood sugar levels on a patient
3. How to give an injection [IM] of Glucagon for low blood sugar

All in all CERT had a good day, all agreeing that their brains are still working well under pressure.

Along with our Walwa CERT, Ambulance Community Officers from Corryong and one from Tallangatta attended as well. Congratulations to Sue Martin, Suzanne McKimmie, Mary Hunt, Meaghan Daly, Andrew Perkins and Melinda Short for their dedication to voluntary service that is highly valued in this community.

Local sportsman, Curtis Stephens, was part of the North East Knights Under 17s team that played in Melbourne last week at Hockey Victoria’s 2015 G.J. Gardner Homes Junior State Championships.

The young men were ably coached by Spitfires players Charlie Walsh and Hugh Cullen. Hugh was selected late in 2014 to play in the Australian Country team for the Oceania Cup, but had to forgo that opportunity due to injury. With no lack of hockey prowess between these two coaches, the lads responded to their enthusiasm, with all 15 players being given ample opportunity to contribute.

At the end of day two Knights were on top of their pool having won 3 games and lost one, scoring seven goals and having four scored against them. Curtis was one of three players to score goals in the third game, opening his account at state level.

On day three the two pools played one another to determine the finalists. Knights won one and lost one and, with margins very tight, had to settle for a play off for bronze. In their last game of the tournament Knights went down 1-2, but not before a determined second half saw them winning much of the ball, but not finding the back of the net.

Curtis nearly pulled off the play of the tournament, with a reverse stick tomahawk, but a circle infringement saw the ball cleared by desperate defenders. North East Knights finished fourth in State rankings in a hotly contested age group. Jennifer Stephens

North East Knights in attack with Curtis as number 10 waiting for the rebound off the pads of the North Western Country Lightning’s goalie
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Will travel throughout the Upper

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- Quarry pick up delivery
- Dry rock retaining walls
- Post hole digger (304 & 450mm)
- Landscaping
- Excavation house cuts
- 10m³ tipper
- 5.7 tonne excavator and bobcat
- Lawn mowing ride on mower available
- Pallet forks also available

Call Tony on 0413 018 416 or A/H 02 6236 3424

CORRECT POSTURE AT COMPUTOR

FEET FLAT ON FLOOR

KNEES SLIGHTLY LOWER THAN HIPS- TO MAINTAIN PELVIC LORDOSIS/TILT

TOP OF SCREEN LEVEL WITH EYES –CHEST FORWARD

SHOULDERs RELAXED AND WITH ELBOWS AT RIGHT ANGLES, HANDS AT KEYBOARD

HEAD BACK WHICH BRINGS STERNUM FORWARD.

Accountants and Financial Planners
24 The Esplanade WAGGA WAGGA 2650
45 Main Street WALWA 3709

Catherine Chalker
Financial Planner
Investment Super Insurance Shares
Retirement Planning Finance Broking
Available in Walwa by appointment

Hayden Drummond
Chartered Accountant
Taxation Business Planning
Appointments in Walwa every Monday and Thursday

Phone: 02 69211813

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

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.

We have a large collection of books, so why not come in and have a browse and borrow or buy a book to take home to read.

Any queries contact Kerrie on 0408 696 384 or email walwacommunityshop@gmail.com

36 Main Street
Walwa Vic 3709

Community Shop

36 Main Street
Walwa Vic 3709
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

Join Lions
Meet new people, engage in enjoyable team environment, build lasting friendships promoting personal development and fellowship.

Join the Lions Club and make a difference 02 60371 343

Marquee for Hire
Free Standing
9m wide, up to 12m long with or without sides
Ideal for weddings, parties etc.
Also available
3m by 6m portable shelter
Dance floor
Bridal Table
BBQs
Bain Marie
Contact:
Vyner Smithwick 02 60373235
David Hanna 02 60371343
Free household chemical collection at Wodonga’s Detox your home

Detox your Home is a safe, FREE and easy-to-use service to dispose of common household chemicals without harming your health or the environment.

Wodonga’s collection
Saturday 5 September 2015
10.00am to 1.00pm
Wodonga Waste Transfer Station,
29 Kane Road, Wodonga

Simply turn up on the day with your unwanted items and we’ll do the rest.
For more information: Sustainability.vic.gov.au/detoxyourhome
Or
1300 363 744

Decanting not permitted.
Only containers up to 20 litres accepted.

TIP - KEEP WOOLS IN THE FRIDGE

Here is an article found in some wool donated to the Tangled Threads craft group. It is from a lady in Bellevue Hills answering a query from a lady about the fluffing of her lambswool - angora - nylon jumper and so thought it should be shared.

“After hand washing the garment allow to dry then roll in tissue paper and put on a shelf in the refrigerator overnight.

Combination of tissue paper and cold contracts the angora back into the fabric. The garment looks like new and won’t fluff. I have knitted countless angora-lambswool garments and keep the balls of wool in a screw top glass jar in the fridge and treat the garments as above - a total success.”

POLICE MATTERS

We are seeking assistance for any information in relation to the cattle theft from a property in Sandy Creek Road that possibly occurred between 1st July and the 19th of July. Information to the Walwa Police please.

The residents in Church Street have had items interfered with, specifically road guide posts. They have permission from the Shire to place them along the road. Purpose is that the side of the road is quite soft and boggy and is to make persons aware not to drive along that particular spot. Any further interference or thefts of the items will be investigated by police.

Reminder that it is illegal to dump rubbish at the Shire gravel storage (where the Shire put the hard rubbish bin, Murray River Road), that includes green waste.

Andrew Green
17 LAWS OF INVERSE NEGATIVE DYNAMICS

Law of Mechanical Repair
After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity
Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

Law of Probability
The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers
If you dial a wrong number, you never get a busy signal; someone always answers.

Variation Law
If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

Law of the Bath
When the body is fully immersed in water, the telephone will ring.

Law of Close Encounters
The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.

Law of the Result
When you try to prove to someone that a machine won't work, IT WILL!!!

Law of Biomechanics
The severity of the itch is inversely proportional to the reach.

The Coffee Law
As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Murphy's Law of Lockers
If there are only 2 people in a locker room, they will have adjacent locker.

Law of Physical Surfaces
The chances of an open-faced jam sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

Law of Logical Argument
Anything is possible especially IF you don't know what you are talking about.

Law of Physical Appearance
If the clothes fit, they're ugly.

Law of Public Speaking
A closed mouth gathers no feet!

Law of Commercial Marketing Strategy
As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!

Doctors' Law
If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.

If you don't forward this to your friends, your belly button will unscrew and fall off.

Really … it's true. I read it on the Internet!

MORE FROM WOOLLY WOMBAT

HOW TO PRESERVE A HUSBAND!!

Be careful in the selection - do not choose too unripe or too old. Best results are obtained if he has been reared in a helthy atmosphere. Some insist on keeping him in a pickle, others prefer to keep him in hot water. Such treatment, however, makes the husband sour, hard and sometimes bitter.

Many housewives have found that even poor varieties can be rendered tender and good by a garnish of patience, the sweetening of a smile and the flavouring of a kiss, to taste.

Wrap him in a mantle of charity, place him over a warm, steady fire of domestic devotion and serve with peaches and cream.

Anon

GARLIC SPRAY

90g of garlic cloves crushed aand chopped. Mix with 2 teaspoons of liquid medicinal paraffin oil. Leave to soak for 48 hours in a screw top jar. Add 6 mls water together with a small amount of finely grated soap or detergent. Stir and store in a plastic container. For the control of wire worms, snails, aphids, cabbage moth and coddling moth. Nea Smithwick

TO TALK . . .

A table! What is a table? Forget that it is just a flat slab atop some legs. Rather, let’s think that it is a companionable island where family and friends congregate to enjoy both the food and each others company. It brings us together and stimulates the flow of conversation. It builds friendly lines of communication between strangers and extends the boundaries of our world in rich fellowship.

It’s time to think of the kind of table we share. May it be our determination to make our words enlightening, informative and sharing

Anon

CANDLE DRIPS

To prevent candles from dripping, place in refrigerator for about 48 hours. If thoroughly chilled, will burn down only 1” an hour and will not drip.

Anon

LEMON TREES

Lemon trees will bear good crops of clean skinned fruit if a solution of 1lb of washing soda, dissolved in 2 gallons water, is poured around the tree at a distance of 2 feet from the trunk.

Anon
JINGELLIC ROAD (YARARA GAP) RECONSTRUCTION PROJECT TO BENEFIT THE ECONOMY AND THE COMMUNITY

Greater Hume Shire Council at an extraordinary meeting held on Wednesday 5 August 2015 resolved to accept the tender from RECivil for Separable Portions A and B of TL 23-2014/15 Jingellic Road (Yarara Gap) Reconstruction constructed under traffic for $3,381,567 [including provisional items of $90,289 but excluding GST]. Council will also make an extra provision for additional possible expenditure of $31,567.

"Jingellic Road (Main Road 331) is gazetted as a B-Double route for its entire length with the exception of the 2.3km section at Yarara Gap, which has a narrow seal, poor alignment and steep grades making it unsuitable to carry B-Double trucks" said Mayor, Cr Heather Wilton.

Council received $1,750,000 under the Australian Government’s Heavy Vehicle Safety and Productivity Programme to provide access to B Double trucks along the full length of the road from Holbrook to Jingellic. Council was also successful in attracting $750,000 from the NSW State Government’s Restart NSW Fixing Country Roads program.

“Greater Hume Shire Council is committing $1.0M to the project” added Mayor Wilton.

The project delivers economic benefits to:

* the softwoods supply chain by enabling logging carriers to use B Double vehicles instead of semi-trailers to cart sawn logs from the softwoods forests of the Upper Murray to the tamogah Rail Hub and Norske Skog paper mill north of Albury.

* the livestock industry by enabling livestock carriers to use a route they currently avoid due to safety concerns when travelling between Holbrook and the Upper Murray/ Corryong saleyards.

* general freight carriers by enabling them to use B Doubles when carrying goods from the Hume Highway to Tumbarumba.

* the freight industry and general public overall by providing a viable alternative route in the event that Tumbarumba Road is closed by fire as happened in January 2014.

Additional benefits to the freight industry are delivered by providing a shorter alternative route from the Hume Highway at Holbrook to the Upper Murray (shorter route by at least 5 kms), as well as by reducing costs through less wear and tear on vehicles because of a higher quality road surface.

Transport operating costs will be reduced as a result of this project because it provides operators with the capacity for greater efficiency by enabling them to use 9 axle vehicles instead of a six axle vehicle. This means lower fuel costs, reduced wear and tear on vehicles, reduced number of trips to carry the same amount of freight and reduced time taken to perform the transport task.

Importantly, this project will significantly improve safety for all vehicles travelling on this section of road by widening the pavement and shoulders and improving the grade and camber, reducing the risk of heavy vehicles losing traction while travelling over Yarara Gap and either having to stop or having to reverse down the hill.

The local community needs have also been considered in the tendering process and selection of the successful contractor.

Greater Hume Shire has undertaken extensive community engagement to ensure that affected communities were informed about the challenges of the steep terrain placed on the project scope as Council prepared tender documentation, and the impact possible detours might have on residents (but which have not eventuated).

Council can confirm that RECivil will undertake the contract ‘under traffic with 24 hours traffic lights’. This will result in the original proposed 26 week project now being estimated to lengthen to 30 weeks.

It is expected that construction will commence on site within six weeks, with one lane traffic movements across the reconstruction site necessary until Christmas, and it is expected two lane traffic movements will be required for the balance of the project timeframe of January to May 2016 (subject to weather and other variables).

Recently Council met with affected residents at Lankeys Creek prior to formally awarding the contract, and to inform locals that the project could be undertaken under traffic, which met with high approval.

Residents have also been informed that they can expect delays on the section of road of at least 10 minutes on average, but in some weeks of the project there will be longer delays.

VMS high visibility message boards will be placed at either end of Jingellic Road to inform road users to expect delays and alternative route options.

Council will ensure that extensive media coverage will be undertaken at the commencement, and during the reconstruction project.

Cr Wilton paid tribute to the support provided by neighbouring Tumbarumba Shire Council and collaboration of Softwoods Working Group that resulted in the two successful grant applications.

For further information please contact:
Cr Heather Wilton Mayor
M: 0400 989 238

Greg Blackie
Director Engineering M: 0419 249 357
SHOW ME THE MONEY!
Walwa Bush Nursing Centre Fundraiser
Wed 26th August
6.00pm

Join us at the Jingellic Pub for a Pot & Parmy Night while we count the donations from the Pub ceiling.

Have a $5 punt and if you’re the closest guess to the amount raised you’ll win a prize.

All punting money goes back on the ceiling towards next years fund-raiser.

This years funds go towards community health programs.

A FREE Time-Lapse Video Workshop

to be conducted by Will Kendrew from ABC Open, Goulburn Valley

Where: CNC - 39 Hanson St, Corryong
When: Friday 14th August 2015
Time: 10am to 1pm

Please call in or contact CNC email: admin@corryongnc.org
phone 60762176 to register

COMPUTER TIP

FILE PATH:

How do I insert a Word document's location into the document?

1. Click the place in your Word document where you want the file location (and name) to go.
2. Click Insert → Field...
3. Select Document Information from the Categories drop down.
4. Select File Name from the list of info in the Field names list.
5. Click the box for Add path to filename so it's checked.
6. Click ok

Roberta Huntley
MAGNESIUM

The importance of calcium is well known, but the parallel and in some ways even more crucial role of another essential mineral, magnesium is less widely known. As a result, adequate magnesium intake is rare.

The number of people at risk for chronic deficiency is high, especially among older people, as the ability to absorb adequate amounts magnesium declines with age. Magnesium is essential to life and is a vital component within our cells. Magnesium helps our bodies maintain balance, avoid illness, perform well under stress, and maintain a general state of good health. Magnesium is used by the cells to produce and store energy.

Fifteen essential minerals are required by our bodies to function properly. These can be divided into “trace minerals” (required in very small amounts,) and “major minerals” (required in larger amounts.) The six major minerals required in excess of 250 mg per day include: Calcium, Magnesium, Potassium, Phosphorous, Sodium and Chloride. The body needs these minerals on a regular basis as it cannot manufacture them. 4% of the body’s weight is made up of minerals, but their function as regulators is vast. Magnesium must be continually supplied to the body as it is needed on an ongoing daily basis. If we don’t take in adequate daily magnesium, our bodies will either remove magnesium from our bones, or function in deficiency. Once circulated through the body, magnesium is filtered by our kidneys and excreted on a regular basis.

When supplied sufficiently, magnesium is actually conserved by the body for future use. Operating in magnesium deficiency disrupts the balance of not only magnesium but other minerals in the body, causing problems that reverberate throughout the body’s systems. Magnesium is an essential part of hundreds of biochemical reactions occurring constantly inside our cells. Its presence or absence affects the brain, muscles, heart and blood vessels. Magnesium’s benefits include reduction of chronic pain, fatigue and symptoms of chronic diseases associated with aging and stress.

Healthy magnesium levels have been linked to lowered blood pressure, reduced incidence of type II diabetes, reduced symptoms of asthma and improved memory. Magnesium is known to reduce muscle tension, lessen pain associated with migraine headaches, improve sleep, and help alleviate anxiety and depression.

Magnesium impacts nearly all bodily systems. Magnesium and other minerals absorbed into the body are utilized as “ions” and circulated throughout the body via the blood. As a fundamental ion (a charged particle soluble in water), magnesium is used in key chemical reactions on a microscopic level throughout the body’s cells, including its vital role as a co-factor to over 300 enzyme functions, and its role in DNA and RNA stability. Magnesium is a regulator of electrolyte balance, metabolism, and other biochemical reactions.

Magnesium is a healthy part of bone and a necessary element in healthy calcium regulation. Increased magnesium has been linked to reduced bone loss in older adults and aids and regulates the body’s use of calcium and other minerals, assisting in bone and teeth formation. Magnesium deficiency may be a risk factor for postmenopausal osteoporosis. Magnesium deficiency alters calcium metabolism and the hormone that regulates calcium. Several studies have suggested that magnesium supplementation may improve bone mineral density.

Evidence suggests that magnesium may play an important role in regulating blood pressure. Healthy magnesium levels have been linked to reduced incidence of high blood pressure and diabetes in large peer-reviewed, long-term studies. There is evidence that low body stores of magnesium increase the risk of abnormal heart rhythms. Population surveys have associated higher blood levels of magnesium with lower risk of coronary heart disease. Dietary surveys have suggested that a higher magnesium intake is associated with a lower risk of stroke. Low magnesium intake has been linked to risk factors for osteoporosis, high blood pressure and issues of heart health, diabetes and asthma. Magnesium is important to carbohydrate metabolism. It may influence the release and activity of insulin, the hormone that helps control blood glucose levels. Elevated blood glucose levels increase the loss of magnesium in the urine, which in turn lowers blood levels of magnesium. Hence low blood levels of magnesium are seen in poorly controlled type 1 and type 2 diabetes.

Symptoms of magnesium deficiency include muscle cramps or tremors, irregular heart rate, fatigue, confusion, and irritability. Magnesium is important in muscle relaxation and heart health, allowing nerves to send messages in the brain and nervous system. Magnesium regulates the metabolism of nutrients such as protein, nucleic acids, fats and carbohydrates, regulates cholesterol production and helps modulate insulin sensitivity. Magnesium assists in DNA transcription and protein synthesis and maintains the structural health of cell membranes throughout the body.

Magnesium is one of the most vital and essential enzyme co-factors, regulating more reactions than Magnesium any other mineral, but is also responsible for two of the most important cellular functions: energy production and cellular reproduction and is used by our cells in order to perform routine functions such as creating energy for bodily movement, building hormones and maintaining cells.

Diets that provide plenty of fruits and vegetables, which are good sources of potassium and magnesium, are consistently associated with lower blood pressure. The DASH study (Dietary Approaches to Stop Hypertension) suggested that high blood pressure could be significantly lowered by a diet high in magnesium, potassium, and calcium, and low in sodium and fat. In another study, the
Effect of various nutritional factors on incidence of high blood pressure was examined in over 30,000 U.S. male health professionals. After four years of follow-up, it was found that a greater magnesium intake was significantly associated with a lower risk of hypertension.

Magnesium is found in many foods we eat every day and is absorbed by the body. It is important to include magnesium-rich foods in your diet each day to maximise your intake. These include the following: Leafy Green vegetables such as spinach, Nuts and seeds: Pumpkin seeds, sesame seeds, brazil nuts, almonds, cashews, pine nuts, peanuts, pecans and walnuts, Mackerel, Beans and Lentils: white beans, French beans, black-eyed peas, kidney beans, chickpeas, lentils, pinto beans, Grains: brown rice, quinoa, bulgur, wheat germ, buckwheat, millet, whole wheat pasta, barley and oats, Dried Fruit: Figs, prunes, apricots, dates, and raisins and avocados, bananas, dark chocolate and seaweeds.

Magnesium supplementation is a safe and effective way for most people to ensure they are getting enough magnesium to stay healthy. Magnesium is available as a spray which is absorbed through the skin, taken orally as a powder or tablet or as Epsom salts which can be put in your bath and is then absorbed via skin.

Dietary magnesium does not pose a health risk, however very high doses of magnesium supplements, which may be added to laxatives, can promote adverse effects such as diarrhea. Magnesium toxicity is more often associated with kidney failure, when the kidney loses the ability to remove excess magnesium. Very large doses of laxatives also have been associated with magnesium toxicity, even with normal kidney function. The elderly are at risk of magnesium toxicity because kidney function declines with age and they are more likely to take magnesium-containing laxatives and antacids.

Signs of excess magnesium can be similar to magnesium deficiency and include mental status changes, nausea, diarrhea, appetite loss, muscle weakness, difficulty breathing, extremely low blood pressure, and irregular heartbeat.

Radio Upper Murray AGM
Are you interested in an involvement in community radio? We are in need of more committee members to assist in the management of our radio station. Committee members do not need to be on-air presenters. If you would like to assist in our volunteer organisation please come to our AGM on Tuesday September 8th at 7:30 at the Walwa Community Centre.

Greg Thompson
Sec RUM

ROADWORKS IN WALWA

There has been lots of road works going on in Walwa over the last couple of weeks. With the large number of workers they had the pipes laid in no time.

Photos by Cecilia
THE AUSTRALIAN CATTLE DROVER'S TALE ...

A drover from a huge cattle station in the Australian outback appeared before St. Peter at the Pearly Gates.

"Have you ever done anything of particular merit?" St. Peter asked.

"Well, I can think of one thing," the drover said. "Once, on a trip to the back blocks of Broken Hill out in New South Wales I came across a gang of bikers who were threatening a young Sheila.

I told them to leave her alone, but they wouldn't listen so I approached the largest and most heavily tattooed biker and smacked him in the face, kicked his bike over, ripped out his nose ring, and threw it on the ground.

Then I yelled, "Now, back off!! Or I'll kick the sh*t out of the lot of ya!!"

St. Peter was very impressed. "When did this happen?"

"Two minutes ago."
HILLVIEW OAK B & B

3853 Jingellic/Holbrook Road
Lankeys Creek
Via Holbrook NSW 2644

Phone: 02 6036 8141
Web: hillviewoakband.com
Email: hillviewoakbandb@gmail.com

Proprietors: Marie and Irvine Gregg

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FOUR WHEEL DRIVE CHERRY PICKER AVAILABLE FOR PRUNING TO 8 METRES - GOOD FOR DRIVEWAYS AND PROBLEM TREES
UNWANTED AND DEAD TREES FELLED AND RINGED UP READY FOR SPLITTING.
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EMAIL: xynnam@hotmail.com
Ph: JOHN 0428 211 837

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andrew@walwacabinets.com.au

UNHAPPY WITH YOUR BANK?
Don’t get mad - just get out

The WAW Valet Service can make your escape easy
CALL US TODAY

Your local Credit Union located at the Walwa Bush Nursing Centre
Open Tuesdays and Thursdays 2pm-5pm
Old Batteries

So give John Blackburn a ring on 02 6037 1232 or Jim Lacey on 0429 371 256. They will pick up your old batteries as a fund raiser for the Walwa Memorial Hall or you can drop them off in the lane behind the Old Walwa Service Centre which is now owned by Peter Downs.

Book Chooks

This months book was titled ... “Under My Skin” by Kate Holden. And goodness what a story!!

Kate grew up in a middle class, loving, suburban family but at uni unfortunately started with marijuana, but then tried heroin and was hooked. She lost her job, then to support her habit, turned to prostitution ... firstly walking the streets then to working in brothels. Her family despaired, she tried rehab, lived in squalor, supported her boyfriend’s drug habit, but came to like her job and appreciate the service she provided.

I think some people will be offended reading this book, as a large part of the tale is of her life as a prostitute where she often describes what services she provides for her clients ... often her descriptions are quite graphic.

It will be an interesting discussion!
Bron

Tangled Threads
Walwa/Jingellic Craft

Last month’s get-together was held at Mary’s place as only a few turned up and the Jingellic School building is very cold. The project for this month was mainly knitting for Nepal.

Betty has taken all our goodies to be sent to Batase and we have decided to keep knitting. A lovely lot of wool has been donated to us to use.

Once the weather warms up we will venture into other crafts. If you would like to come along and see what we do our next session is

Thursday 20 August at 11am.

At the Walwa Community Shop

Would love to see you there

Kerrie
# MONTHLY COMMUNITY CALENDAR WALWA-JINGELLIC

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<td>Community Shop</td>
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<td>Community Shop</td>
</tr>
<tr>
<td>11:45am - 3:30pm</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>5:30 - 6:30pm</td>
<td>Yoga WBNC Irene</td>
<td>Yoga WBNC</td>
<td>Yoga WBNC</td>
<td>Yoga WBNC</td>
</tr>
<tr>
<td>8pm</td>
<td>Music Group</td>
<td>Music Group</td>
<td>Music Group</td>
<td>Jingellic Show Society meeting @ Walwa Hotel</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
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<tr>
<td>9-10am</td>
<td>Catholic Church Exposition</td>
<td>Catholic Church Exposition</td>
<td>Catholic Church Exposition</td>
<td>Catholic Church Exposition</td>
</tr>
<tr>
<td>11:00am - 3:00am</td>
<td>Bookclub D</td>
<td></td>
<td>Tangled Threads Old Jingellic School Kerrie</td>
<td></td>
</tr>
<tr>
<td>11am</td>
<td></td>
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<tr>
<td>2:30pm</td>
<td>Bridge Group Penny Walwa Golf Club</td>
<td>Bridge Group Walwa Golf Club</td>
<td>Bridge Group Walwa Golf Club</td>
<td>Bridge Group Walwa Golf Club</td>
</tr>
<tr>
<td>4:00 - 5:00pm</td>
<td>Easy Yoga Irene</td>
<td>Easy Yoga</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Powerbar WBNC Yvette</td>
<td>Powerbar WBNC</td>
<td>Powerbar WBNC</td>
<td>Powerbar WBNC</td>
</tr>
<tr>
<td>6:30pm</td>
<td>Ladies Night Cecilia</td>
<td>LIONS Walwa Hotel Vyner</td>
<td></td>
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<tr>
<td>7pm</td>
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<tr>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>10:30 - 3:30pm</td>
<td>Community Shop Kerrie</td>
<td>Community Shop</td>
<td>Community Shop</td>
<td>Community Shop</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td></td>
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</tr>
<tr>
<td>9 am</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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<tr>
<td>11:15am</td>
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</tr>
</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
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Sun. 8am to 4pm.

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Dinner: Monday - Saturday   6.00 - 8.00pm

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