Walpole Weekly 18th October, 2023 www.walpole.org.au



Community newspaper proudly published by the Walpole CRC in litter-free Walpole.

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Get Online week at Walpole CRC



URGENT PROPERTY LISTINGS NEEDED!!

Burton Realty has clients wanting to purchasing rural, residential and lifestyle properties in our area, if you were thinking about selling now is the time, call us today for a FREE market appraisal, with no obligations to sell.

You may be pleasantly surprised with what your property is worth!

Licensee - Burton One PTY LTD T/A: Burton Realty 34 Nockolds Street, Walpole, WA, 6398 Office: (08) 9840 1232 info@burtonrealty.com.au www.burtonrealty.com.au



Get Online week is upon us, which means that I'll be available throughout the week to share tips and tricks you can use to safely navigate the digital world.

I did want to take this time to let you know that I have been made aware of a recent uptick in both scam emails and scam social

media accounts. I just wanted to share some info related to both.

Red Flags for Scam or Phishing Emails:

- Unexpected Sender: If you didn't expect to hear from the sender or don't recognise them, be cautious.
- Generic Greetings: Phishing emails often start with vague greetings like "Dear Customer" instead of your actual name.
- Urgency: Messages that create a sense of urgency or panic, asking you to act immediately.
- Spelling and Grammar Errors: Poor spelling and grammar are often a giveaway.
- Mismatched URL: Hover over any links without clicking to see if the URL matches the link that was typed in the message.
- Asking for Personal Information: Legitimate organisations will never ask for sensitive information through email.
- Attachments: Be wary of unexpected attachments or links, as these could contain malware. *continued page 2...*

WORKING TOWARDS WALPOLE WORLD HERITAGE AREA

...from front page



- Too Good to Be True: Offers that seem too good to be true often are.
- Check the Email Address: Often the email address won't match the organization's actual email format.
- Inconsistencies: Look for inconsistencies in email addresses, hyperlinks, and the domain name.
- Unsolicited Attachments or Requests: Any unsolicited requests for personal information or immediate action should be treated as suspicious.
- No Contact Information: Legitimate emails usually include a way to contact the organisation, such as an address or phone number.
- Check for Official Communication: If an email claims to be from an organisation you are involved with, verify any information or actions on the organisation's official website or by contacting them directly.

By paying attention to these signs, you can better protect yourself from falling victim to scams and phishing attempts. Always err on the side of caution and double-check anything that seems suspicious.

Red Flags for Fake or Scam Social Media Accounts:

- Low Follower Count: A low number of followers compared to the number of people they are following could be a red flag.
- Recently Created Account: Check when the account was created. New accounts might be more likely to be fake.
- Sparse Personal Information: Limited bio, missing details, or vague information could be signs of a fake account.

- Few Original Posts: If almost all their activity consists of re-posts or sharing others' content, be cautious
- Overuse of Trending Hashtags: Using many trending hashtags but not contributing meaningful content could be suspicious.
- Random or Unconnected Posts: A series of unrelated or random posts might indicate a fake account.
- Excessive Offers or Requests: Be wary of accounts that are solely dedicated to giveaways, contests, or making requests for money or personal information.
- Unusual Engagement Patterns: If the account has erratic or odd patterns of engagement, such as bursts of activity followed by long periods of inactivity, be cautious.
- Asking for Personal Information: Always be wary of any account that privately messages you requesting personal or financial information.
- Check Verified Status: For public figures or organizations, look for the "verified" badge next to their name.
- Grammar and Spelling Errors: Poor language and grammar could be a sign that the account is not legitimate.
- Inconsistent Story: Be cautious if the information provided over time doesn't add up or is inconsistent.
- Do a Reverse Image Search: If the profile picture looks too professional or like a stock image, do a reverse image search to check its authenticity.

By being aware of these indicators, you can make more informed decisions about whom to engage with on social media platforms. Always remember, if something seems too good to be true, it probably is.

When I was younger, my Mum would always tell me to be cautious on the internet and share as little of my personal information as possible. While the digital world has changed vastly since then, I still think it's a good idea to exercise caution on the internet about what you share and with whom you share it.

Remember, I'm always available for questions and concerns you might have! Just call up the CRC at 9840 1395 and I'll do my best.

Stay safe out there!

~Regan Marsh

Ants in your plants, and pavers?



Want to know what your problem ants are and how to control them? You've come to the right place.

There are thousands of ant species in Australia, and most are difficult to identify without a microscope and specialist knowledge. There are very effective baits for some species, while others require control using sprays. Other species rarely need any control and can be left alone. Unless you know the species of ant, control can be guesswork, which can waste your time and money, and involve the unnecessary use of pesticides.

By submitting samples for identification, you can learn about the species of ants at your property and how to control them, plus you'll contribute to ant surveillance in WA. Detections in recent years of exotic and problematic species such as the African black sugar ant, red imported fire ant and browsing ant, is a testament to the ability of ants to arrive in WA via freight and cargo. Their rapid detection provides the best chance of eradication and prevents the economic, social and environmental impacts caused by these ants.

For ant identification services, we request that only **dead** specimens are submitted. This will prevent any unintended spread of the ants, whilst keeping the postie happy!

Sampling instructions

Brush ants into a sealed container, Ziplock bag or collect ants using the sticky side of transparent tape and fix this gently to a piece of paper.

Place sample in the freezer for 1-2 hours to kill any live ants.

Label samples with the collection location e.g. backyard, kitchen, bathroom, driveway etc., and include a note with your name, address, contact number and email address.

Deliver or post to: Pest and Disease Information

Service (PaDIS), Department of Primary Industries and Regional Development, 3 Baron-Hay Court, South Perth WA 6151.

Any suspected exotic ant species should be reported for biosecurity screening to the Department of Primary Industries and Regional Development.

Further information can be found at agric.wa.gov.au by searching for 'ant control', or by contacting the Pest and Disease Information Service.

We welcome your opinion

The Walpole Weekly values freedom of expression and welcomes contributions and feedback from readers via letter or email on any topic of community interest:

- 1) All content submitted for publication must provide full name and contact details.
- 2) The Walpole CRC will no longer print anonymous letters.
- 3) Any content published may be edited to enhance flow, clarity, spelling, and grammar—not facts or meaning—therefore the writer should carefully check facts and consider their choice of words
- 4) Should content be deemed by the Editor to be too long (should be no more than 250 words), incomprehensible, libelous, illegal, or incite a sensitive issue, then it will not be published.
- 5) In the case of content being rejected, the writer/s will be notified of the decision by the Editor.
- 6) Should the writer dispute the Editor's decision they should take it up in writing with the Management Committee of Walpole CRC.
- 7) The Management Committee will make the final decision on whether or not to publish the content in the next available edition of the *Weekly*.

Classifieds

Physiotherapy

Now at Walpole Silver Chain 0409 745 777

Wanted to buy

Small, light flat-screen TV 20"-28" at least 5 years old Well-used and in good working order

If you can help please contact Karen or Amanda 0436 298 289 or 0424 379 758







~Diana Smith

WHAT'S THE WORD?

Eight Legged Bug: ___ D __ Round Map Of The World: G ____ A Nail-Pounding Tool: ___ R



What picture can you make with this shape?

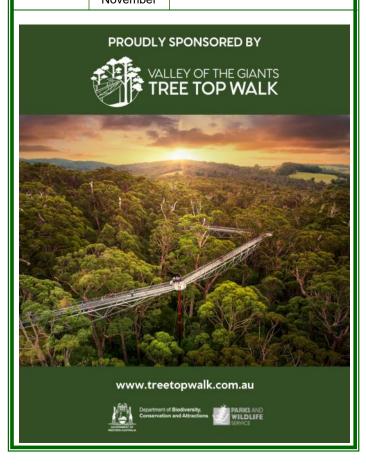


Farm Animals



Weekly events Upcoming Activities

Time	Date	Details
10am to 12pm	Thursday 19th October	eRecord Workshop with Jenny Willcox at Walpole CRC
8.30am	Monday 19th October	Virtual morning tea for Get Online Week
8am to 1pm	Saturday 21st October	Walpole Community Markets at Pioneer Park
5pm	Wednesday 25th October	St John Walpole Subcentre AGM
9am	Thursday 26th October	Chair Yoga/pelvic floor class with Emelie Coffee at Walpole Community Hall
10am to 4pm	Saturday 28th And Sunday 29th October	Orchidup and farm open day At the Edmonds family farm, 82 Bridge road, Walpole
1pm	Sunday 29th October	Bush Essence Bushwalk Discovery with Donna O'Brien
5.30pm	Wednesday 8th November	Walpole and Districts Seniors Accommodation AGM



Weekly events			
Day	Details		
Monday	Mahjong at Walpole Community Hall, 10am - Noon Mahjong at Nornalup 2pm - 5pm Contact Gail on 0427 689 028 for venue details. Zumba at Walpole Sport and Recreation Centre, 5:30pm - 6:30pm Doctor Services at Walpole Silver Chain by appointment 9840 1173 Pilates with Anna-Marie, 20 Bellanger Rd Nornalup. 10.30am fortnightly		
Tuesday	Weight Watchers at the Anglican Church Walpole, 9:30am Country Club Scoungers Golf 12:30pm Autumn Club at Walpole Sport and Recreation Centre, 1pm Pilates with Anna-Marie, 20 Bellanger Rd Nornalup. 6.00pm		
Wednesday	Basketball for Kids Every Wednesday at the Walpole Sport and Rec Centre - 3pm Tone and Stretch Class at Walpole Sport and Rec Centre, 9 -10am Doctor Services at Walpole Silver Chain by appointment 9840 1173 - Telehealth only 10am - 2pm (Every last Wednesday each month) Walpole Country Club Social Bowls 12:30pm Yin Yoga with Emelie at 20 Bellanger Road, Nornalup 10.30am and 6pm		
Thursday	Pathology Pathwest at Walpole Silver Chain 8:30am -11:30am JR Karate at Walpole Sport and Rec Centre 3:15 - 4:15pm Yoga with Jenny Nomalup Hall 5:30pm Anglicare Financial Counselling 1st Thursday every month by appointment - contact CRC Ladies golf 10.30am at Walpole Country Club Pilates with Anna-Marie, 20 Bellanger Rd Nomalup. 10.30am		
Friday	Walpole Menshed at LIA Miguel Place, Walpole, 9.30am -12:30pm Table Tennis and Games at Nomalup Community Hall, 5 - 7pm Zumba Gold at Walpole Sport and Rec Centre, 9 -10am Craft Group at Walpole Community Hall, 2nd and 4th Friday 9:30am Storytime at Walpole Library 10am (Held fortnightly during school term) Meals on Wheels Delivery Walpole Community Bus trip every second Friday of every month Yin Yoga with Emelie at 20 Bellanger Road, Nomalup 10.30am		
Saturday	St Francis of Assisi Catholic Church Service at Walpole, 3:45pm Yoga with Jenny Nornalup Hall 9am Ficifolia Community Garden Market Stall/ Trading Fortnightly 10am – 12 noon		
Sunday	St George's Anglican Church Service 10am Ficifolia Gardens Busy Bee 10am, second Sunday of every month all welcome Walpole Country Club Scroungers Bowls 12:30 pm Walpole Country Club men's Golf 12pm		

Walpole Volunteer Marine Rescue Group (Inc.)



Annual General Meeting





Saturday October 28th, 2023 at 5pm Walpole VMR Building Join us for the AGM & Dinner

Come along and find out:

- What's new in Marine Rescue
- Marine Rescue WA
- New Rescue Vessel

Walpole VMR Needs and will Train:

- Active Members to crew rescue vessel
- Radio Operators
- Rescue Coordinators

Halloween is lurking around the corner in Walpole



Maybe you don't celebrate Halloween and that's okay. Maybe you think it's too Americanised. That's okay too. But EVERYONE likes a good scare! BOO! You didn't see that coming, did you? I suppose you didn't expect to be scared out of your socks by a little article in a local town newspaper.

Well, it may surprise you to know that this little town can be spooky at times, especially at Halloween!

Let's take the Village Grocer for example. In years past, those shelves have been covered with gruesome halloweeny items, including most importantly, PUMPKINS! Last year, there was even a Walpole front garden transformed into an evil pumpkin patch, complete with a 'BEWARE' sign. There were even rumours a child had been eaten by one of the pumpkins, but how true can that be?

Costumed trick or treaters will be out on the streets again, on a search for the best lollies. To all those kids out there, remember to be safe and bring a parent/guardian with you. Don't go out TOO late, either! That's when the ghosts come out.

If you're a parent, keep an ear out for other parents in town who are hoping to group up for trick or treating fun! (This way you don't have to knock on the doors of empty holiday homes or grumpy people.) It's better and safer in groups!

For both children and parents, don't eat too many lollies! The Village Grocer has a great selection of tasty treats but that's not the point. You likely WILL get ill and have to call in sick to work the next day.

"Sorry boss, I ate too many delicious sugary goods." "That's okay Mary, I did the same. None of us will make this mistake again!"

Next Year: "We both made the mistake again, Boss." Here at the Walpole Community Resource Centre, we always try to embrace the ghouls and cauldrons.

In 2020, the staff and volunteers dressed to spook, with manager Cherie Smith acting the part of a slow-moving zombie. Let's just say, not much work was

done THAT day! (Please note: Cherie Smith is a very hard worker and did not let being a zombie go to her brain.)

The *Walpole Weekly* even ran two Walpole

BAA!!

AAGHH!!

Kids Comic Halloween specials in 2021 and 2022!

With Halloween around the corner, the CRC are holding a Spooktacular Picnic for kids at Pioneer Park on Saturday, 28th October. To get this party startled, we called on the magnificent and ghoulishly grim, Gertrude Wellease. Gertrude is very familiar with spooky things, after all, she did run a 'Clown'



workshop right here in Walpole! But don't worry, Gertrude always brings the fun! Come along for some exciting competitions, games, and scary costumes! Also make sure to bring your own kite!

So, what will you be doing for Halloween? Coming along to our

Halloween Picnic hopefully... but apart from that? Will you be carving pumpkins? Eating chocolate eggs? (Wrong holiday mate!) Dressing as a vampire? Or a Frankenstein? (Frankenstein was the Scientist mate, not the monster.) Yeah yeah.

Will you be watching any scary films? Like The Nightmare Before Christmas, Casper or Hotel Transylvania 3? (That's the best one)

Once the Halloween cobwebs are all done and dusted, make sure to send your stories and photographs to weekly@walpole.org.au and we'll pop them in the next Weekly!! Then you'll be famous!

Have a fang-tastic Halloween!

~ Nathan Viney

Manjimup Shire Councillors meet up in Walpole



Central Ward
Councillor,
Donelle Beugge,
who is running
for Shire
President in the
upcoming Local
Government
Elections, met up
with South Ward
Councillor Jenny

Willcox on Saturday last, when she came to Walpole on her campaign trail.

Donelle took the opportunity to meet with people gathered together when they attended the Walpole Community Hall to cast their vote in the Referendum, and met up with local residents to learn more about Walpole issues.

Wade de Campo, a past Shire Councillor and President is also standing for Shire President, hoping for another term at the top job.

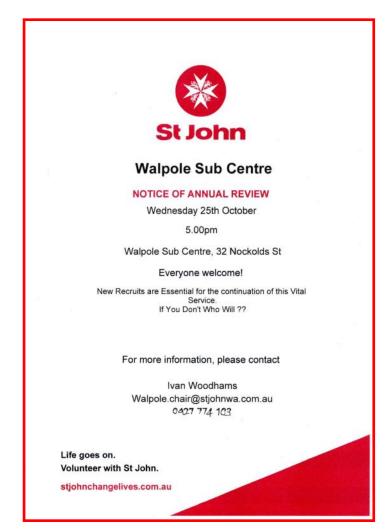


All voting is by postal vote and these should be received by the Returning Officer before 6pm on Election Day - Saturday 21st October.

Shire President is the only position for which Walpole residents need to cast a vote as sitting Councillor

Jennifer Willcox still has another two years to serve in her current term, as do all other Councillors in the new system, Rural Ward.

~Jennifer Willcox



Thought for the day

Don't forget to breathe!

Nature Notes: Sittella Daphoenositta chrysoptera



The Sittellas are a family of birds found in Australasia. They resemble nuthatches and were thought to be in that family for many years but have now been assigned their own family. They are unique to Australia and Papua New Guinea and there are various types all over Australia. There were the black sittellas and Papuan sittellas, but now these two genera have been merged with *Daphoenositta* as the main group The varied sittella is the one we see in the southern half of Western Australia. As they have considerable genetic variation in plumage they have been difficult to classify. Females are also different in plumage from males.

These are small woodland birds with thin, curved, downward-pointing beaks. They use their beaks to extract insects from bark, much like tree creepers. Their tails are short and they have short legs and large feet. Their nests are open cups in forked branches and they live in a family group. Vocalisation is generally simple and uncomplicated.

The simple 'chip' is the one most often heard but they do have rallying calls as well as begging calls. Sitellas eat insects and are opportunistic feeders - eating what is in season and what is available in the area such as beetle larva, spiders and leaf-mining insects. They use their feet in feeding much like parrots and use of tools has been observed to fish boring insects out of holes. Each group defends its own territory and they are rarely seen in pairs but can be seen hopping along branches. When travelling to their evening roosts they arrive at 30-60 second intervals to avoid/confuse predators. Grooming each other helps to cement bonds within the group.



Not much is known about the breeding of these birds but they are cooperative breeders. More than one pair in the group breeds and all the members help bring up the young birds. Females may even share the same nest! The nest is a cup in a forked branch decorated with the bark of the tree in which it is built. It takes about seven days to construct and a few more days to decorate and thus camouflage.

2 or 3 eggs are laid and incubated by the female or females who are fed by males and helper birds. After hatching, the female broods the young for a few days and for up to two weeks at night. The chicks are fed in the nest for 19-20 days.

After fledging, the chicks have a protracted period of parental care lasting up to 80 days although 60 days is more common.

Their conservation status is classed as of least concern by the International Union for the Conservation of Nature.

~Alison Kenworthy



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Phone:9840 1395

CONTRACTORS URGENTLY REQUIRED

Walpole Community Resource Centre



Our Services

We are a 100% local disability services provider. We have been trusted to provide client centred services in the Great Southern for over 30 years.

We enable our participants to actively engage in our community, live independently, and develop skills to live their best life.

Our Community and Social Support, provides opportunities to engage in meaningful activities that foster inclusion, friendship, independence and resilience. We provide individual support to engage in daily activities, develop skills, social and community connections.

Our services include:

- Accommodation Support
- Community Support
- LifeSkills Activities
- Respite & Host Families
- Social Support
- Supported Living
- Positive Behaviour Support (PBS)

Positive Behaviour Support (PBS)

What is it?

Positive Behaviour Support (PBS) is an evidence-based approach aiming to:

- Increase quality of life.
- Decrease the frequency and severity of behaviours of concern.
- Our PBS practitioners work with individuals, families, support networks, education staff and other health professionals.
- PBS is based on the idea that all behaviour serves a purpose, and behaviours of concern can be reduced by improving communication and understanding.

"I have a family-driven and person-centred approach to PBS, with realistic expectations of families and support staff."

Who is it for?

- People with disability (aged 7- 65)
- People who have behaviours of concern
- People who have PBS in their NDIS plan

Contact our friendly Senior PBS Practitioner, Kristy Rothwell to arrange an appointment or to discuss PBS with your Support Coordinator.

Phone: 0428 684 725 Email: pbs@mycla.org.au



Kristy Rothwell Senior PBS Practitioner





Contact us

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Your weekly fOOd and coffee guide



What's on offer in and around Walpole this week...

Bow Bridge Road House 'Homemade burgers, coffee, cakes, fish and chips, liquor and groceries.'

Open Wed-Fri, 9am-5:00pm, Sat-Sun, 9am-4pm, closed Mon-Tues.

9840 8062

Walpole Hotel/ Motel 'Open for Lunch and Dinner 7 days a week'

Mon-Fri Lunch 12pm-2pm, Dinner 7 days a week, 6pm - 8pm, Cnr Boronia Ave & South West Hwy, Walpole

9840 1023

Peaceful Bay Fish and Chips 'Open everyday except Christmas'
Mon-Sat 11:30am-5pm, Sun 11:30am-4pm

9840 8060

BP Roadhouse Walpole 'food to go or dine in, best coffee'

9840 1802

Tree Top Restaurant 'a la Carte Dining

Tree Top Restaurant, Tree Top Walk Motel – a la Carte dining 6 nights (not Sundays) 45 Nockolds Street, Walpole 45-50 Nockolds Street Walpole

9840 1444

Weekly sport
Bowls Report





Walpole bowlers opened their season on Sunday 15th October, playing in perfect conditions.

Walpole Country Club president Bob Laing welcomed bowlers then rolled the first bowl of the season.

Members proudly wore their new uniforms for the occasion.

2 games were played with a "corner to corner" at half time.

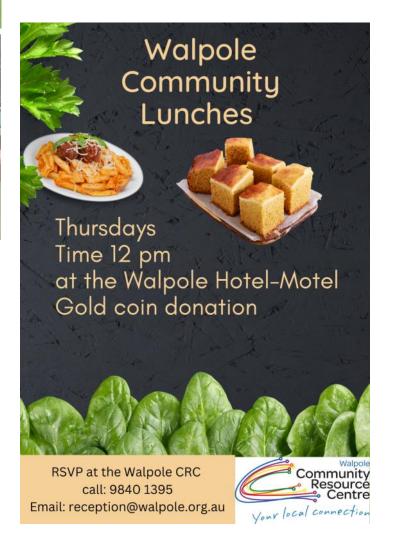
Jim Painter scored a touch on the spider to earn a bottle of wine.

Players enjoyed a shared afternoon tea to finish the afternoon.

Social bowls is held on Sunday and Wednesday, 12.30 for a 1.00pm start.

Loan bowls are available for those wishing to give bowls a try.

~Raelene Muir





Walpole Weekly 18th October, 2023- 13

Pelvic Floor Chair Yoga

with Emelie Coffey
@Walpole Community Hall
4 x Thursdays from
26th October
9:00 am
FREE







Book via info@walpole.org.au phone 9840 1395 or em@emeliecoffey.com



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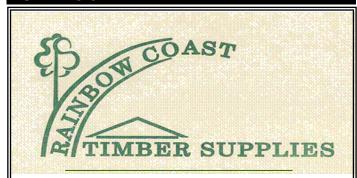
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COMMUNITY SERVICES

St George's Anglican Church cnr Vista & Pier, Walpole

All are welcome



Sunday Service 10am

Revd Sally Buckley tssf: 0400 101 166 www.denmarkanglican.org.au

COMPUTER

When you've tried turning it off and on again...

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Contact **Jonathan** on 0429 205 215 or jonathan@barraqda.org



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Your 24/7 365 Community Directory Email: communications@Walpole.org.au

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WALPOLE VILLAGE GROCER OPENING HOURS

MONDAY- FRIDAY
7:30AM – 5:30PM
SATURDAY
7:30 – 5PM

SUNDAY

9AM - 5PM

THE BOTTLE-O SHOP

MONDAY – FRIDAY

8AM – 5:30PM

SATURDAY 8AM – 5PM

SUNDAY – CLOSED

Walpole Times to Remember

Walpole CRC

Tue to Fri 9am-4pm

Walpole Nornalup Visitor Centre

Monday-Friday 9-5pm, Saturday 9-3 Sunday 9-1pm.

Library 9840 1108

Wed 9am-12pm and 1pm-3:30pm Fri 9am-12pm and 1pm-3:30pm, Sat 9am-12pm

Walpole Weekly

Monday 10am Deadline: Tues to Fri 10:30am-3pm

Walpole Op Shop

Mon- Fri 9:30am-11:30am; Sat 10am-12pm

St Francis of Assisi Catholic Church

Sat 3:45 pm

St George's Anglican Church

Sun 10am

Walpole Waste Transfer Station

Tues and Thu 1pm-5pm; Sun 9am-5pm Peaceful Bay Refuse Site

Wed 9am-1pm; Sun 1pm-4:30pm

VETERINARY & ANIMAL CARE



Denmark Vet Hospital & Paws Surgery Services

Small animal consultations at Walpole Community
Garden every Wednesday by appointment. Farm animal
visits available including equine health, cattle ultrasound
pregnancy testing and bull testing. Contact Denmark Vet
Hospital for all your pet and livestock health needs.

Dr Richard Reynolds | Dr Claudia O'Connell | Dr Nina Bradshaw 8 Welsh Street, Denmark, 6333 | (08) 9848 1389 denmarkvethospital.com.au



We'd **love** to hear it!

Send in your local stories and experiences to weekly@walpole.org.au

to get them printed in the Walpole Weekly!



We look forward to hearing from you!





Work off your court fines

You may be eligible for the work and development permit if you are:

- Experiencing financial hardship
- Have been or might be subjected or exposed to family violence
- Have a mental illness
- Have a disability
- Are homeless
- Are experiencing alcohol or drug use problems

Ask Us How

9840 1395



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Weekly visits to Walpole from Denmark

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BUSH ESSENCES

WITH

DONNA O'BRIEN

Health and wellness with plant essence.

Come and join us out on the land with a walk in the Walpole Wilderness to discover what's in our backyard.

We will look at flower essences and how they help release patterns in the nervous system for better mental and emotional wellbeing

When: Sunday 29th October

Where: Hilltop Lookout, Hilltop Road

Time:1:00pm

RSVP: info@walpole.org.au

or 9840 1395

ALL WELCOME - FREE

Community Bus available from Pioneer Park at 12:30pm

