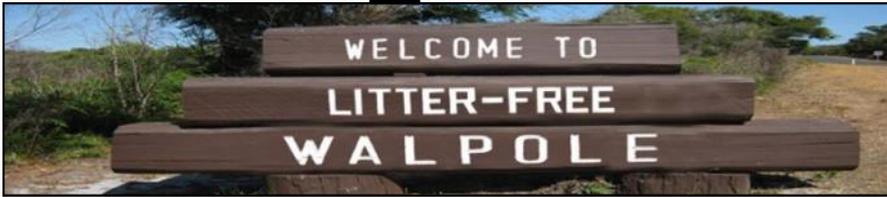


Walpole Weekly

8th November, 2023

www.walpole.org.au



Community newspaper
proudly published by the
Walpole CRC
in litter-free Walpole.
Made possible by our
advertisers and donations.



Update from Karri to Coast Butchers



Karri to Coast has made it super easy to get your hands on quality meat. Now, you can just send them a text and pick up your order later. Here's how it works:

- Take a look at their meat options.
- Send a text with what you want and how much to this number: 0458 743 221.
- Go get your meat at the Walpole Hotel-Motel,

but if it's Friday or Saturday, head over to Karri to Coast Butchers instead.

It's a big thumbs up for businesses keeping up with what customers want. Shopping for meat at the Walpole Hotel-Motel is now quick and easy.



Remember, if you want your meat for the weekend, place your order by Tuesday and collect it between 9 am and 1 pm on Friday and Saturday. Don't forget to show some love for your local butcher during their new opening hours!

~Walpole Weekly



Denmark Senior High School Year 12 Valedictory Ceremony



It was with much pleasure that I attended this Ceremony last week, representing the Shire of Manjimup.

The Denmark Senior High School Valedictory Committee did themselves proud in the time and effort that was put into organising this wonderful event.

Walpole students who graduated were Luella Minchin, Tia Burton, Will Arrowsmith, Amber Vermeulen and Jade Vermeulen.

Luella was awarded the:

- ATAR English Literature Award.

Jade received the:

- Shire of Manjimup - Community Spirit and Leadership Award

(The Shire of Manjimup awarded a prize for outstanding leadership and community spirit to students from their Shire.) Jade received this award for her involvement with the annual Denmark Village Theatre and DSHS school productions. Her leadership role to support younger actors and guide them throughout these shows was also a highly professional quality and deserves acknowledgement.)

Amber received the:

- Year 12 Music Award
- Media Production and Analysis Award

- Arts in Action Award

(This is awarded to the Year 12 student who best embodies what it means to be an artist in their chosen field. The worthy recipient of this award actively engages in the arts scene, both within the school and the wider community, to extend themselves artistically and use their art as a form of expression)

~Jenny Willcox



All interested community members are invited to attend the
**Walpole Community Resource Centre
AGM**

**Friday 24th November 2023,
commencing 2:00pm**

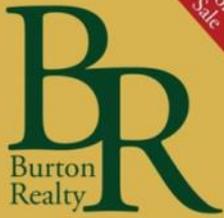
Agenda:
Previous Minutes
Annual Reports
Election of Executive and
Committee

**Walpole and Nornalup
St John Ambulance
Community Transport
Services**



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Walpole Times to Remember

Walpole CRC

Tue to Fri 9am-4pm

Walpole Nornalup Visitor Centre

Monday-Saturday 9-4pm, Sunday/Public hols
9am-2pm

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-1pm

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

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In loving memory of



**David Edward
Crocka Love**

12/01/1980 - 13/11/2013

*Ten years have gone since leaving
us. Gone but always in our hearts
and never ever forgotten.*

Mum (dec), Dad and all the family



Weekly events

Upcoming Activities

Time	Date	Details
5.30pm	Wednesday 8th November	Walpole and Districts Seniors Accommodation AGM
9am	Thursday 9th November	Chair Yoga/Pelvic Floor Class with Emelie Coffey @ Walpole Community Hall
5.30pm	Friday 10th November	Menopause Mingle - Walpole Community Hall with Sandra Walker
10am to 12pm	Tuesday 14th November	Cuppa with Myrna at Walpole Community Hall
5.30pm	Tuesday 14th November	Walpole-Nornalup Tourism Association AGM at Walpole Sea Rescue Building
9am	Thursday 16th November	Chair Yoga/Pelvic Floor Class with Emelie Coffey @ Walpole Community Hall
	Monday 20th November	Jin Shin Jyutsu @ Walpole Community Hall with Suzanne Jane Morrison
2pm	Friday 24th November	Walpole Community Resource Centre AGM
12pm	Monday 20th November	Death Café and Shopping Denmark - Bus leaving 12:00 noon
5pm	Wednesday 22nd November	Walpole Country Club AGM
4.30pm	Tuesday 12th December	Walpole Family Center AGM

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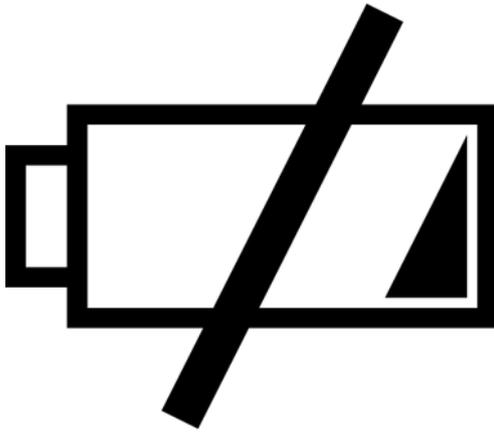


PARKS AND
WILDLIFE
SERVICE

Weekly events

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

Know your rechargeable battery risks



If you have a mobile phone, laptop, electric toothbrush, e-scooter, e-bike, any power tools, or solar power backup storage, you need to know how to reduce

potentially deadly fire risks lurking in their batteries.

These common household items use rechargeable lithium-ion batteries which can be highly flammable. If these batteries are used incorrectly, or are damaged, they can overheat, explode and cause fires that can be dangerous and difficult to extinguish.

House fires, burns, chemical exposure, smoke inhalation and property damage have all been reported in connection with lithium-ion battery charging. The Australian Competition and Consumer Commission (ACCC) saw a 92% increase in reported lithium-ion battery-related incidents in 2022 compared to 2020.

But you can take simple steps to reduce the risks, such as only using the charger recommended for the battery, unplugging products when they're fully charged, and charging batteries in a cool and dry place out of direct sunlight and away from combustible materials like beds, lounges or carpets.

If your batteries overheat, appear to be swelling, or leak or vent gas, stop using them immediately, and never use damaged charging cables.

Disposal of these batteries also poses problems because the batteries can catch fire if they're crushed, or exposed to heat or moisture in rubbish trucks, household rubbish, or waste facilities. [Recycle Right](https://recycleright.wa.gov.au) at recycleright.wa.gov.au can help you find your closest drop-off point to dispose of lithium-ion batteries safely.

Lithium-ion batteries play a vital role in helping to achieve Australia's transition to net zero emissions. But the safety of those using these batteries is paramount. The ACCC is recommending national

regulations around testing, labelling and storage of these batteries to better protect consumers.

In the meantime, you can increase your safety by following Product Safety Australia's easy and [practical guide](#) to understanding and managing the risks of lithium-ion battery fires at productsafety.gov.au

~Steph Marsh



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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*.
Email weekly@walpole.org.au.

Bush Essence Workshop in Walpole



Last weekend we had the pleasure of attending a Bush Flower Essence Workshop with Donna O'Brien. We walked from the Visitor Centre to behind the back of the Industrial Area into a small sheoak grove where we indulged in some lovely cake and tea amongst the beautiful bushland.

On our way we encountered many wildflowers with which Donna demonstrated how to use them as meditation aids and draw from their energy. She described the essence and healing properties of each flower we encountered.

We learned that flowers and their essences are believed to have subtle energetic properties that can positively influence emotional, mental, and spiritual well-being. Each flower is thought to embody a specific vibrational frequency or energy pattern, and when prepared as a flower essence or used for meditation, it is believed to transmit this energy to the person who uses it.

Here are some general interpretations of the essence or energy healing properties associated with some of the flowers in the Walpole region:

Karri (*Eucalyptus diversicolor*): Karri is associated with strength, resilience, and adaptability. Its essence may be used to provide support during times of change or transition.

Red and Green Kangaroo Paw (*Anigozanthos manglesii*): Kangaroo Paw is often linked with creativity, self-expression, and finding one's unique

voice. It can be used to stimulate artistic endeavors and boost confidence.

Banksia species: Banksias are often associated with transformation and regeneration. Their essence may be used to help individuals navigate major life changes and let go of what no longer serves them.

Hakea species: Hakeas are often seen as symbols of protection and resilience. Their essence may be used to build inner strength and a sense of security.

Blue Leschenaultia (*Lechenaultia biloba*): Blue Leschenaultia is linked with inner peace, calmness, and serenity. Its essence may help to soothe anxiety and promote a sense of tranquility.

Queen of Sheba Orchid (*Thelymitra variegata*): This orchid is associated with self-expression and confidence. Its essence may be used to enhance communication skills and boost self-assurance.

Donkey Orchid (*Diuris* species): Donkey Orchids are often linked with adaptability and finding joy in simple pleasures. Their essence may be used to help individuals adjust to new situations with grace and positivity.

Boronia species: Boronias are often associated with healing and nurturing energy. Their essence may be used to promote self-care and emotional well-being.

Cowslip Orchid (*Caladenia flava*): The essence of the Cowslip Orchid is often connected with vitality, renewal, and a sense of inner strength. It may be used to support individuals during times of personal growth and transformation.

Nuytsia floribunda (Western Australian Christmas Tree): This tree is often seen as a symbol of connection and community. Its essence may be used to foster a sense of belonging and togetherness.

Energetic properties can also come from photographs/images through visualisation.

Therefore, it is not necessary (and *not* encouraged) to go out and pick wildflowers in our National Park to gain the benefit. Simply sitting with them, putting your hands near them and drawing in the energy is enough.

I'd like to thank Donna for sharing her knowledge with those who attended, we all loved it and thought you were amazing.

continued page 7...

...from page 6



My bush walks from now on will never be the same after this experience. The term ‘stop and smell the roses’ has new meaning, highlighting the need to slow down and enjoy nature as it has so much to offer if we just sit with it.

Another great thing to do if you are feeling stressed or overwhelmed is to sit with your back against a tree and breathe.

You will be amazed at how good you will feel. That’s why we live here isn’t it!!!

~Nicole Munro

 **All members of the WALPOLE COUNTRY CLUB are encouraged to attend the CLUB AGM WEDNESDAY, NOVEMBER 22, 2023**

5:00PM Nibbles, 6PM AGM
In the club rooms

Nominations for officers of the club and 2 committee persons are sought.
Forms are available on Club General Notice Board and by email to members.
Completed forms must be lodged with the Secretary by 14/11/23

 **MEMBERSHIP**

New members of the Walpole Community Resource Centre are always welcome.

Membership has benefits! Take advantage of the generous member discounts that apply to many of your CRC's most popular and useful services.

Tel: 9840 1395

Tara and Babe

She could have been a model,
With those big green eyes and long legs.

Graceful movement and nonchalant air.

I could see her on the catwalk, that one.

Tara also had responsibility – her only child – a little girl, just for fun I named her Babe.

Babe, though small for her age, was the image of her mother.

Funny little thing was devoted to Tara. I hardly ever saw her.

Except at the end of the day. Then she would suddenly appear, and sit like a tiny statue at the end of their path.

I would hear her too.

As she sat, Babe would then begin crying as she waited for Tara, wailing loudly:

“Mumma Mumma”

Tara comes around the corner, forgets to be glam... runs to her baby!

Tears in my eyes as I witness their absolute joy in being together.

This evening I noticed Babe’s crying hadn’t stopped, seemed to become louder, almost a panic sound.

Oh dear. Dark and no Tara.

The next evening. The same vigil and crying for her Mumma –

No-one else came. So I took her some food. My breaking heart, as she turned her beautiful, sad green eyes to me and wailed:

“Mumma Mumma”

She hasn’t left my side since. Clearly I am her Mumma now!

As she snuggles contentedly next to me as we watch TV,

I wonder what Babe’s future will bring,

This exquisite dear little wild cat.

~Jan Watson

Reclaim the Void!



Our third Reclaim the Void Weaving Workshop was held at the Walpole Community Markets on Saturday under the beautiful shady peppermint trees while listening to the sweet sounds of Amber Shei and gorging on delicious chicken kebabs cooked by the dedicated Visitor Centre volunteers.



Many passers-by stopped to chat and talk about the project and some even joined in the fun. We are aiming to get them all completed by March 2024 to send off to the Ngalia elders in Leonora where they will be added to the collaborative dot mural to cover a giant mining pit to acknowledge healing country, community and ourselves. We are so proud to be part of this project bought to our community by Walpole CRC, Ficifolia Community Garden and Department of Communities as part of the Womens Wellness in the Walpole Wilderness.

If you are interested in helping out, keep an eye out for our next weaving date or contact the Walpole CRC to see where you can get hold of one of our weaving looms. All hands welcome!

~Nicole Munro

Sun Safety...looking after your skin!



We West Aussies love nothing more than getting outdoors and enjoying the abundance of sunshine that lathers our great state. A small amount of incidental exposure to sunlight, around a few minutes each day, is actually important for maintaining adequate levels of Vitamin D needed for strong bones, muscles and overall good health. Too much exposure however, places us at great risk of damage from Ultra Violet 'UV' radiation which potentially could lead to the development of skin cancer. We need to get the balance right!

Australia has one of the highest rates of skin cancer in the world, mainly due to our very high UV levels.

According to the Cancer Council of WA, at least two in every three people will develop some type of skin cancer before they reach the age of 70.

Of the three main types of skin cancer, most of these people will develop a Basal Cell Carcinoma which is usually a small, slow growing abnormal growth found mainly on the upper body, head and neck.

They don't usually spread far but if left can result in facial and body disfigurement. The next most common is the Squamous Cell Carcinoma often found on the lips, ears and scalp. These grow more quickly and if left untreated can potentially spread into the lymph nodes of the neck and then to other parts of the body.

continued page 9...

Walpole Weekly

...from page 8

The last and most dangerous type is the Melanoma which accounts for about one to two percent of all skin cancers. It can be found anywhere on the body but is mainly on the upper back of men and lower legs of women. It is an aggressive type and if left untreated can spread quickly to other parts of the body and potentially be fatal! It is estimated that this year alone there will be over 14,000 new cases nationally of Melanoma skin cancer detected, with over 8,500 of those men.

By spending more time in the sun, we inevitably place ourselves at an increased risk of skin damage and potential skin cancer. Taking measures to be sun-safe should be part of our daily routine especially if we are involved in outdoor work! It's important to remember that the UV levels can still be high even on a cool and cloudy day. Following these simple tips will get us well on the way to being sun safe ...

- **Cover up** with appropriate clothes
- **Use sunscreen** (don't forget to reapply often)
- **Wear a hat** (the broader the better)
- **Seek out shade**
- **Wear sunnies** to protect your eyes

Early detection is always the key. Check your skin regularly all over for any unusual spots or growths (get your partner to help!). You can visit the Cancer Council of WA website for information about what exactly to look for and don't hesitate to get anything of concern looked at by your doctor. An annual skin check with your GP or at a reputable skin clinic is also a good way to keep track of any changes or developments.



~Brenden and the Team
The Regional Men's Health Initiative
delivered by Wheatbelt Men's Health (Inc.)
PO Box 768, Northam WA 6401 Phone: 08 9690 2277

Thought for the day

Always do your best. What you plant now, you will harvest later

WHAT'S THE WORD?

~Diana Smith

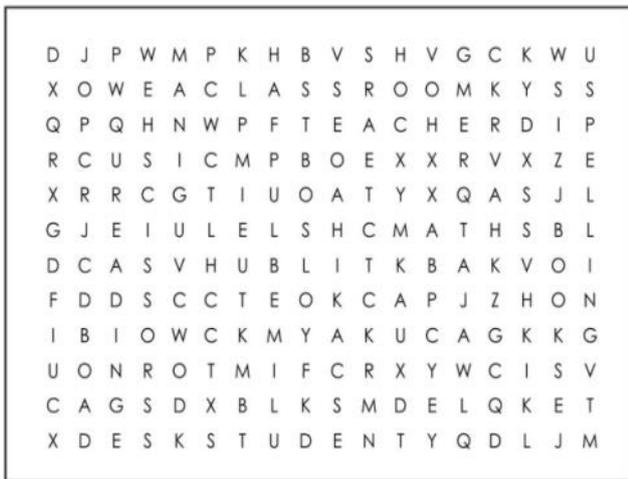
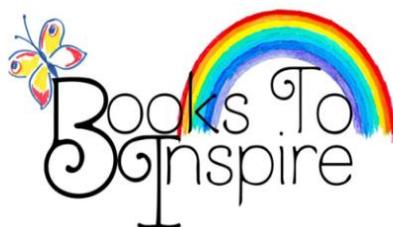
Red or Green Fruit: ___ L _

Space Explorer: _ S _ _ _ _

Month of the Year : ___ R _ _ _



What picture can you make with this shape?



Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BACKPACK
BOOKS
CLASSROOM
DESK
GLUE

MATHS
MUSIC
PENCIL
READING
SCISSORS

SPELLING
STUDENT
TEACHER
WHITEBOARD





Your weekly fOOD and coffee guide



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

Bow Bridge Road House <i>'Homemade burgers, coffee, cakes, fish and chips, liquor and groceries.'</i> Open Wed-Fri, 9am-5:00pm, Sat-Sun, 9am-4pm, closed Mon-Tues.	9840 8062
Walpole Hotel/ Motel <i>'Open for Lunch and Dinner 7 days a week'</i> 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 <i>'Open everyday except Christmas'</i> Mon-Sat 11:30am-5pm, Sun 11:30am-4pm	9840 8060
BP Roadhouse Walpole <i>'food to go or dine in, best coffee'</i>	9840 1802
Tree Top Restaurant <i>'a la Carte Dining'</i> 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



WALPOLE FAMILY CENTRE INC.

AGM

Walpole Family Centre
Tuesday 12th December at 4.30pm
at the Family Centre.
Everyone welcome!

For more information please call the centre:
9840 1400 OR
walpolefamilycentre@westnet.com.au

Walpole Nornalup Tourism Association

Notice of AGM

WNTA Annual General Meeting

When: Tuesday 14 November 2023
Time: 5:30 pm
Where: Walpole Sea Rescue Building,
Main Jetty, Walpole

Nominations open for all office bearers
Chairperson ~ Vice Chairperson
Treasurer ~ Secretary

Membership is open to Individuals,
Organisations and Businesses

Come along and help shape our future!
All Welcome



WALPOLE NORNALUP
WESTERN AUSTRALIA

Myrna is leaving
Silver Chain to pursue
other ventures.

Please come to the
Community Hall on
Tuesday 14th
November to enjoy a
cuppa and a chat,
between 10am and 12

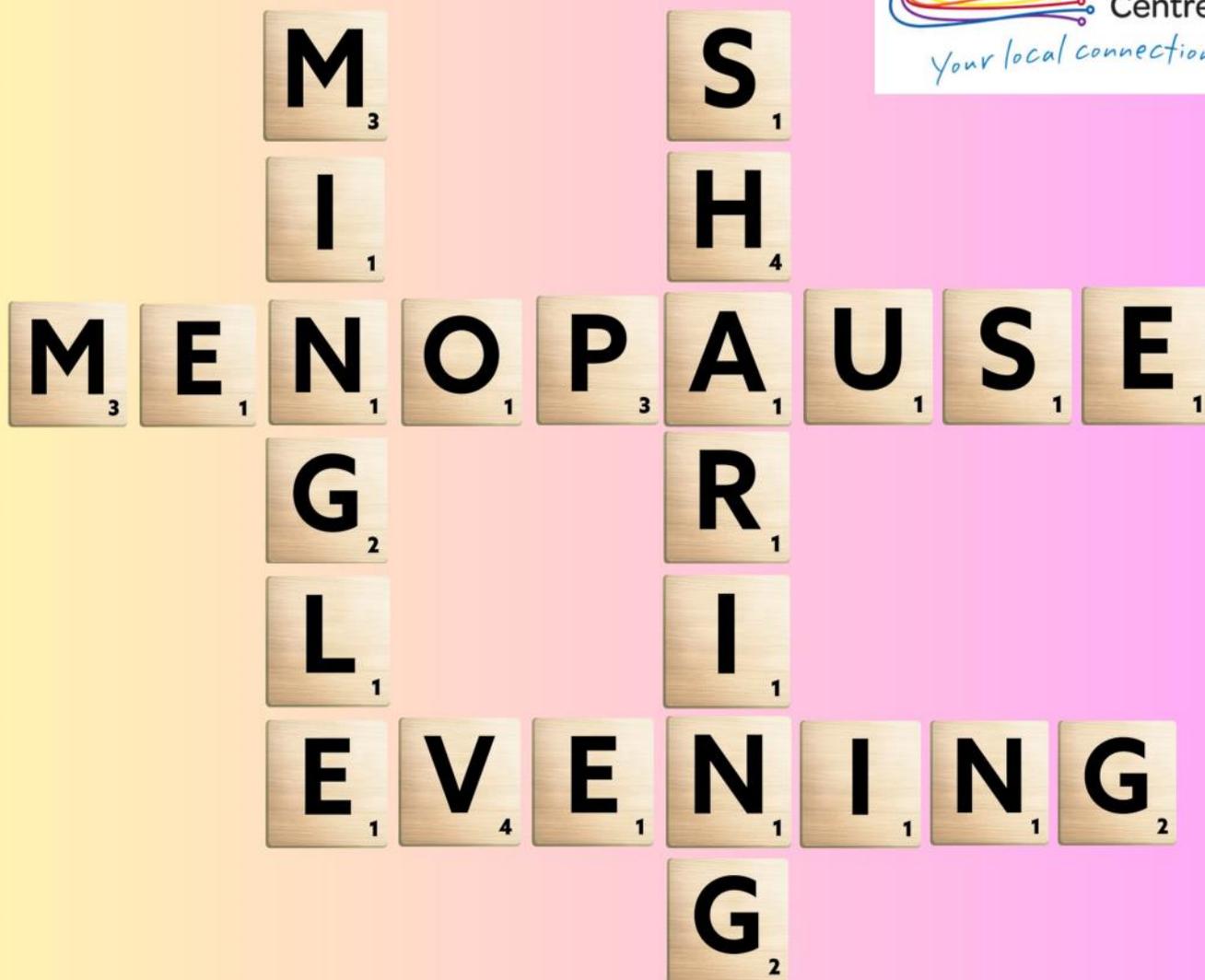
Classifieds

Physiotherapy

Now at
Walpole Silver Chain
0409 745 777



Government of Western Australia
Department of Communities



Where: Walpole Community Hall
When: Friday 10th November 2023
Time: 5:30pm

Come along for an intimate evening with Sandra Walker to talk/share with respect to all things menopause. Everyone welcome!

RSVP info@walpole.org.au or phone 9840 1395



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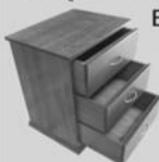


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This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental health problems covered

- Depression and anxiety
- Confusion and dementia
- Psychosis

Mental health crises covered

- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Unsafe and challenging behaviours due to confusion.

Note: This course is not a therapy or support group.

Older Person Mental Health First Aid Two Day Courses

- **Where:** Walpole Community Hall
- **When:** 22nd and 23rd of November
- **Time:** 9:00 am- 4:20 pm
- **Price:** Free

Lunch Provided

Please RSVP: 9840 1395

adminassist@walpole.org.au

