



Your April 2024 Community Newsletter

Walla Walla Cricket Club Grand Final

Victory 28 years in the making!



Rear, L to R: Mark Taylor; Chris Hutchinson; Mitch CJ Lauritzen; Nic Odewahn; Josh Mallichan; Trevor Merkel.
Front, L to R: Jarryd Weeding; Myall Hoffmann; Captain, Joel Merkel; Justin Carter; Tom Simmons; Daniel McCarthy; Simon Odewahn.
2024 A grade cricket Premiers

Following the successful Grand final Victory by Walla CC on Saturday the 9th March 2024, the A grade side were crowned the Cricket Albury Wodonga Hume Premiers for season 2023/24. Led by the Coach Tom Simmons and Captain Joel Merkel, they won 11 of their home and away games, lost 2 and had a wash out against Henty in January. They played 3 finals beating Culcairn by 3 runs , Holbrook by 13 runs and finally a great young talented Osborne side by 13 Runs in the Grand Final.

There were many individual contributions through the season with highlights coming from skipper Joel Merkel's 111 against The Rock Yerong Creek, his 91no against Culcairn in the first final, his 6/19 against Holbrook in the 2nd final. Also Jaryd

Weeding who made a stylish 68 against Culcairn, a 45 against Rand and a 52 run man of the match effort in the grand final, and Mark Taylor's constant tally of half centuries throughout the season (four 50s and three scores over 30).

Season Highlights saw Tom Simmons take a whopping 33 wickets for the season with our other 4 main bowlers taking 27(Mark Taylor), 23 (Jaryd Weeding), 20 tied (Mitch Lauritzen & Joel Merkel). Our best batters were Joel Merkel with 650 runs for the season followed by Tom Simmons (392), Mark Taylor (378), Jaryd Weeding (368) and Chris Hutchinson (338).

The B grade in contrast enjoyed a more modest season with player numbers and availability plaguing their campaign for this season only just missing the finals in the last round. Some good positives came out of the season in the B grade with some promising results with new players (both boys and girls) showing interest in playing B Grade in the near future. Many thanks to the Vandeventer family for their support in the B Grade and the Club as a whole .

Also special thanks to the following people not involved in the playing side of the club. Lyneen Merkel, Narelle Taylor, Selina Kohlhagen and everyone else for the help in the arvo teas every afternoon with the special effort to consume every last crumb of Selina's cakes so there were none left for Derek to get fat on after the game.

Thanks must also go to Al Odewahn, Donny and Geoff at the Walla Sportsground for keeping the players / Umpires refreshed after a hot day in the field with Ice and drinks at the completion of competition.

Cricket story continued from P1

For any one who is interested, the WWCC is getting premiership shirts made that are similar to the warm up shirts that you see the players wear every week with the players' names on the back of the shirt. For any enquiries regarding the shirts just contact Trevor Merkel on 0427060032

Finally, the WWCC would like to thank the Walla Walla community for their great support through the season especially over the finals series and the grand final and the players and committee were especially proud to be playing in front of such a big vocal crowd at the Grand final. Trevor Merkel, Sec WWCC.

Photo credits: Bill Carter: Below: Joel Merkel, Mid: Mitch CJ Lauritzen, Bottom Jarryd Weeding



In this edition.....

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P4 Spotlight on a Walla resident

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P7 Community Diary

P14 Lutheran Church Centenary

Plus so much more....



Minutes from the February Walla Walla Community Development Meeting

1. A hard waste collection is being considered again for Walla residents.
2. Anything of historical significance needs to be raised and addressed by the Historical Society rather than Community Development committee.
3. There were 6 applications for 2 Solar Farm Committee positions. The 2 successful applicants will be ratified at the next Council meeting.
4. The Walla Regional On-Demand bus service is highly successful and will be featured more prominently in newsletter etc.
5. Replacement trees will be planted along the length of Market Street by winter (species unknown).
6. An application for more native trees to be planted at the sportsground has been sent to the sportsground committee.
7. Flagpoles are being considered to add colour and interest along Commercial Street pending a successful grant application.
8. Security cameras are also being considered pending adequate funding.
9. Information boards around town are deteriorating and replacements are being considered such as etching on metal.

ANZAC DAY AT WALLA WALLA 2024

Wednesday April 25th.

Anzac Day celebrations will follow the usual format this year at Walla Walla. There will be a **Dawn Service** at 5.45am for 6 am start (see photo). The half hour program is solemn and meditative. Bring your own chairs.

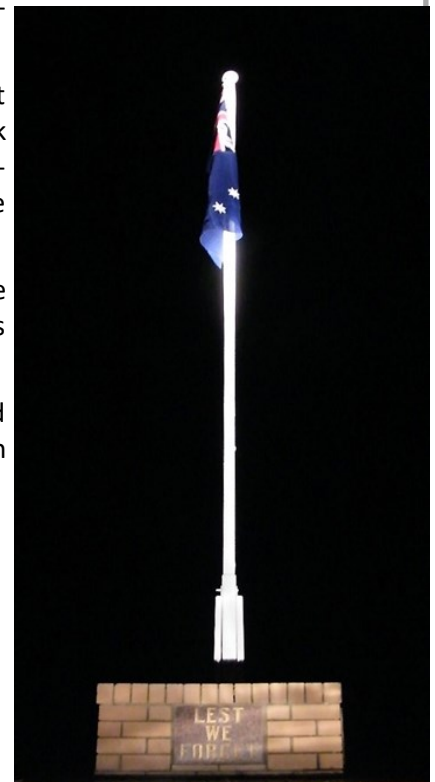
The **Main Service** at 11 am is preceded by the march which starts at 10.30 at the Food Mill coffee shop. The one hour program at the Bi-Centennial Park has wreath laying, The Ode, speeches, hymn singing, bugle calls, a piper playing Amazing Grace, and a collection for Legacy. Soldiers in uniform will be with us. Chairs are placed on the lawn areas.

The theme is the 80th Anniversary of D-Day, in which many Australians were involved. D-Day was the start of the invasion of German occupied countries by the Allies on 6th June 1944.

Following the main service, **lunch** can be bought at the Town Hall and Food Mill shop. A **display of wartime items** can be seen in the Memorial Room in the Town Hall.

Poppies and badges will be for sale at various places in Walla in the week before Anzac Day.

Lest We Forget



GLOW WELL-BEING



I am pleased to introduce our first "Spotlight on a Walla resident".... drum roll..... the amazing Judy Feehan.

Judy spends her spare time reading, listening to music and doing the odd landscape jigsaw when she has time. She likes to dance and she loves all types of music, except classical music.



You may hear her fabulous laugh and witty humour down at the Walla Walla Bowling Club, where she is Vice President.

Judy joined the bowling club shortly after arriving in Walla approximately 17 years ago and she was involved with the Women's Bowling club for 10 years. Attracted to Walla because of its small country town feel, she greatly appreciates the way people look after each other here.

She certainly looks after people at the social bowls on Tuesday nights. Between collecting payments, organising the raffle and keeping track of the scores from each team, it amazes me that she still finds time to whip up platters of hot food and sandwiches for everyone.

Her caring nature extends to her chosen career as a psychiatric nurse. Judy has worked for 21 years at Nolan House at the Albury Base Hospital.

She is pretty humble about her contributions to the community and describes herself as having a tough exterior but is very soft inside.

Random odd facts about Judy.

Is she a bed sock wearer? Yes! She wears no socks to bed in summer but has to wear socks in bed in winter as she gets very cold feet.

What fruit would Judy be? If Judy could be a fruit she would be a pineapple because they're prickly on the outside and sweet on the inside!

A massive thank you to Judy for agreeing to be our first "Spotlight on a Walla resident." It was great to get to know you a bit more.

Thank you to Libby Alexander for nominating Judy.

If you would like to nominate someone or yourself, please email info@glowwellbeing.com.au and I will be in contact to arrange a time to do the interview and take a photo. Thank you, Sally Jean 0493 130 539 www.glowwellbeing.com.au

THANK YOU—Joyce Gardiner and family are very grateful for the many kind words, acts and messages of sympathy extended to them since Ron's passing on 6th Jan 2024. It has been a great source of comfort to us so please accept our deepest thanks.

PRAYING FOR WALLA WALLA

When: Thursday April 25th

Where: Lutheran Church Hall 7.30 pm

Prayer Requests:

Pastor John Borchert 0419 291 820

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.



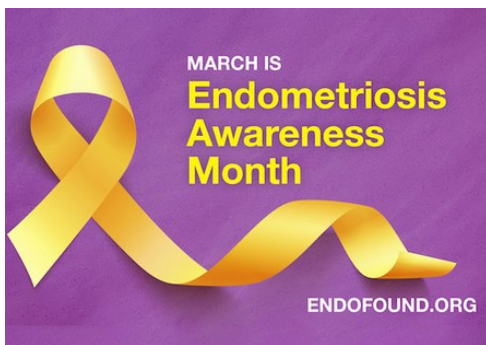
WANT TO SUBMIT A NEWSLETTER ARTICLE?

Please send in special acknowledgements, articles or requests to wallanewsletter@gmail.com or drop them in the box at the Walla Post Office.

The deadline is 12 pm on the 15th of each month.

National Endometriosis Awareness Month

Written by Françoise McPherson



The month of March is National Endometriosis Awareness Month where the aim is to raise awareness of this debilitating condition and to raise funding for research aimed at treating this condition. An estimated 10% of all women worldwide suffer from endometriosis through their reproductive years from the onset of menstruation at puberty through menopause regardless of ethnicity or socio-economic background. This equates to about 176 million women with many being undiagnosed and untreated.

Endometriosis is where tissue that is similar to the inner lining of the uterus (endometrium) has relocated elsewhere in the body outside of the uterus. It could be stuck in the Fallopian tubes, in an ovary, on the cervix or outside of the reproductive organs in the abdominal cavity attached to another organ such as a kidney. Under the normal cyclic influence of hormones, this tissue bleeds the same way as the endometrium lining of the uterus is shed during menstruation. The cramping of the endometrium tissue elsewhere in the body leads to debilitating pain which, in turn, has a negative impact on quality of life, productivity at work, concentration during studying and participation in sports and other activities. Many women have been experiencing endometriosis since their teenage years and for many years thereafter being undiagnosed. The blood that is shed by the endometrium within the uterus is normally lost to the outside each month. But the blood shed by endometrium tissue outside the uterus (e.g. attached to a ligament) has nowhere to go. This blood then pools in the pelvic cavity and causes clotting, adhesions and inflammation.

Endometrium tissue can be found in many places such as: ovaries, fallopian tubes, cervix, uterosacral ligaments on the bladder, on the bowel and on the underside of scars from caesarean section or laparoscopic surgery. It's even been found on the lungs in an isolated case.

Symptoms usually includes severe pelvic pain but the pain can occur elsewhere depending on where the lesions are. Scar tissue and adhesions can develop which distort pelvic anatomy and internal organs may even fuse together ('frozen pelvis'). An estimated 30-40% of sufferers are infertile because of endometriosis causing adhesions within the fallopian tubes or the inflammatory cells in the pelvis attack sperm. Many patients are subfertile and take a lot longer to conceive than normal.

Endometriosis is still not well understood. Many people, men and women alike and including GPs, assume that the sufferer is exaggerating and she should just take a couple of painkillers and get back to work, study, sports field etc. Even gynaecologists have been less than helpful over the years with 'advice' such as get pregnant asap or get booked in for a complete hysterectomy which is major surgery with lots of risks and possible side effects. Some women have gone to their hospital's Emergency department only to be sent home with a pamphlet about opiod addiction being mistaken for a drug addict. Others have been doubled over in pain in a public place and again, being mistaken for a drug addict, completely ignored by passers-by.

Becoming pregnant only eliminates the endometriosis pain during the 9 months of pregnancy and for however many months the baby is breastfed. Once the baby is weaned and hormone cycles resume, the endometriosis pain is back.

Once a hysterectomy has been performed, the patient is permanently and irreversibly sterile which is devastating to a young woman having to choose between a life free of endometriosis or possibly having children in the future. Where endometrium tissue has attached outside of the reproductive organs, a hysterectomy may not solve the problem as this tissue is missed and therefore not removed. A total hysterectomy causes the patient to instantly be plunged into menopause. A woman may choose to undergo hormone treatments to ward off menopause and its associated perils such as bone density loss (osteoporosis). These supplemental hormones can then cause the endometriosis to continue even after hysterectomy or menopause.

Continued next page..

Continued from previous page-

This disease has not been studied in depth which means there is not much useful knowledge regarding treatments and diagnosis. There is no simple test to diagnose the condition which can be undetected for many years. A laparoscopy and pathology of lesions is the gold standard of detecting endometriosis which is an invasive and expensive technique. False negatives are common if the surgeon does not know exactly what to look for or where to look (a common problem with endometriosis). Scans such as MRI and ultrasound are cheaper but inconclusive.

There are many myths and misconceptions including within medical literature. These myths include: 1) it's just a heavy period; 2) it only affects the pelvic region; 3) endometriosis is preventable; and 4) endometriosis ends after menopause. It may be worthwhile seeking a second opinion and requesting further tests to obtain a correct diagnosis.

Finally, the Australian healthcare sector is starting to take endometriosis and pelvic pain seriously. The Albanese Government has made it possible to attend dedicated endometriosis clinics as of 2024. The first one has opened in Perth recently with 20 clinics opening across Australia to reduce the wait time which is currently about 7 years. Patients can also join support groups in Australia and overseas.

A new drug, Ryego, that targets endometriosis pain has now been approved for use in Australia. It is hoped this drug will be listed under the Pharmaceutical benefits Scheme soon to make it more affordable for patients. .References:

<https://endometriosis.org/support/support-groups/>; <https://endometriosis.org/endometriosis/>; <https://www.health.harvard.edu/blog/5-myths-about-endometriosis-2021021221890>; <https://www.health.gov.au/ministers/the-hon-ged-kearney-mp/media/australias-first-endometriosis-and-pelvic-pain-clinics-now-available-nationally>

Weeds at Walla Walla

by Herb Simpfendorfer

Wide awake observers would have seen heaps of **hairy panic** seed stalks on the road to Culcairn, and maybe other places. It is fun to drive straight through them, hoping that there is not a wombat hiding in there somewhere. If someone gets a good photo, send it to the editor or me. See my 2022 photo which could easily be beaten this year.



I turn heaps of stalks to powder with a fairly slow turning whipper snipper. The bigger the heap, the better. Wetting with water makes it easier, because inertia is increased, but it works OK without water.

Fleabane has been the centre of my attention on Commercial St. recently. Why it suddenly appeared everywhere this year is a mystery. It is a hard one to keep under control because spraying with Roundup is not effective. Neither is mowing. I've done lots of hoeing, and that shortens their lives to less than five more seconds. After a rain, it pulls out easily.

I've had to chip out **ONLY THREE bindii plants** in the past two days in my travels out and about, which is awesome. Good bye, bindii. Thanks again to the bindii eradication team, who have worked in the elimination campaign without honour, glory or recognition, but with overwhelming success.

Community Diary April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Easter Monday	2 Social tennis 9 am Senior citizens 1.30 pm Bowling Club	3	4	5 Meals @ Bowling Club	6 Croquet 8.30 am
7 End of daylight saving time	8 Croquet 8.30 am	9 Social tennis 9 am	10	11	12 Meals @ Bowling Club WWPS assembly 2.30 pm	13 Croquet 8.30 am
14 Jindera garage sale 8 am	15 Croquet 8.30 am	16 Social tennis 9 am Seniors bus trip to Corryong 8 am	17	18	19 Meals @ Bowling Club	20 Croquet 8.30 am Burrumbuttock Limelight 6-8.30pm
21	22 Croquet 8.30 am	23 Social tennis 9 am	24	25 Anzac Day Pray for Walla 7.30 pm	26 Meals @ Bowling Club	27 Croquet 8.30 am
28	29 Croquet 8.30 am	30 Social tennis 9 am				

LOCAL BUSINESSES AND SERVICES

Walla Walla Bowling Club 6029 2146
Closed Sunday & Monday. Open Tuesday – Saturday from 5.30pm. Meals available Friday evenings

Bank WAW 6029 2392
Monday-Thursday 12.30-4.30pm
Friday 11am-5pm (closed for lunch 12.30-1.30pm).

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 044 835 3281

Walla Walla Hair Salon 6029 2277
Tuesday, Thursday, Friday 9am-5.30pm

Justice of the Peace
Anthony Lieschke 02 6029 2202

Walla Food Mill 6029 2033
Monday-Wednesday 6am-4pm
Thursday 6am-7.30 pm
Friday 6am-8pm
Saturday 7am-2 pm
Sunday 8am-2pm

Morgan's Lookout
Non-daylight savings time 8am-5pm
Daylight savings time 8am-7pm
Gates are locked outside these hours

TerryWhite Chemist 60292496
Monday-Friday 9am-5pm
Facebook: Terrywhite Chemmart Walla

Side Door Giftwares
Thursday-Saturday 10am-2pm

Walla Police 6053 4570
Emergency 000

Riverina Regional Mobile Library
Every Monday 9-11am outside WW Public School

Return and Earn
10c eligible containers
Call 1300 849 781
Text 0447 927 722

Vecare Health Walla Walla 02 6073 2605 (Holbrook 02 6036 2952)
Monday 9am-5pm (closed for lunch 12.30-1.30pm)
Friday 9am-1pm
www.vecarehealth.com.au

The Glow Well-Being Centre 0493 130 539
Tuesday and Wednesday 8am-8pm; appointments by request outside these hours.
www.glowwellbeing.com.au

Walla Pub; 6029 2309
Monday-Friday opens at 2.30pm
Saturday opens 11am
Sunday Opens 12 pm
Kitchen Thursday-Saturday 6-8pm
Sunday 12-2pm
Meals other times for min 10 people booked

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



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!!



GLOW WALLA GLOW

Walla Walla Christmas light competition winners 2023:

BEST HOUSE: 7 Ebenezer Court

RUNNER UP HOUSE: 12 Wenke Street

Honorable mentions:

113 Commercial street - amazing as always!

1673 Cummings road - see Santa on a ute!

10 Ebenezer Court - lovely and blue!

125 Commercial street - see a giant gingerbread man!

BEST BUSINESS: PJN Steel Fabrication

(press the button for the window display)

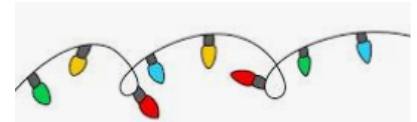
RUNNER UP BUSINESS: WAW Bank Walla

Honorable mentions:

The Walla Food Mill

BEST STREET: Ebenezer Court

Thank you to everyone who was involved in the competition, especially the anonymous families who judged the lights last night. Looking forward to some even brighter displays next year!



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bankwaw.com.au



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

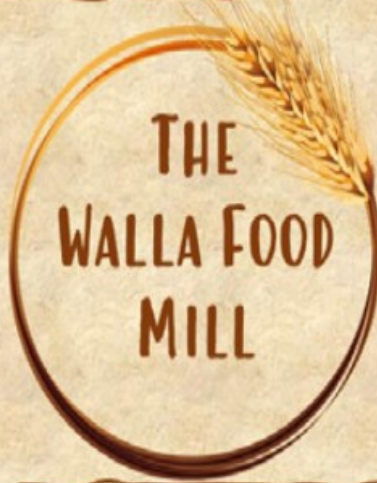


Opening Hours
Mon – Wed 6am till 4pm
Thurs – 6am till 7:30pm
Friday - 6am till 8pm
Saturday 7am till 2pm
Sunday 8am – 2pm

Come in and take a break. Have a seat out in our courtyard or in the dining room!

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

Follow us on Facebook for daily & seasonal specials!



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REPORT OF PROBUS MEETING 14th February
by Helen Squires

Being Valentine's Day there was a lovely thought of a chocolate and a paper heart with a nice verse for everyone. Thank you.

There were lots of visitors today. They came from Culcairn and Henty and Canada too.

We congratulate Beryl and Neil Meyer who are celebrating a special wedding anniversary and Lois and Bruno Biti who are celebrating sixty two years of marriage .

We welcomed new members Beris and Libby and also Jill and Colin.

Five Minute Speaker - Pam Schulz

Pam's father was a grain cartage person. Pam told of going to school at Gerogery and then on to Albury high school. There was a lot of bike riding to get to the Gerogery railway station and then a lot of walking from Albury station to the high school.

Pam worked in the office at the A.H.Mackie store at Culcairn and remembered the money being sent in a container along a wire to the office. Yvonne thanked Pam for sharing her memories and presented her with our Probus pen as a thank you token.

Beanies

We at Probus, with friends, have been making beanies for Sydney Seafarers Mission for about 12 months. Around 60 per post pack. So now we have a competition. The Beanie competition is in full swing . Everyone in the community can enter an adult sized beanie.

Sections are 1. Just a beanie. 2. Colourful 3. Novelty. 4. Beside the sea.

There are entries promised from all states except Western Australia, and we hope for them to knit too. (Yvonne spoke to Macca on Sunday morning and lots of people were listening).

All beanies are to be lodged with Dale's electrical store by May 25th for display at the Henty Creative Gallery. Opening night is on Tuesday 4th June at 6.00pm for nibbles and showing. All beanies to be donated to the Sydney Seafar-

ers' Mission, and there will be prizes so you need to tag beanies with name of maker and phone number.

Main Speaker

After morning tea, Neil introduced our speaker, Senior Constable Daniel Davila from Henty, assisted by Senior Constable Ryan Freeman from Culcairn. Both are members of NSW Police Force.

The information was about scams and fraud, and it was made clear that we can help disrupt such bad behaviour by locking our houses, both front and back doors, locking our cars and mail boxes, and not leaving passwords about on slips of paper, and check bank statements for irregularities. If you think you have been scammed, contact Police and your bank. This tricky behaviour affects many people each year and we can be cautious in not connecting to links, or trusting people arriving at your door unrequested but offering to repair driveways or roofs.

There were questions and answers, after a most impressive slide show, and we were made aware that this can happen to any person. There were brochures available for all to read the message. Richard Fifield presented our Probus pen as thank you in recognition of much effort made to protect us from identity theft.

Next Meeting

Our March meeting is to be at Walla Walla in the Zion Lutheran Church Hall on Wednesday 13th March at 9.30am for a 10.00am start We are to have our Annual General Meeting and the annual members subscription of \$30.00 is due to be paid. We are hoping to have as our speaker a lady speech therapist with a choir to share our day. Lunch is to be picnic style supplied from a Walla Walla business.

End of Meeting

Yvonne's thought for the day: "Love is a necessity, not a luxury."

We send kind thoughts to those dealing with illness and those in mourning.

We look forward to a happy day at Walla Walla on 13th March.

Hats off to the farmers who so generously gave bales/rolls of fodder to the burnt-out victims in Victoria. Also gratitude is due to the truck drivers who loaded their trailers to the hilt and drove hundreds of kilometres to feed the starving stock. Thanks to you all.

My help comes
from the Lord,
Who made heaven
and earth.

Psalms 121 verse 2



Senior Citizens Report

by Grace Wenke

Elections for Office Bearers for 2024

President: Dorothy Cremer

Vice President: Bruce Barkley

Secretary: Robyn Bishop

Treasurer: Angie Edwards

Membership Fee: \$15

Coming Event: Seniors Festival at the Walla Sports Pavilion 21st March 9 am.

Food supplied. Names to Dorothy 60292120

Next Meeting: Tuesday 2nd April 1.30 pm at Walla Bowling Club.

Bus Trip to Corryong: 16th April, leaving Walla 8 – 8.30 am. \$25 per person. Give names to Dorothy, please.

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

Editor: Françoise McPherson.

Team: Julie Barber, Herb Simpfendorfer, Jenny Jacob, Trish Fulford, Phil Carroll, Julia Muller

DISCLAIMER

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

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

Rainfall at Walla Walla, as measured at the Walla Walla Post Office.

Jan 3 (3.8mm), 8 (11.8mm), 9 (20.2mm), 13 (32.4mm), 15 (12.8mm), 18 (2.6mm), 25 (1.4mm). 26 (6.0mm) Total 91mm

Feb 14 (10.2mm), 23 (0.2mm) Total 10.4mm

Total in 2024 to end of Feb 101.4mm



CHURCH TIMES

Lutheran Church Walla Walla

1st & 3rd Sundays 9am

2nd & 4th Sundays 10:30am

Contact: Pastor John Borchert 0419 291 820

Lutheran Church Alma Park

1st, 3rd & 5th Sundays 10:30am

2nd & 4th Sundays 9am

Contact: Pastor John Borchert 0419 291 820

Baptist Church Market St Walla Walla

Every Sunday at 10am, Kids Program

Contact: Dorothy Cremer 02 6029 2120

Anglican Church Balfour St Culcairn

1st & 3rd Sundays 9:30am

Contact: Rev Ken Dale - 0428 293 655

Generation Life Riverina Inc, Walla Walla Memorial Hall

4th Sunday 3:30pm

Contact: Pastor Graeme Sheppard
0422 671 149

Catholic Church Market St Walla Walla

1st and 4th Sunday of the month, 6pm

Fr Jomer Calma - 0450 689 409

Community Gatherings

22 March, 30 June and 29 September

WALLA WALLA CROQUET CLUB NEWS

By starting at 8.30 am, we have enjoyed playing croquet before the heat of the day.

You are very welcome to come along to the Walla Walla Bowling Club on Saturday and Monday mornings commencing at 8.30 am. Please wear flat soled shoes.

Dieter Fenz President Ph 0437 36596 Helen

Krause Secre-

tary Ph

0427260737



Limelight

ART | SCIENCE | LIGHT

LIMELIGHT BURRUMBUTOCK – Saturday April 20

Limelight Burrumbuttock is a FREE, family-friendly event comprising enticing, delightful artworks handpicked from Limelight 3.0 specifically for Wirraminna Environmental Education Centre. Combining the creative skills and ideas that intersect art practice, science experiments and light displays this is an experience for all ages.

Follow the trail located in the Wirraminna Environmental Education Centre and discover interactive music making, solar powered constellations created by local primary school students, and to even take a selfie in your very own hot air balloon.

WHAT TO EXPECT

6.00pm – Attendees are welcome to arrive, bring a picnic blanket and find a spot to enjoy dinner from our food providers or brought from home.

6.30 – 8.00pm – As the sun sets our art, science and light displays will come to life.

8.30pm – Event closes.

Limelight is proudly hosted by Murray Arts and funded by Create NSW

For more information contact:

Alyce Fisher, Limelight Artistic Director - afisher@murrayarts.org.au

Glimmers for well-being

We often hear people talk about particular things such as places, noises, situations or interactions that trigger uncomfortable feelings. This is often the result of stressful or traumatic events.

Glimmers however are the opposite of triggers and they consist of things that bring about safe, comforting and supportive feelings. We can look for glimmers in our everyday lives to support the release of feel good hormones throughout our bodies.

Glimmers are personal and everyone will have their own things that help them feel safe, connected and positive. Some examples of glimmers are: watching sunsets, being with particular people, a nice smell or sound, sitting in a cosy chair, hugs, eating a delicious meal etc. We can share these moments with other people and encourage each other to find glimmers in our lives by being present and noticing these micro moments each day.

By focusing on finding and experiencing glimmers we can shift our internal focus to things that bring us joy and meaning. This is very supportive for our nervous system, which is deeply connected to our physical and mental well-being, to experience going into a regulated state of balance in between the moments of stress we experience in life.

This constant flow back into regulation is very important for our health. If we don't go back into regulation often this is when we can begin to experience stress overload, burnout and ill health. We need moments of regulation, relaxation and rest in order for our body to replenish and restore. By consciously taking the time to notice and experience more glimmers we are reducing the stress in our lives and supporting our physical and mental health.

I invite everyone to begin to find glimmers in your lives and share these with your friends, families and community.

Sally Jean www.glowwellbeing.com.au

Limelight
ART | SCIENCE | LIGHT

6-8.30pm Saturday April 20
Wirraminna Environmental Education Centre
BURRUMBUTOCK

*Free event!
Light, projection,
storytelling,
& play*

murrayarts.org.au/limelight

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WALLA WALLA WAR MEMORIAL SWIMMING POOL

Another swimming season has come to a close at our local pool. It has been a great swimming year with very few days lost with stormy weather. Thank you to Greater Hume Shire Council and their workers for the maintenance of this very important facility. Also it couldn't operate without the lifeguards and we have been very fortunate in Walla Walla to have local people willing to take on the role, especially Sophie and Millie Kohlhagen. They have done a fantastic job. This also applies to our Water Aerobics instructors, Leeny Mason & Kirsten Isbister, who provided a great service. Lastly, thanks to the small group of volunteers who give up their time to keep the kiosk running most days and providing the extra help needed for swimming carnivals, Wally Wipe Out days and the movie night. Their efforts enhance the facility and provide much needed funds which go back into improvements, maintenance and supply of equipment. This year we have contributed \$2500 to the cost of the new lane ropes and purchased other ancillary equipment such as pool noodles. Written by John Mullavey (secretary) and Tim Paramore (president).



WALLA WALLA RED CROSS by Dorothy Cremer, President

Our next meeting is on 27th March at 2 pm. Items on the Agenda are Red Cross Calling and Anzac Day luncheon. Members are requested to be at the Town Hall on Anzac Day at 9 am for sandwich making and other preparations needed in setting up. Members are asked to bring a slice or cake, uncut. Also a reminder there will be no meeting in April so our next meeting is on May 22nd at the Baptist Church Hall, Market St at 2pm.

Expression of interest in 'Gentle Exercise' Classes now that Aqua class season is finished.

Thursdays at 2.30pm in Walla Venue & Start Date TBA
Classes \$2
Run by Murrumbidgee Health trained instructors

Contact us if you're interested in joining us,
Thanks, Kirsten & Leeny



Jindera Community GARAGE SALE

Sunday 14th April

8.00 am

Maps

\$2

Jindera HUB

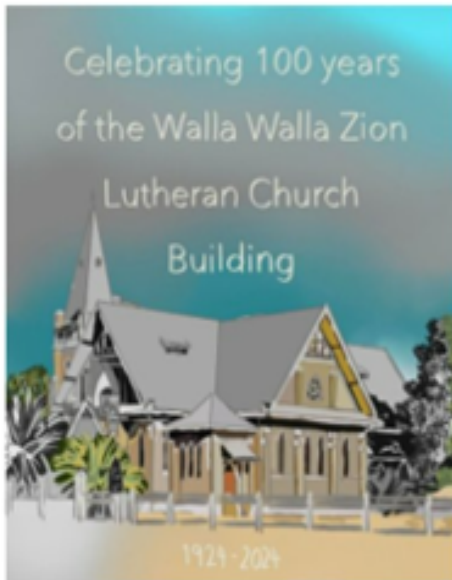
Enquiries:

Rural Care Link 0475 594 073

Jenny O'Neill 0438 263 417



Jindera Post Office



Over the next 7 months you will see this poster whenever we do promotional articles in the build up to the Lutheran Church celebrations.

October 26 – 27th 2024 - save the date

Between now and then we are collecting historical artifacts and photos to compile a historical record for you to read and pass on to future generations. Along with the **WALLA WALLA & DISTRICT HISTORICAL SOCIETY INC.** we are asking for your help in this. We would like to copy photos of wedding that took place in the church since 1924. Do you have your Grandparents' or even Great-grandparents' photos? We would also like confirmation photos from over the years, and youth photos. You may have baptismal photos and certificates, or funeral photos or any special events that would be relevant to the history; wedding receptions held in the hall, birthday parties, Sunday School and the Christmas dress-ups for nativity scenes etc, harvest thanksgiving displays – the list goes on.

***A special request* – does anyone have photos taken during the actual building process? We have articles about the architect and copies of his original drawings but no photos.**

If you do have any items please contact Tony Brinkmann, Pastor John Borchert or Janet Paech. We will scan and copy and return. If you no longer wish to keep them, they can be filed in the Historical Society room. I am currently reprinting the Walla Walla 100th Anniversary recipe book and would like to include relevant church photos. Don't think they have to be old photos because the history covers 100 years. What are your memories? We would like to have some feedback from you. If you would like to write some down, please pass on to Pastor John, Tony (brinkade@bigpond.net.au) or Janet (janetpaech@gmail.com)

1. Where and what years did you attend Sunday School? Was it held during the service?

2. Who were you Sunday School teachers? _____
3. Where and in what years did you attend Confirmation classes? What time, and who was your instructor?
How many in your class?

4. Where you a member of the Church Choir? Who was the Choir master?

5. Did you attend the 1960's ABC Television broadcast of Walla Walla church service? _____
6. Where you or are you a Church steward? Do you have any funny or unusual incidents you wish to share?
e.g. bell rope broke, put wrong hymn numbers up, they were upside down...

7. Do you have stories that your parents, grandparents have shared e.g. men and women sat on opposite sides of church? _____
8. Was the Church format different during the War years?

9. Do you have any other stories you would like to share?

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Contact Lachlan
0438708230

lachlan.casey@hotmail.com



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.



Walla Walla Public School Happenings

K-2 have been working away in their classroom developing their independent reading skills, being mathematicians, enjoying Just Dance and Lego! Photos below left.



Top & R: WWPS K-Year 6 students learning to play lawn bowls with instructor Darryl. They are aiming to go to the Bowling Club soon to show off their skills!



Years 3 - 6 during STEM, are working towards making a robot named Milo. Many have completed the step by step instructions for the model and are up to coding a sequence of movements and noises for Milo to produce. Photos above right.



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International Women's Day Community Breakfast

To celebrate International Women's Day, we hosted a free community breakfast. It was a beautiful summer's morning and we were privileged to hear from four inspiring staff members who shared their heart on walking with purpose.

Thank you to all the women and men who came along and to the wonderful helpers who made our morning special. We also enjoyed our Meet and Greet morning for new families who toured our College.



Rite Journey Calling and Departure Ceremony

Year 9 students have participated in The Rite Journey program's Calling and Departure Ceremony. They began by ringing the old school bell, received their polo shirts, and concluded the service at Morgan's Lookout. During this time, they dropped a gum leaf with notes on letting go of childhood and embracing their future. This year, they will reflect, challenge, and grow on their journey from childhood to adulthood.

The Rite Journey incorporates the subjects of Christian Studies, Personal Development, Health and Physical Education.



Round 2 Enrolment
opportunities close
Wednesday 20th March

**SCHOLARSHIPS
NOW OPEN**



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