



## Your February 2024 Community Newsletter

### WALLA WALLA COMMUNITY GROUPS & CLUBS: WALLA LIONS CLUB

Written by Jeff Grosse and Françoise McPherson



**Background:** The Lions Club is part of Lions Club International with branches Australia-wide and chapters in many countries. Lions Australia celebrated its 75th anniversary in September 2022. The first club was formed in Lismore on July 1 in 1947. Since then, the Lions Club has become Australia's largest service club organisation serving the community and improving the lives of many people. The one word the Lions clubs use in all their mottos is ALWAYS. Whenever there is a need for something to be done, there's ALWAYS a Lion to help .



**When was the group started and how many members were there originally?** The Lions Club Walla Walla branch formed in 1977. There were 26 Charter members. The first board comprised of a President (Graham Jacob); Secretary (Murray Russell); Treasurer (Garvis Chasling); 3 Vice Presidents (John Cummins, Don Hodge, Jeff Grosse); 2x 2-year Directors (Wilf Krause, Dave Klemke); 2x 1-year Directors (Keith Odewahn, Keith Deegan); a Lion Tamer (Norm Cremer) and a Tail

Twister (Andrew Plaxton). The Lions Ladies Auxiliary was formed in 1978 and continued for a number of years.

**What is the function/goal of this group?** The goal of the Walla Walla Lions Club is to help the local community and make Walla Walla a better place to live in.

**Who are the executive position holders?** Shane Trimble is President, Janet Paech is the Secretary and Jeff Grosse is the Treasurer.

**How many current members are there?** Currently, there are only 7 members so more are desperately needed. The Lions Club is open to new ideas and suggestions. New faces are needed to replace the committee members who have served for many years and wish to step down for health reasons and other commitments. If new members don't join, the Lions Club is in real danger of folding and that would be a big loss to the community!

*(Pictured right: Current members Shane Trimble, Wilf Krause, Jeff Grosse, Andy Hurst and John Schmehl, Dawn Beachcroft was the photogrpaher and Janet Paech was absent)*

### How often do members meet?

When the Lions Club had many more members and was involved in multiple community projects, they used to meet twice a month. The first meeting was a board/business meeting. The second one was a dinner meeting together with partners and these usually had a guest speaker. Now, since Covid turned our lives upside down, the club only meets about once a month. Finding caterers at present is very difficult.



*(Pictured above: The Lions Club truck entry in the 150th Walla Walla Anniversary parade - January 2019).*

**Are new members wanted and how do interested people join?** If anyone wishes to join the Lions Club, please contact Shane Trimble, Janet Paech, Jeff Grosse or any other current members Please consider making a difference and join the Lions Club.

**For more information on the Lions Club achievements and future plans, see p.4 >>**



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**Plus so much more!**

## SPOTLIGHT

### Spotlight on Walla Residents

We have a new regular section for the Walla Newsletter and I would like to invite you to be involved! Each month we will spotlight one or more residents of Walla and write an article about them. This will involve Sally Jean and having their photo taken.

The article will be a celebration of their life and their connections and contributions to Walla. Feel welcome to nominate yourself or ask another community member to be spotlighted. If you would like to be involved please email:

[info@glowwellbeing.com.au](mailto:info@glowwellbeing.com.au)

### WALLA WALLA CROQUET CLUB

In December we had a lovely Christmas Luncheon at the Walla Food Mill, then a few weeks break.



We are back playing Croquet at the Walla Bowling Club on Saturday and Monday mornings. Due to the warm weather we are now starting at 8:30am.

**You are very welcome to join us.** Please wear flat soled shoes.

Helen Krause - Secretary  
0427 260 737

### RED CROSS

A new year is with us with many challenges ahead. Our first meeting for 2024 is **Wednesday 28th February 2pm at the Walla Baptist Church Hall**. Love to see you there. Of course, everyone is welcome!

Our donation of personal items to help Women of Domestic Violence was delivered before Christmas. They were overwhelmed with gratitude.

**A special thanks to Erin and Terry White Pharmacy** for the most generous donation of all sorts of products.

My thanks, as President, goes to all of you for supporting this well deserved cause.

Our Christmas Raffle, again Thank You everyone for your support for your local branch of the Australian Red Cross. Noel Wilksch was the winner of the Hamper, Chris Schulz 2nd Prize and surprise or shock, I won the Christmas Cake made by Sandra Schilg. Thank you Sandra. A total of \$376 was raised.

There have been plenty of Thank You's but this is the way it should be, Helping Others in whatever way we can.

Dorothy Cremer  
President  
0260292120



### CULCAIRN SHIRE COUNCIL STEAM ENGINE

Hi, I have recently acquired the old Culcairn shire traction engine that was originally purchased by the council in 1910, along with a rock crusher and wagons for road making in the district.

The traction engine worked in the shire up until 1946 when it was eventually sold to Victoria.

I have some newspaper information including when it was delivered by train to Albury, it was described as "finest engine in the state" at the time, also the engine's involvement in the King's bridge collapse in 1919 as well as the report of its sale in

1946 to Albert Griffiths at Greta near Wangaratta.

I would be most interested in any local memories or photos of the engine that anyone might have tucked away at home.

I have included a photo of the traction engine and it would be great if you could put a note in the newsletter for anyone with photos or info to contact me on my email [rjnewell@gmail.com](mailto:rjnewell@gmail.com)

Kind regards  
Richard Newell





**"We care for your health"**

Providing health services at Holbrook and Walla  
Dr RAMANPREET GILL, M.B.B.S, FRACGP  
DR SUDHA JAYARAMAN, M.B.B.S, FRACGP

**\*IMPORTANT ANNOUNCEMENT\***

It is with a heavy heart that we share the news of Dr Wah Wah Soe's resignation from our clinic.

We are profoundly grateful for her dedication and service to the community.

Her last day at Vecare Health will be 31 January 2024.

**To ensure continuity of care, Dr Gill will be extending her working days.**

Walla clinic new working hours  
Monday 9am to 5pm and  
Friday 9am to 1pm  
Closed Tuesday, Wednesday, Thursday

Thank you for your understanding and ongoing support.

**\*PROTECT YOURSELF AND YOUR LOVED ONES FROM COVID-19\***

Are you 65 or older? or  
Do you have a Chronic disease?  
Your health matters!

**Get vaccinated against new variant of COVID-19 at Vecare Health.**

Safeguard yourself and your community. New Vaccine available now.

**Call us at  
02 6073 2605 (Walla)  
02 6036 2952 (Holbrook)  
to schedule your appointment.**

*Note: You cannot have the vaccine if your last COVID-19 vaccine was within the last six months or if you have had a COVID infection in the last six months.*

**HOLBROOK**

117 Albury Street, Holbrook

PH: 02 6036 2952

Email: holbrook@vecarehealth.com.au

FAX: 02 6036 2928

HOURS: Monday to Friday, 8:30am to 5pm; closed daily from 12:30pm to 1:30pm for lunch

Services offered:

- Regenerative Psychology (Every Friday)
- Douglas Hanly Moir Pathology collection Services (Mon to Fri)
- Podiatry (3 times a month)
- Dietitian
- Diabetic Educator
- Online Psychiatric consultations

**FOR MORE INFORMATION: [www.vecarehealth.com.au](http://www.vecarehealth.com.au)**

**WALLA WALLA**

82-84 Commercial Street, Walla

PH: 02 6073 2605

Email: walla@vecarehealth.com.au

FAX: 02 6009 1505

HOURS:  
Monday - 9am to 5pm  
Friday - 9am to 1pm  
Closed daily for lunch 12:30pm to 1:30pm  
Closed Tuesday, Wednesday and Thursday

Services offered:

- Podiatry (Friday, once a month)
- Online Psychiatric consultations.

**WALLA WALLA MEN'S SHED**

Hello all,

Christmas and New Year have come and gone. A joyous one to one and all.

The Men's Shed project has achieved (to date):

- Block of land (45 Commercial St)
- Basic shed size for quotation purposes (15m x 10m)
- Concrete slab
- Council permit costs (being pursued)
- Quotes sought for Plumbing and Electrical
- OH&S requirements
- Solar powered \$ down the track

This has put us into fundraising mode. We will commence a major fundraising raffle shortly.

We will be holding a community meeting on Sunday 11 February, 6pm at the Walla Walla Sports Ground. Memberships will be available to purchase at the meeting, at \$35 per member. (\$6 membership, \$29 insurance to Sheds NSW).

The community shed is for both men, women and children, regardless of your health or physical ability, to help you go after your goals - the Men's Shed will be there for you.

James Godde  
Hon. President  
WWCMS

**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 COMMUNITY GROUPS & CLUBS:

### WALLA LIONS CLUB [CONT'D]

#### What are the biggest achievements, community contributions etc by this group?

In the last 47 years, there have been many projects done by the Lions Club. Structural improvements in town include the Lions park opposite the Town hall; outdoor playground for Burrumbuttock preschool, cementing the verandah at Lions house used by CWA at the time, installation of the first Toch-H light for at-risk residents (precursor to medic alert button); erection of the Lions town notice board at the old newsagent shop in 1977 (pictured top right); install public school cricket pitch; placed bench seats around town; cleaned and painted the swimming pool and shift the east side pool fence. A resuscitator was purchased and donated to the swimming pool. Shade areas were erected at the pool and pushbike stands were placed in town. Bike identikit stamps were issued to prevent theft. A hothouse was donated to Walla Public School and pine posts were donated to Gerogery preschool. A Bowls day was held for the blind (each player had a helper) and golf days were held at the Walla Golf Club. Lions have manned the gate at Walbundrie Sportsground for the Hume League football grand final for 2 or 3 years. The Bowling Club received donated wine glasses from the Lions Club.

Boxing gala events were held at the Town Hall many years ago and the Lions club once hosted a busload of American tourists (some of them were US Lions) with a BBQ at Town Hall in Walla. Improvements were made at Morgan's Lookout in the form of a BBQ, toilet block and steps were painted (before Council used steel replacements). Residents who can't do maintenance jobs themselves have relied on Lions members to do wood splitting and garden clean ups. The Lions club has been very much involved in Clean Up Australia day for many years.

In 1988, the Lions numbers game was initiated and a door knock appeal was held to raise money for the Heart Foundation for several years since 1979. Other causes the



Walla Lions club raised money for have included Walla Fire Brigade, Bushfire Relief Appeals, Haemophilia Foundation, Drug Awareness Campaigns, The Cancer Council, Culcairn childcare centre and palliative care.

Newspapers were collected on the first Saturday of each month for Red Cross initially and later on taken to the paper mill until it closed down.

Lions mints were first sold in 1982 and are still being sold. Lions Christmas cakes were first sold in 1977 when 12 cartons were bought. Each carton has 10 cakes (1.5 kg) or 12 cakes (1 kg). The next year 18 cartons were sold. Now 26 cartons of 1.5 kg cakes are sold together with 13 cartons of 1 kg cakes. Until recently, the Lions club also organised the Christmas lights competition in town.

There's been a significant investment in youth programs by Lions clubs around Australia and in Walla Walla. Youth exchange programs saw Japanese and Canadian youth being hosted by Walla families. Walla youth have also been sponsored to go on exchange to Japan, Indonesia and USA. Some youngsters were sponsored to attend camp in the Licola Wilderness Village, Victoria.

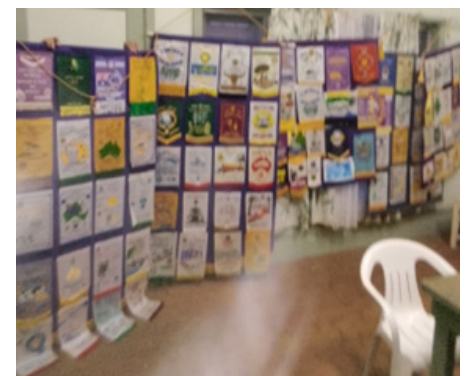
In 1979, the first Youth of the Year (YOY) competition was held. Colin Wright from Billabong High School won YOY in 1980 reaching the State final. In 1981, Andrew Kotzur of St Paul's College won YOY reaching

District final. Walla Lions used to sponsor debating competitions between local area schools for many years. A 3 day festival including an arts & crafts exhibition was started at Walla Town Hall in 1978 which continued for nearly 12 years. The major raffle prize was an oil painting by Gustav Perstitz which raised £523.23 for the club and a lot of the art was for sale.

#### What is planned for the future?

The number of projects the Lions Club is involved in now is much reduced due to the small number of members. The Lions Club currently sells Lions Mints, Christmas cakes and the ANZAC Day barbeque. If more members join, the Lions Club can once again get involved in town projects to benefit everyone.

References: <https://lionsclubs.org.au>; <http://lionsclubs.org.au/our-history/>; [Countries and Geographic Areas | Lions Clubs International](http://lionsclubs.org.au/countries-and-geographic-areas/)



(Pictured above: Inside the Lions House club room with banners from other Lions Clubs who visited the Walla branch or were visited by Walla members).



## WEEDS AT WALLA WALLA

by Herb Simpfendorfer

There are three weeds which are a great challenge to us just now.. The first is hairy panic. The mature plants are already going to seed. It is easy to pull them out, chip them or spray them, but the problem is that they win because of their sheer numbers.

The second one is fleabane. It also has sheer numbers, more than in living memory, and it is very hard for us to overcome them. We must keep trying. They are usually easy to pull out, roots and all. Otherwise chipping just below ground level works well. Using Roundup is no good. It is a nasty one.

The third weed is bindii, the absolute most nasty of all Walla weeds. The first bindii popped out of the ground at Walla Walla just after the last Newsletter. Andrew saw it, and pulled it out. Quite a few dedicated bindii destroyers are active in our town. However a large patch very close to the main street was not seen, and then this is what happened:

9th January, 2024 8 am Bindii patch seen by Trevor. 9 am Herb notified. 9 25 am All 33 plants dug up and put into Herb's special 20 L bucket. See photo. All plants are now six foot under at the tip. Good bye, bindii.

Another weed worth digging up is paspalum. It has those very long stalks with sticky seed pods on the ends. Spraying is effective, but a better way is digging it out roots and all. Many of these with their long thin leaves can be seen in Walla just now where there is lawn. Digging them out with a strong thin hoe is best, so that other plants are not affected, as can happen if it is sprayed.

There are lots of other weeds around at this time that just crawl around across the ground. They are easily controlled with spraying or chipping if you do not like them.

An accurate summary of weed growth in our town in the last few months is that the weather conditions have suited them perfectly. However our worst adversary is under control. Good bye, bindii. It has also been a profitable season for gardeners who do mowing and weed control for a living.



Committed  
to our region.



Justin  
CLANCY MP  
MEMBER FOR ALBURY

Authorised by Justin Clancy. Funded  
using parliamentary entitlements.  
02 6021 3042 | [justinclancy.com.au](http://justinclancy.com.au)



# COMMUNITY DIARY

## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 • Aqua Aerobics, 5:30pm, p.7	2 • Friday night meals & Bonanza Draws, Bowling Club, 6:30pm	3 • E-siren testing, RFS Shed • Croquet, 8:30am BC
4	5 • Croquet, 8:30am BC • RRLibrary, WWPS, 9am - 11am • Aqua Aerobics, p. 7	6	7	8 • Aqua Aerobics, 5:30pm, p.7	9 • Friday night meals & Bonanza Draws, Bowling Club, 6:30pm	10 • Croquet, 8:30am, BC • Henty Agricultural Show, Henty Showgrounds
11 • Men's Shed Community Mtg, 6pm, Sportsground	12 • Croquet, 8:30am BC • RRLibrary, WWPS, 9am - 11am • Aqua Aerobics, p. 7	13	14 <b>VALENTINES DAY</b> • Probus, Culcairn Club, 10am, p10	15 • Aqua Aerobics, 5:30pm, p.7	16 • Friday night meals & Bonanza Draws, Bowling Club, 6:30pm	17 • Croquet, 8:30am, BC
18	19 • Croquet, 8:30am BC • RRLibrary, WWPS, 9am - 11am • Aqua Aerobics, p. 7	20	21 • Greater Hume Council, 6pm, Culcairn Chambers	22 • Aqua Aerobics, 5:30pm, p.7 • Praying for Walla, p.7	23 • Friday night meals & Bonanza Draws, Bowling Club, 6:30pm	24 • Croquet, 8:30am, BC
25 • Wally Wipeout, Walla Public Pool	26 • Croquet, 8:30am BC • RRLibrary, WWPS, 9am - 11am • Aqua Aerobics, p. 7	27	28 • Red Cross, 2pm, Baptist Church Hall	29 • Aqua Aerobics, 5:30pm, p.7		

### 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

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 request  
0493 130 539 or [glowwellbeing.com.au](http://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 days)  
Pathology Service:  
Wednesday 8:30 - 11:30am  
[www.vecarehealth.com.au](http://www.vecarehealth.com.au)

Walla Police 6053 4570

Emergency: 000

Mobile Library

Every Monday at 9am - 11am in front of the Walla Walla Public School, except public holidays

Thistle Cafe

02 6029 2003  
Thursday to Sunday, 8am - pm  
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: 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 last Sunday of the month, 6pm  
Fr Jomer Calma - 0450 689 409

### Community Church Service

To be advised.

## PRAYING FOR WALLA WALLA

When: Thursday 22 February 7.30pm  
Where: Lutheran Church Hall  
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.

# BOOK SWAP



If you pay attention when you are corrected, you are wise.

**Proverbs chapter 15 verse 31**



### Walla Pool Aqua Classes

**Mondays & Thursdays**

**5.30 pm – 6.15pm**

Cost \$2.

Mondays - Leeny Mason 0419605566

Thursdays – Kirsten Isbister 0431141597

Murrumbidgee Local Health District

Aqua Trained Leaders



## WALLA WALLA FARM ACCOMODATION

Come and enjoy our two bedroom restored shearers quarters on a 650 acre sheep property - "Mullemblah", Alma Park. Our farm offers short or long comfortable walks to enjoy some of the highest points in the area - located only 15 minutes north of Walla Walla. "Mullemblah" is ideally placed to explore our region, and a restful spot for travels or longer stays. The cottage contains a kitchenette with all inclusions, two bedrooms for up to 4 people with all linen provided, indoor and outdoor fires, air-conditioning, a variety of board games, BBQ, cot and highchair available. Breakfast supplies included.

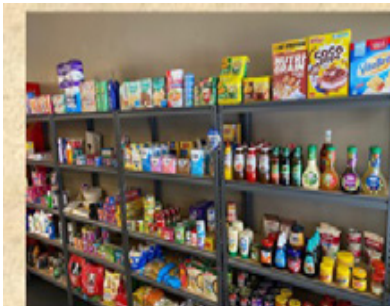
For enquiries, call host Joanne Knobel Ph: 0427 280 163  
joanne.knobel@gmail.com



## WANT TO SUBMIT A NEWSLETTER ARTICLE?

Please send in any special acknowledgements, articles or requests to: [wallenewsletter@gmail.com](mailto:wallenewsletter@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**





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

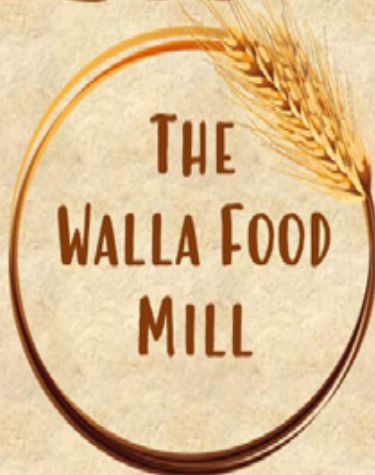


**Opening Hours**  
**Mon – Wed 6am till 4pm**  
**Thurs – 6am till 7:30pm**  
**Friday - 6am till 8pm**  
**Saturday 7am till 2pm**  
**Sunday 8am – 2pm**

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!



Takeaway Thursday & Friday Nights!

Phone : 02 6029 2033



**GLOW WELL-BEING**

Hello, this is Sally, the founder of Glow Well-Being in Walla Walla.

I am a holistic therapist who is clinically trained in a number of therapeutic modalities to support people with their well-being.

I support people to manage stress, anxiety, depression, trauma, habits, addictions, fears and phobias.

I equip people with resources and practical strategies to be empowered in their well-being. We can process life experiences, create new neural pathways and develop a mindset for life.

I would like to share a simple yet very effective tip for taking care of your well-being.

I encourage everyone to spend a few minutes throughout the day regulating your autonomic nervous system. The vagus nerve which is part of the para-sympathetic branch of nervous system is responsible for many functions in our body including digestive functions, breathing and heart rate.

When we experience stress and tension, our nervous system can become overwhelmed and dysregulated. This may cause symptoms such as anxiety, depression and impulsive behaviour. In turn we may develop unhealthy coping mechanisms. Frequent dysregulation can lead to breakdown, oversensitivity and disconnection.

Just like you build muscle at the gym, the vagus nerve can benefit from regular toning in order to support well-being.

One of the benefits of toning the vagus nerve and regulating the nervous system is that we are able to access our rest and digest state through the para-sympathetic nervous system.



It can allow us to better manage the stresses in life so that we can face them in a more regulated state. By engaging in one or more of following practices on a daily basis we can make a big difference to our whole body!

Simple ways to tone the vagal nerve include:

- Humming and singing
- Exercise
- Meditation and relaxation
- Deep slow breathing

Thank you for reading and I hope you benefit from this practice.

I am now accepting in person and online appointments. You can contact me at [www.glowwellbeing.com.au](http://www.glowwellbeing.com.au)

Thank you,  
 Sally Jean.

--  
 0493 130 539  
[www.glowwellbeing.com.au](http://www.glowwellbeing.com.au)



We hope everyone an enjoyable and happy Christmas and New Year. We all enjoyed a fantastic Christmas get together at the Holbrook RS club on Friday 8th December. The people who use our services, volunteers and staff from Culcairn, Holbrook, Jindera, and Walla Walla joined in the celebration and fun. Our very grateful thanks to the children and teachers from St Patricks and Holbrook Public schools for coming to entertain us with their musical numbers. They brought so much happiness to the room. Also, our thanks to Herb Simpfendorfer from Walla who entertained us with some musical items.

Our annual Christmas Hamper raffle was drawn on Friday 8th December. We had 3 giant hampers this year, all thanks to very generous support from our volunteers and the community. Proceeds of the raffle supported a free 2 course Christmas Meal and our Jolly Bag, full of useful things, for people who use our meals service.

The Outreach Hub will be on Wednesday 6th March from 1.30pm to 3pm. In the meantime, please call us to arrange a one-on-one support visit.

Our services can help to support you through times when you just aren't feeling well or for longer periods to help you meet your nutritional and social needs. Our Meals meet the National Meal Guidelines for older people, containing adequate protein and other increased nutrients that older people require to stay strong and healthy.

Our services can help with nutritious, delivered meals, food preparation and cooking in your own home, social support - which can provide a friendly visitor, assistance to take you shopping and pay bills or go to medical appointments or any minor home help such as changing a light globe and Transport services.

We can also support registered clients with transport to appointments and shopping services either locally in Culcairn, Holbrook, Jindera or more widely to Albury or Wagga Wagga. We have very experienced staff and volunteers working to support people access transport and other services.

To access our services, you must be registered with My Aged Care. We are happy to help you with any My Aged Care enquires and registration, as well as the process of registering to receive referrals for our services. You can also access our services if you are on a Home Care Package. It's your choice - Speak to your provider and let them know you wish to use our meals or other services.

If you would like more information, please give the office a call on 0260363677. You can also call My Aged Care direct on 1800 200 422 to access our services.

If you have any questions, please give Sue a call on 02 60363677.

**RAINFALL AT WALLA WALLA**

as measured at the Walla Walla Post Office

**November 2023**

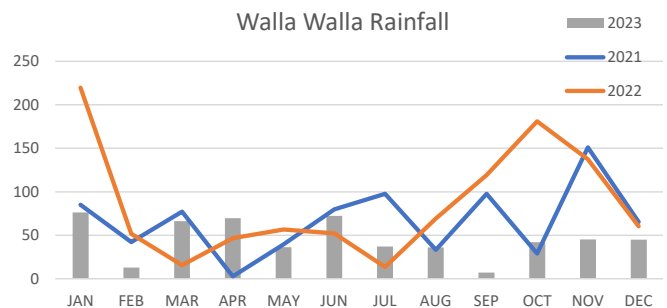
Nov 22 (5.6mm), 25 (14.6mm), 28 (12.6mm), 30 (12.6mm)

**Total 45.4mm. For 2023 to end of November 502.02mm**

**December 2023**

Dec 9 (5.2mm), 11 (18.0mm), 14 (13.4mm), 25 (3.6mm), 26 (4.8mm)

**Total 45.0mm. For 2023 to end of December 547.02mm**



**DEFIBRILLATORS AT 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**



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**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.*

## HENTY - CULCAIRN PROBUS

*Report of Henty-Culcairn Probus Meeting on 11th January 2024 - by Helen Squires*

We were welcomed by our President Yvonne Booth OAM and then were advised of the death of our member Ron Gardiner. Herb has made a clever chime to guide us in our minute of silence. Thank you Herb, no doubt Ron would have appreciated such thoughtfulness.

Our theme for the day was an Australia Day emphasis. Tables were decorated with flags and native greenery. Thank you to Jan and her helpers for this most pleasant thought.

We started with a clever ditty, spoken and sung too, called God save the Thong.

Then we had Mary with a poem "I am a Nation". followed by discussion about the Cherry Ripe Bar being 100 years old, and there were samples, which was another nice thought, thank you.

Our five minute speaker was Ian Lieschke. Ian attended the Merri Merric school, then Henty and to St.Pauls for secondary school. After school finished for Ian, he went to visit cousins in Perth and learned to drive a big tractor pulling 2 X

18 discs. Next Ian flew home and did fruit picking at Shepparton. He travelled to New Zealand, and then Brisbane, Adelaide and Kangaroo Island. Yvonne presented Ian with our Probus pen and congratulated him on his exactly timed five minute speech.

Next was a poem called Green and Gold Malaria, read by Julia Collie. (Poem is on computer read by author Rupert McCall ,for those who would like to share).

Morning tea was tiny lamingtons with jam and cream, and Vegemite biscuits, added to our usual lovely Arnott's biscuits.

Our main speaker was Aaron McCarthy from The Rock who shared the speech with his wife Tahnee. They told of Aaron's rehabilitation after having a farm machinery accident, where he had the lower portion of his leg removed. They told of overcoming adversity and turning it to advantage. We saw footage of Aaron learning to walk with his new prosthesis. There was much thanks given to those who raise funds to assist

and to family and friends, the farming community and emergency services Aaron had been an A grade tennis player and now plays from a wheelchair, also basketball and football . He has a particular interest in para snow boarding using a special prosthesis for action sports. Aaron's goal is to be sports person of the year for Lockhart Council. He shows great resilience and determination, as does his wife Tahnee, his children and the extended family . They support fund raising for Para Athletes .Aaron still has his farm and can do most jobs required.

Kevin Knoble presented Probus pens and a thank you from the club to Aaron and Tahnee for sharing their story of great success in rehabilitation after a most serious injury. . We do wish them well .

In February on the second Wednesday, we are planning to meet at the Culcairn club, 9.30 for a 10am start. We are hoping to have a police person to talk about scams. We hope you will join us for an interesting meeting.

## MAKING WISHES COME TRUE

*Written by Françoise McPherson*

The Make-A-Wish Foundation is an organisation which aims to make children who are gravely ill or suffer from a chronic health condition a little bit happier by fulfilling a wish they have. For some children with a terminal illness, time is running out fast.

The Make-A-Wish idea started in 1980 in Arizona, USA. Officers working at the Department of Public Safety (DPS) became aware that Chris Greicius (photo below left), a 7-year-old leukemia patient, was longing to experience the life of a police officer. This wish was granted by the Arizona Police Department and seeing Chris so happy being able to wear a smaller police uniform and go on patrol with police officers made DPS think of making other wishes come true. After national media coverage, other States in the USA started their own chapters and the Make-A-Wish Foundation was

born. Chris Greicus was only 7 years and 269 days old when he died of leukemia but his mum is a co-founder of the Make-A-Wish Foundation in the USA in memory of her son who longed to be a police officer.



Make-A-Wish Australia was founded on 26 November, 1985 at the Queen Victoria Medical Centre in Melbourne after the success of the original make-A-Wish foundation in America. In June 1985, a group of Australian life insurance brokers attended a Million Dollar Round Table conference in San Francisco. Hearing about the success of Make-A-Wish Foundation, they decided

upon their return to Australia to request that Life Underwriters Association in Australia provide some funds to support a similar organisation in Australia and Make-A-Wish Australia was formed. In 2010, the first World Wish Day was celebrated with over 198,000 wishes granted worldwide.

The aim is to grant inspirational and life-changing wishes to children with critical or life-threatening diseases. Right now, in Australia, there are 900 critically ill children. The first Australian wish granted was to 16-year-old Shawn Cleland with Duchenne muscular dystrophy who

wanted to see his favourite football team,





## MAKING WISHES COME TRUE [CONT'D]

Footscray, in action. He was flown to Sydney to watch the Bulldogs play on April 20, 1986 after full forward Simon Beasley visited him at home to the delight of Shawn and his family. Unfortunately, Shawn succumbed to the disease in 1992.

While most wishes are granted whenever possible, there are some rules. A child can only have 1 wish, not multiple wishes fulfilled. Wishes must also be relevant to the child, not their parents or siblings. Eligible children must be aged between 3 -17 years old and be diagnosed with a critical illness. This means the child has a progressive, degenerative or malignant medical condition which is life-threatening. Many children sponsored through this Foundation have childhood cancer and others have metabolic diseases. It's a myth that all these children are terminal; many do eventually beat their cancer or receive a donor organ and go on to live normal lives as adults. Sadly, there are children who will not make it past childhood and for them, having their wish fulfilled is the more special. In a typical week, around 300 wishes are granted.

There is a lot of planning involved to make a wish come true including financial backing from sponsors, transport to the location, the child's treatment schedule/hospital stays and the schedule of the person/s who are part of the wish. Some wishes are also seasonal such as spending the day in the snow or going to the beach for the first time ever. The idea behind the granting of wishes is to provide some much-needed respite from the ongoing hospital admissions, medical tests, multiple operations and isolation from home. Some children have spent more time in hospital than at home and others, such as patients on dialysis machines, have to spend hours every week in hospital for years until a suitable donor kidney becomes available. The lengthy and frequent hospital stays and treatments take an emotional and physical toll on the young patients as well as their families. Usually, one parent stays with the sick child while the other parent stays behind to juggle work, housekeeping and looking after the sick child's siblings. Living in

regional areas means the child and parent are isolated from the rest of the family in a capital city where a Royal Children's Hospital is located, hundreds of kilometres from home. Wishes are very individual but some are common such as themed birthday parties where everyone dresses up as Disney characters or Superheroes including off duty medical staff. TV personalities such as TV vet Chris Brown and TV chef Justine Schofield (photo left) and The Wiggles have hosted children through the Make-A-Wish Foundation. Athletes are also popular such as tennis player Ash Barty (before the 2022 Australian Open, photo middle), entire football or basketball teams, and even the Fox Adelaide Test match cricket commentators Adam Gilchrist, Shane Warne and Mark Howard (photo below right).

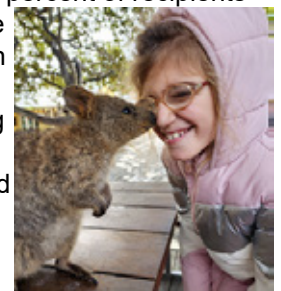


Other children are fascinated by the Police Force, Australian Defence Force or Fire Brigade. Young Daniel was flown by helicopter to HMAS Hobart, a guided missile destroyer when he had recovered from multiple operations to treat spinal tumours and bladder cancer. He was subsequently made Honorary Lieutenant of the Royal Australian Navy.

Animals feature high on the wish list. Puppies are purchased as companion dogs or service dogs which will make the young patient more independent e.g. a wheelchair-bound child. Animals are only granted through extensive consultation between the child's parents, medical staff and service dog trainers. Kittens and ponies also made the list (e.g. riding for the disabled) as do animal-themed holidays to interact with quokkas on Rottnest Island, feed giraffes at Taronga Zoo or swim with dolphins at Sea World.

When buying gifts for your children, stepchildren, grandchildren, nieces or nephews, please consider making a donation to the Make-A-Wish Foundation and make a terminally ill child's wish come true before their time runs out. Donations are tax deductible and you will receive photos of the child's wish being fulfilled. Other ways to help is to become a volunteer to go through the thousands of wish requests and help make them a reality or to become an ambassador for this charity.

Children who were helped by this Foundation and who survive their childhood illness often become ambassadors themselves or fundraisers to ensure other children get the same experience as they did. Eighty seven percent of recipients have said the Make-A-Wish Foundation was a turning point in their treatment and it changed their lives for the better.



These ex-patients are keen to give back. For more information and to read about the wishes already fulfilled, see [www.makeawish.org.au](http://www.makeawish.org.au).



# ST PAUL'S COLLEGE

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## Annual Celebration Evening

What an amazing night it was when our College community celebrated 2023 at our Annual Celebration Evening in December. Students were rewarded for their academic, citizenship, service, leadership, sport and excellence in specialty subject areas. Some highlights included:

Lutheran Church, Principal Awards - **Jaiah Disher, Clancy Manning** and **Emma Biar**

BankWAW Dux Awards - Year 7 **Eva Butler**, Year 8 **Jasmine Lieschke**, Year 9 **Ella Donoghue**, Year 10

**Hannah Lennon**, Year 11 **Audrey Lieschke** and Year 12 College Dux - **Emma Lavery**

Boards of the Year: Juniors - **Carter Britton** and **Chloe Thomas**, Seniors - **Lachlan Routley** and **Ruby Jones**

Sportsperson of the Year - **Angus White**

Rod & Ange Frohling Agriculture Bursary - **Jessica Baker**

PJN Steel Fabrication Equine Award - **Addison Strachan**

Australian White Suffolk Show Team Award - **Clancy Manning**

Tynan Lieschke Memorial Instrumental Award - **Lucas Scholz**

SPOCA Bursary - **Kate Lieschke**

Congratulations to all our award winners and ALL our students for your contributions during 2023.



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