Walpole Weekly 26th June, 2024 Community newspaper proudly



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



Community Comes Together -Success of Giveback Getdown



THINKING OF SELLING YOUR HOME?

We have clients wanting to purchase Rural, Residential and Lifestyle properties, in the Walpole and surrounding areas. If you were considering selling, now is the time. call for your

FREE market appraisal ou may be surprise Joe Burton



The funds raised during Giveback Getdown have been put to use, directly benefiting local farmers through the distribution of essential barley straw. The successful allocation of these funds has proven to be a significant boost for the farming community in and around Walpole.

Brad Cooper, a well-known local, born and bred in Walpole, spearheaded the sourcing and delivery of the barley straw. Brad owned Cooper's Beef for many years before relocating to Boyanup, and still runs Cooper's Transport. He managed to source the barley straw from Broomehill and arranged for its delivery to Walpole. *continued page 2...*



... from front page



For his efforts, Brad provided this service at a discounted rate, a generous act that exemplifies community spirit. A huge thank you to Brad for his pivotal role in this initiative.

Upon arrival in Walpole, the barley straw was dropped off at two key locations: Joe, Damien and Sharyn Burton's farm, and Kim and Glen Burton's farm. Both farms assisted with the unloading process, volunteering not only their tractors but also their valuable time to ensure the straw was efficiently transferred onto the vehicles of local farmers. The community extends heartfelt gratitude to both these farm businesses for their unwavering support and dedicated assistance.

Additionally, Wayne Russell, affectionately known as Rusty Snr, stepped in to help distribute the straw to farmers who faced difficulties in transporting it to their respective farms. Wayne's initiative ensured that no farmer was left unsupported, highlighting the community's collaborative spirit.

Overall the fundraiser successfully supported over 18 local farmers. After covering the costs of hay and transportation, any remaining funds will be utilized to purchase molasses to enhance the nutrient levels for livestock, further contributing to the well-being of the local farming community.

The gratitude expressed by the farmers was palpable, with many describing this support as the first positive event to happen in their lives in quite some time. The success of Giveback Getdown illustrates the profound impact that community-driven initiatives can have, bringing hope and positivity to those in need.



This episode stands as a testament to the strength of community bonds and the remarkable outcomes that collective efforts can achieve.

Thank you to everyone who contributed to making this a tremendous success.

~Mala Haslem

~Editors note: The Walpole CRC would like to thank Jamie Dunross and Mala Haslem, without them this wonderful event would not have happened.



Australian Government Services Australia.gov.au

Building Community Resilience in Walpole and Nornalup



On Saturday 22nd, a meeting at the Community Hall was attended by community members interested in hearing about coping in an emergency. As I left to attend, a fierce hailstorm caused me to pause and think about impending disaster. Unlikely this time, but a possibility nonetheless.

Inspired by the small community of Balingup, which has successfully established a Resilience Committee, Walpole and Nornalup are now taking steps to form their own. Organised by Jenny Willcox and Chris Bellanger, the workshop welcomed Wendy Trow, the experienced Chair of the Balingup Progress Association, who shared valuable insights and procedures.

A key topic was the establishment of procedures for accessing public buildings during times of community stress. Ensuring that residents know where to seek advice and support during emergencies was emphasised. The workshop revealed that Walpole SES is equipped with sufficient means of communication.



The availability of generators in Walpole was also discussed, with a focus on assessing whether they are fixed or transportable. The community was reminded of the free Wi-Fi zones around the Tourist Centre and the Recreation Centre, which can be critical for communication during emergencies.

Addressing the needs of pet owners during disasters, the participants considered Ficifolia Gardens as a potential fenced-off area for pets. This initiative aims to ensure that pets are also cared for, providing peace of mind to their owners.

The workshop highlighted the importance of community involvement in disaster preparedness.

Leveraging Balingup's procedures, a tailored plan suited to Walpole and Nornalup will be formulated to inform and guide residents effectively. The aim is to provide a safe space and up-to-date information while Government agencies assess procedures. At the Walpole meeting, a number of people agreed to form a committee which plans to conduct a detailed inventory of resources, including generators and communication tools. A public awareness campaign will soon be launched to inform residents about emergency procedures, meeting points, and available resources.

Wendy Trow's expertise in Small Town Revival Work has been instrumental in shaping these plans, and the community of Walpole looks forward to implementing them to enhance their resilience in the face of future disasters.

These initiatives in no way encroach on the agencies that are involved when emergencies arise.

Nornalup residents attended a meeting on Sunday 23rd to address these same issues.

~Diana Smith

Rainfall Recap with Kim Jewell

Denmark has now published the total rainfall for May:

Denmark: 96 mm Walpole LPO: 116 mm

It has often been said that we live in a drying climate. One way of examining this is to compare the average rainfall over five year periods and then compare the earliest records with current data.

Average rainfall for Walpole LPO May 1951 to 1956: 189.9 mm

Average rainfall for Walpole LPO May 2020 to 2024: 120.8 mm

Average rainfall for Nornalup May 1914 to 1918: 165.5 mm

Average rainfall for Nornalup May 2020 to 2024: 121.9mm

This method has the disadvantage of ignoring the data between the two chosen periods, but I think the conclusion is obvious.



Individual Tax Returns

Appointments available at 8 Pier Street (Walpole Lodge) on Friday 12th & Saturday 13th 21st of July.

If you'd prefer to have your tax return prepared prior to these dates, please call for a phone appointment.

Steele Harken CPA, B.Bus, Registered Tax Agent P: 9842 9677 M: 0429 500 461 E: steele@gmtaxation.com.au

<u>AGM</u>

Walpole Volunteer Fire and Rescue Date: Tuesday 2nd July 2024 Time: 5.30. pm

Place: Fire and Rescue Cnr Pier and Vista Meeting includes discussion of combining the SES and Fire and Rescue services.

Members and non-members are encouraged and welcome to attend.

Walpole-Nornalup Visitor Centre – Annual Quiz Night Fundraiser



The Walpole-Nornalup Visitor Centre is excited to announce our Quiz Night Fundraiser on Saturday, July 20th! With Rick Ardon as our Quizmaster, this promises to be a fantastic evening of fun and community spirit.

Last year's Quiz Night was a sell-out, so get in quick to secure your tickets!

Tickets can be purchased from the Visitor Centre, or online <u>https://events.humanitix.com/</u> <u>annualquiznightfundraiser/tickets</u>

As our major fundraiser of the year, all proceeds will go directly towards supporting our local business and tourism community.

To make this event a success, we are seeking PRIZE DONATIONS for our raffle and silent auction. We would greatly appreciate any contributions, whether they be goods, services, gift cards, hampers, or any other offerings you can provide.

If you or your business would like to contribute, please confirm your donation by Friday, July 13th. You can email the details of your donation to <u>manager@walpole.com.au</u> or call 9840 1111 Thank you in advance for your generosity and support.





Classifieds

Physiotherapy

Now at Walpole Health Clinic 0409 745 777

Wanted - backload from Perth

Building timber needing transport from Perth (Chittering). Approx 3m(L) x 1m(W) x 1m(H), weight = between 1 and 2.5 tonnes. Wondering if anybody with a truck and Hiab could collect on a backload, for cash. Phone 9840 1481. :)

Wanted

Local fruit and veggies to buy, without pesticide. Phone 9840 1481.



Notice from Norm and Sue

It is with sadness that Sue and I have come to the end of working at the Hardware. We have been trying to sell the business for some time now and to no avail. The price we have been asking is \$675,000 that includes: land, building, stock and plant and equipment. This is a drastically reduced price and very good value, when an empty shed in the Industrial Area of similar size sells for over \$500,000. We wish to thank all the Staff we have had over the 26 years we have had the Hardware. They have been, and are, awesome - there hasn't been a day go by that we haven't been open.

We wish to thank everyone for the support we have had over the years but we can't go on. It has been a pleasure to meet so many different people over the years.

There has been talk of many people wanting to form a Co-Op to run the business and we do hope this comes to fruition, but it needs someone, or some people, to drive it! Steele Harkin GM Taxation and Accounting, 1/133 Lockyer Avenue Albany WA 6330 has been investigating the Co-Op and he can be contacted for more info about it but it needs people to become involved.

Sue and I will be finishing up as from the 30th June. We will have the doors open throughout July and finally closing at the end of July.

Kind regards, Norm and Sue

Weekly Upcoming Activities

Time	Date	Details
T	Thursday June 27th	Come see CarersWA at Walpole CRC for support and consultation
10am to 11am	Friday June 28th	Story time at Walpole Library
2pm to 3.50pm	Wednesday 3rd July	Sensory-friendly movie at the Walpole CRC. 'Luca' \$5 per child
10.30am	Friday 5th July	Free - Design and Decorate your own Library Bag Ages 6+ Please RSVP Walpole Library 9840 1108
8.30am to 4pm	Wednesday 10th July	Aqua Centre Albany – ages 6+ \$35
9.30am to 12pm	Friday 12th July	Games Day Free at Walpole Public Library.

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WILDLIFE

Department of B Conservation a

W	Weekly			
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 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			
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, Walpole Community Hall 9am			
Wednesday	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			
Thursday	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 Nomalup 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			
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 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 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			

Your weekly fOOd and coffee gui What's on offer in and around Walpole this week	ide 💓
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!'	9840 1802
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' Open every day Lunch 12pm-2pm, Dinner 6pm - 8pm, Cnr Boronia Ave & South West Hwy, Walpole	9840 1023
Marron Tale Café 'Gourmet marron dishes, coffee, cakes etc'	
Wednesday-Sunday 11am-4pm Lunches close 2.30pm	0497 016 267

Happy Winter Solstice!



Well look at this crazy bunch!

Imagine the thrill of a Winter Solstice swim at Coalmine Beach, where local swimmers braved the cold on the shortest day of the year. While most were snug in their warm beds and sipping on their morning coffee, these daring individuals were plunging into the chilly water, with temperatures around 8 degrees outside and a 'balmy' 14 degrees in the water.

The feeling of the cold water surrounding your body as you gradually immerse yourself is exhilarating, to say the least. There is a point where you feel totally numb, your neck gets searing pain and then it's just bliss from then on. It is when you get out that the fun starts, with your body trying to get back to its normal temperature. All of your organs are working to their capacity to make that happen, and it is this function that you are looking for. With all your organs working to capacity and therefore reaching optimum health after a period of time. So, you have to get dressed as quickly as possible before the uncontrollable shivering starts to take over your body. It takes a while to warm up, but a warm cuppa with your crazy mates soon sorts that out. Celebrating the Winter Solstice honours the rebirth of the sun and the promise of longer days, symbolising renewal and hope. It fosters community bonds through shared rituals, feasting, and reflection on our connection with nature. Whether through ancient rituals or modern practices, the solstice offers a rich tapestry of ways to celebrate and find meaning in the changing seasons. So well done to this band of brave souls, and we hope you all got to celebrate and acknowledge the solstice in some way that is meaningful to you.

Cold water swimming has several benefits for physical and mental health:

Physical Health Benefits:

- Improved Circulation Cold water exposure causes your heart to pump more efficiently, pushing blood to your organs and extremities.
 Over time, this can improve overall circulation.
- Boosted Immune System Regular cold water swimming can enhance your immune system by increasing white blood cell count and improving your body's ability to fight off illness.
- Increased Metabolism Cold water forces your body to work harder to maintain its core temperature, which can increase your metabolism and help with weight management.
- Enhanced Muscle Recovery The cold helps reduce inflammation and muscle soreness, which is why ice baths are popular among athletes.
- Pain Relief Cold water can act as a natural pain reliever by reducing inflammation and numbing pain receptors.

continued page 8...

BTH Ladies Club thanks their members and the community for their generosity in supporting our annual fundraising soup day on Friday 21st June.

\$1480 was raised for Cancer Council WA



Mental Health Benefits:

- Stress Reduction Cold water swimming can decrease levels of cortisol, the stress hormone, helping you feel more relaxed and reducing anxiety.
- Improved Mood The endorphin rush from the cold water can lead to a natural high, boosting your mood and providing a sense of euphoria.
- Increased Resilience Regularly exposing yourself to cold water can build mental resilience, making you better equipped to handle stress and adversity.
- Better Sleep The physical exertion and the drop in body temperature post-swim can help improve sleep quality.

Mindfulness - The need to focus on your body and breathing while swimming in cold water can be a form of mindfulness, helping to clear your mind and improve mental clarity.

- Social Benefits:
- Community Many people join cold water swimming groups, which can foster a sense of community and provide social support.
- Connection with Nature Swimming in natural bodies of water can enhance your connection with the environment and provide a greater appreciation for nature.

Safety Tips:

Always swim with a buddy or in supervised areas. Acclimatise gradually to cold water to avoid shock. Wear appropriate gear, such as a wetsuit, if needed. Know your limits and listen to your body.

Cold water swimming can be a refreshing and invigorating activity with a host of benefits, but it's essential to approach it safely and gradually.

~Nicole Munro

Chinese Herbal Medicine





Stocks now available of popular linament & cough syrup for kids/adults. *Phone in your order* & pickup at Walpole Health Centre 10.30am Friday 28th June. Cash only.

Rosemarie Lee Warnock Tel: (08) 9840 1155 Mob: 0439 976 132 Registered Chinese Physician & Licensed Acupuncturist. www.rosemarieleewarnock.yolasite.com

A Note on Graffiti



Michal Filby dropped by the CRC to bring to our attention some graffiti found on the 'Shannon National Park' sign. If graffiti like the above is found, please make sure to let someone know, so we can all continue to keep this beautiful area clean!



Vale Louis George Howard (Hazelvale) - 1934-2024

Louis flew back Home to the arms of God on the morning of Thursday June 20, surrounded by family.

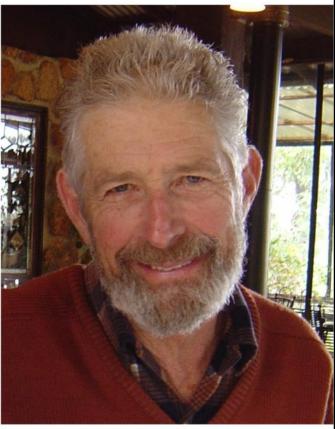
Married to Colleen McGuiness Howard for nearly 20 years, he was an exemplary father to four children – Nanâ, Matthew, Adam and Justine.

Formerly a senior electronic engineer with Telecom, Louis was a gentle, respectful gentleman whose words were few, but always valuable. He came to Walpole some 30 years ago to retire in the forests he had loved all his life.

Lou loved the outdoors, and when single he was an avid skiier, bushwalker and scuba diver.

As a fire watchman on Mount Franklin, he loved to welcome the eagles, soaring up to join him.

Louis served as the acolyte at St Francis' Church Walpole, and always thought the best of everyone.



A fine friend and neighbour who was always ready to

lend a hand, Louis was loved by all, and will be sorely missed by many. May he rest in peace.



PUBLIC NOTICE

Request for Quotes

The Shire of Manjimup is seeking to appoint suitably qualified and experienced contractor/s for the following quotes.

RFQ01-24 - Mowing and Maintenance of Sporting Ovals in the Townsite of Manjimup

The ongoing and regular mowing and maintenance of the sporting ovals in Manjimup and their surrounds.

RFQ 02-24 - Mowing and Maintenance of the Sporting Oval, verges and reserves in the Townsite of Walpole.

The ongoing and regular mowing and maintenance of verges, reserves and other public open space in Walpole and its surrounds.

The Quotes must be lodged before 3pm, Friday 30 August 2024.

To register for the quote/s and download the document/s, visit: www.manjimup.wa.gov.au/consulations

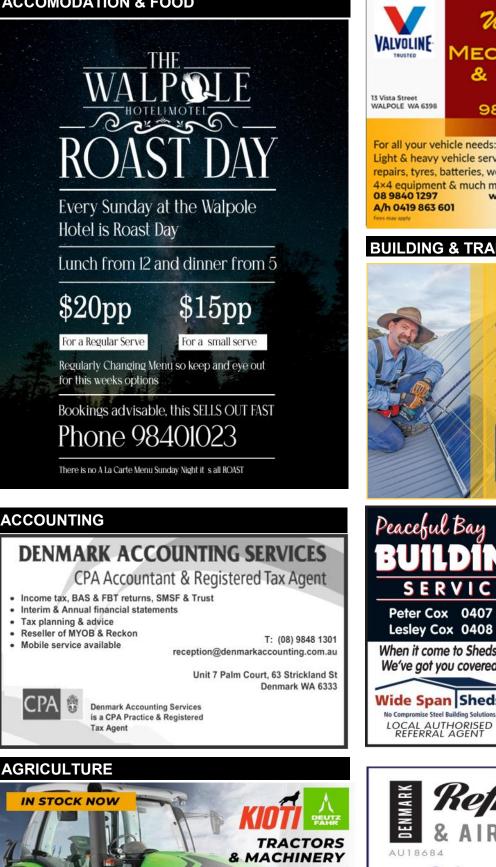
Late quotes will not be accepted.

Each quote submission must be clearly marked noting its full title (including the quote number) and either hand delivered at the Shire of Manjimup Administration Office, 37 - 39 Rose Street, Manjimup, <u>or</u> posted to PO Box 1, Manjimup WA 6258, or faxed to (08) 9771 7771, <u>or</u> emailed to <u>info@manjimup.wa.gov.au</u>

For further information, please contact the Shire Depot on (08) 9771 7781 or email info@manjimup.wa.gov.au

Benjamin (Ben) Rose Chief Executive Officer

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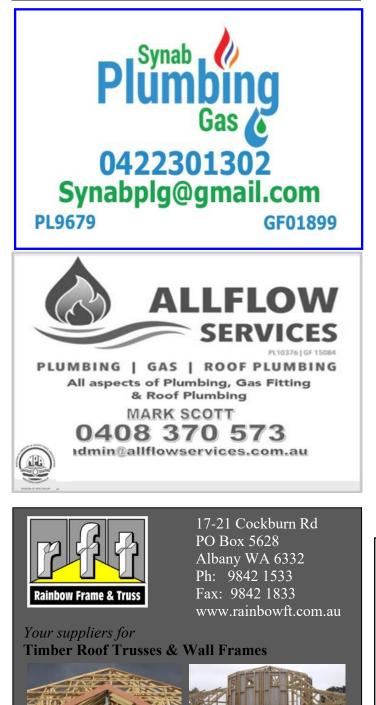
10 - 26th June, 2024

Locally

Walpole Weekly

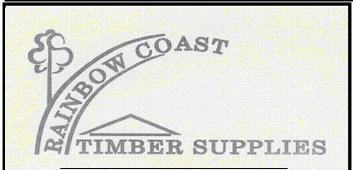
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BUILDING & TRADE



Kerry Halse 0427 482 437 Email: kghalse@outlook.com

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

When you've tried turning it off and on again ...

BarraQDA Computing Solutions

Your *local* IT support in Walpole-Nornalup

- ${\scriptstyle\rm J}\,$ Track down and fix software and hardware problems
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- ${\mathcal J}$ Internet and local networking
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- J Choose, install and configure the right software for you
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- ${\mathcal J}$ Ask me any tech questions

Contact Jonathan on 0429 205 215 or jonathan@barraqda.org



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

VETERINARY & ANIMAL CARE



Denmark Vet Hospital & Paws Surgery Services

Small animal consultations at Walpole Community Garden every Wednesday by appointment. Farm animal visits available including equine health, cattle ultrasound pregnancy testing and bull testing. Contact Denmark Vet Hospital for all your pet and livestock health needs.

Dr Richard Reynolds | Dr Claudia O'Connell | Dr Nina Bradshaw 8 Welsh Street, Denmark, 6333 | **(08) 9848 1389** denmarkvethospital.com.au



Walpole Times to Remember

Walpole CRC Tue to Fri 9am-4pm Walpole Nornalup Visitor Centre Monday-Friday 9-5pm , Saturday 9-3 Sunday 9-1pm. 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-12pm 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



Work off your court fines

Walpole Weekly

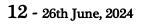
You may be eligible for the work and development permit if you are:

- Experiencing financial hardship
- Have been or might be subjected or exposed to family violence
- Have a mental illness
- Have a disability
- Are homeless
- Are experiencing alcohol or drug use problems

Ask Us How ______ 9840 1395



24 Latham Avenue, Walpole







Road Verge Herbicide Spraying

The Shire will spray herbicide in rural and urban road verges in Denmark commencing 1st September 2024 (weather permitting).

The spraying is to control excessive growth of vegetation in drains, road shoulders and verges. The chemicals will be sprayed by qualified persons, strictly following the manufacturer's requirements.

In accordance with Shire policy P120104 property owners can request verge areas adjoining their properties not be sprayed. To be placed on the Shires No Spray Register property owners must submit a No Spray Register Application form, which is available from the Shires administration counter or on the Shires website at https://www.denmark.wa.gov.au/forms/no-spray-register-application/25

Applications must be submitted to the Shire by 4.00 pm on the 31st of August 2024.

If approved, registration will be valid for two years. Applicants whose term on the register is due to expire this year will be sent application forms which are required to be completed and returned for renewal.

If your term is due to expire this year and you have not received a form for renewal by the end of July 2024, please get in touch with Engineering Administration Officer on 9848 0322 as soon as possible to organise a form to be sent to you.

Those who do not renew their application before the deadline will not be included on the No Spray register for this year.

For further information don't hesitate to get in touch with Engineering Administration Officer on telephone 9848 0322 or email <u>enquiries@denmark.wa.gov.au</u>

David King **Chief Executive Officer** PO Box 183, Denmark WA 6333 Telephone: (08) 9848 0300 Email: <u>enquiries@denmark.wa.gov.au</u> Web: <u>www.denmark.wa.gov.au</u>



SCHOOL HOLIDAY FUN

Sensory Friendly Movie



Date: 3rd July 2024 Time: 2pm- 3:50pm Where: Walpole CRC **Price: \$**5 T Movie: Luca

AQUA CENTRE ALBANY

Date: 10th July 2024 Time:8:30am - 4pm Where: Walpole CRC **Price:** \$35 Ages 6 + Must have Level 4 and up in Swimming Lunch Included



Limited spaces For all events, RSVP Email: reception@walpole.org.au or call:



9840 1395



