# Walpole Weekly 29th May, 2024 www.walpole.org.au



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



# Giveback Getdown: A Night of Community and Celebration



Saturday night's 'Giveback Getdown' event was a resounding success. Jamie Dunross and Mala Hatzissavas pulled off a near miracle in three weeks, transforming the evening into an unforgettable celebration. With the help of dedicated volunteers, the night featured fantastic music, lively dancing, delicious food, and entertainment for all ages.

Ironically, the event intended to thank farmers and address drought concerns, coincided with day-long rain, bringing a touch of humour and hope to the occasion. It must be noted though that farmers have been doing it tough for a while now and this rain has come a little late for the grass to grow and feed the livestock.

continued page 2...



... from front page



Sandon Phillips was the first to entertain us before dinner with some great songs. When the meal ended The Tingle Swing Band had everyone up and dancing. We listened to a speech by Jenny Willcox's representative (Donelle Buegge, Manjimup Shire President) and then it was time for the Wacky Hat competition. The nature-based hats were the prize winners on the night. Nicole Munro and Wren Glennister were awarded the best hats on the night.

Courtenay Stickles' catering was a highlight, serving up mouthwatering pulled lamb and beef rolls accompanied by a coleslaw salad. The Greek mint yoghurt for the lamb was a standout, and the beef paired with peri sauce was equally delicious. The food was abundant, allowing guests to enjoy seconds. Courtenay's speech before dinner was both informative and heartfelt, emphasizing the hard work involved in bringing food to our tables and reminding us of the vital role farmers play in our community.

The Giveback Getdown event would not have been a resounding success without the phenomenal community support and generosity of so many people! A total of \$15,765.37 was pledged within three weeks.

Two of the larger pledges were: Walpole Op Shop: \$5000, Walpole Hotel/Motel: \$1000

Thanks are due to all who made this happen, including:

- Jamie Dunross: for dreaming the vision, planting the first seeds, and helping them grow
- Our volunteers for the evening: Chris Bellanger, Lesley Clemens, Nicole Munro, Deb Starke, Courtenay Stickles, Kim Mills, Travis Sparrow, Mala and Deano Haslem



- Walpole Sport & Recreation Centre
- Our wonderful musicians: Sandon Phillips Duo and The Tingle Swing Band (Oliver and Brett)
- Local business donations from: Jane Kelsbie MLA, BP Walpole, WOW Wilderness Cruises, Walpole Hardware & Rural Supplies, The Walpole Op Shop, The Big Hair Shop, Petrichor Gallery, The Walpole-Nornalup Visitor Centre, The Liminal Stone, The Dusty Woodworker, Magic Marron, Sound Production Services, Wild West Walpole, Southern Forest Soaps, Walpole Pharmacy, Walpole Wilderness Chalets, Walpole Bayside Villas, Diana Smith, John Scarfe, Burton Realty, Thomas Gerner, the Willcox family, Brennan Art Gallery at Bow Bridge, Walpole CRC.
- Everyone who purchased a ticket and/or donated

Jamie Dunross has also been talking to the Water Board and they have generously offered two properties for farmers to agist their livestock. The properties will require fencing and water points. See advertisement on Page 9.

~Diana Smith





Your weekly fOOd and coffee guid 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-5pm, Sat-Sun 9am-4pm, closed Mon-Tues	9840 8062	
BP Roadhouse 'food to go—dine in, best coffee!'		
Peaceful Bay Fish and Chips 'Locally line caught fish directly from the continental shelf off Peaceful Bay' Mon-Sun 12pm-3pm and 5pm-7pm Open everyday except Thursdays		
Tree Top Restaurant Tree Top Walk Motel – <b>45 Nockolds Street</b> a la carte dining 6 nights (not Sundays) Takeaway also available		
Walpole Hotel/ Motel 'Open for Lunch and Dinner 7 days a week' Open every day Lunch 12pm-2pm, Dinner 6pm - 8pm, Cnr Boronia Ave & South West Hwy, Walpole		
Marron Tale Café 'Gourmet marron dishes, coffee, cakes etc'		
Wednesday-Sunday 11am-4pm Lunches close 2.30pm	0497 016 267	

## 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.
- 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.

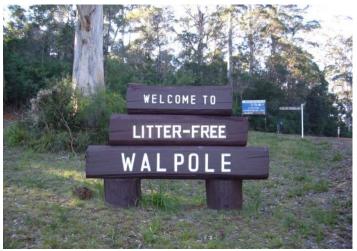
# Classifieds

### Physiotherapy

Now at Walpole Health Clinic 0409 745 777



### A Response



This is a response to the statements made by the unnamed State Government spokesman reported on page 5 of the Manjimup Bridgetown Times of Wednesday 15th May.

It stated that the highway either side of Walpole was covered by Keep Australia Beautiful WA Adopt a Spot programme.

Well, in this region, I am the Adopt a Spot programme. I played a major supportive role to the then Chairman of KAB WA, Mel Hay, (2006 – 2016) who showed the foresight to create Adopt a Spot (WA) in 2009. From that time mine has been the longest and largest implemented Adopt a Spot site (varying from 104 - 110km of Highway 1, currently standing at 170km.)

This section of the Highway 1 bisecting the Walpole Wilderness is generally regarded as the cleanest in Australia relating to the density of litter per km. To create this I have completed the equivalent of 3 circumnavigations of the earth.

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... from page 4



In 2010 I was named the inaugural Waste Authority Champion of WA, the same year I received an 'Outstanding Services' award in relation to the Adopt a Spot programme by the then Minister of the Environment. Before that, in 2008, I was honoured with the Dame Phyllis Individual Award in Hobart (Dame Phyllis Fost was the founder of KAB nationally) and prior to that I received the Litter Prevention category at the State Environment Awards of 2007.

I have been an official Litter Reporter since 2004 and played a pivotal role in prosecutions.

I have been an Ambassador for KAB since 2007 and support all their programmes. I carry advertising on my vehicle every day of the year and promoted KAB activities in the media, both print and free to air TV. But in WA, KAB is a minor player in the State Government, totally underfunded to contemplate major highway cleaning.

Turning 80 next year I am sick and tired of using the pronoun "I". It is time we - the State Government, transport, tourism, environment, also the private sector, the community, stepped up and got involved. There are 12 rest areas on the Highway between Manjimup and Denmark none of which provide toilet facilities. That's 190 kms of highway. Is it any wonder there are hygiene issues?

It's time the current State Government, and its spokesman, stopped issuing platitudes and acknowledge the problem.

Kind regards,

~Michael Filby

Walpole Weekly

## Grateful Land Owner,

I would like to express our heartfelt gratitude to the Department of Biodiversity, Conservation and Attractions, Parks and Wildlife Services for their exemplary management of the recent fire north of Hazelvale, which originated on Middle Road.

We truly do not realise how fortunate we are. Thanks to their professional and swift response, we avoided what could have been a disastrous situation. Having DBCA stationed in our town provides an invaluable layer of safety to our community and the surrounding region.

Additionally, the presence of DBCA has enriched our area by attracting more people, including young families, which is something we should all be grateful for.

To the manager and the dedicated staff, thank you very much for a job well done. Your hard work and professionalism are deeply appreciated. Please continue the excellent work.

Sincerely,

~Joseph Burton

## BAITING TO PROTECT NATIVE WILDLIFE

Under the Parks and Wildlife Service's *Western Shield* program, baiting to control foxes and feral cats occurs on more than three million hectares of conservation lands in Western Australia.

The baits used are toxic to introduced animals but not to native animals which have an evolved tolerance to the active compound (1080). All baited areas are signposted.

Baiting occurs on a regular and ongoing basis to protect endangered native animals including the numbat, western ground parrot and western swamp tortoise.



Attention pet owners: these baits will kill domestic dogs and cats. Baited areas must be considered dangerous for pet dogs and cats at all times.

For more information and maps on areas baited under *Western Shield* visit **dbca.wa.gov.au/westernshield** or contact your local Parks and Wildlife Service district office.

Western Shield is generously sponsored by Alcoa Foundation, Tronox and Western Areas.



Department of Biodiversity, Conservation and Attractions

# Stage one of WA's rent reforms are now here.



Rent bidding is now banned, tenants have stronger rights to fight back against retaliatory action by landlords and undercover officers from Consumer Protection will be checking to make sure landlords and agents are doing the right thing.

Welcome to stage one of Western Australia's Rent Reforms, which came into effect on 16th May.

The changes to the *Residential Tenancies Act* passed through Parliament last month and here's what it means for renters and landlords.

The ban on soliciting rent bidding means landlords and agents can no longer ask or invite tenants to pay more money to secure an available rental property.

An example of soliciting rent bidding would be, "there are lots of people interested in this property, you can secure it if you offer more rent."

Properties must also be advertised at a set amount and cannot include a price range, or 'rent from' figure. Failure to comply with these laws may attract penalties of up to \$10,000 or \$50,000 for a corporation.

Consumer Protection will be keeping a watchful eye on landlords and property managers by sending undercover compliance officers posing as would-be tenants along to property inspections to discuss higher rent offers.

Higher rent offers can be accepted if they are offered freely. If a tenant proposes offering higher rent, the lessor or their agent must respond along the lines, "*that is a matter for you and not something I want to* 



comment on. You need to make your own decision about the value of the property and the rent you wish to pay".

While tenants have always been able to challenge an eviction in the Magistrates Court, the new rules around retaliatory action are now broader. If a tenant believes their landlord or agent is taking action against them as payback for exercising their rental rights, they can challenge that action in the Magistrate's Court.

For example, this might be if a tenant thinks their rent was deliberately increased, or their lease agreement not renewed, just because they asked for some basic maintenance or made a complaint about their landlord or agent.

This change gives tenants boosted confidence to stick up for their rights and apply to the Magistrates Court to have decisions by the landlord or agent reversed.

It's important to note this new reform only covers actions since the 16th May 2024.

These are just the first two reforms of seven. A second stage of tenancy reforms is expected to take effect in July 2024. These include reducing the frequency of rent increases to a minimum 12-month intervals, allowing tenants to keep pets or make minor modifications in most circumstances and introducing Commissioner dispute resolution processes.

A streamlined bond release process is expected to be introduced in early 2025.

The Consumer Protection website goes into detail about each of the seven reforms www.demirs.wa.gov.au/warentreforms





# Weekly Upcoming Activities

Time	Date	Details
10am to 11am	Friday May 31st	Story time at Walpole Library
10am	Saturday June 1st and Sunday June 2nd	Tingledale: 100 years of Group Settlement celebration Tingledale Hall
6pm	Wednesday June 12th	Walpole Country Club Annual General Meeting
10am to 11am	Friday June 14th	Story time at Walpole Library
10am	Friday June 14th	GP Down South Community Presentation - my health partnerships at Walpole CRC
10am to 11am	Friday June 28th	Story time at Walpole Library

#### PROUDLY SPONSORED BY





www.treetopwalk.com.au



Weekly\_events Dav Details 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 Mondav Doctor Services at Walpole Health Clinic by appointment 9840 1173 Pilates with Anna-Marie, Bellanger Rd Nornalup. 9am Walpole Community Hall 6pm Pickleball 9.30am-11.30am at Walpole Rec Centre Weight Watchers at the Anglican Church Walpole, 9:30am Country Club Scoungers Golf 12:30pm Tuesday Autumn Club at Walpole Sport and Recreation Centre, 1pm Pilates with Anna-Marie, Walpole Community Hall 9am Stretch and Tone Class at Walpole Sport and Rec Centre, 9-10am Doctor Services at Walpole Health Clinic by appointment 9840 1173 - Telehealth only Wednesday 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 Pathology Pathwest at Walpole Health Clinic 8:30am -11:30am JR Karate at Walpole Sport and Rec Centre 3:15 - 4:15pm Yoga with Jenny Nornalup Hall 5:30pm Thursday Anglicare 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 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 Friday 9:30am 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 St Francis of Assisi Catholic Church Service at Walpole, 3:45pm Saturday Yoga with Jenny Nornalup Hall 9am Ficifolia Garden Together 3-5pm All Welcome St George's Anglican Church Service 10am Ficifolia Gardens Busy Bee 10am, second Sunday Sunday of every month -- All Welcome Walpole Country Club Scroungers Bowls 12:30 pm Walpole Country Club Men's Golf 12pm

## Information on nbn Outages



Australia's broadband network

You might have noticed the nbn cutting in and out for the last few weeks – this is due to the upgrades taking place on the nbn Fixed Wireless Network and they may continue for some time. Here's what nbn has to say about the upgrades and the outages:

The upgrades to the nbn Fixed Wireless network involve replacing some hardware on our towers and introducing new 5G mm Wave technology. We will be among the first in the world to deploy this technology at this scale for a dedicated fixed wireless network.

During these upgrade works, you may experience reductions in service and periodic outages as we roll out the upgrades in your area over several weeks. In most cases, the outages may range from 3-4 minutes. However, for others, some periodic outages may occur throughout the day and last for up to 12 hours.

While the upgrade works are being completed in your area, you may experience more than one outage. We'll notify your provider of any outages ahead of time, so they can keep you informed. We understand how frustrating outages can be, which is why we're working hard to keep these to a minimum and reduce the occurrence of outages wherever we can.

How we're minimising the impact of potential outages:

- We're using temporary antennas to help maintain service for many customers.
- We're migrating services to other local towers, where viable.
- We're preparing equipment before arriving on site to minimise downtime.
- If you experience service disruptions or outages that last longer than expected, please contact your phone and internet provider.

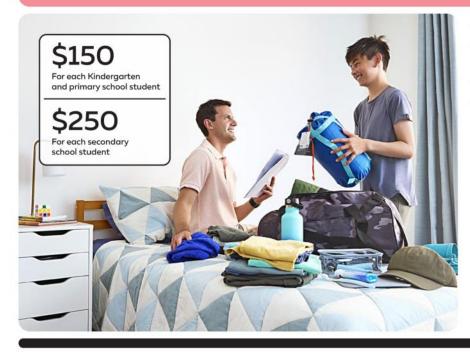
#### ~Regan Marsh,

with information from nbnco.com.au



## It's time to claim the WA Student Assistance Payment

Helping you get the things you need for your kids.



To help ease cost-of-living pressures on families with school-aged children, the State Government is offering the WA Student Assistance Payment.

This is a one-off payment to help you get the things you need for your kids, from new school shoes, backpacks and sports equipment to uniforms, healthy meals, school excursions and more.

#### SUBMIT YOUR CLAIM

- Download the ServiceWA app to your mobile.

- Submit your claim by Friday 28 June.





Call: 0409 329 292

Fri-Sat

10am-5pm

Walpole Weekly YOUR LOCAL WALPOLE NEWS



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to get them printed in the Walpole Weekly. We look forward to hearing from you!



# Helping Hands: The benefits of mindfulness and meditation



Welcome back to 'Helping Hands,' your guide to small yet impactful changes that enhance our health and well-being. Over the past few weeks, we've explored hydration and reducing sugar intake.

This week, we shift our focus to the mind by introducing the benefits of mindfulness and meditation.

#### Why Mindfulness and Meditation?

In our fast-paced world, stress and anxiety can easily take a toll on our mental and physical health. Mindfulness and meditation offer powerful tools to help us slow down, centre ourselves, and find peace amidst the chaos.

#### **Getting Started with Mindfulness**

Mindfulness is the practice of being fully present in the moment. Here are some simple ways to incorporate mindfulness into your daily life:

- Mindful Breathing: Take a few moments each day to focus on your breath. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. This simple practice can help calm your mind and reduce stress.
- **Mindful Eating**: Pay full attention to the experience of eating. Notice the colours, textures, and flavors of your food. Eating mindfully can enhance your appreciation of meals and help prevent overeating.
- **Mindful Walking**: When you walk, focus on the sensations in your feet and legs. Feel the ground beneath you and notice your surroundings. This can turn a simple walk into a meditative experience.

#### **Embracing Meditation:**

Meditation involves focused attention and relaxation, leading to a state of heightened awareness and inner peace. Here's how to start:

- Find a Quiet Space: Choose a quiet, comfortable place where you won't be disturbed. Sit or lie down in a relaxed position.
- Set a Timer: Begin with just 5-10 minutes a day and gradually increase the time as you become more comfortable with the practice.
- Focus on Your Breath: Close your eyes and focus on your breathing. If your mind starts to wander, gently bring your focus back to your breath.
- **Explore Guided Meditations**: There are many apps and online resources that offer guided meditations, which can be especially helpful for beginners.







# Getting cultured – too dead to diagnose

Pathogens are microscopic organisms that cause plant diseases. These organisms can be bacteria, fungi, viruses or nematodes. In contrast to plants which make their own food through photosynthesis, plant pathogens 'feed' on plant tissues. Once they are inside the plant, the plant is said to be infected, which in turn, leads to disease and disease symptoms.

#### **Extracting pathogens from plants**

Any part of a plant can be infected by different pathogens and there are many different symptoms associated with the infection. Diagnostic pathologists make use of this knowledge to identify what is causing the problem. To do this, plant samples need to be 'half-alive' to ensure the pathogen is still living and can be extracted from the sample for identification.

A dead plant which has either dried out or has been too wet and therefore decomposed, no longer displays clear disease symptoms, and does not provide a source of infected tissue from which pathogens can grow for diagnosis. A rotten plant sample can also become infected with secondary pathogens, which have invaded the already diseased and susceptible plant. This interferes with the ability to culture the disease-causing pathogen.

#### Culturing

Growing pathogens in the laboratory is often done through culturing. Even when growing pathogen cultures in laboratory settings, the pathogen requires some living plant tissue to feed on in the early stages of growth. Later, the pathogen will feed on nutrients provided by growth media (agar plates/broths). Some pathogens, such as nematodes may not need to be cultured in growth media to identify them but are viewed through the microscope following specialised extraction from soil or root samples. For the detection of viruses, sap extracts from leaves, shoots, tubers or canes can be used in serological or molecular tests.

All diagnostic testing requires time, specialist equipment, consumables, and labour which makes them expensive!

#### Contact us early on

If you see something unusual, report it early for biosecurity screening and testing, before the plant is too dead to diagnose! Ensure you contact our team before collecting and submitting samples.

Start by telling us your location, which plants are affected, and provide a background on what you've observed and how long this has been happening. Take clear photos showing the whole plant and close-up photos of all symptoms. Email or report through the MyPestGuide Reporter app or website. We can then provide advice and determine whether a sample needs to be collected.

Sampling advice (if needed) will be given based on the suspected pathogen, as well as how to transport to prevent specimen degradation. Our department can cover costs where a biosecurity concern is present or test to exclude exotic pathogens.





Department of Primary Industries and Regional Development **Backyard Buddies** 

Your monthly guide to pests, weeds and diseases

#### ACCOUNTING

#### **BUILDING & TRADE**



#### **BUILDING & TRADE**



Home restumping

#### **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

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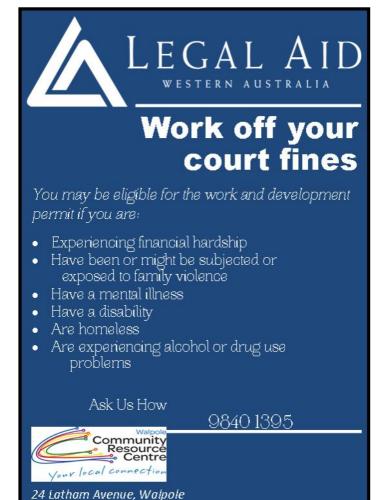
Kim Smith 0447 408 052 E. deepsouth666@hotmail.com

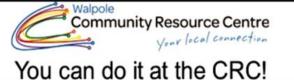
# BOW BRIDGE EARTHWORKS

COMPETITIVE RATES, QUALITY ASSURED. Established 2005. Also trading as Walpole Sand & Gravel Supply.

#### VETERINARY & ANIMAL CARE







#### Centre Facilities include;

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- · Confidential video-conferencing / skype
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- · Bookkeeping/ secretarial services
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- · Wide format printing
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- · Friendly advice
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#### To stay connected to your home, work or business, visit the Walpole CRC



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

#### 24 Latham Avenue, Walpole WA

P: 9840 1395 E: crc@walpole.org.au

#### www.WalpoleOnline.com



Walpole Weekly

BOYALTIE

#### 14 - 29th May, 2024