Samoan Vet Visits Walwa

Dr Renee Jayne Avea-Maloamata Orange is a Massey University trained Samoan vet. In August, she spent a week with the team at Walwa Vet Practice, as part of a study tour organised by the Commonwealth Veterinary Association.

Renee also had week long stays at an inner Sydney vet hospital, Hill's piggery at Corryong, and the Agribio vet laboratory at Bundoora, as well as days with Dr Jeff Cave, District Veterinary Officer, Wodonga.

Renee works for the Department of Agriculture in Samoa, as one of two Veterinary Officers.

Her week at Walwa was a great experience for everyone at the practice. Renee was extremely well versed in most subjects of veterinary science. She'll hopefully be back as a locum during her holidays from the Samoan Ag Department.

Be Medicine Wise

August 22nd to August 28th is “MedicineWise Week”. Being medicine wise is about understanding your medications and the conditions you take the medications to treat. It’s also about being in charge of your health with the help of your health professionals. To help you to be medicine wise you should always ask the right questions about your medications. Things like “What is the medicine for, what is the active ingredient, how do I take or use the medicine correctly, what are the possible side effects and what can I do about them?” You should also ask, “what should or shouldn’t I do while taking this medicine?”

As well as asking the right questions, it’s important to ask the right people about your medications.

Don’t rely on the internet! Your doctor or health professional is the best person to ask, because not only do they know about the drug, but they know about you as well. In order for information about your medication to be worthwhile, it must be evidence based (subject to rigorous testing research and trials), up to date (new info is coming out every day about medications that have been available for years). But most importantly, information should be relevant to you!

Good communication is the key. Tell your health professional about all the medicines you currently take to avoid risky interactions, remember that medicines don’t just come on prescription—they include over-the-counter and complementary medicines such as vitamins and other supplements.

There are a number of resources available to assist you with your medications. For more information, make an appointment to see your GP or one of our nurses at the WBNC.
Walwa World is for the delivering of information and articles for the benefit of the community. This information is not a substitute for professional advice and is not intended to be used as such. The editor does not accept any liability for any loss or damage incurred by use of, or reliance on such information and makes every effort to ensure the quality of the information. However Walwa World cannot guarantee and assumes no legal liability or responsibility for the accuracy, currency or completeness of information.

Editor: Irene Palmer
Publisher: Kerrie Thompson
PO Box 46
Walwa VIC 3709
Ph: 02 6037 1220
Fax: 02 6037 1207
Email: mail@walwabnc.com.au
and cc to ipalmer@walwabnc.com.au

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

**DEADLINE** for articles for next edition
5pm TUESDAY September 2016
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

Thank you for all our loyal advertisers and to 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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**ORGAN DONATION INFORMATION**

Donate Life Week was held in early August. If you are interested in donating your organs go to the following link http://www.donatelife.gov.au/

There are a number of options to register. The online register is very easy to complete (Just need your Medicare card). http://www.donatelife.gov.au/decide

Follow donate life on Facebook https://www.facebook.com/DonateLifeAustralia

**LANKEYS CREEK HALL AGM**

On Thursday 22 September 2016
at 7:30pm
at the Lankeys Creek Hall
All Lankeys Creek residents welcome

**WALWA MEDICAL CENTRE AND PHARMACY**

**Doctors during September 2016**

Dr Frederique Bentley
Dr Clare Rocznioik

**Appointments can be made with the following practitioners**

Counselling - Emilia Barrow on 7 September

Physiotherapist; Liz Wallace every Thursday - Ph: 6076 3200

Massage Therapist – Narelle Rouch Ph: 6037 4122
THANK YOU
A big thank you to
Cecilia De Laurentis
Neva Taylor
Betty Hallinan and
Mary Connors.
for folding of July Walwa World

FRESH FISH IN WALWA EVERY THURSDAY 2PM

Chris from Tooma stops briefly outside Phil Cribb’s every Thursday afternoon at 2pm with at least 5 varieties of fresh fish.

He is registered with the Sydney Fish Markets. He heads to Tumbarumba after he leaves Walwa.

If you wish to purchase fish from him be there at 2pm or alternatively make arrangements with him by phoning 1/2 - 3/4 hour before when he is in

FRESH FRUIT AND VEGETABLES

Fresh Fruit and Vegetable Boxes available
every Friday 12 - 1 pm
Outside Walwa Post Office

HANDY USES FOR VINEGAR

Remove grease: White vinegar’s acidity cuts through grease effectively. Use it on stovetops or microwaves.

Discourage mold and bacteria: Applying white vinegar to surfaces kills viruses, mold and bacteria, and also discourages them from growing there in the future.

Window and screen washer: Use a 50-50 mixture of white vinegar and water to clean windows and TV or computer screens

WELL DONE TO WALWA CERT for their successful grant application.

The Committee of Management is delighted with their triumph having previously been unsuccessful. Supporting our Cert volunteers is paramount. The receipt of this funding has acknowledged the importance of volunteers in our community as quiet achievers. Janice Robertson

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

RADIO UPPER MURRAY ANNUAL GENERAL MEETING

The AGM will be held on Wednesday 14 Sept 2016
Beginning at 7:00pm at the Walwa Community Centre

Some members of the current RUM committee will not be seeking re-election

The future of Radio Upper Murray is in your hands

Please consider being a part of the team that runs your local community radio station

CERT COMMUNITY EMERGENCY RESPONSE TEAM

DOG & CAT CLIPPING, GROOMING, WASHING

DAIRY & BEEF CATTLE FREEZE-BRANDING (Dry Ice or Liquid Nitrogen)
FARM TREE MAINTENANCE

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.
PRUNING AND THINNING OF PLANTATIONS CLEAN UP SERVICE AVAILABLE FULLY INSURED
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EMAIL: xynnam@hotmail.com
Ph: JOHN 0428 211 837

Old Batteries are
97% RECYCLABLE

So give John Blackburn a ring on 02 6037 1232 or Dave Hanna 02 6037 1343.
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.
BURRA BOBCAT AND TIPPER SERVICES
Will travel throughout the Upper Murray area

- Dam Cleaning
- 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

WE ARE OPEN
Monday, Wednesday and Friday
10:30am to 3:30pm
New items arriving all the time so come in and check out our stock.

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

Accountants and Financial Planners
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45 Main Street  WALWA  3709

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

Stephen Byrnes & Frank Corbett
Taxation & Business Advisors
Appointments in Walwa every Monday and Thursday

Phone: 02 6921 1966

At Walwa Post Office we now offer “Bank@Post”
Which allows you to do your banking
*Deposits
*Withdrawals
*Balance Enquiries
at the Walwa Post Office.
We also have Souvenirs, Giftware, Phones and Accessories

47 Main Street, Walwa, Vic, 3709. Phone: (02) 6037 1301
## APPLICATION FOR FUNDS FROM WALWA COMMUNITY SHOP

Closing Date: Friday 9 September 2016  
Email your application to walwacommunityshop@gmail.com or  
Deliver to the Community Shop on Monday, Wednesday or Friday between 10:30am and 3:30pm

The Community Shop has funds available for community projects to the value of $400 per project. The Shop’s mission is to improve liveability for older people in our community by encouraging meaningful connections and relationships between all ages. We will therefore give first priority to any projects that may be “intergenerational” or may benefit and connect a variety of people within our district: Promoting Healthy Aging for All.

Funds are distributed six monthly. Projects requiring extra funding should state their needs and timeline clearly on their application form and may be considered for two rounds of funding.

It is anticipated that successful applicants will have completed their projects within six months of receiving the funds. A short summary is to be provided to the Community Shop Committee to ensure that the project is carried out. Our shop is run by community volunteers. It is important not only to inform them of successful applications but is also a courtesy to let them know when projects are complete.

### Group seeking funding:

<table>
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<th>Description of the Project:</th>
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<td>When will the project be carried out? What is the anticipated completion date?</td>
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<td>Who will benefit from this project?</td>
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<td>What is the estimated budget for the project and how much will you require from this application?</td>
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<td>Signatures of applicants and contact details:</td>
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<td>If you are part of a community group please have the application signed by the President and the applicant (if different people)</td>
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<td>Provide any extra information here:</td>
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DEPRESSION AND ANXIETY RECOVERY PROGRAM

INTRODUCTORY SESSION

Tuesday September 6th, 2016

43% Australians, and over 350 million people worldwide, suffer from depression and during stressful times. This disease can intensify.

Many factors can lead to depression including unrealistic goals, added financial stress, family expectations, and change of schedule or eating patterns. But the cure may not be as difficult as you might think. Actually, just a few basic lifestyle changes can help you break free of the trap of depression.

Neil Nedley, MD has put together his 8-week Depression Recovery Program from his 20 plus years of research and clinical experience helping his patients. Jan Hastings will be hosting the Nedley Depression Recovery Program on DVD. The program begins with two Introductory Session on Tuesday, 6th September 2016 at 10am and 7pm. It will help you identify the underlying causes of “hits,” which bring on depression. “Every case is as different as each individual, but the 10 Hit Categories summarize all the possible causes for depression. And determining your causes can be as simple as taking the depression questionnaire in this program,” said Nedley.

Dr. Nedley, author of the books “Proof Positive”, “Depression: the Way Out” and “Optimize Your Brain” will teach participants how to improve brain function, maximize IQ in children, increase energy, boost concentration, engage in healthy sleep habits, improve physical performance, and gain renewed hope. In addition to the essential information on lifestyle and diet, Nedley will also cover the benefits and risks of counselling and drug medication.

Jan Hastings said this seminar is not only excellent for people who are depressed, for those who have family members or friends who are depressed but also for those suffering from anxiety. It will focus on brain health and what a person can do as well as the healthy lifestyle habits they can adopt to keep depression and anxiety from ever happening; even for those with a genetic predisposition to mental illness.

Those attending the sessions will learn how to establish and maintain a strong exercise program, understand depression and anxiety, eliminate negative habits of body and mind, develop healthy eating patterns, and get more out of the day by enhancing brain function. Participants will spend less time frustrated by stress, decrease the risk for many diseases, say goodbye to negative thinking, and understand the true power of positive thinking.

Dr Nedley will show better ways to combat depression and anxiety – how to know what you can change and what you can’t, the importance of minimising drug use, and how to make use of effective natural therapies.

Dr Neil Nedley has served thousands of families for more than 15 years through his medical practice and extensive, worldwide lecturing. He educates students of all ages in nutrition and healthy lifestyle principles through his radio shows, satellite and cable television, and live appearances.

The Introductory Sessions on the 6th September 2016 are free. Those interested should call Jan Hastings on 0429311039 who will take bookings to ensure a seat.
MATERNITY WARD ROUNDS
Photos and article by Janice Newnham

Maternity ward rounds were a pleasure this morning. It's a cracking day out there! I experienced a bit of disquiet when checking the heifers as I found one on the flats above the dam looking agitated and ready to go but no protruding calf bits ... my over thinking brain assumed it was a posterior presentation and I started planning a C section.

I decided to give her an hour and tootled off to check the cows. On my swing past the west side of Georgie's Hill on the final run for home, I spotted a cow standing on a rocky outcrop above the track. She was in the same position yesterday. I stopped and pondered her for a moment, then two crows took off from around her. Damn ... she must have had a dead calf, I thought. I negotiated the steep rocky slope on the ATV.

I got as close as I could before I hopped off for a closer look. The cow spun and glared at me ... she was standing on well trampled patch of grass but there was no calf. Then I noticed a cavity ... I clambered down the rocky face a bit and worked my way around to a point below the cow and found the calf. The poor thing had obviously slid down the cavity and in its struggles it had wedged itself upside down under a log with its head trapped between two rocks.

Great! As I tried to prise the calf out it started humming. The cow was now beside herself humming back. I had get down on my belly and squeeze into the cavity with the calf, clear out some wood and wiggle its head about to free it. Got it! Then I yanked its hind legs and delivered it from its cavity. It objected to rough treatment and bellowed. I managed to swing it around and was about to boost it up the rock face to join the cow, when she chose to join us. 600kg of angry Angus stumbling down a rocky face straight towards calf and I. It was somewhat disconcerting. I spun the calf around and tried to haul it down the slope a bit out of the cow's way whilst trying to save myself. It all went a bit pear shaped. The calf struggled and bounced down the slope before getting wedged in a shrub. The cow plunged down the slope as gravity took hold. The cow was now out of range of calf and I, so, feeling a bit less threatened, I managed to untangle the calf from the shrub. Then provided it with a controlled descent to a grassy bit further down the slope before dodging behind some rocks to safety as the cow charged up the slope.

The controlled descent wasn't hugely successful as the calf landed draped upside down around some rocks. Luckily the cow's maternal instinct was on the button and she nuzzled and licked the calf so it managed to right itself and slid further down the slope to a better position. The cow was unappreciative of my continued interference, so I left them to it hoping that they would work it all out. I will check later to make sure that the calf found its feet ... and the udder!

Oh, and the heifer ... she delivered the calf ... straight into the dam! By the time I got back to check on her the calf was standing in the dam looking very sorry for itself and heifer was looking panicky. I hauled the calf out of the dam and hopefully both calves survive their ordeals!

I will check later to make sure that the calf found its feet ... and the udder!
The Daily Plank Challenge – have a go and tone your trunk! The name was derived from a plank of wood, straight and stiff. When performed correctly, it activates and strengthens muscles from your shoulders to your calves. In just three minutes a day you may begin to see changes in your core muscles. Holding a plank position requires strength, stability and endurance in your core muscles. If you perform this simple yet effective daily exercise you will experience changes to your abs, back and gluts you didn’t expect. Activating and strengthening your core muscles gives you an added advantage as you age. The exercise has gained increasing popularity with fitness trainers for good reason. It just works.

Strengthening your core is about becoming functionally fit. Your abs and back are a part of your core muscles that protect your abdominal organs and provide your body with foundational strength. Core strength is integral to daily skills and athletic performance. Runners, football players, handball players and other athletes find core strength improves performance and reduces risk of injury, but you don’t have to be an athlete to appreciate and enjoy the benefits of a strong mid-section. Your core muscles stabilize your body, help you maintain your posture and act as a shock absorber to minimize injury. This muscle group has three-dimensional depth and function. You use these muscles to bend, stand and turn.

The main muscle groups in your core include:

**Rectus abdominis:** your six-pack muscles, running from chest to pelvis, responsible for flexion, or bending you forward. **Erector spine:** used for extending trunk, helping you to stand up after bending over or to bend backward. **Transverse abdominis:** the muscle you use when you pull your belly button toward your spine, located under the rectus abdominis. **Pelvic floor muscles:** running between your pubic bone in the front and tailbone in the back, these muscles help hold your internal organs in place and may help prevent urine leakage. **Multifidi:** hold your spine stable during movement, located on either side of the vertebrae of your spine. **Internal and external obliques:** muscles located on either side of the rectus abdominis which help you turn from side to side. **Gluteus maximus, medius and minimus:** muscles in your buttocks and pelvis which stabilize hips and spine.

**Six Benefits of the Plank Position** The plank position offers an exceptional range of muscle development working a variety of your core muscles and your shoulder girdle simultaneously, integrating your neurological system.

1. **Tight Abs:** Planks lay the groundwork for tight abdominal muscles but to get six pack abs you also need to shed the layer of fat over the muscle. However, you don’t need to shed the fat to enjoy the rest of these benefits.

2. **Strong Core:** Strong muscles protect your abdominal organs and help you to breathe easier. Your diaphragm, located just under your rib cage is pulled down with your abdominal muscles, creating negative pressure in your lungs, drawing air in. Breath control reduces stress levels and decreases stress hormones, resulting in better heart health, improved work performance and better-quality sleep.

3. **Back Support:** Strengthening your back muscles reduces the likelihood of a back strain or back injury, the second most common reason people visit the doctor.

4. **Balance and Posture:** Good balance and posture are important to your overall health and wellness. Balance helps you control and maintain your body position when you’re sitting, standing and moving. Good posture reduces upper back pain and overstretched muscles from rounded shoulders and slumping forward.

5. **Improved Performance:** A strong core will improve your athletic performance and your ability to do your daily tasks. When you do planks regularly, you’ll find it’s easier to move through your day without stress or pain.

6. **Improved Mental Strength and Mood:** Maintaining a plank position for 2-3 minutes requires physical and mental strength. However, don’t start by holding the plank for three minutes! Start at 10-15 seconds and gradually increase over time. You’ll overcome mental and physical challenges to maintain the position, but at a rate you can handle. Exercise and strength training also elevate your mood.

**How?** The plank exercise is done in a modified push-up position, maintaining the position of your back and lower body in straight alignment. Planks are done on the floor, on your forearms, with your elbows shoulder-width apart. You are on your toes, with your back straight, your abdominal and buttock muscles tight. You will look like you’re doing a push-up, but on your forearms instead of your hands.

**Beginners** may wish to place knees on floor initially. More advanced ones could try alternating position from elbow plank as in picture to hand plank with only hands and toes on the floor, or lift alternate legs or raise alternate arms from hand plank position.

**The rules of posture during a plank are:**

- Shoulder, buttocks and legs in a straight line, Buttocks not higher or lower than your back, Head in neutral position looking approximately 20 to 30cm in front of you, Abdominal and gluteal muscles tight, shoulder blades pulled down, lower back in neutral position without excess or reduced lower back curvature.
Walwa and District Community Emergency Response Team
Walwa Medical Centre
Main St
WALWA VIC 3709

Dear Walwa and District Community Emergency Response Team:

Re: Volunteer Grants 2015

Congratulations on your success in receiving funding under the Federal Government Volunteer Grants 2015 program.

I am pleased to advise that Indi received total funding of $253,929, assisting 70 volunteer organisations. I want to acknowledge the work your group does in our community and the role all volunteers play in building more resilient and cohesive communities and supporting individual participation in community life. Please see attached the full list of successful grants for Indi.

Volunteering has a strong presence throughout Indi, helping out with local sporting teams and landcare groups, responding to natural disasters and emergencies, or local charities.

If you have questions about the Volunteer Grants 2015, please contact the Department of Social Services Grants Hotline on freecall 1800 020 283 (Option 0) or email grants@dss.gov.au (calls made from mobile phones may incur additional costs).

Warm Regards

Cathy McGowan AO MP
Independent Federal Member for Indi

26 May 2016

Ref: /15
Enc. Indi grant list
FROM THE JUNIORS - THEIR VIEWS ON THEIR SNOW DAY

On Friday the 5th we went to Dead Horse Gap. It was so much fun. The snow was gloss white and there was a lot of crashing and falling. I went on a toboggan with Keith and went flying off! It was hilarious when Mac and Jock crashed into each other. It was a two hour drive there. Gai and I made a snow man and he was cute. Mrs Haugen and Donna’s cake with the sausages were good – Lily

On August 5th 2016 we went to Dead Horse Gap and I went over a jump. Well when I say one jump, I mean two jumps. Well when I say two jumps, I mean three. The second jump I went in the air (but the tyre tube didn’t). When we went off the third jump we landed in a hole – Mac

Last Friday we went to Dead Horse Gap. We had a lot of fun. We went with Mum, Keith, Lily and Eliza. Keith acted like he was a little kid and he ran over a couple of kids. It was a fun day for all of us – Abby

The snow at Dead Horse Gap was white. The snow was fun and it was big – Jackson

I played with Jackson and Matilda in my toboggan. I was falling out of my toboggan but I had fun. I loved the sausages and I

AND - THEIR VIEWS ON THE BOOK FAIR

I dressed up as a ladybug because they are pretty and have nice colours. – Lily

I dressed up as a Hobbit called Meriadoc because it was the only character I could think of with the first letter M. – Mac

On Wednesday I dressed up as Amy Flemming because she is an Olympian horse rider. I love horses so she is my type. – Abby

I dressed up as Pirate Jack Sparrow because he looks cool. – Jackson

I dressed up as Jack’s mate because Mum told me to. – Matilda

I dressed up as a lemon tree because it starts with the letter L. – Lincoln

COOKS IN THE KITCHEN!

Every Friday for the rest of Term 3, Jacqui spends her entire day cooking with our Year 4 to 6 students (not to mention spending her Wednesdays reading with our students).

Jacqui has written an amazing food technology program based around food chemistry, nutrition, and actually cooking the most amazing meals kicking off with Date and Orange Scones last week and a beautiful Bean and Chorizo Sausage Casserole – proving to be just what the doctor ordered on a cold and windy day!

Students also learn plating up technique and share their meals with the P – 3 students who are rating the MasterChefs on the fruits of their hard
Jingellic & District PA & H Society

**Open Trail-ride:** Saturday, 24 September 2016

**& Open Gymkhana:** Sunday, 25 September 2016

Attendees are encouraged to camp at the Jingellic Show Grounds on Friday night (23/9/16) if travelling a long distance to participate, and are welcome to stay until the end of the Gymkhana on Sunday. Horse yards (at a small fee), meals and facilities will be available **upon booking**.

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<th>Trail-ride</th>
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<th>Open Gymkhana</th>
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<td>Entry into any gymkhana event the rider is eligible for.</td>
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A BBQ lunch will be running at the Sunday Open Gymkhana. Food and drinks will be available on a cost-per-item basis from the BBQ, operating in the canteen. Soft drink, water, tea, coffee and other drinks will be available.

More information can be found on Instagram, the Jingellic PA&H Society website, www.jingellicshow.com.au, or on the Facebook page, closer to 24 & 25/9/16.

For the Trail Ride, please note; **Bookings are Essential** for catering purposes.

**Waiver and Entrance forms must be completed and sent to Jenny Vinge before arrival.**

For bookings and/or more information, please contact:

Jenny Vinge, Secretary  Ph: 04 11 030 939; e-mail: jen_vinge@bigpond.com

Janice Newnham,  Ph: 04 27 371 434; e-mail: crundle9@gmail.com

Thank you Towong Shire for your support of Curtis Stephens representing Victoria at National U18 Hockey Championships 2016

Above: Curtis Stephens thanking Mayor Wortmann for Towong Shire’s sponsorship of his recent National U18 Men’s Hockey Championships achievements. Second photo is a copy of the photo given to council.

Soon after the two week national carnival Curtis was invited to join Hockey Victoria’s Academy leading into selections for next year’s state team.

Left: Thank you sent to Towong Shire

COUNCIL MEETINGS

- 6 September 2016
  10am Tallangatta Council Office
- 4 October 2016
  10am Bethanga Memorial Hall

The agenda for each meeting can be viewed prior to the meeting online at www.towong.vic.gov.au and Council Offices at Corryong and Tallangatta.

JOIN LIONS

One more member gives us two more hands to do service in our community
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 6037 6231

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

Old Battery Round-Up
Recycling old batteries in support of Walwa Hall

Contact
David Hanna 02 60371343
Johnny Blackburn 02 60371232

walwa.com.au or walwabushnursing.com
CRT Agmate Rural Services
Corryong will be servicing the Walwa area every Tuesday.
Please contact us for orders
02 6076 1166

Tangled Threads
Walwa/Jingellic Craft Group

Our craft day held on 18 August was a bit different to our usual get together. We decided to take a trip to the Wangaratta Knitting Mills for a days outing.

As most of us commented, the last thing we need is more wool, but guess what - we all bought some. Can’t resist a bargain.

After all this hard work of deciding what wools we wanted, we went and had a picnic at the Wangaratta Park which was a lovely spot.

We also visited Bruck Mills but that was a bit disappointing as it was not what we were expecting. They are now an outlet store for lots of different manufacturers and lots of plain curtain fabric. Still we managed to buy something there.

A lovely day was had by all and we arrived home exhausted - shopping even for fun makes you tired!!

How’s this for a mountain of yarn??

Book Chooks

The book for last month was a great read. “Postcards” written by Annie Proulx is a vast read, covering decades.

The story is of the Blood family. Son, Loyal, accidentally kills his girlfriend. He buries her in a rock wall, and takes off ... leaving the farm and his family, never to return. Proulx begins each chapter with a postcard, which tells a snippet of the continuing story.

Many of these postcards are from Loyal to his family telling about his wandering life, but he is totally unaware of their story after he ran away, as he never leaves a return address so that the rest of the family can never contact him. He is not aware of the demise, and selling of the farm, the lives and deaths of his parents (Mink and Jewell) nor has any knowledge of the lives of his brother (Dub) and sister. (Mernelle).

Proulx writes such wonderful descriptive prose. The text is a contrast to the brief messages on the postcards. A “meaty” read!!

Next month we are reading “People of the Book” by Geraldine Brooks

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<td>Community Shop Kerrie</td>
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<td>Balance Class WBNC Yvette</td>
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<td>Power Bar WBNC Yvette</td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>1:30 - 2:30pm</strong></td>
<td><strong>5:30-6:30pm</strong></td>
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<td></td>
<td>Line Dancing</td>
<td>Powerbar WBNC</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>10:30 - 3pm</strong></td>
<td><strong>11:45am - 3:30pm</strong></td>
<td><strong>8pm</strong></td>
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<td></td>
<td>Community Shop Kerrie</td>
<td>Planned Activity Group WBNC</td>
<td>Music Group</td>
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<td>WBNC Kylie</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td><strong>9-10am</strong></td>
<td><strong>9-9:30am</strong></td>
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<td></td>
<td>Catholic Church Exposition</td>
<td>Golf Walwa Golf Club</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>10:30 - 3:30pm</strong></td>
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<td>Community Shop Kerrie</td>
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<tr>
<td><strong>SATURDAY</strong></td>
<td><strong>9 am</strong></td>
<td><strong>11:00</strong></td>
<td><strong>11:15am</strong></td>
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<td>Catholic Church Service</td>
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<td>Golf</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
Walwa General Store & Newsagency

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Summer Trading Hours:
8am to 6pm.

Winter Trading Hours:
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Sun. 8am to 4pm.

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walwa.com.au or walwabushnursing.com