

#### **Your June 2023 Community Newsletter**

#### SNAPS OF WALLA WALLA AND SURROUNDS





Share your snaps of Walla Walla and surrounds - send to wallanewsletter@gmail.com

Photo left: courtesy
of Leon Schoff of the
upgrade to the Railway
Crossing Path | Photo
right: The wreaths laid at
Walla Walla on ANZAC
Day, courtesy of Julie
Barber. For more on
ANZAC Day, see p.2



Today's Learners. Tomorrow's Leaders

#### KINDER TO YEAR 2

Kinder students are very proud of their readers. These readers get taken home to read to their parents. They are also learning to spell their words.



The K-2 classroom are learning about living things, and if they can be the same and different. They will also be planting seeds to discover how they grow in different environments.

#### **CANS FOR RECYCLING**

You may have noticed this cage out the front of the school and what it may have been placed there for. The 3-6 students and Mr McDonald have created this cage to accept donations of cans and bottles as part of their recycling efforts. If you have any cans or bottles to be donated, please do so!



#### **SPORT REPRESENTATIVES**

Well done to Adelaide Phegan who attended the PSSA Eastern Riverina Netball Trials earlier in the term and was successful in being selected as apart of this team. Adelaide attended the Riverina trials in Week 3 but was unsuccessful in selection of the Riverina team.

Adelaide and Penny Nadebaum also played as part of the Walbundrie Small Schools in the PSSA Knockout netball program in Week 3. They both played a great game, with the team going down to Henty PS. Well done Penny and Adelaide for representing Walla Walla PS.

#### GRIP LEADERSHIP YEAR 6

On Tuesday the 2nd of May, the year 6's headed out to



the Albury Entertainment Centre next to QE2 to learn more and improve our leadership skills. Along with Walla there were local schools from Victoria and New South Wales. The GRIP Leadership team played lots of fun games related to how to be a good leader. One thing I learnt was the four H's will make you a better leader, Hear other's opinions, Help with the little things, Happiness and Humility. Another thing Toby learnt was that if you listen to another's opinion, they will listen to yours.

By Adelaide, Year 6

#### In this edition:

DOMESTIC FAMILY VIOLENCE PREVENTION AWARENESS MONTH

P. 4

COMMUNITY DIARY

GREATER HUME CHILDREN
SERVICES UPDATE
P 11

WALLA WALLA FOOTBALL CLUB
REUNION

P. 12

## **PLUS**

So much more...

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

Editor: Steph Odewahn Team: Julie Barber, Françoise McPherson, 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 editor may need to edit or omit articles. The editor will not be held responsible for any errors.

## WANT TO SUBMIT A NEWSLETTER ARTICLE?

Please send in any special acknowledgements, articles or requests to:

wallanewsletter@gmail.com

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

Please submit all articles by 12pm on the 15th of each month



If you don't need your Newsletter anymore, please leave it or any other old copies you have, at the Walla Post Office for others to read.

#### **ANZAC DAY AT WALLA WALLA - 25 APRIL 2023**

At Walla Walla, many people were involved in the ANZAC Day ceremonies to remember people involved in wartime activities, and show support for the wider veteran community.



As part of the 2023 commemorations RSL members and the general public gathered for the annual ANZAC Day Dawn Service at the Bi Centennial Park.

Later, many gathered and participated in the Walla Walla march down the main street. This was followed by an ANZAC Day Commemoration Service at the Bi Centennial Park, and a luncheon and display at the Town Hall. Later in the day, there was a Sunset Ceremony.

## LEST WE FORGET WE WILL REMEMBER THEM

























Images courtesy of Herb Simpfendorfer & Leon Schoff

#### ANZAC Day 2023: FIFTY YEARS SINCE THE END OF THE VIETNAM WAR

Written by Françoise McPherson

The year 2023 marks 50 years since the end of the Australian involvement in the Vietnam War which lasted from 1954-1975. The last Australian soldier was returned home in June 1973. The conflict was between the Communist Government of North Vietnam with its allies in South Vietnam (known as Viet Cong) against the Government of South Vietnam and its ally, the U.S.A. North Vietnam had defeated French Colonial rule and wanted to unify the North and South regions as a single communist country such as China or the Soviet Union. But South Vietnam wanted to be a democratic country such as America. The Vietnam war has also been named the "American war in Vietnam".

In 1961, US military advisors were brought into Vietnam with active combat units being present from 1965. By 1969, there were more than 500,000 US troops in Vietnam. Australia and New Zealand fought alongside South Vietnam forces.

Casualties were high and the US and allies withdrew in 1963. In 1965, South Vietnam fell due to a large scale invasion of the North. Vietnam lost an estimated 2 million civilians on both sides plus around 1.1 million Vietnamese soldiers. The US lost more than 58,000 soldiers although some of their dead may have been Canadian citizens. Other casualties were South Korea 4,000), Thailand (350), Australia (523) and New Zealand (around 3 dozen). There were 60,000 Australian soldiers deployed to Vietnam and 2,400 were wounded.

Upon return to Australia, Vietnam Veterans were treated with indifference at best or with outright hostility at worst for interfering in another country's internal war which became a very controversial war. However, the soldiers had no choice and have to serve wherever they are deployed. The Albanese Government has belatedly decided to recognise and honour the Vietnam veterans for their service with a Commemorative Medallion and Certificate of Commemoration (below, right) from the Department of Veteran Affairs. With the numbers of WW2 and Korean War Veterans rapidly declining, the Vietnam Vets are fast becoming the more prevalent veterans. In Washington DC, the Vietnam War memorial (below left) is a long wall with names of missing or dead American Vietnam veterans inscribed. Commemorative items from the Vietnam War that were on display in the Walla Town Hall are shown below.

Ref: Vietnam War | Facts, Summary, Years, Timeline, Casualties, Combatants, & Dritannica; Anniversary marks the start of commemorative year for Vietnam Veterans | Minister for Veterans #39; Affairs (dva.gov.au); Vietnam War commemorative medallion and certificate | Department of Veterans #39; Affairs (dva.gov.au)











## OLD BAKERY BUILDING IN WALLA WALLA

It was noted that Council approved DA 10.2022.243.1 'Demolition of existing structures, construction of a shop..." in relation to the Old Bakery Building at 55 Commercial Street at the 17 May meeting.

Active lobbying is continuing to help save the building, for more information contact Tim Paramore from the Walla Walla & District Historical Society Inc on 0428 686 370 or speak to the business owners of the building.



Pictured above: restored bake oven in the Bakery

## WALLA WALLA BOWLING & RECREATION CLUB

The bowling season might have finished but the Club is still open for business. The greens are not closed, so why not get a group together and have a social roll. The Club is open Tuesday - Saturday 5:30pm, with meals served on Friday evenings from 6:30pm, meat raffles and Members draw.

Upcoming events include: Bowls Presentation Night, Euchre card nights and other social get togethers.

"Bottle Top Trivia"
Saturday 24 June, 7pm
Tables of 6 @ \$10 a player
Book teams at Club
(if you don't have a team and
want to play - let us know)
Bring nibbles to share on your table

Another financial year is about to end and membership fees are due at the end of May. Your support is appreciated with your membership - \$15. This can be paid at the Club or direct payment to BSB: 803070 | Acc: 100 485 882

The club also needs your patronage during the off season of Bowls to cover various overheads. If you are new to Walla Walla come in for a chat and become a member.

#### **DOMESTIC FAMILY VIOLENCE PREVENTION AWARENESS MONTH**

Written by Françoise McPherson



The following article contains references to familial and sexual violence that may be upsetting or triggering for some readers. Discretion is advised.

The month of May was Domestic Family Violence Prevention and Awareness month with the 4th of May being Domestic Violence (DV) Remembrance Day to remember and honour the women and children killed through family violence. This is a common occurrence and there is now more widespread recognition of the physical and psychological effects that DV has on victims. Domestic and sexual violence has been recognised as a major health and welfare issue in Australia and the reported incidence has risen during the Covid-19 pandemic with the forced lockdowns and social distancing rules making it harder for affected people to seek help or escape. DV victims can be of any socioeconomic background, age or nationality but women and children are overrepresented. Whilst physical injuries can heal over time, the psychological trauma and emotional suffering can have long lasting effects.

Although men can be victims of DV with perpetrators being both male and female, the majority of victims are female (95% of women have experienced coercive control) and for simplicity's sake, all sufferers will hereby be referred to as female.

#### What is Domestic Violence?

In Australia, the statistics are staggering:

staggering: 10 women/day are hospitalised 1 woman / week with injuries and 1 man / week sustained through are murdered DV through DV In 2016, 1 in 4 women and 1 in In 2016, 1 in 6 men experienced 14 children had emotional abuse by experienced physical current or previous DV by a family partner

The actual numbers are likely to be higher due to not all incidents being reported. It is becoming such a widespread issue (reaching epidemic proportions in Australia) that is likely we all have either experienced DV

or it affects someone we know. Most victims will not talk about it for fear of retribution where punishment could be severe, even fatal. There is also a deep sense of shame and humiliation and fear of not being believed. Family and domestic violence can have fatal consequences for victims at the hands of the perpetrator (homicide). A victim can also end her life if she believes that there is no escaping the physical and psychological trauma.

It's a myth that domestic violence is only of a physical nature resulting in bruises and broken bones. There are several recognised categories of DV. The goal of each category is for the perpetrator to manipulate and gain total power and control over their partner by intimidation and harassment tactics to isolate her from friends and family. The perpetrator's end goal is that she is totally cut off from her support network and solely at the mercy of the abuser. These categories of DV are:

- Physical: hitting, choking, bashing, throwing down stairs, hurling objects at partner, causing burns (chemical or heat) on skin, dragging by hair, forced sleep deprivation, stalking.
- 2. Financial: sabotaging efforts to secure a job or trying to get partner demoted, insisting partner shoulders burden of joint debt alone, insisting on joint account, withholding money; insisting partner takes the blame and pays for abuser's fines.
- Sexual: rape, forcing partner to engage in sexual acts she does not want, unwanted touching, refusal to practise birth control despite being asked to do so;
- 4. Verbal: body shaming, name calling, using derogatory terms to refer to partner; repeatedly telling her she is useless, stupid or worthless; mocking and belittling partner's successes or achievements; blackmailing; constant accusations of infidelity where none exists; criticising choice of clothes; threatening harm to partner's loved ones; turning children and friends against partner;
- Spiritual: mocking religious beliefs; forced to take up or drop religion or forcible conversion to a different religion.
- **6. Social:** isolation from friends and

family; saying bad things about partner to her friends



and workmates; showing up unannounced at workplace etc to check on partner: texting or calling every 15 minutes; expecting partner to beg for permission to do something or go somewhere.

7. Digital: checking phone/text messages without consent; insisting on getting passwords to phone and email accounts; distributing or sharing intimate photos without consent; posting intimate videos or photos online without consent; posing as partner when replying to emails or texts; tracking partner electronically (cyberstalking), installing tracking device in partner's car.

The list goes on and on. Failure to regulate emotion or excessive use of alcohol or illicit drugs can increase the severity or frequency of family violence.

Most abusers using coercive control tactics have a personality disorder such as narcissism. In the majority of cases, abusers regard their partners as property or slave and expect obedience at all times with punishment meted out for the most trivial things. Narcissistic relationships involve an arsenal of behaviours to cause the most mental distress. These behaviours include lovebombing, gaslighting, breadcrumbing (also called hoovering), sudden discard, devaluing, projection, silent treatment, exploding in a rage over something trivial, yelling and screaming in partner's face. Narcissists lack empathy and have an inflated ego thinking they are always superior to others.

Legislation: Years ago, if a person complained about a partner inflicting domestic violence on them, police would only take action if there were physical wounds as evidence.

Awareness of DV and the long-lasting negative effects it has on the individual and their children is now increasing.

A recent high profile DV case was the brutal horrific ambush murder of Hannah Clarke and her three young children (photo right above) in 2020. Hannah and her children were doused in petrol and set alight in their car by Hannah's estranged husband Rowan Baxter in Brisbane. She had recently left Rowan and moved back in with

#### DOMESTIC FAMILY VIOLENCE PREVENTION AWARENESS MONTH (CONT'D)



her parents to be safe after years of coercive control. An Apprehended Violence Order (AVO) could be taken out against the abuser but an AVO is only effective if the recipient abides by it. Most abusers are bullies who think they are above the laws and ignore the AVO and court rules. Being served with an AVO in some cases only makes them more enraged, spiralling out of control and vowing revenge. Hannah's parents have since been lobbying the Government to make coercive control illegal nationally.

In November 2021, N.S.W. became the first Australian State to make coercive control, including lovebombing and gaslighting, a stand-alone criminal offence, recognising that coercive control is a form of intimate terrorism and often a precursor to intimate partner violence. The current penalty is 7 years jail. Tasmania has a law against emotional abuse as domestic violence since 2004 and most States have laws against emotional abuse. The Clarke family have set up the Small Steps 4 Hannah Foundation, a charity to help support DV services, educate the community about coercive control, and push for the behaviour to be criminalised nationally. The NSW government has committed initial funding of \$7.5 million for a pilot support program for DV victims. More funding is also being channelled towards the education and rehabilitation of the men who abuse their partners.

People accessing Domestic Violence Client Services (DVCS) increased by 133% in the nine years up to 2019/2020. A total of 1849 clients were supported by DVCS in 12525 contacts. There are now advertisements on TV which aim to raise awareness of DV and how it is never acceptable to be disrespectful towards others, especially women who bear the brunt of DV.

How to recognise someone being abused: They can be recognised by frequent occurrence of physical injuries or attempts to hide bruises. Emotionally abused individuals may have a sense of humour or be witty and talkative in private but when the abuser

is present, she will be mute and overly submissive. She will always defer to the abuser, have no opinion on anything, be indecisive, have lost hope and be unable to trust anyone or be repulsed by physical contact. Abused partners are reluctant to reach out for help out of fear that they won't be taken seriously and that mutual friends will side with the abuser or accuse them of attention seeking or 'playing the victim'.

How you can help: Telling a DV victim to simply leave the relationship is ignorant and not helpful at all. Most of them cannot escape on their own because they want to take their children and often family pets to safety, too. This is not possible when they have been isolated from their family and friends and have no support network or financial means to start again. If the abuser finds out their partner is planning to leave meaning they lose control over her, that will enrage the abuser and the punishment could be fatal. A better way to help would be to provide a non-judgemental listening ear, help her define what she needs to keep her safe and support her to contact the appropriate services to get specialist support. If necessary call 000. If someone you know engages in behaviours that indicate he is an abuser, call it out and report him. Teach boys from a young age to respect girls and women so they hopefully won't abuse their future partners and don't tolerate bullying behaviour from any individual regardless of age, gender, or connection to you.

Useful contacts: 1800respect (1800 737 732); Women's Crisis Line (1800 811 811); Men's Referral Service (1300 766 491); Mens Line (1300 789 978); Lifeline (131 114); Beyond Blue (1300 224 636); Kids Helpline (1800 551 800).

References: Family, domestic and sexual violence - Australian Institute of Health and Welfare (aihw.gov.au); May is Domestic Violence Awareness Month - DVCS; Domestic violence: Hannah Clarke's devastating question before her murder | news.com.au — Australia's leading news site; Hannah Clarke's parents push for coercive control to be made a crime one year on from horrific murders - ABC News; NSW passes law to make coercive control a standalone offence in an Australian first | New South Wales politics | The Guardian; Complete Guide about Coercive Control in Family Law [2023] (unifiedlawyers.com.au); Funding for domestic violence victims welcomed amid calls for more investment in prevention - ABC News

#### **RED CROSS**

**Thank you** to all the members who worked on ANZAC Day. Without your help we would not have raised \$663. This money goes to Red Cross Calling, together with the money raised from Business Houses. This money stays in Australia, helping needy Australians.

Next meeting: 28 June, 2pm at the Baptist Church Hall.

New Members of course are welcome! \$10 membership fee applies.

Dorothy Cremer, President

#### WALLA WALLA CROQUET CLUB

At present, each Saturday in the month, we are holding a Club competition. Scores were very close

between all players with some very

good games. Winners in April were 1st (a tie) Nola Scholz and Dieter Fenz and 3rd was Janeell Conlan. Congratulations and well played. We are all enjoying some lovely Autumn weather and you are very welcome to come along to the Walla Bowling Club on Saturday and Monday mornings at 9am to try our fun game of Croquet and a cuppa afterwards. Please wear flat soled

Dieter Fenz Helen Krause President Secretary 0427 260 737 0437 365 296

#### **SENIOR CITIZENS**

shoes

We thank St Paul's College students and staff for inviting the Seniors to view their latest production of Peter Pan. We all enjoyed it very much.

For our May meeting, we enjoyed several two minute speakers - Ross Krause, Dorothy Cremer, Robyn Bishop and Leon Schoff who shared some interesting aspects of their lives.

Mothers Day Raffle was won by Elizabeth Heir. Next meeting with be a guest speaker on 5 June at 1:30pm at the Walla Bowling Club.

We would welcome any new faces to the town to join us. Contact Dorothy on 02 6029 2120.

Grace Wenke

#### **HENTY / CULCAIRN PROBUS REPORT**

Written by Helen Squires

We met at Culcairn on the 10th of May 2023.

We were welcomed by our President Yvonne Booth. There was the sad news that Margaret Gardiner had died and we stood for a moment of silence and private reflection of our Probus member Margaret who had been a contributor of beanies for the seamen and rugs for wraps with love. We send our kind thoughts to family and friends.

It was most interesting to note after our recent speaker about falls, that our Kevin Fogarty has had a fall and has been in hospital care. We send our best wishes to Kevin and to all those who are unwell, and wish them all a speedy recovery.

Our five minute speaker was Shirley Wellington. Shirley told of her parents during the depression years. Her father was a policeman, in the times when there were notable gangs and six o'clock closing of hotels. Shirley's father was involved in North Palm Beach Life Saving Club as their first Secretary, he was also involved in the Police boy's club at Glebe, particularly with boxing.

We thank Shirley for sharing her family stories.

We appreciate very much the effort involved in the five minute speeches. Thank you to all who have been prepared to do them. We met our visitor Steven Lowe, son of our Lindsay Lowe, during morning tea. Sarah Wallace was our main speaker, introduced by Neil Parker. Sarah had lots of information on Halve Waste and Cleanaway, and the projects being undertaken to avoid filling the Council rubbish tip.

It was interesting to learn that small pieces of foil can be added together to make an orange sized ball, and put in the recycle bin

The Halve Waste people have a recycle program using black soldier fly larvae fed by robots and then dried larvae can be fed to chooks and pigs.

There is a recycle/reuse shop at Albury Waste Management Centre. There are tours of the facility, with presently a three month waiting period.

Lindsay Lowe thanked Sarah for her most informative chat and presented her with a Probus pen as a token of our appreciation.

We went on to lunch at the Bowls club and much happy conversation.

Our next meeting is to be on Wednesday 14th June at Henty. 9 30 am for a 10 am start.

We hope you too might like to hear our next speaker.

#### **LOCAL BUSINESSES AND SERVICES**

#### Walla Walla Bowling Club 6029 2146

Closed Sunday & Monday Open Tuesday - Saturday from 5.30pm, The number of patrols in the Club determines closing time. Meals are available Friday evenings

ŕ

#### Bank WAW 6029 2392

Monday - Thursday: 12.30 - 4.30pm Friday: 11am - 12.30pm (closed for lunch 12.30 - 1.30pm), Friday pm: 1.30 - 5pm

#### Walla Walla Post Office 6029 2231

Monday - Friday 9am - 5pm; Saturday 9 - 11am

#### Second Hand Rose 6029 2116

Thursday - Friday: 1.30 - 4.30pm Saturday: 9.30 - 11.30am

#### On Demand Regional Bus

Bookings: Phone or text 0448 353 281

#### Walla Walla Hair Salon 6029 2277

Tuesday, Thursday, Friday: 9am - 5:30pm

#### **Justice of the Peace**

Anthony Lieschke 02 6029 2202

#### Walla Hotel 6029 2309

Monday - Friday: Opens at 2:30pm Saturday: Opens 11am

Sunday: Opens 12 noon

Kitchen: Thursday - Saturday 6-8pm

Sunday 12 - 2pm

Meals other times for min. of 10 if

booked.

#### Walla Food Mill 6029 2033

Monday - Wednesday: 6am - 4pm Thursday - Friday: 6am - 8pm Saturday: 8am - 2pm

#### Morgan's Lookout

Non-daylight savings time: 8am - 5pm Daylight savings time: 8am - 7pm Gates are locked outside of these hours

## Terry White Chemist Walla Walla 6029 2496

Monday - Friday: 9am - 5pm Facebook: Terry White Chemmart Walla

#### **Side Door Giftwares**

Thursday - Saturday: 10am - 2pm

#### **The Glow Well-Being Centre**

In person or online

Tuesday and Wednesday 8am - 8pm Appointments outside these hours upon

0493 130 539 or glowwellbeing.com.au

#### Vecare Health Walla Walla

Monday: 9.30am - 5pm Wednesday: 9.30am - 3pm Friday: 9.30am - 5pm

Ph: 6073 2605 (during Walla opening hours) or 6036 2952 (Holbrook on other

davs)

#### Pathology Service:

Wednesday 8:30 - 11:30am www.vecarehealth.com.au

#### Walla Police 6053 4570

Emergency: 000

#### **Mobile Library**

Every Monday at 9am in front of the Walla Walla Public School, except public holidays

#### **Thistle Cafe**

02 6029 2003

Wednesday to Friday 8:30am - 2pm Saturday and Sunday 8am - 1pm Closed Monday and Tuesday

#### Return and Earn

10c eligible containers Call 1300 849 781 or text 0447 927 722

#### **CHURCH TIMES**

#### Lutheran Church Walla Walla

1st & 3rd Sundays 9am 2nd & 4th Sundays 10:30am Contact: Tim Biar 02 6029 2144

#### Lutheran Church Alma Park

1st. 3rd & 5th Sundays 10:30am 2nd & 4th Sundays 9am

Contact: Leon Kohlhagen 02 6029 6162

#### Baptist Church Market St Walla Walla

Every Sunday at 10am

Contact: Dorothy Cremer 02 6029 2120

#### Catholic Church Market St Walla Walla

1st & 4th Sundays 6pm

Contact: Father Terence Mahedy

0458 298 363

#### Anglican Church Balfour St Culcairn

1st & 3rd Sundays 9:30am

Contact: Father Bob Done 02 6026 3691

#### Generation Life Riverina Inc. Walla Walla Memorial Hall

4th Sunday 3:30pm

Contact: Pastor Graeme Sheppard

0422 671 149

#### **Community Church Service**

This year, these will be held on July 30th and October 29th. If anyone has any ideas, contact Jenny 0409 830 225

Have reverence for God. and obey His commands, because this is all that we were created for.

Ecclesiastes chapter 12 verse 13



#### PRAYING FOR WALLA WALLA

When: Thursday 22 June 7.30pm Where: Lutheran Church Hall

Prayer Requests:

Jenny Jacob 0409 830 225

All Welcome!!



#### **BOOK & SEED SWAP**

#### In the Hall behind WAW - Open when WAW is.

No fees or membership. Just choose a book, keep it and swap one you have read or bring it back and swap again.

Books for all ages.

Seed Swap - Same rules as the book swap. Take what you need and leave your excess to share with others.

Please use a seed envelope and write on what it is and if possible the year collected.

#### 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!!





#### **DEFIBRILLATORS IN WALLA WALLA**

At present there are 2 defibrillators available 24 hours a day:

- Veranda of Walla Walla Police Station
- Veranda of Walla Walla Bowling Club

Other defibrillators available during Office hours or when venues are open include:

- Kotzur Pty Ltd Ph: 6029 4700
- St Paul's College Ph: 6029 2200
- Walla Walla Fire Brigade
- Walla Walla Swimming Pool
- Walla Walla Sportsground

Please familiarise yourself with their locations in the event of an emergency

#### **OUTREACH HUB IN WALLA WALLA**

Our Outreach Hub visits Walla Walla on the third Wednesday of every month.



We will be at the Walla Walla Memorial Hall between 1.30pm and 3pm. Look out for our vehicle and signage!

Upcoming Dates for Walla Walla are: Wednesdays 21st June, 19th July and 16th August. Put the dates on your calendar, we are always happy to answer your questions. If these days don't suit you, we are always available on the telephone; 02 60363677.

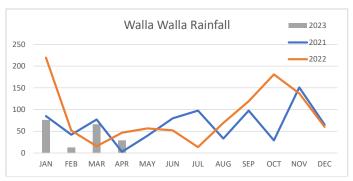
Our staff will be available to help with enquiries regarding our services, Meals on Wheels, Social Support, Food Services and Transport. We will be able to help you with My Aged Care enquires and registration as well as the process of registering to receive referrals for our services.

We will have menus, Social Support and Transport information available on the day. Meetings with our staff will be one on one and strictly confidential.

We look forward to meeting you in Walla Walla and providing these services face to face across the council

If you have any questions, please give Sue a call on 02 6036 3677.

#### RAINFALL AT WALLA WALLA



as measured at the Walla Walla Post Office

April 7 (10.6mm), 8 (5.6mm), 12 (7.6mm), 13 (5.4mm) Total 29.2mm. For 2023 to end of April 184.7mm



# Be part of something bigger

BankWAW. Your local customer-owned bank.

Before making a decision regarding a product or service offered by BankWAW, please consider its appropriateness to your financial circumstances by reading the terms and conditions available at bankwaw.com.au or any BankWAW service centre. BankWAW is the registered business name of WAW Credit Union Co-operative Limited. AFSL & Australian Credit Licence: 247298.

bankwaw.com.au

Sponsored by Walla local churches







### **SUNDAY 4TH JUNE**

Walla Sportsground Pavilion

Starts 11am followed by free sausage sizzle.

This is a family friendly fun event featuring puppets, music, drama and songs: Everyone is welcome!

For information contact Jenny Jacob 0409 830 225



## Interrelate's new Children's Contact Centre has just opened in Griffith.

Interrelate is New South Wales' largest provider of Children's Contact Services. Grow your relationship with your child and work towards a strong parenting arrangement.

If you're looking to build stronger relationships with your children in a safe, secure location, give us a call on 1300 473 528 or email us at interrelate@interrelate.org.au



#### WALLA WALLA WELL-BEING DISCUSSION

Sally Jean from Glow Well-Being invites people from Walla and surrounding areas to come along to the meeting room at Walla Sportground on 7th June @7:30pm.

Sally will share what Glow Well-Being is all about and she invites you to share your ideas about ways to increase well-being, community connections and inclusion.

This is a great opportunity to express what you would like to see in our town! Come along with ideas or just to listen, everyone welcome.

Light refreshments provided

## **COMMUNITY DIARY**

#### JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 • Friday night meals & Bonanza Draws - Bowling Club, from 6:30pm	• Croquet, 9am, BC • RWW Giants v BB Saints @ Burrumbuttock
4 NSW Regional Skate Comp Series, Walla Walla Skate Park Community Event, with Outback Patrol, p.8	5 • Croquet, 9am, Bowls Club (BC) • RRLibrary, WWPS, 9am - 11am • Senior Citizens, 1:30pm, BC, p.	6 • Social Tennis, 9am Walla Courts	7 • Walla Walla Wellbeing discussion, Sportsground, 7:30pm, p.8	8 • St Paul's Year 5 Discovery Day, p.10	9 • Friday night meals & Bonanza Draws - Bowling Club, from 6:30pm	10 • Croquet, 9am, BC
11	12 KING'S BIRTHDAY  • Walla Walla Show 'N' Shine, Walla Sportsground	• Social Tennis, 9am Walla Courts	• Henty / Culcairn Probus, 10am, Henty, p.6	15	• Friday night meals & Bonanza Draws - BC, from 6:30pm	17 • Croquet, 9am, BC • RWW Giants v Holbrook @ Walbundrie
18	• Croquet, 9am, BC • RRLibrary, WWPS, 9am - 11am	• Social Tennis, 9am Walla Courts	• Meals on Wheels Outreach Hub, Hall, 1:30 - 3pm, p.7 • Council Mtg, 6pm, Holbrook WINTER S	• Praying for Walla, 7:30pm, p.7	• Friday night meals • Bonanza Draws - Bowling Club, from 6:30pm	• Croquet, 9am, BC • RWW Giants v Jindera @ Jindera • Bottle Top Trivia, Bowls Club, p.3
25	26 • Croquet, 9am, Bowls Club (BC) • RRLibrary, WWPS, 9am - 11am	• Social Tennis, 9am Walla Courts	• Red Cross, 2pm, Baptist Church, p.5	29	30	





Forgotten something in your weekly shop? We now offer a small but convenient line of groceries. Pop in for a browse today.

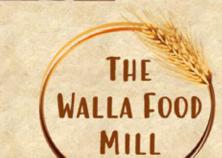
Opening Hours
Mon – Wed 6am till 4pm
Thurs – 6am till 7:30pm
Friday - 6am till 8pm
Saturday 8am till 2pm

Come in and take a break.

Have a seat out in our
courtyard or in the dining
room!

- Cakes/Slices
  - Burgers
- Pies/Sausage Rolls
  - Hot Food
- Fresh Sandwiches/Rolls
  - Tea/Coffee
  - Cold Drinks

Follow us on Facebook for daily & seasonal specials!



Takeaway Thursday & Friday Nights!

Phone: 02 6029 2033







# ST PAUL'S 7 COLLEGE stpaule

Jeary 1948-2023

<u>stpaulscollege.nsw.edu.au</u> Ph: 0260292200

adminestpaulscollege.nsw.edu.au

# Rite Journey Calling and Departure Ceremony

The Rite Journey incorporates the subjects of Christian Studies, Personal Development, Health and Physical Education and is aligned with the NSW Education Standards PDHPE Syllabus. It is a unique educational program designed to support the development of self-aware, vital, responsible and resilient young adults.

The Rite Journey Calling and Departure Ceremony and Hike last



Term was a memorable event for students, staff and families. It was a beautiful day with clear skies and mild temperatures, perfect for an outdoor hike.

The ceremony took place at the beautiful Morgan's Lookout, Walla Walla. There, staff and the junior leaders spoke about how each of the students would be embarking on a new chapter in their lives.



Then our community watched on as each student let go of a personalised gum leaf that symbolised their younger self and their acceptance of the journey ahead.

After the ceremony, the students and staff set out on a hike at Nail Can Hill and Huon Hill. The hike was not only a physical challenge but also an opportunity for the students to connect with nature and reflect on the next phase of their lives.

All students demonstrated great determination and resilience, making their arrival at the top of their appropriate destinations that much more remarkable.

Ms Taylor Emery, Head of House



Walla Walla

Greater Hume Children Services

The children were been busy in the lead up to ANZAC Day, creating poppies and using their handprints to create a wreath which was displayed at the front of the centre to honour those who have served or are serving in our defence forces. We hope those that marched were able to see the children's display.

> With the change in season, there has been an increased interest in the bugs, insects and creatures that share our outdoor space with us. Many successful bug hunts were held, extending our understanding, and learning to respect

the bugs, insects and creatures that live within our

environment.

We are pleased to share that after a long delay due to COVID we have finally been able to have the handover of the Plaque thanking Ivy Barber for her wonderful

contribution to our building. This is now proudly displayed in our foyer. A wonderful contribution made to benefit our local Walla community.



We would also like to share with you all some upcoming changes to the Child Care Subsidy (CCS). From July 10th, there will be changes to the child Care Subsidy allowing child care to be more affordable to most families. If you would like further information regarding these changes please visit: www.serviceaustralia.gov.au

For those in our community that have been considering care for their children, now is a wonderful time to make an enquiry as we currently have limited vacancies at our Walla centre. We provide quality child care where the children get the opportunity to connect to nature. their community and where we foster their sense of belonging.

For further details, please contact our Centre Director Kate on 0436 812 579.



## The Glow Well-Being Centre Walla Walla

- Adults and young people
- Individual & group sessions
- GP or self referrals
- NDIS self managed funds
- Some private rebates available
- In person or online

#### Offering holistic therapy for developing:

Confidence and empowerment Health and well-being Self love and nurture Mindset and emotional regulation

#### A range of modalities to assist with managing:

Sleep issues Anxiety and depression Stress and trauma Grief and loss Fears and phobias Habits and addictions

Contact Sally Jean

Phone: 0493 130 539

Website: www.glowwellbeing.com.au Email: info@glowwellbeing.com.au

Location: 27 Townview Avenue, Walla Walla.



Psychotherapy Hypnotherapy Somatic Processing Creative therapy

### WEEDS AT WALLA WALLA

by Herb Simpfendorfer

Winter weeds are on the move. Nothing with nasty spikes, but most are a nuisance, needing attention.

**Marshmallow** started

a few weeks ago, and is hoping to grow big and tall. We will have lots. They have umbrella shaped

leaves (pictured). Last

year, the best height was over 2.0 metres. A good swipe at ground level with a strong hoe or mattock will sever the very strong "woody" stem at ground level and cause end of life. Spraying with Roundup does not bother them.

There are some good stands of bridal creeper in just a few places in our town. They tend to use other plants like small trees and shrubs for support. We should make a big effort to get rid of it.

Stinging nettles and sticky weed are also growing nicely. They often take over in garden plots if left to grow. Easily controlled with hoe or spray. Look for sticky weed under bushes.

Cape Weed is also on the move. They have saw shaped leaves, stay at ground level as they get bigger, and later have beautiful yellow daisy shaped flowers. Walla will have millions, as usual.

Fleabane is about to die out.

We have had mild frosts, but plants normally deceased with a decent front are still going nicely, like potatoes and pumpkins.

A decent frost will cause a big change in our gardens, and we can give our lawn mowers a well earned rest.



# SAVE THE DATE

Saturday 8 July 2023 Gala Event Dinner

> **SS&A Club** 570-582 Olive St Albury

Celebrating six years of Finals Appearances including:
4 Seniors Grand Finals
3 Premierships
1 Reserves Premiership

Don't miss possibly the last Walla Walla Football Club main event!

To reserve seats or a table of 10 at \$69pp (drinks at bar prices) please contact:

**Merv Wegener** 0427 293 261 merv.wegener@gmail.com **Ross Krause** 0427 651 711 ross@rosskad.com.au Lance Cushion 0414 628 156 lcushion@gmail.com

Proudly sponsored by

Jacob Toyota







