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Walpole Waltzes: A Bush Dance and Heroes on Australia Day



Under a beautiful blue sky, Walpole's Australia Day Celebrations continued the tradition of Camaraderie, cultural pride (and commerce) in Pioneer Park. The day was a huge success and showed residents and visitors alike that with planning, experience and dedication to the cause, Walpole can deliver a memorable event.

The Mucky Duck Bush Band were certainly a favourite with the crowd - initially entertaining with their tunes and songs, before inviting everyone to join in bush dances as is the tradition wherever this this band performs. They held the participants together and were singing and playing righ to the last minute.

Equally, the competitive spirit was alive and well - several people chose to wear clothes befitting those hard working Jacks and Jills, but Leah Hill and Dyllan Hinton walked away with the prizes for 'Best Dressed Jillaroo and Jackaroo'.

**Continued page 2...*



...from front page



In a quiet corner of the park, the 'Reclaim the Void' weaving competition for children offered a quiet counterpoint to the day's more strenuous activities.

Children focused intently on their craft, small fingers using age-old weaving techniques to produce circles of cloth. Winners Nithula and Luvik Nisanthe and Lucas clearly proved to be young weavers of note, with colour and pattern coming to the fore.



As the festivities unfolded, a solemn and touching moment brought a hush over the crowd. Two individuals, Sandi Nishanthe and Chau Skippings, stepped forward to be welcomed as new citizens in a ceremony that was a reminder of the diversity that is modern Australia. The Shire President, Donna Beugge, acknowledged their journeys, marking a new chapter in their lives and in the life of the community. A big thank you must be given to Jenny Willcox and the Manjimup Shire, who worked hard on a ridiculously short deadline to get the correct authorisations to perform this ceremony.

Amid the bustling activities, the unmistakable voice of Gertrude Wellease, our master of ceremonies, kept the day's events flowing smoothly. Her energy and wit were a perfect match for the lively atmosphere. The children really enjoyed the bouncy castle and the face painting station, where colour and form was metered by their imagination.



And a special shout-out to Diana Smith from the Walpole CRC, who ran the children's corner with a perfect blend of fun and order, ensuring the little ones had as much of a blast as the adults. It's these contributions that created a truly inclusive event, where every age had something special to enjoy.

The community's unity was further solidified when a medical emergency was swiftly managed by local heroes. A visitor's collapse was quickly attended to by nurse Jill Hayman and ambulance drivers Sharon Bell, Larry Hart, and Jonathan Schultz, whose rapid response and professional expertise ensured the situation was under control. Their readiness to assist is something that Walpole is positively well known for. This act of quick thinking and compassion added to the day's significance, reminding us that the heart of Australia Day is the community and the people who go above and beyond to support one another.



During the celebrations, Tony Boyle's sheepdog demonstration, along with Glen and Viki White's shearing and wool classing, offered a glimpse into Australia's rural backbone. It was a showcase of skill and tradition, reminding us of the enduring connection between the Australian land and its people. Thank you to the team that brought this important part of our heritage to the public's view.

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No Australia Day in Walpole would be complete without the rustic charm of Billy Tea and Damper.

Dave Tapely and Russell Willcox could hardly keep up with demand, running out of damper before the end. Similarly, the 'True Aussie Burgers' vanished quicker than one could say "G'day," as they were consumed by attendees who were looking for that homemade flavour.

This year's celebration was not just about the festivities but also about recognising the silent heroes. The event shone thanks to the Walpole Work Camp, the Walpole Nornalup Visitor Centre, and the countless volunteers who demonstrated what community spirit truly looks like.

As the dust settles on a successful Australia Day, we want to acknowledge the financial backers for their support. Big thanks to the National Australia Day Council, the Shire of Manjimup, and the local businesses and organisations who chipped in. Your support made this event possible, ensuring that everyone had a great time. Cheers to all of you for backing our community.

~Cherie Smith - all photos by Liv Stockley See pages 7-8 for photos

Classifieds

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Outward Bound Gutsy Girls Adventure: Walpole



In January 2024, ten adventurous girls set out on an extraordinary journey, the Outward Bound Gutsy Girls Adventure, in the serene and wild landscapes of Walpole, Western Australia. This 10-day expedition, stretching from the 15th to the 24th, was a physical journey through the rugged wilderness and a voyage into the depths of camaraderie, self-discovery, and resilience.

The adventure began with a bus trip to a property on the Deep River. This tranquil setting, marred only by the necessary absence of a campfire due to fire bans, was our gateway to the untamed beauty of Walpole. Our first night under the stars involved setting up camp and preparing a communal spaghetti bolognese

dinner, setting a tone of teamwork and shared experiences.

As the days unfolded, each brought its unique challenges and joys. Our mornings started early, introducing us to the rhythms of camp life. Team-building exercises like the Tower of Hanoi tested our problem-

solving skills and knit us closer as a group. A personality test revealed the diversity of characters amongst us, ranging from nurturers to teachers, each bringing their unique strengths to the fore.

Our adventure took us through breathtaking landscapes and experiences. We trekked through

dense bushland, navigated hills under the hot sun, and were treated to stunning sunsets where the land met the sea at Hush Hush



Beach and Long Point Beach intersection. The Bibbulmun Track offered a welcome change with its smoother paths and scenic vistas, while the high ropes activities injected an adrenaline rush into our journey.

A particularly memorable part of our expedition was the solo camping night. This was a time for introspection as we each set up our camps and engaged in creative pursuits. These activities reflected our personal journeys and growth, from rewriting sea shanties to crafting poems and plaques for our group.

The spirit of adventure continued with rafting on the Deep River. The calm waters, interrupted by playful moments on a rope swing, brought peace and exhilaration. Setting up camp at places like Dead Cow Camp, we embraced the rawness of nature, adapting to its rhythm.

One of the most challenging days began at the crack of dawn as we embarked on a rafting trip into the Frankland River. This day tested our endurance and teamwork, especially when we had to deflate our rafts and navigate a tricky river crossing. The dense bushland we traversed later was a true test of our perseverance. But the day's triumph was sweet, as we successfully overcame a challenge that had eluded us earlier – diffusing a mock bomb, a testament to our growing teamwork and problem-

solving skills.



As our adventure neared its end, the days were filled with a mix of serene beach walks, rock climbing near the Conspicuous Cliffs, and moments of shared reflections. These reflective sessions at the camp allowed us to contemplate the

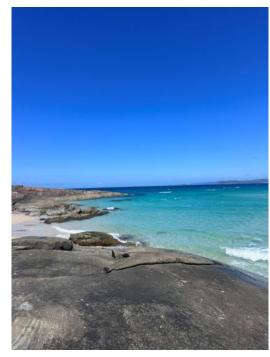


incredible journey we had been on, recognising the personal growth and the unbreakable bonds we had formed.

The final day brought mixed emotions as we tidied up our camp for the last time and headed

back towards civilisation. Our journey concluded with the simple luxury of a shower at the Walpole Recreation Centre, a stark contrast to the experiences

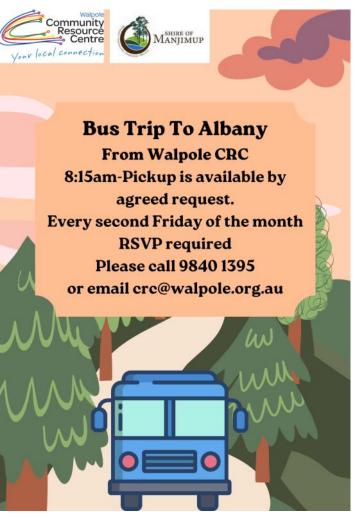
of the past days and a symbolic return to everyday life. The heartfelt farewells at the Walpole Visitor Centre were not just goodbyes to fellow adventurers but a promise of enduring friendships and memories.



This Outward Bound Gutsy Girls Adventure was more than a physical challenge; it was a transformative experience that taught us the power of resilience, teamwork, and the joy of discovering our strengths. Each step in the wilderness of Walpole was a step towards understanding ourselves and each other, an odyssey that each participant will cherish for a lifetime.

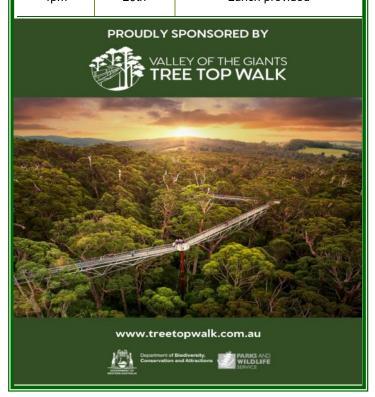
~Trinity Smith





Weekly events Upcoming Activities

Time	Date	Details
9am To 11am	Friday February 16th	Dementia Care Essentials: Charting the Path to Understanding and Empowerment - limited spots, RSVP 9840 1395
12pm	Monday February 19th	Death Café and Shopping. Denmark bus leaves Walpole 12pm
11am To 1pm	Wednesday February 21st	Psychological Safety and Self Care - limited spots, RSVP 9840 1395
Details to follow	Saturday February 24th	Full-moon singalong at Ficifolia Community Garden
9.30am To 1pm	Monday February 26th	Embedding a Peer Support Culture
9am To 11.30am	Wednesday February 28th	Care Planning and Defensible Documentation for the CHSP/ Home Care Workforce - limited spots available, RSVP 9840 1395
10am to 12pm	Thursday February 29th	Advocare's Christine visits to provide support and information at the Walpole CRC
10am To 4pm	Thursday February 29th	Taking Control of your Hereafter with Jenny Willcox at WCRC Lunch provided



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. 9am - \$20 Pickleball 9.30am-11.30am at Walpole Rec Centre		
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	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 9am 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 Ariglicare 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 Community Lunch at Walpole Hotel/Motel 12pm		
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 or every month Yin Yoga with Emelie at 20 Bellanger Road, Nornalup 9am Pickleball 10am-12pm at Walpole Rec Centre		
Saturday	St Francis of Assisi Catholic Church Service at Walpole, 3:45pm Yoga with Jenny Nomalup Hall 9am Ficifolia Garden Together 3-5pm All Welcome		
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 Weekly 31st January, 2024- 7



Nature Notes: Coastal Pig Face



Carpobrotus virescens, a plant found in coastal regions has a unfortunate common name. Despite this it is a very important plant that stabilises sand dunes and also is a traditional bush food the Noongar peoples who know the plant as Kolbogo or Metjarak. It is a prostrate succulent and as such stores water in its leaves, which are triangle shaped and about 3.5 to 9cm in length. They are green or a rosy red colour. The flowers are purple and white and contain about 250 to 300 stamens; these are surrounded by petals like *staminodes*. The central *pedicel* is 15mm long and the whole flower is 4-6cm wide. The fruit, which is known as sea strawberries, is quite pleasant when ripe; red in colour and growing between the leaves. The fruits are claw shaped.

It possible to grow this as a garden plant either as a ground cover or in a hanging basket. It has few pests and diseases and will not become an invasive weed.

Pigface Jam Recipe (from Pigface Press):

- Ingredients
 - 2 cups of pigface pulp
 - 1 cup of sugar
 - 3 cups of water
- Preheat oven to 180 deg C. Place a jar upside down in the oven to sterilise for 10 minutes. Separately boil water in a pot. Add sugar and pigface pulp to the boiling water.
- Stir until the mixture thickens and bubbles appear. Strain, and pour the mixture into the jar. Put the jar in the fridge until the jam sets.

The roots of this plant are wiry and extend a long way beyond the part which is on top of the ground, which is why this plant is good for dune



stabilisation. This plant is distributed from Shark Bay to the Great Australian Bight. It is recommended that gardeners who live in coastal situations plant this native species rather than some South African plants that can become garden escapees. You can check with your local council to see what exotic plants have weed potential.

Wollaston College in Perth stabilized dunes by planting pigfaces.

~Alison Kenworthy

The Department of
Biodiversity, Conservation and
Attractions (DBCA) advises
that the track to Middle
Quarram and Big Quarram
beaches in the Quarram Nature
Reserve has been reopened
after the finalising of a
realignment.

Please drive responsibly and respect the pristine nature of this area.

For more information contact DBCA Walpole on (08) 9840 0400.



Your weekly fOOd and coffCC guide



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

9840 8062 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 1921

Philippine Magic Café 'Licensed family restaurant,' Open 8am to 8pm, closed Thursdays. Bookings welcome.

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

7 nights a week

9840 1444

Eggfruit not so Eggsellent!



In a world of Solanaceous garden delights such as capsicums, tomatoes, chillies and eggplants, an

unwelcome pest often goes unnoticed until harvest time: Sceliodes cordalis, more commonly known as the eggfruit caterpillar. This common garden grub has a craving for plants belonging to the Solanaceae family and can turn your hard-earned produce into a feast for their insatiable appetite.

Biology and management

Eggfruit caterpillars begin their journey when the small brown moth lays her tiny, white oval eggs. These eggs are predominantly laid on the stem or calyx of the developing fruit. They hatch tiny white ravenous caterpillars, which bore into the fruit through the stem or calyx. This disguises their entry point. Munching and pooing their way through the inside of the fruit, the caterpillars often turn bright pink or red in colour as they mature. Eggfruit caterpillars are particularly hard to detect as there's rarely any external signs of infestation of the fruit. These gluttonous grubs eventually chew their way out of the fruit to pupate, and later emerge as adult moths.

Controlling this pest can be challenging and requires well-timed management during all life stages. Make sure to remove any weeds from the Solanaceous family (e.g., nightshade) to reduce their breeding sources in the garden. Moths and eggs can be controlled using light traps, or by spraying insecticidal soap on the calyx. These soaps can affect the delicate wings of the adult moth, making it too slippery for her eggs to stick to the calyx, and may also desiccate the eggs. As freshly hatched caterpillars, there is a very short window for control before they enter the fruit. Target the stems and calyx with caterpillar control products. Look for ingredients such as spinosad or the biological control 'BT' (Bacillus thruigiensis). These insecticides become virtually ineffective once the caterpillars

burrow into the fruit, as they are well-protected inside. If infested fruit is found, remove and discard to break their lifecycle.

Report your capsicum criminals!

Although eggfruit caterpillars are a well-established species, it's the small white caterpillars that may be confused with the larvae of the non-established and reportable Queensland fruit fly (Qfly). Qfly is a significant pest of over 300 fruits and vegetables. You can report suspicious larvae in your produce to MyPestGuide or contact the Pest and Disease Information Service by sending in photos of the larvae and cut-open fruits. Report early to keep your Solanaceous garden delights safe from unwelcome feasters!



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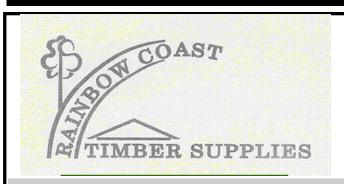






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Sunday Service 10am



Revd Sally Buckley tssf: 9848 2173 www.denmarkanglican.org.au
In Walpole: Harold Luxton 9840 1661

RETAIL







WALPOLE VILLAGE GROCER OPENING HOURS

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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-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

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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