



Your August 2020 Community Newsletter

GREATER HUME CHILDCARE SERVICES

We acknowledge the Wiradjuri people and the land where Walla Walla services take place and recognize elders past, present and emerging.

What a busy month!

We started the month by celebrating Nature and Ocean Day, respectfully on the 5th and 7th June, under the theme of Biodiversity. The children had the opportunity to engage in being responsible and connected to their physical and built environment. Children were wearing green on this day and have explored a video with biodiversity and learned on how to be more responsible such as: turn the light off, investigating the process of growing potatoes using recycled water for them. We also pretend to be birds and butterflies.



Investigating how to grow pumpkin seeds

routine with increasing responsibility.

Another important learning has started with our educators who attended a “key sign word” professional development session to assist with inclusive practices in our services. It also encourages all children to develop their comprehension of communication. Through keyword sign, children increase fine motor, coordination and memory skills. An opportunity for them to be helped in the process of imitation, to achieve directions through sequences, and develop body awareness. We strongly encourage our families and our community to engage in signing through their routines. You can find some free smart applications to master simple keywords very easily. Please, for any further information feel free to contact us.

All over the month, some of our families have highlighted their concerns towards the safety of the children in the parking and around the school areas. We will be implementing programming towards road safety and engage in regular discussions towards it. And we are very excited as we will have a surprise incursion for the children. We will communicate the details later this month for the parents who wish to attend this opportunity. We are also gently reminding our community that the speed limit is 40Km/h at school times, and phones must not be in use while driving. We are role modeling the future generation!



Evacuation rehearsal

We have practiced a few emergency rehearsals walking to the back of our parking lot. We are currently learning to master walking holding on to the rope and have kept talking about fire safety.

We would like to thank the Lieschke Company for picking up the schoolies daily from our service and delivering them to the school. This provides the opportunity for them to reinforce their autonomy and responsibility. Schoolies have been very excited to engage in this daily



Children were putting a fire out targeting the flames on top of pile of bucket



Practising our fundamental movement skills: Jumping

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NSW RURAL FIRE SERVICE

WALLA WALLA BRIGADE

Juniors Are Back

WWRFB is excited to recommence our Junior Member program for the 2020 season.

Charlotte, Lucas and Harry have returned which is great. We have also signed up 6 new Junior members to the program. We welcome Billieann, Brooke, Elise, Lily, Luke and Thomas to the team.

The Juniors have commenced training on Monday nights with the help of Shai, Craig, Steve and Cameron. It has been great to see them all step up and have a go, and try something new.

At this stage we believe that the RFS Sam McPaul Cadet Championships will still go ahead in October at Holbrook. Our members are working towards this and hoping to enter 3-4 teams in conjunction with the Lavington RFS and Splitters Creek RFS.

Station Upgrades

Over the next couple of months there will be some work completed at the Fire Station that will enhance our ability to train as well as improve security.

We are upgrading lighting, fitting electric roller doors, installing new shelving and purchasing training supplies.

WWRFS Junior Members



L-R: Charlotte, Brooke, Lily, Luke, Lucas, Thomas, Harry and Billieann (Absent: Elise)

Community Support

Our community has stepped up and supported our brigade in many ways over the past fire season. In recognition of this we have issued certificates to the following businesses:

- Walla Walla Hotel
- Walla Walla Post Office
- Adam Wilson Electrical
- Patton Refrigeration
- Knobel Ag
- PJN Steel Fabrication
- Walla Walla Public School
- Elders Walla Walla
- Terry White Chemmart Walla Walla

Whether they have donated their goods, services, conducted a fundraiser or released staff members to attend fires within our community or across the state. We acknowledge and thank them all for their generosity and the support they have shown our community and our brigade.

SOCIAL TENNIS

We have had some great days of tennis in the past few weeks. If you need a sport that is available for exercise and enjoyment in these difficult times come and join us!

We are practising all the correct protocols very diligently, to keep everybody safe. We are fortunate that tennis is a sport that is readily compliant with the necessary social distancing etc

We have had some grey days, and even a day when we had to relocate to the back courts, but we have been having some great tennis with some extra players. So come along; Tuesdays, 9.30 am at the town courts. All Welcome.

WALLA WALLA CRAFT GROUP

UPDATE

We meet each Thursday at the Town Hall from 10 am to 12 noon.

Everyone Welcome. Gold coin donation to cover hall hire only.

All Arts and Crafts welcome. People wanting to learn are welcome or just drop in for a cuppa and a chat.

Ph Neroli 0420 298 378



NEW COMMUNITY RECYCLING STATION

There is a new permanent community recycling station at the WAW Credit union. Items that can be dropped here include:

- * Fluoro globes
- * Mobile phones
- * Smoke detectors
- * Household batteries

Check [page 7](#) for WAW opening times.

OLD READING GLASSES are also being collected at WAW to be recycled by the Lions Club Australia

HOUSE FOR RENT

Lovely, neat, 3 bedroom plus study (or 4 bedroom), brick veneer home in Walla Walla.

Currently fully furnished with all household items. Or, it can be rented without furniture and household items. This home has solar panels, natural gas, reverse cycle air-conditioning and a double car port. A double lock up garage with concrete floor and power, may also be available.

Phone 0428 572 841

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02 6029 8875 or 0428 725 545

Email: peter.scoota@bigpond.com

Showroom - 18 Gordon Street, Culcairn

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Please bring your own trailer or bags. 0448 554 302

Business Opportunity in Walla Walla

OPERATOR REQUIRED FOR SCHIRMER'S OLD BAKERY

To rent fully equipped food outlet.

Assorted take-aways, local produce, bakery produce. Supplying coffee.

Local producers welcome to supply products for the new food area.

Ph Peter Graves: 0407 161 439

WALLA WARES

55 Commercial Street, Walla Walla

An eclectic collection of old and new. Upcycled furniture, vintage wares and interesting pieces.

Open Saturdays and Sundays: 10am - 3pm, or by appointment

Ph: Virginia 0412 378 451

Fresh baked bread available both days.



WEEDS AND FLIES AT WALLA WALLA

Bindii? Not yet. It lies in wait, until October. Lots of Cape Weed around. Prepare for the "yellow season" in our area, with cape weed flowers adding a huge splash of yellow daisy shaped flowers.

Marshmallow is still growing nicely. See photo with me standing in front of a very fine specimen, growing in our town area. The Internet states it grows to one metre high, but we can produce much better than that! This weed will be with us for some months yet, with small whitish flowers a bit later. Someone suggested using a chain saw for big plants! That will certainly work, but that is a bit heavy handed! Small plants pull out easily, but larger plants need a pretty heavy, sharp tool for their demise. Spraying large plants with normal spray is a waste of time.



Herb standing near a well nourished marshmallow plant

Patto has started flowering, so needs urgent attention. That nasty sticky weed is growing nicely under bushes. Look for stinging nettles in open areas. There is some soursob around too. Indeed, it is the time for lots of weeds.

Flies have departed from our place, hopefully from yours too. Apparently the weather helped them go to huge numbers this year.

Herb Simpfendorfer



Wattos Garden Supplies

1 Jarick Way, Jindera Industrial Estate
0448 600 433

admin@wattosgardensupplies.com



Mumma J's Food Hub

Coffee, Muffins



HotFood, Kebabs, Hamburgers

Fish & Chips

with lots more to offer

Friday's 8am to 3pm

Across from PJN

Please ring Orders through

Sunday's 11am to 2pm

Near Walla Wears

Contact Janet 0419 149 887

mummajsfoodhub@gmail.com



DJ's
Fine Fast Food

*We are still under some restrictions.
Trading hours Monday-Thursday 8-2pm
Friday 8-2 5:30-7pm
Trading hours are in review, follow us on Facebook to keep updated.*



CALL THE FREE EPILEPSY HELPLINE

Do you have epilepsy or experience seizures? Are you feeling isolated, need advice about your medications, or just want to chat?



Call or email the EPILEPSY NURSE LINE. It is available 9am to 5pm, seven days per week.

Each call will be answered immediately by a Registered Nurse with special training in epilepsy management. You can trust that the information you receive will be accurate and safe.

If you prefer to email, you will receive a response within 24 hours.

The service is proudly provided by Epilepsy Action Australia, with the financial assistance of the Australian Department of Health.

FREE EPILEPSY NURSE LINE

1300 EPILEPSY (1300 37 45 37) OR

epilepsy@epilepsy.org.au




The Youth Banking Pack

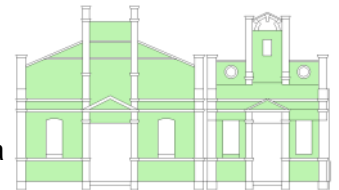
Banking that grows with you

WAW can help you get set up for a strong financial future with our fee-free Youth Transact and Youth Saver accounts. We're your local bank. We're here to support you, no matter where life takes you.



General advice warning:
In providing you with information you should consider the appropriateness of the advice with regards to your particular financial situation and needs. You should consult the financial services guide and the Products and Services Terms and Conditions booklet before making a decision to apply for any product. This documentation is available at any WAW service centre or at www.wawcu.com.au. Information is accurate at March 2019, but is liable to change without notification. For most current information please go to www.wawcu.com.au or visit any WAW Service Centre.

WALLA WALLA COMMUNITY HALL COMMITTEE



Invitation to the Walla Walla Community

You are cordially invited to attend the Annual General Meeting of the Walla Walla Community Hall Committee

Place: Walla Walla Memorial Hall

Date: Monday 3rd August 2020

Time: Commencing at 5.30pm

Looking forward to welcoming you.

Helen Krause, Secretary, Ph: 60 292073

PRAYING FOR WALLA

Join us as we pray for each other, our community, and the world. We meet on the fourth Thursday of every month at the Lutheran church hall from 8pm. Our next meetings are 27th August and 24th September.

For prayer requests please contact Pastor Dan Mueller (0413 032 455).

WALLA WALLA BAPTIST CHURCH UPDATE

Worship services at Walla Walla Baptist Church have resumed at 10am on Sundays and will continue if restrictions allow—shortened service, no singing, no Sunday School.

Thank you

Ps Susan Barnes

CHURCH UPDATE & WORSHIP AT HOME OPTIONS

Local churches will be slowly starting to allow some services due to COVID-19 restrictions being lifted in the coming month.

For more information please contact:

Lutheran Church Walla Walla & Alma Park

Visit their website: <https://wallawalla-parish.lutheran.org.au/>

YouTube channel "Walla Lutheran parish", worship at home video stream each Sunday @ 9am.

Contact: Pastor Dan Mueller 0413 032 455

Baptist Church Market St. Walla Walla

Walla Walla Baptist Church is slowly transitioning to having some services in the church building. Please phone Pastor Susan Barnes for details on 0417 549921.

Catholic Church Market St. Walla Walla

Participate in your local Parish Mass, live-streamed via the links provided in the Catholic Diocese of Wagga Wagga website: <https://www.wagga.catholic.org.au/>

Contact: Father Terence Mahedy 0458 298 363

Anglican Church Balfour St. Culcairn

The Anglican Diocese of Riverina is bringing to you Virtual Mass. You can watch Mass @9.30 on Sundays via their YouTube channel, search for 'Anglican Riverina Diocese'.

Contact: Father Bob Done 6026 3691

RURAL CARE LINK

Ring 6026 3001 or 0475 594 073
Jindera Community Hub, 83 Urana St.

URGENT NEEDS:

- ⇒ Lifeline 13 11 14
- ⇒ Beyond Blue 1300 224 636
- ⇒ Mensline Australia 1300 789 978

MAINLY MUSIC

For parents and children under school age.

At the Baptist Church, 5 Market St.

Cancelled until further notice

Enquiries: Jill Shipard 0427 694 554

RAINFALL AT WALLA WALLA FOR JUNE 2020

As recorded at the Walla Walla Post Office. June 2 (0.6mm), 3 (8.0mm), 12 (14.0mm), 13 (3.6mm), 14 (0.8mm)

Total for June: 27.0mm.

For 2020 to end of June: 338.2mm.



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TAKE OLD CAR BATTERIES TO LIESCHKE MOTORS

The proceeds go to the Walla Walla Community Development Committee, to use as needed for our community.

Thank You Lieschke Motors!!



WALLA WALLA BOOK SWAP

In the Hall behind WAW
Open when WAW is.

No fees or membership just choose a book, keep it & swap one you have read or bring in back & swap again.

Books for all ages.



On-demand Buses serving Walla, Burrumbuttock, Jindera and Albury.

The service is available on weekdays 7am to 6pm, and does not operate on New South Wales public holidays.

Bookings-Phone or text

0448 353 281

<https://www.regionalbuses.com.au/>

August Community Diary

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3 - Walla Hall AGM, 5.30pm, Memorial Hall	4 - Social tennis 9.30am, Walla Courts	5	6 - Craft Group, 10am, Town Hall	7	8	9
10	11 - Social tennis 9.30am, Walla Courts	12 Council meet- ing, 6pm Holbrook	13 - Craft Group, 10am, Town Hall	14	15	16
17	18 - Social tennis 9.30am, Walla Courts	19	20 - Craft Group, 10am, Town Hall	21	22	23
24	25 - Social tennis 9.30am, Walla Courts	26	27 - Craft Group, 10am, Town Hall - Praying for Walla, 8pm	28	29	30
31						

LOCAL BUSINESSES

Walla Walla Bowling Club 6029 2146

Not operating yet.

See update on [page 5](#).

WAW Credit Union 6029 2392

Monday-Thursday: 12.30-4.30pm.

Friday: 11am-12.30pm (closed for lunch
12.30-1.30pm) Friday pm: 1.30-5.00pm

Walla Walla Post Office 6029 2231

Mon-Fri 9am-5pm; Sat 9-11am

Second Hand Rose 6029 2116

Thurs & Fri 1.30 - 4.30pm. Sat 9.30 -
11.30am

On Demand Regional Bus

Bookings: Phone or text: 0448 353 281

Walla Hotel 6029 2309

Mon - Sat - Opens at 11am;

Sun - Opens 12 noon

Kitchen: Thursday-Saturday 6- 8pm;
Sunday 12-2pm

Meals other times for min. of 10 if
booked.

Take away lunches: Wed, Thurs & Fri:
12-2pm

Walla Walla Hair Salon 6029 2277

Tuesday, Thursday & Friday: 9am
- 5.30pm

DJ's Fine Fast Food 6029 2033

Mon-Thurs: 8am - 2pm;

Fridays: 8am - 2pm; 5.30-7pm

Terry White Chemist Walla Walla 6029 2496

Mon-Fri: 9am - 5pm

Facebook: Terry White Chemmart Walla

Hume Medical Centre Walla Walla

Mon: 8.30am-1pm; 2pm-5.30 pm;
Wed: 11 am-5.30 pm; Fri: 11 am-5.30
pm

Ph: **02 6073 2605** (during Walla open-
ing hours) or **02 6036 2952** (Holbrook
on other days)

Walla Police Phone Number: 02 6029
2104

WANT TO SUBMIT A

NEWSLETTER ARTICLE?

Please send in any special
acknowledgements, articles or
request to be added to the email
recipient list to:

wallanewsletter@gmail.com

or drop them in the box at the
Walla Post Office.

- Articles should be received
before 12 pm on the 15th of
each month; preferably as
early as possible **before** dead-
line day.
- All articles should be kept
concise to save space.

Walla Website:
www.wallawalla.nsw.au

No one is respected unless he is
humble:

arrogant people are on the way
to ruin.

Proverbs 18 v 12

HUME MEDICAL CENTRE

We offer access to the following services:

- * Dietitian
- * Psychologist
- * Riverina Podiatry
- * Australian Hearing
- * Psychiatrist



Please see reception for access to these services

MOBILITY AIDS

Available on loan

Contact Fiona at the Walla Hume Medical Centre



We acknowledge the generous support for the community newsletter from Kotzur Pty Ltd (printing) and the Walla Walla Post Office (newsletter distribution).

Editors: Ben Kotzur and Raquel Ortega-Zarco.

Team: Jenny Jacob, Françoise McPherson, Julie Barber, Herb Simpfendorfer.

DISCLAIMER

The opinions stated in this newsletter are those of the contributors and not necessarily representative of the editors, the newsletter team, Kotzur Pty Ltd or, the Walla Walla Community Development Committee.

Where there are space limitations, the editors may need to edit or omit articles. The editors will not be held responsible for any errors.

WALKING YOUR DOG?

A friendly reminder to please be a good neighbor and pick up after your dog to help keep our town looking great!



WALLA HISTORY

Part 3. King's Bridge, - The Demise

On April 9th 1919, 18 months after high water damaged the bridge's structure, during the necessary repair work, the south truss beam of the King's Bridge collapsed. The story of the bridge's collapse is as follows, based on information from the ensuing inquiry in 1920:

The entire structure was about 90ft long. The council engineer reported "that the top beam of the truss on the downstream side had cracked, and the bridge vibrated exceedingly when traffic went over it." He then went on to say, "Now it will cost about £500 to repair." The damaged beam was 33ft long and was literally about to be repaired. While the crew was working on the bridge, part of the process was to pull/lift the deck of the main section of the bridge straight, which they had done very easily. Only when two nuts attached to the suspension rods were undone, while the deck was suspended, did the bridge collapse. The site engineer was not present and, alarmingly, he did not view the bridge until two days after it had collapsed.

The engineer, Mr. Campbell Arnheim was duly suspended without pay for six months while the inquiry was carried out. During this time, he sued the council for loss of income and unfortunately for him, his wife died!

The results of the inquiry in reference to the engineer, Mr. Arnheim, were straight forward. He was at fault:

1. In not personally supervising the work. (He was over at Cookardina on "more important" duties".)
2. In putting incompetent men on the job. (Incompetent in as much as they were not trained for this type of repair work.)
3. In not making a thorough examination of the bridge before work had started.
4. He had shown a want of knowledge of truss work by instructing men to remove nuts from suspension bolts. (This instruction was given during a previous visit to the bridge with the contractor, not on the day, as Mr. Arnheim was not present.)

5. Allowing a traction engine to be used to bring the truss into line, putting excessive strain on other bridge timbers causing fracture of old timber.

6. In not closing the bridge to traffic while repairs were carried out. If not so serious, this would have been humorous; the day before, a six ton loaded wagon crossed the bridge. The limit on bridge was 2 tons; while preparations for the repairs were being carried out, two light vehicles crossed the bridge, and a mob of sheep were allowed across as the deck was about to be pulled into alignment! The tackle for the job had already been attached to the bridge as was the traction engine, men were undoing nuts from suspension rods when they allowed the mob of sheep to cross!

In summing up, Mr. N. Grant had delivered his inquiry verdict: "The evidence clearly shows that the engineer was at fault. Therefore, the Council was justified in requesting him to resign from his position of engineer, and failing this, in suspending him." Young Witness, 27th April 1920, p1. Council went one step further: "...we recommend that the engineer's services be dispensed with." Albury Banner, 16th April 1920, p19.

There were no injuries reported as a result of the collapse of King's Bridge. Minutes before the nuts were removed causing the collapse, a workman was on the deck of the bridge, in fact, not much was reported at the time at all, only numerous articles that were short on detail and obviously from the one source. Only when the inquiry was announced in February 1920, did the seriousness of the incident become apparent and coverage stepped up, but this was 10 months after the collapse and not at all as interesting.

On the day of the collapse, the Walla Walla maintenance man, Mr. John Kothoff was on site. He was one of the men charged with the job of removing the offending nuts from the suspension bolts. He later gave evidence at the inquiry, this evidence did not help to quell any doubt over the competency of the traction engine driver, Mr. W. Horsburgh! This was surprising, as Mr. Horsburgh was very experienced in bridge construc-

tion. However, he had little experience in this type of bridge repair work.

Following the collapse, the bridge was repaired using whatever materials that could be salvaged and any new materials were purchased with minimal cost. A two-ton load limit was once again applied, making the bridge unusable for heavy machinery, trucks and loaded wagons. Once again, the abutments were severely damaged by a flood in 1921, putting the bridge out of action again and closing it to all traffic. It was not until May 1923, when Thomas King, selector of farm 85 south west of the bridge, took it upon himself to fix the approaches to the bridge after gaining permission from the Culcairn Shire, so at least small vehicles and other light conveyances could cross without difficulty, the Shire then reimposed the two ton limit at this time. In November of 1923, the Shire Engineer inspected the bridge at the request of the Shire president. On casual inspection he found the bridge would be able to be repaired by replacing a truss span, but on closer inspection he realised the bridge would need to be replaced. He was then instructed to report to the next meeting with two costings; to rebuild in either concrete or timber. His costings presented at the December meeting were: Renewal in timber, 2 beam spans and 1 truss span, total length 137ft. estimated cost £1496; and in reinforced concrete, £3000. Neither of these were accepted by Council.

In July 1926, 29 residents sent a petition to request the Culcairn Shire Council to rebuild King's Bridge. Finally, in November 1926, council had the plans and estimates for the bridge's reconstruction, but requested they be held over to January 1927 before construction began. The estimated cost was now just £1200, for a lower level bridge, in first class order to carry all traffic. The last note regarding the old bridge to be made in the Albury Banner was when Thomas King put in a request to council to buy some of the old bridge timbers in 1927, which they duly agreed to.

Submitted by Anthony Brinkmann on behalf of the Walla Walla Historical Society Inc.

HELP US HELP YOU—CHECK YOUR LETTERBOX

Local Land Services is urging landholders to keep an eye out for Annual Land and Stock Returns which are landing in mailboxes this week.

Annual returns are a statutory requirement and the data provided ensures Local Land Services customers get the help they need when emergencies or disasters strike.



Annual Land and Stock Returns help Local Land Services respond during emergencies.

“We’re urging landholders to complete their Annual Land and Stock Return online, because that’s the quickest way to ensure we can respond swiftly and accurately when needed,” said Business Partner, Emergency Management, Steve Eastwood.

“Landholders can help us help them in an emergency or biosecurity event,” he said.

Annual Land and Stock Returns are a snapshot in time, much like a census and landholders should fill in the details as they were recorded at 30 June.

Annual returns need to be lodged to Local Land Services no later than 31 August.

The information gathered builds a picture of agricultural



Landholders need to lodge their Annual Land and Stock Return by 31 August.

land use and livestock numbers across NSW and assists in monitoring flocks and herds for emergency animal diseases.



Local Land Services

“We understand circumstances change over a 12 month period, and after a hard few years, reporting livestock figures can be confronting, especially when landholders have destocked due to drought, fire or flood,” Dr Eastwood said.

Executive Director Regional Operations, Rob Kelly, noted that the livestock figure landholders provide on their return does not affect the amount they pay in rates.

Local Land Services rates are calculated on a property’s Notional Carrying Capacity.

Mr Kelly said it is vital Local Land Services has accurate, up-to date information so it can best deliver services.

“It may not be top of every landholder’s to-do list right now, but we need all returns so we can understand what’s happening on the ground across the state,” he said.

“In an emergency situation like last summer’s fires, our team will be supporting landholders as well as other agencies and suppliers to roll out an enormous amount of practical help, as well as information and advice,” he said



Information provided through Annual Land and Stock Returns assist in monitoring flocks and herds for emergency animal diseases.

Lodging online only takes a few minutes. Visit www.lis.nsw.gov.au/alsr and follow the links to the dedicated portal.

The online process can be done in three simple steps and helps reduce face to face contact with Local Land Services and mail service staff, although postal lodgement is still available.

WALLA PHARMACY NEWS

I had such great intentions of writing something for the last newsletter, but the deadline came and went and I was still in my pjs, enjoying a cuppa! I had a wonderful couple of weeks break, and am now back into the swing of it- it's nice to be back!

Over the last couple of weeks, we have seen a worsening COVID situation in Victoria, and now some places in NSW. It is a stark warning against complacency. We all need to continue to do the things we have been doing so well- wash or sanitise your hands often, cough or sneeze into your elbow or tissue and discard it, keep social distancing, and get tested if you have any symptoms. There are pop up and travelling clinics happening locally- you can call Murrumbidgee COVID Hotline on 1800 831 099 or follow them on Facebook for further information. We also have some masks in store, however they aren't useful or suitable in all situations- feel free to call or drop in for more information. And at the risk of sounding like a broken record, please make sure you reach out if you need help, and make sure you are keeping on top of your overall physical and mental health.

This month we are focussing on better pain management. There has been a bit in the news about some changes to prescribing and scheduling of pain medications. This has resulted in a bit of anxiety from a few people. The changes were introduced to improve safety around these medications and make improvements in the way we manage pain. Please let me know if you have any questions about how any of these changes may impact you- we can even organise to sit down and have a proper chat about your medications. Terry-White Chemmart have been releasing some great webinars on line, with the next one focussing on pain on 29 July. You can book in for it, and catch up on the others by visiting the website,

www.terrywhitechemmart.com.au/realtalk/ (I have seen Joyce McSwan who presents Episode 2 speak 3 times- I think it would be well worth a watch!).

Catalogues are back in full swing in store, and there are some great bargains this month across cold and flu, first aid and (very importantly at this time of year) skin care. Way back in March, I attended a course in Melbourne over 3 days, and the importance of maintaining skin health as we age was the focus of one of the sessions. Some very good evidence was presented that shows that a good skin care regime in people over 65 can greatly reduce the risk of skin tears. I have some QV trial packs, so if you think your skin care could use some improving, and you are over 65, drop into the pharmacy for some goodies!

As always, please reach out if I can be of any assistance. You can call any time, and please leave a message with your phone number if I don't pick up, I will get back to you. Or get in touch via email (walla@rivpharm.com) or via Facebook. Keep up the amazing work everyone!

*Erin, Pharmacist
Walla Walla Pharmacy*

ISOLATED BUT NOT ALONE

Coronavirus Mental Health Contacts

Lifeline 13 11 14

Beyond Blue 1300 224 636

1800RESPECT 1800 737 732

Kids Helpline 1800 551 800

MensLine 1300 789 978

ReachOut au.reachout.com



Rural CareLink Carers Support Group

For parents, guardians, family members and other support people who are unpaid and provide on-going care and assistance to another person

New Members Welcome

Meeting every 2nd week of the month on

Thursday morning at 10.00 am until Midday

Come along for a chat, peer support and information

At the Hall behind the Bethlehem Lutheran Church

109 Adams Street, Jindera NSW 2642

For more details please ring the

Rural Care Link Office on 02 6026 3001

GREATER HUME LIBRARIES TO GO FINE FREE

From Wednesday 1 July 2020, we have waived all overdue fines and will no longer be charging fines on overdue items

**NO MORE OVERDUE
FINES!**

**BRING BACK YOUR
LIBRARY ITEMS TO
BORROW MORE**

Items that are lost or damaged will still attract a replacement fee



For any enquires please call the
Library and Youth team Leader
on P: 6036 0179

