

Valma Frost (Hamilton) YHS 1943

by Sonja Bates (Ostlund):

It is with much sadness that my life long friend, Valma, passed away in Feb 08 after a battle with cancer. She lived in Yallourn and attended the State School and the High School. She had been a member of the Yallourn Old Girls' Association since it began in 1976 and as a Committee Member, contributed quietly to the running of the group.

We played basketball in our early teens and had enjoyable matches against Moe, Morwell, Trafalgar and Yallourn North. I was a goaler and Valma was Wing Attack. When the umpire blew the whistle to start the game, Valma would jump straight up and confuse Centre Elaine Walters and me, but she usually got the centre pass.

Valma was a foundation member of the Morwell Basketball Club in 1969, which later became the Morwell Netball Association in 1975. She assisted with the Collins Street State School teams and also became an umpire at the weekly Saturday competition. She was the President for several years. Valma was the First Aid lady and later joined the St John's Ambulance. In 2007, she was awarded the "Serving Sister of St John's" medal at Government House. Valma also played golf and lawn bowls at Morwell.

Valma will be sadly missed by all for her quiet achievements. She is survived by her husband, Jim, and children Glenda, Alan and Ian, and her 7 grandchildren.

The St John's Ambulance also wrote a letter to YOGA saying it was with great sadness they learned of Valma's death as she made a wonderful contribution to their organisation for many years.

Valma will be especially missed by her friends on the YOGA Committee.

