

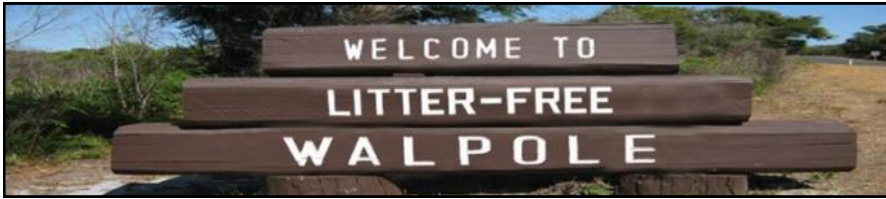
Walpole Weekly

17th April, 2024

www.walpole.org.au



Community newspaper
proudly published by the
Walpole CRC
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\$#*! Loads Happening at the Ficifolia Community Garden!


PROPERTIES URGENTLY REQUIRED
find out more

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We're thrilled to share that the Ficifolia Community Garden is embracing a new chapter with enthusiasm, under the guidance of our newly appointed committee: Chairperson Nicole Munro, Vice Chairperson Natasha Viner, Secretary Helen Webster, Treasurer Serene Rose, along with dedicated general

committee members Jenny Willcox, Leonie Inger, and Colin Steele.

This team is committed to nurturing our cherished community asset with respect, care, and a shared vision that honors the foundation laid by its creators and ensures its enjoyment for future generations. Our goal is to foster a collaborative atmosphere, championing patience, kindness, and effective communication.

We extend our heartfelt gratitude to committee members past and present for their unwavering support and hard work.

The garden is a testament to sustainability, low waste, and mutual support, maintaining a warm, nurturing environment while promoting organic gardening principles. Celebrating over a decade of growth, the Ficifolia Community Garden has become a cornerstone of our community.

continued page 2...



...from front page

It's a place of solace where fresh produce, friendly conversations, and hands-on gardening experiences are always available, ensuring you're never without in times of need.

We're also excited about the arrival of 10m³ of premium Mumby Magic compost, just in time for the winter season. Efforts to upgrade and secure our water supply and irrigation system are underway, promising significant improvements to the garden's vitality.

Thanks to the support of the Department of Communities, we've secured a Community Gardens Grant, covering our gardening consumables for the next 12 months. Additionally, a generous grant from the Walpole Op Shop will enable the purchase of battery-operated secateurs, making pruning activities accessible to all. The continued support from the Walpole Op Shop is deeply appreciated.

Our garden shed is buzzing with monthly workshops on diverse topics such as mosaics, chinese medicine, and business networking, making great use of this vibrant community space. The monthly Busy Bees and Saturday afternoon gardening sessions offer fantastic opportunities for community members to engage, share knowledge, and enjoy the company of fellow gardening enthusiasts.

Thanks to the hard work of our volunteers and work camp, the garden's appearance is notably tidy and prepared for the winter planting season. While the lawn may appear a bit unkempt, we anticipate its revival with the coming rains.

Join us in celebrating the spirit of community and collaboration at the Ficifolia Community Garden. Whether you're seeking fresh produce, a chance to contribute, or simply enjoy the company of fellow garden lovers, our gates are always open.

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Bubbles with Gertrude



Today I went to bubble day at the Walpole CRC. It was fun I had a big bubble that popped. I had a small quick bubble that went into the sky.

Liz was funny she had funny glasses and she wore funny clothes.

~Savanna

On the morning of Wednesday, the 10th of April, the Walpole Community Resource Centre, in collaboration with Gertrude hosted an innovative bubble-blowing workshop on the Recreational Centre oval. This event was part of the school holiday programme, designed to ignite creativity and participation among children of all ages. Diana Smith from the CRC attended to assist Gertrude with the workshop.

The workshop began with an imaginative session where children were provided with a large pad and an array of colouring pens and pencils. They were tasked with designing their bubble wands, leading to some interesting and creative designs that served as plans for the day's main activity.

Armed with an assortment of materials including pipe cleaners, beads, ribbons, strings, and various cake cutters for shaping the bubble frames, children embarked on the exciting process of bringing their designs to life.

continued page 3...



Gertrude's foresight in providing ample materials allowed for the creation of sturdy handles by winding several pipe cleaners together, to make the handles nice and sturdy for dunking in the bucket.

The bubble-making session introduced an educational/science twist as children learned to create their bubble solutions. Following Gertrude's instructions, they measured and combined ingredients to concoct their own bubble mixture, which was then poured into bottles to settle for a few days—a delightful takeaway from the day's activities, along with their homemade wands.

While waiting for the homemade mixtures to settle, the participants had the opportunity to test their newly crafted wands with a pre-made bubble solution prepared by Gertrude. Despite the initial success with the pipe cleaner wands, Gertrude had yet another trick up her sleeve. She introduced a method using plastic pipes and string to create larger, smiley-face-shaped bubbles, adding an element of surprise and wonder to the workshop. Everyone was very keen to make the larger one and see how it worked.

The introduction of this larger bubble technique transformed the oval. There was a lot of laughter and

shrieks of delight as much larger bubbles and even bubble trails were made. Each child said: Look at mine! Look at Mine! The excitement from the children as giant bubbles began to fill the air was so much fun to watch even a dog watching on the sidelines decided chasing bubbles was fun. Gertrude showed everyone a technique for keeping the bubble in the air for longer which kept everyone amused.

This bubble-blowing workshop provided a fun-filled morning for the community's children and gave them a sense of creativity and learning in a fun and positive way. We would like to thank Lotterywest, the Youth Affairs Council of WA and the Community Resource Centre for making school holidays fun!





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Registration Period
Now until June 30

For More Information
www.manjimup.wa.gov.au/erates



Walpole Nornalup National Parks Association
Notice of AGM
Saturday 4th May at 1pm
WNNPA Wilderness Hub (next door to the Gallery)
New members or just those that are interested
are always welcome
Will Include:
An update on this year's Bioblitz.
The Ranger's Report
Followed by a walk out to a beautiful peatland near
Rest Point



Weekly Upcoming Activities

Time	Date	Details
10am to 2pm	Friday April 19th	Shire of Manjimup active living expo. Transport bookings essential please phone 9771 6900
8.30am to 10am	Monday April 22nd	Qi Gong Workshop at Walpole Community Gardens
9am	Monday April 22nd	Pilates with Anna-Marie, Walpole Community Hall
10am to 2.30pm	Tuesday April 23rd	Suicide prevention training at Walpole Community Resource Centre
11am	Thursday April 25th	ANZAC Day at Walpole War Memorial

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Department of Biodiversity,
Conservation and Attractions



PARKS AND
WILDLIFE
SERVICE

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, Walpole Community Hall. 9am Pickleball 9.30am-11.30am at Walpole Rec Centre
Tuesday	Weight Watchers at the Anglican Church Walpole, 9:30am Country Club Scourgers Golf 12:30pm Autumn Club at Walpole Sport and Recreation Centre, 1pm Pilates with Anna-Marie, 20 Bellanger Rd Nornalup. 6.00pm Pilates with Anna-Marie, Walpole Community Hall 9am
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 Nornalup Hall 5:30pm Angicare Financial Counselling 1st Thursday every month by appointment - contact CRC Ladies golf 10.30am at Walpole Country Club Pilates with Anna-Marie, Walpole Community Hall 9am Community Lunch at Walpole Hotel/Motel 12pm
Friday	Walpole Menshed at LIA Miguel Place, Walpole, 9.30am -12:30pm Table Tennis and Games at Nornalup 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, Nornalup 9am Pickleball 10am-12pm at Walpole Rec Centre
Saturday	St Francis of Assisi Catholic Church Service at Walpole, 3:45pm Yoga with Jenny Nornalup 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 Scourgers Bowls 12:30 pm Walpole Country Club Men's Golf 12pm

Tech Pet: Keyboard Shortcuts



Keyboard shortcuts are a great timesaver as against using the mouse. As Microsoft Office would be the most used program I have limited the information to Word, Outlook and Excel and it should be of benefit to “newbies”.

Office Keyboard Shortcuts:

General

- **Ctrl+C**: Copy selection.
- **Ctrl+X**: Cut selection.
- **Ctrl+V**: Paste copied selection.
- **Ctrl+Shift+>**: Increase font size.
- **Ctrl+Shift+<**: Decrease font size.
- **Alt+F11**: Open Visual Basic for Applications.
- **Alt+Shift+F10**: Display Smart Tag options.
- **Outlook**
- **Ctrl+Shift+I**: Switch to inbox.
- **Ctrl+Shift+O**: Switch to outbox.
- **Ctrl+Enter**: Send current message.
- **Ctrl+R**: Reply to a message.
- **Ctrl+Shift+R**: Reply All to a message.
- **Ctrl+Shift+A**: Create a new appointment.
- **Ctrl+Shift+M**: Create a new message.
- **Ctrl+1**: Switch to Mail.
- **Ctrl+2**: Switch to Calendar.
- **Ctrl+3**: Switch to Contacts.
- **Ctrl+4**: Switch to Tasks.
- **Alt+F1**: Toggle navigation pane
- **Word**
- **Shift+F3**: Toggle selected text between lowercase, title case, and uppercase.
- **F4**: Repeat your last action.
- **Shift+F4**: Repeat the most recent Find command.
- **Shift+F5**: Jump to the last change you made.
- **Ctrl+F6**: Toggle between open documents.
- **F7**: Run the spell-checker.
- **F12**: Open the Save As dialog.
- **Excel**
- **F2**: Edit cell's contents.
- **Ctrl+1**: Open the Format Cells dialog.
- **Ctrl+Page Up**: Move to next sheet in the workbook.
- **Ctrl+Page Down**: Move to previous sheet in the workbook.

- **Ctrl+Shift+”**: Copy value from the cell above into the current cell.
- **Ctrl+R**: Fill contents of active cell into selected cells to the right.
- **Ctrl+D**: Fill contents of active cell into selected cells down.
- **Ctrl+`**: Toggle between showing cell values and formulas in cells.
- **Ctrl+\$**: Set selection to currency format with two decimal places.

~Geordie Whitwell

~Regan's Note:


Keyboard shortcuts haven't really changed since Geordie wrote about them some time ago. They can be a handy way to save time and really teach you the ins-and-outs of an application or system.



Geordie mainly only wrote about shortcuts related to the Microsoft Office suite of products, but there's heaps of keyboard shortcuts for every application you could think of! I'll list a few below:

Windows System Shortcuts:

- **Windows key**: Open or close Start Menu.
- **Windows key + D**: Display or hide the desktop.
- **Windows key + E**: Open File Explorer.
- **Windows key + I**: Open Settings.
- **Windows key + L**: Lock your PC or switch accounts.
- **Windows key + Tab**: Open Task view.
- **Alt + Tab**: Switch between open apps.
- **Ctrl + Shift + Esc**: Open Task Manager.
- **Windows key + Shift + S**: Take a screenshot using Snip & Sketch.
- **Alt + F4**: Close the active item, or exit the active app.



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

30 Years of Service Recognised



Kathy Broadbent has been rewarded for her 30 years of service to the Walpole-Nornalup Community with her promotion to officer in the Order of St John.

The Order of St John is the highest honour within St John, a nationally and internationally recognised award.

Kathy being presented with her award pictured above with the Governor of Western Australia Chris Dawson.

You're an inspiration to us all Kath, thank you for your 30 years of service to the Walpole-Nornalup subcentre and community.

*~Ivan Woodhams,
Chair, Walpole-Nornalup Subcentre
St John.*




Walpole and Nornalup St John Ambulance Community Transport Services



For bookings, call
0447 032 821





ANZAC DAY
25th April
Commemorative Service
Walpole War Memorial
11:00 am; assemble 10:50 am

Fellowship after the service
at Walpole Hotel Motel, Boronia Street

Walpole Directory

Your 24/7 365 Business and Community Directory.



The Walpole Directory is the place to find your local businesses and community groups in Walpole and surrounding districts.

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Account must be paid by 31 May 2024

Our Directory offers:

- **Colour** coding of each category - for quick and easy business look up and find.
- Business category **and** alphabetical listings for all businesses.
- **Free** online listing on walpoleonline.com and link to your website or Facebook page.
- Printed, online and social media promotion.
- **Discount rates** available for emergency and not for profit community groups.

Yearly advertising rates

1/4 page 93mm w x 63mm h	1/2 page 93mm w x 132mm h	Full page 93mm w x 270mm h
\$92	\$175	\$285

Don't miss out! Strict deadline for advertising submissions:
31 May 2024

\$45 design fee applies to new adverts, if design is required.
Minor changes to existing adverts are free of charge.
High quality jpg or pdf files to be submitted to operations@walpole.org.au by the deadline.

For further enquiries please contact the Walpole CRC Tuesday



Wesley LifeForce Suicide Prevention Training

We deliver a robust and evidence based program which focuses upon educating people about suicide, challenging attitudes and teaching basic engagement and engagement and suicide intervention skills.

Participants will have increased confidence in their ability to identify people who may be at risk of suicide, communicate appropriately with a suicidal person, ask a person if they are considering suicide and conduct a suicide intervention.

Participants will learn:

- Awareness of the requirements for classification of a death as suicide
- Knowledge of the occurrence and demographics of suicide in Australia
- Be able to identify risk and protective factors
- Differentiate between risk factors and warning signs
- Capability to be able to implement the SALT suicide intervention strategy
- Identify national and local suicide prevention resources

Date & Time: Tuesday, 23 April 2024, 10:00am – 2:30pm

Location:



Walpole CRC
24 Latham Avenue Walpole, WA 6398

Lunch, tea and coffee will be provided

Register with this link:

<https://WesleyLifeForceWalpole2024.eventbrite.com.au>

Email lifeforce@wesleymission.org.au or call 1800 100 024 for more information



This program is accredited with Quality Innovation Performance Limited (QIP), assessed against the Suicide Prevention Australia Standards for Quality Improvement.



Wesley LifeForce Suicide Prevention Program gratefully acknowledges the funding provided by the Australian Government

15997477_2212

Do all the good you can because every life matters



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PROPOSED FENCING LOCAL LAW

The Shire of Denmark proposes to adopt a new Fencing Local Law in accordance with the *Local Government Act 1995*.

Purpose – to prescribe sufficient fences, the standard for construction of fences and create offences for non-compliance,

Effect – to establish the minimum requirements for fencing, provide for permitted and prohibited fencing, and create offences for non-compliance;

A **copy** of the proposed local law may be inspected or obtained by –

- contacting the Shire Office on 9848 0300 during office hours
 - from our website at <https://www.denmark.wa.gov.au/news/>
- or
- email to claire.thompson@denmark.wa.gov.au

Written submissions about the local laws or suggested changes may be made to the CEO, and must be received by 4.00pm, Tuesday, 4 June 2024.

For further information please contact Claire Thompson on 9848 0300 or email claire.thompson@denmark.wa.gov.au

David King
Chief Executive Officer



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

Helping Hands: Small Steps for a Healthier You



Welcome back to another edition of "Helping Hands," a column dedicated to small, manageable changes that can make a significant difference in our health and happiness. This week, we focus on a simple yet often overlooked aspect of health: hydration.

The Power of Water

It's easy to forget the importance of drinking water amidst our busy lives. However, staying adequately hydrated is crucial for maintaining energy levels, supporting digestion, and enhancing skin health. Here are a few tips to increase your daily water intake:

- **Start Your Day Right:** Begin your morning with a glass of water. This not only helps to hydrate you but also kickstarts your metabolism.
- **Flavor It Up:** If you find water too bland, try adding slices of fruits like lemon, lime, or cucumber to enhance the flavor without adding significant calories.
- **Eat Your Water:** Incorporate water-rich foods into your diet. Cucumbers, celery, watermelon, and oranges are delicious and hydrating.

- **Set Reminders:** In our digital age, why not use technology to our advantage? Set reminders on your phone or use a hydration tracking app to remind you to drink water throughout the day.
- **Carry a Bottle:** Always have a water bottle handy, whether you're at home, at work, or on the go. Seeing the bottle might remind you to take sips regularly.

~Walpole Weekly

Walpole Community Lunches are Back

Every Thursday at the Walpole Hotel-Motel

Call the Walpole CRC at 9840 1395 for bookings!

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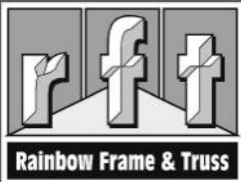
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Walpole CRC is your local access point for the following Government Agencies

Local government

- Shire of Manjimup
- Shire of Denmark

Australia Electoral Commission

Department of Humans Services

- Centrelink
- Child Support
- Medicare
- Age care

- Department of Primary Industries
- Department of Transport
- Department of Fisheries
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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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Walpole Weekly

YOUR LOCAL WALPOLE NEWS

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- Confidential video-conferencing / skype
- Multimedia conversion: DVD/ USB/ mp3/ mp4
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- Wide format printing
- Literary publication: editing/ printing/ binding
- Confidential record shredding
- Document management: scanning/ binding/ laminating/ email
- Document creation including: posters/ flyers/ business cards/ invitations
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- Friendly advice
- Free tea/coffee while you wait/work

To stay connected to your home, work or business, visit the Walpole CRC



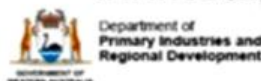
**We are open Tuesday - Friday 9am - 4pm
Walpole Central Building**

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