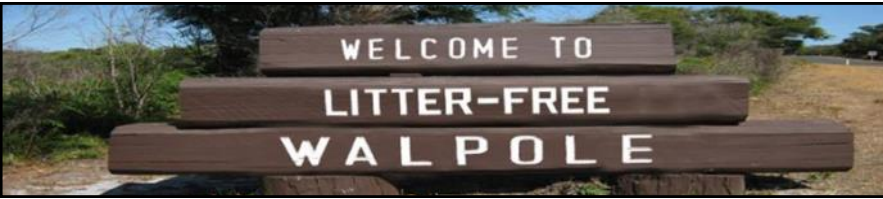


Walpole Weekly

12th June, 2024

www.walpole.org.au



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Jenny Willcox, OAM



Jenny Willcox speaking at Av'a G'day 2023 - photo by Liv Stockley

Walpole's own Jenny Willcox was awarded a high honour in the form of the Medal of the Order Australia for service to the Community of the Shire of Manjimup. Her achievements include:

Community

- Councillor, Rural Ward, Shire of Manjimup, since 2021.
- Committee Member, Pardelup Prison Farm, Walpole Work Camp, since 2005.
- Walpole-Nornalup and Districts Community Development Group, early 2000s.
- Walpole Tidy Towns Committee, since early 2000s.
- Ficifolia Community Garden, since 2019.
- Co-Founder, Walpole Menshed, 2012; inducted as an Honorary (Bloke) Member, since 2012.
- Secretary and Project Manager, Walpole Historical Society, since early 2010.
- Secretary, Walpole Volunteer Marine Rescue, 2000-2003.
- Event co-ordinating team, Walpole in the Trees Regatta, Walpole Yacht Club, 2012-2015.

continued page 2...



...from front page

Walpole Community Resource Centre (formerly Telecentre)

- Coordinator, since 1996.
- Life Membership, 2019.

Australian Seniors Computer Clubs Association

- President, since 2020.
- Vice President, 2017-2020.
- Board Director, since 2011.
- SWADE (Seniors West Australian Digital Expansion) Manager since 2018.

Walpole Silver Chain Committee

- Secretary, since early 2000s.
- Life Member, 2012.

Awards and Recognition include:

- West Australian Telecentre Network Gold Medal for Individual Excellence, Department of Local Government and Regional Development, 2006.
- Australia Day Premier's Active Citizenship Award, Shire of Manjimup, 2001.

As you can see, the award is well deserved! And the outpouring of appreciation didn't stop there, Jenny's colleagues at ASCCA also posted a tribute, reading:

Congratulations to Jennifer Willcox on receiving the Order of Australia Medal! We are incredibly proud to announce that our National President, Jennifer Willcox, has been honoured with the prestigious Order of Australia Medal (OAM) in the King's Birthday Honours.

This recognition is a testament to Jennifer's tireless dedication and outstanding contributions to her community and the ASCCA family across the country! Jen is a sterling example of unwavering commitment to community - the list of her voluntary work (and attempts at retirement!) is extensive; Community Councillor, Rural Ward, Shire of Manjimup Committee Member, Pardelup Prison Farm Walpole-Nornalup and Districts Community Development Group Walpole Tidy Towns Committee Ficifolia Garden Community Co-Founder, Walpole Men's Shed; inducted as an Honorary (Bloke) Member Secretary and Project Manager, Walpole Historical Society Secretary, Walpole Volunteer

Marine Rescue. Event co-ordinating team, Walpole in the Trees Regatta, Walpole Yacht Club, Walpole Community Resource Centre (formerly Telecentre) Coordinator Life Membership Australian Seniors Computer Clubs Association President, since 2020. Vice President, 2017-2020. Board Director, since 2011. Walpole Silver Chain Committee Secretary Life Member, 2012.

Awards and Recognition include:

West Australian Telecentre Network Gold Medal for Individual Excellence, Department of Local Government and Regional Development. Australia Day Premier's Active Citizenship Award, Shire of Manjimup. Not only has Jen been a volunteer and community champion for her home town of Walpole in WA for over 30 years, she's been involved with ASCCA for more than a decade. Please join us in congratulating Jennifer on this well-deserved accolade. Her achievements inspire us all to strive for excellence and make a positive difference in our community. Warmest congratulations, Jen!

And we at the CRC are also incredibly proud. As most of you know, Jenny has been an integral part of the CRC for many years now, and continues to provide the CRC with countless facts and memories from her time here (and a few articles too!)

Congratulations again, Jenny. Such a deserving recipient.

~Walpole CRC

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

Blessing for a happy home



On June 10th, 2024, Pradeep and Sandi Nishanthe welcomed friends and family to their new home for a special house blessing.

Venerable Mudu from Bodhinyana Great Southern conducted the blessing ceremony. The event started with the blessing of the house and concluded with a blessing of the food, which Pradeep and Sandi had lovingly prepared for their guests.

~Photos by Liv Stockley



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- 1 x Evergreen School Bus Contract with 2019 Toyota Coaster.
- 1 x Evergreen School Bus Contract with 2023 Toyota Commuter.

We would like to sell both contracts together but will consider selling separately.

For more information please contact Janine on 0428614206 or email

jakkarri@westnet.com.au

All enquiries will remain confidential.



Your weekly **fOOD** and **coffee** guide



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

| | |
|--|--------------|
| Bow Bridge Road House 'Homemade burgers, coffee, cakes, fish and chips, liquor and groceries.' | 9840 8062 |
| Open Wed-Fri 9am-5pm, Sat-Sun 9am-4pm, closed Mon-Tues | |
| BP Roadhouse 'food to go—dine in, best coffee!' | 9840 1802 |
| Peaceful Bay Fish and Chips 'Locally line caught fish directly from the continental shelf off Peaceful Bay' | 9840 8060 |
| Mon-Sun 12pm-3pm and 5pm-7pm Open everyday except Thursdays | |
| Tree Top Restaurant Tree Top Walk Motel - 45 Nockolds Street | |
| a la carte dining 6 nights (not Sundays) Takeaway also available | 9840 1444 |
| Walpole Hotel/ Motel 'Open for Lunch and Dinner 7 days a week' | 9840 1023 |
| 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 |

Helping Hands: The importance of a good night's sleep



Welcome back to 'Helping Hands' your weekly guide to small yet meaningful changes that can enhance your health and happiness. Last week, we explored the benefits of connecting with nature. This week, we're focusing on another essential aspect of well-being: sleep.

Why Sleep Matters

A good night's sleep is crucial for both physical and mental health. Quality sleep helps to restore and rejuvenate our bodies, improve memory and cognitive function, boost mood, and support the immune system. Despite its importance, many of us struggle to get the rest we need.

Tips for Better Sleep

Here are some practical tips to help you improve your sleep quality:

- **Stick to a Schedule:** Try to go to bed and wake up at the same time every day, even on weekends. Consistency reinforces your body's sleep-wake cycle and can help you fall asleep and wake up more easily.

- **Create a Sleep-Friendly Environment:** Make your bedroom a sanctuary for sleep. Keep the room cool, quiet, and dark. Consider using earplugs, an eye mask, or a white noise machine if needed.
- **Limit Screen Time:** The blue light emitted by phones, tablets, and computers can interfere with your ability to fall asleep. Try to avoid screens at least an hour before bedtime.
- **Watch What You Eat and Drink:** Avoid large meals, caffeine, and alcohol close to bedtime. These can disrupt your sleep or make it harder to fall asleep.
- **Develop a Relaxing Bedtime Routine:** Establish a calming pre-sleep routine to signal to your body that it's time to wind down. This could include activities such as reading, taking a warm bath, or practising gentle stretches.
- **Get Moving:** Regular physical activity can help you fall asleep faster and enjoy deeper sleep. Just try not to exercise too close to bedtime, as it may have the opposite effect.

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We welcome your opinion Dear Editor,

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 publish 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.

Letters

Dear Ed,

I really enjoyed reading last week's *Weekly* (5th June). The front-page story Tingledale Celebration was both interesting and exciting! It's always fun to learn a bit of history when it comes to the place we live.

I was also thrilled to discover that in 1924-1930s, many of the early Tingledale families originated from Devon and Cornwall, where I am from. To think that my ancestors stuck around in the UK while twenty families ventured across the world to farm here. I hope everyone had a wonderful celebration and had a good chat about whether jam or cream comes first on a scone.

I also enjoyed reading the Walpole Family: Showcasing the Region story. It seems that the Walpole-Nornalup Visitor Centre gave our visitors an EPIC trip around the region. Their adventure reminds us how lucky we are to have the WOW Tour, Valley of the Giants, Swarbrick Art Loop, Circular Pool and more on our doorstep every day.

~ Nathan Viney

Re letter from Jonathon Shultz and the South Coast Environment Group regarding the recent wildfire east of Hazelvale, particularly the suggestion that the community should enquire into the lack of an effective rapid response.

Given the time and manner of ignition the response was as rapid as could be expected and the efficiency of the crews deserve praise.

The weather forecast for the 25th would have influenced the timing of the arrival of the fire bombers. Water bombers are only part of any fire suppression and are less effective over heavy canopy. Had the forecast conditions eventuated, the fire would have moved into Tingle/Karri forest with a very high fuel load probably resulting in irreversible destruction of some of that forest.

As these fuel loads continue to increase, the risk of wildfire occurring also increases and can only lead to the destruction of large areas of this forest.

If we go back to the times before there was very little or no influence by European settlers in this area (early 1900s and before) there was no suppression of fires that occurred in the forest nor was there a need. These fires were small and relatively cool, part of the forest ecoculture for 100s/1000s of years.

If the forest is to survive, the community needs to support a management programme that will work towards returning the forest to the condition it was in, prior to the early 1900s.

To achieve that goal, managed fires will need to be a large part of the plan, similar to mosaic burning practised by DBCA during the period 2002-2011 near Walpole. (Ref - Allan Wills, *Landscape* Vol39 No3, 2024.)

An expansion of DBCA infrastructure and personnel would be very necessary. The local community could only benefit were this to occur.

~Dave Guthrie
Nornalup

Weekly Upcoming Activities

| Time | Date | Details |
|---------------------|---------------------------|--|
| 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 3pm | Saturday June 22nd | Disaster Resilience Workshop at Walpole Community Hall BYO lunch |
| 10am to 11am | Friday June 28th | Story time at Walpole Library |
| 2pm to 3.50pm | Friday 3rd July | Sensory-friendly movie at the Walpole CRC. 'Luca' \$5 per child |
| 8.30am to 4pm | Wednesday 10th July | Aqua Centre Albany – ages 6+ \$35 |

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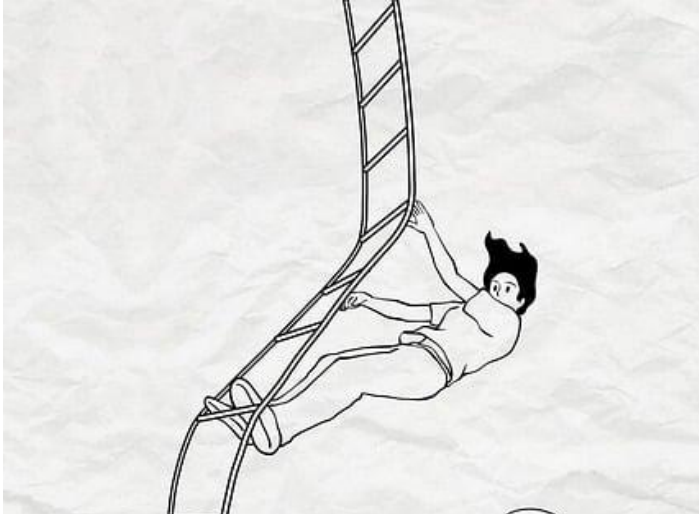


PARKS AND
WILDLIFE
SERVICE

Weekly events

| Day | Details |
|------------------|--|
| Monday | <p>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 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</p> |
| Tuesday | <p>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, Walpole Community Hall 9am</p> |
| Wednesday | <p>Stretch and Tone Class at Walpole Sport and Rec Centre, 9 -10am Doctor Services at Walpole Health Clinic 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</p> |
| Thursday | <p>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 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</p> |
| Friday | <p>Walpole Mensored 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 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</p> |
| Saturday | <p>St Francis of Assisi Catholic Church Service at Walpole, 3:45pm Yoga with Jenny Nornalup Hall 9am Ficifolia Garden Together 3-5pm All Welcome</p> |
| Sunday | <p>St George's Anglican Church Service 10am Ficifolia Gardens Busy Bee 10am, second Sunday of every month – All Welcome Walpole Country Club Scourgers Bowls 12:30pm Walpole Country Club Men's Golf 12pm</p> |

There are no shortcuts to the top – ladder safety explained



On average, more than 30 Australians die each year, and over 6,000 are hospitalised with injuries, from ladder falls.

The injuries can be serious and life altering with people suffering fractured limbs, spinal cord damage and severe brain injuries. Sadly, the majority of people killed or injured were men aged over 45 years.

Consumer Protection's Product Safety team are urging people to make safety a top priority while using ladders around the home. Whether it's cleaning the gutters, changing light bulbs, hanging decorations or just taking care of projects around the home - safe use means proper use.

It's often the split-second decision or risky shortcut that results in a fall. Taking a few extra minutes to assess and set up the job safely could save you a trip to hospital or even your life.

Make sure the ladder is the right height and design for the job and check it is in good condition. Also check the ladder's weight capacity so you know it can hold you, this can be found on the ladder itself or in the manufacturer's advice.

Take off the ugg boots or thongs and put on sturdy, slip-resistant shoes. Take time to set up your ladder on a firm, flat surface and lock the spreaders. Ask someone to hold the ladder and keep your body centred between the siderails as you climb. Always maintain three points of

contact, this means two hands and one foot, or two feet and one hand.

Only carry items up and down that allow you to maintain the three points of contact and don't overreach as this can lead to losing balance.

Don't stand above the second step from the top on a step ladder or the third rung on an extension ladder. If the job you're doing is outside, don't work in wet or windy conditions.

Lastly, don't become a statistic that Consumer Protection talks about next year. Know your limits and work to your ability. Sometimes you may need to accept the job is safer left to a professional.

A number of ladders have been recalled over the years due to faults that can contribute to an accident. Even if it's an older purchase, take a moment to check [productsafety.gov.au](https://www.productsafety.gov.au) to see if your ladder has been recalled.

If you spot an issue with a ladder, report it to our Product Safety team via the form at [consumerprotection.wa.gov.au](https://www.consumerprotection.wa.gov.au) or call 1300 30 40 54. Your reports can assist us in identifying safety issues with products and this helps keep consumers safe.

Rainfall Recap



The total rainfall for May was 111.4 mm
Average rainfall for May: 157 mm
Lowest rainfall for May: 68.8 mm (2019)
Highest rainfall for May: 267 mm (1988)

~Kim Jewell



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Go Pink this June



How people are going pink this month!

GO PINK brings the community together each June to make a proud pink pledge and raise funds for world-class breast cancer research. It is about real people making a real difference by supporting research focused on how to prevent, detect, treat and stop the progression and recurrence of breast cancer.



The more men and women raise funds and GO PINK this June, the closer we get to stopping deaths from breast cancer. So, what are you waiting for?

Getting involved is easy, you can GO PINK as part of a team or make an impact by yourself. You can still make a big difference.

What can you do?

Register to wear pink, colour your hair pink or shave your head and receive your **free** pink ribbon. Pick a day in June to GO PINK or proudly GO PINK all month.

WEAR it!

Wear your favourite pink outfit and accessories this month.

SHAVE it!

Take the plunge and shave your hair to stop deaths from breast cancer.

COLOUR it!

Colour your hair. Add a bright flash of colour with a stripe or put on a pink wig!

Going pink is great, but raising money will make a REAL difference. Share your online fundraising page with as many people as possible and ask them for a donation.

Your GO PINK pledge will help women like Valentina:

“Being a part of this campaign really pushed me out of my comfort zone as has my cancer diagnosis. I want women to know that they are not alone; when they look in the mirror and feel ‘different.’ Not only should they feel beautiful and seen, but supported knowing that there is game-changing research taking place to push the boundaries of what is currently possible.”

Find out more at:

<https://fundraise.nbcf.org.au/event/go-pink/how-it-works>

~ The National Breast Cancer Foundation

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to update the Walpole 2024-2025 Directory



Reclaim the Void



Over the past year, the Walpole Community Resource Centre and our wonderful community have been weaving together more than just rugs -we've been weaving stories, connections, and a sense of shared accomplishment. This ambitious project, a part of the Reclaim the Void initiative, has involved a series of workshops and events, including our School Holiday Programme, Australia Day celebrations, and the Department of Communities Women's Grant activities.

Our collective effort has not only brought together various groups within Walpole but has also connected us to a broader movement dedicated to meaningful cultural expression and reconciliation. This project has seen vibrant participation from community members of all ages, who have dedicated their time and creativity to weaving beautiful rugs.

We are thrilled to announce that our journey of weaving in Walpole has reached its culmination with the delivery of our completed rugs to Creative Director Vivienne Robertson in Denmark. We had the absolute pleasure of meeting with Vivienne and were treated to a tour of the collected rugs from all over Australia housed in a massive sea container on her property. The rugs have been lovingly collated, labelled and colour-coded by Vivienne ready for delivery to Perth for assembly.

The final assemblage of our rugs will take place in Perth, from 3rd to 8th July 2024, at the WA Museum Boola Bardip, Hackett Hall. This event, known as the Assemblage, is a significant milestone where rugs from communities all over have been brought together to form a magnificent collective artwork. The Opening Ceremony will be held on Wednesday, 3rd July 2024 at 5:00pm. This is free and open to the public. The ceremony will include a Welcome to Country by Carol Innes and speeches by the Hon David Templeman, Minister for Culture and the Arts, Ngalia cultural leader Kado Muir, and Creative Director Vivienne Robertson.

The Assemblage and Family Weaving dates are Thursday, 4th July to Monday, 8th July 2024. Volunteer places for the assemblage are filled, but there is a waiting list if you wish to add your name. Family weaving sessions are open to everyone to come help create the WA Museum's rug!

There will be a Concert Amongst the Rugs on Friday, 5th July 2024 at 7:00pm. Featuring Noongar singer Gina Williams, Guy Ghouse and Lucy Ridsdale. Tickets are \$33, and bookings are essential.

For more information and bookings, visit: [Reclaim the Void Assemblage](#).

We would like to thank everyone in the Walpole community who participated and supported this project. Special thanks to the Ficifolia Community Garden and the Walpole Community Markets for their support and to all our volunteers whose hands and hearts have been instrumental in helping to bring this project to fruition.

We look forward to the Assemblage in Perth and welcome you to join the Ngalia elders there to witness the grand culmination of our collective efforts and celebrate the end of this remarkable journey.

Comments from Reclaim the Void Website, "We needed a lot of rugs! So far we have nearly 3,000 rugs, contributed from communities all over Australia, and around the world. Each one carries the beauty of intent and care that has been woven into its fabric. Reclaim the Void is also about stories. We are developing an interactive digital 'rugalogue' - a catalogue of each rug made, and the stories that the maker may choose to accompany their rug. The final artwork will include the tapestry of stories of all the people who have contributed to it, and will be a story in its own right, of our collective love, respect, and wish to care for country. It's the journey, the story, the healing and symbolic reclaiming, the acknowledgement of careless over-consumption at others' expense, that is central to Reclaim the Void.

We are having a conversation about caring for country and its custodians, and inviting everyone to be part of that through modest, small-scale acts that collectively create something special. Guided by cultural protocols, the final artwork will be brought to life on the country for which it was created - a symbol of hope and healing.

continued page 11...

...from page 10



If we piled up every rug that has been contributed so far, we would have a tower 60m high - which happens to be the same height as the leaning tower of Pisa... Over 100 schools have been part of Reclaim the Void and it's been a delight to receive so many rugs from small hands and big hearts. Over 150 workshops have been run by individuals, community groups, organisations and businesses.



There is a small group of people who have individually made 50 rugs or more. And on the other side, some rugs are made by over 20 people working together to weave their community into one rug. If we un-wove every one of the 3,000 rugs we have, and laid out the strips of fabric, we could make a continual line stretching 120kms. We can safely say that there are more blue sheets than any other colour in op shops and people's linen cupboards! Our next most popular colour is pink, followed by green, red and purple."

Thank you, Walpole, for your spirit and collaboration.

~Nicole Munro

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



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