

Walpole Weekly

10th July, 2024

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Six years after beginning her tireless campaign to make radiation treatment more accessible in the Great Southern, Mary Williams has celebrated another significant milestone. On Tuesday, May 21st of this year, she proudly unveiled a new shuttle bus dedicated to patient transport.

The seven-seater LDV Mifa vehicle is a critical addition to the resources available for patients undergoing cancer treatment. The shuttle bus is specifically designed to help those who are too unwell to drive themselves, ensuring they can make it to and from their appointments at Genesis Care safely and comfortably.

Mary Williams' dedication to this cause stems from her deep understanding of the challenges cancer patients face in rural areas. Her advocacy has been instrumental in improving healthcare

access and support services for the community.

Mary: "Seeing the shuttle bus in operation is a dream come true. This vehicle represents hope and a practical solution for many who struggle with transportation during such a challenging time in their lives."

The introduction of the shuttle bus marks a significant step forward in the ongoing efforts to support cancer patients in the Great Southern region. It not only provides much-needed transport but also offers peace of mind to patients and their families, knowing that reliable assistance is available.

continued page 2...



...from front page

The car was purchased from Albany City Motors with \$40,000 Mary Williams had fundraised for a radiation therapy machine before the State and Federal governments committed a collective \$19.8m to the project.

Into the future, Mary is hoping to have care shuttles based in Katanning, Denmark, and Mt Barker. She is happy to come and talk to the community in these areas and let them know of all the services available in the Albany area. Donations can be made, and volunteer drivers can sign up, on the uggsinc.org.au website or by contacting 0431 775 649.

~Walpole Weekly

Weather Update with Kim Jewell



Another mid-winter has passed (on June 21st), duly confirmed by Stonehenge and various other instruments. The sun is beginning its southerly march from being directly overhead the Tropic of Cancer to being overhead the Tropic of Capricorn (in the southern hemisphere) and the seasons are so defined, quite mathematically for western cultures. In a way it might be said that the sun gives equal time and heat to both hemispheres.

There is another factor, seldom mentioned that effects the seasons, that is the different distances between the earth and the sun over a year.

The earth traces out an ellipse in its path about the sun, with the maximum distance between the two bodies at 152 million km on approximately January 2nd, and the minimum distance 147 million km on approximately July 6th. Consequently, the maximum heat received by the earth in about our midsummer is about 7% more than that received by earth in about the northern midsummer (think standing closer to a fire); conversely, the northern winter receives more heat than the southern winter.

This effect is never noticed, being overwhelmed by the everyday variations in the weather, and only emerged when the orbits of the planets were studied in a rigorously scientific manner. But it is real, so if you feel "that's enough winter", just remember, we have turned the corner and are headed back to the sun.



Applications are invited from NFP organisations for grants from the Op Shop for the benefit of Walpole people.

Application forms are available from the Op Shop or Visitors Centre and will close on **Friday 12th July**

Please return to Op Shop, Visitors Centre or PO Box 24, Walpole.

Applications will only be accepted on these forms.



AN INVITATION

TO WALPOLE COUNTRY CLUB BOWLS

PRESENTATION LUNCH

The Walpole Country Club Bowls

Invite it's members to:

A SUNDAY ROAST LUNCH

At the Walpole Hotel

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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

Draw your own comic strip

REMEMBER!

Every story
has a:
beginning,
middle
& end.



THERE ARE LOTS
OF DIFFERENT
TYPES OF SPEECH
BUBBLES!

Stay safe this winter: top tips to keep your home and family protected



The cooler weather has finally arrived and this usually means staying warm by using products like heaters, wheat/heat packs, hot water bottles and electric blankets, or even sitting near a cosy fire.

Consumer Protection is reminding people there are safety risks with many winter products and if not careful, they could pose a fire hazard to your home. Winter is also a time to be aware of mould in the home, as well as the safety of children's clothing, which can be flammable.

Smoke alarms are our first line of defence against fires - so it's vital the batteries are replaced annually, they are regularly tested, and alarms more than 10 years old are replaced.

Simple precautions such as checking for recalls on all products, following safety guidelines, and being vigilant about safety can go a long way in protecting your family and home.

Children are particularly vulnerable to burns and accidents, so it is crucial to keep them away from open flames and heaters. Their pyjamas and dressing

gowns can be highly flammable so check the mandatory fire labelling to determine the fire risk rating. Also, avoid loose-fitting sleepwear and be cautious of PJs bought online that may not comply with Australian mandatory safety standards.

Gas heaters should be serviced by a licensed gas fitter at least every two years, or annually if the equipment is more than 10 years old. The gas fitter can check for issues such as blockages, overheating or burner problems or inadequate ventilation in the room. Never bring outdoor heaters inside the house.

If you are the kind of person who loves heating up their bed before jumping in, there are also some things to consider. Check your electric blanket for damage to cords and wires, always turn it off before going to sleep and avoid placing objects on your bed while it's on.



Use hot tap water, not boiling water, to fill up your hot water bottle and consider buying a new one every year as they can hide damage internally. Allow a heat or wheat pack to cool before reheating it and chuck it out if you smell burning.

Condensation that builds up on walls and windows can lead to mould and cause nasty health problems. Open windows each day to ventilate your home and scrub mould off hard surfaces using soapy water or vinegar – it must be physically removed to prevent regrowth.

Lastly, store matches and lighters in a safe place, out of reach of children and never leave them alone with any open flame like a fireplace or even candles.



By being proactive and making safety a top priority we can all enjoy a warm and cosy winter season free of harm this year.

For more in-depth information on staying safe this winter or to check the latest recalls on heating products - go to www.productsafety.gov.au/wellwinter

 A message from the **Walpole Weekly** 

Got an interesting, funny, or heart-warming story?
We'd **love** to hear it!

Send in your local stories and experiences to
weekly@walpole.org.au
to get them printed in the Walpole Weekly!

 We look forward to hearing from you! 



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
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 Power of Community Involvement



Welcome back to “Helping Hands,” your weekly source of practical tips for improving health and well-being. Over the past few weeks, we’ve discussed hydration, reducing sugar intake, mindfulness, nature, and sleep. This week, we’re highlighting the importance of community involvement and how participating in local events and activities can significantly enhance your quality of life.

Why Community Involvement Matters

Being part of a community provides a sense of belonging and support that is vital for mental and emotional health. Engaging with others, contributing to community activities, and building connections can reduce feelings of loneliness, boost happiness, and even improve physical health.

Ways to Get Involved in Your Community

Here are some simple yet effective ways to become more involved in your local community:

Volunteer Your Time: Offer your skills and time to local organisations, whether it’s helping

at a community centre, participating in a clean-up event, or assisting with a local charity. Volunteering can be incredibly rewarding and is a great way to meet new people.

Attend Local Events: From farmers’ markets and festivals to town meetings and sports events, participating in local gatherings is a wonderful way to connect with others and stay informed about what’s happening in your area.

Join a Club or Group: Whether it’s a book club, gardening group, or fitness class, joining a group with shared interests can provide regular opportunities for social interaction and friendship.

Support Local Businesses: Shopping at local stores, dining at local restaurants, and using local services helps to strengthen the community’s economy and fosters a sense of local pride.

Engage in Neighbourhood Projects: Get involved in initiatives that improve your local area, such as community gardens, public art projects, or neighbourhood watch programmes.

Share Your Involvement Stories

Have you found joy and fulfillment through community involvement? Share your experiences with us! Your stories can motivate others to get involved and discover the benefits of a connected community.

Walpole Weekly

Office hours:

Tuesday to Friday 10.30am to 3pm

**Walpole CRC -Term 3 2024
Sports Activities**

Yoga/Movement Class

Where: Walpole Community Hall
When: Wednesday 17th July
Wednesday 24th July
Wednesday 31st July
Wednesday 7th August
Time: 3:00pm to 4:15pm
Age: 5 years and up



Please note:
Class via enrolment only - please contact Walpole CRC 9840 1395 or 0428 955 840 (spaces strictly limited) - Enrolment Form attached
Children will be collected from school at 3:00pm by CRC staff with your permission
Caregiver pick up from Community Hall at 4:15pm
Parents are asked not to enter the hall/dining room during the class

Basketball

Where: Walpole Sports and Recreation Centre
When: Wednesday 14th August
Wednesday 21st August
Wednesday 28th September
Wednesday 4th September
Wednesday 11th September
Time: 3:15pm to 4:15pm
Age: 5 years and up



Free All Welcome!

Queries: Nicole Munro 9840 1395 or
0428 955 840



Enrolment forms available at the Walpole CRC!

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 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.

Walpole Weekly YOUR LOCAL WALPOLE NEWS



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www.walpole.org.au



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We look forward to hearing from you!



Weekly Upcoming Activities

Time	Date	Details
9.30am to 12pm	Friday 12th July	Games Day Free at Walpole Public Library.
6.30pm to 9.30pm	Saturday 20th July	Quiz Night - \$10 per person Tickets available from Visitor Centre

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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 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</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>

High Blood Pressure – A Silent Killer

Sadly, lots of blokes don't have their blood pressure (BP) checked because we don't visit our GP for check-ups and/or the GP has not done a blood pressure test. In fact, a lot of blokes don't know what the blood pressure readings mean and have never had it explained to them.

High BP is one of the 3 main risk factors for heart attack and the main risk factor for stroke. Having a consistently high BP isn't a good thing and may become more common as we age. High BP isn't inevitable, nor unmanageable if we have it, but controlling high BP is critical in protecting our long-term health and wellbeing.

Our bodies contain about 5 litres of blood which the heart pumps continuously around an intricate network of blood vessels. This process delivers vital nutrients and fresh oxygen to our body's tissues and organs whilst creating a certain amount of pressure inside our arteries (blood vessels that take blood away from the heart and out to the body).

Our blood pressure depends primarily on two things: The amount of blood pumped by the heart; and how easily the blood can flow through the arteries.

Blood pressure readings are given in millimetres of mercury (mmHg) and consist of 2 numbers: The top number - measures the pressure in your arteries when your heart pumps - systolic (sys-tol-ik) pressure; The bottom number - measures the pressure in your arteries when your heart relaxes - diastolic (di-as-tol-ik) pressure.

What is normal blood pressure? According to the Australian Health Foundation there is no normal or ideal blood pressure reading. The following figures should only be used as a guide.

Normal	Less than 120/80
High/Normal	Between 120/80 and 140/90
High	Equal to or more than 140/90
Very High	Equal to or more than 180/110

(Source – Heart Foundation Managing High Blood Pressure)

The cause of high BP quite often is a mystery. It can be linked to genetics (family history is important), poor diet, being overweight and/or lack of exercise. The effects of some medicines being used to treat varying health conditions can also be a factor along with underlying health disorders that we may have.

The harm of high BP over time is simple. It can overload both the heart and blood vessels which in turn make us more susceptible to heart attack and stroke.

There are many things that we can do to keep our blood pressure healthy. To help manage high BP many people need medicine but by making the following healthy lifestyle changes blood pressure can be lowered:

It is possible to have high BP for years without knowing it, which is why it's called a silent killer and is most often discovered during routine physical examinations. Remember, be proactive and make an appointment for a service visit with your GP and always have BP on your checklist for your GP to check.

The Regional Men's Health Initiative
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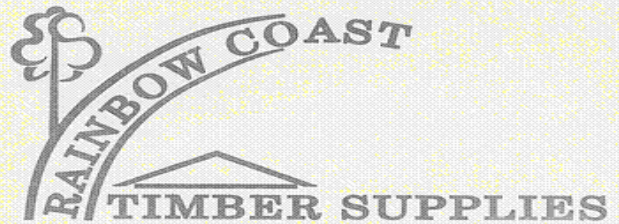
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Revd Sally Buckley tssf: 0400 101 166
www.denmarkanglican.org.au
In Walpole: Harold Luxton 9840 1661



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Walpole Community Resource Centre

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- Fully serviced offices/ conference/ training rooms
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- Internet services: wifi /computer use
- Confidential video-conferencing / skype
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- Aged Care/ Home Care Packages
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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



Department of Primary Industries and Regional Development





Shire of Denmark

Discover Denmark

ADOPTION OF FENCING LOCAL LAW 2024

The Shire of Denmark has adopted a Fencing Local Law 2024 in accordance with the *Local Government Act 1995*. The 2008 Fencing Local Law will be repealed.

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 www.denmark.wa.gov.au/our-council/key-documents/local-laws.aspx;
- or
- email to claire.thompson@denmark.wa.gov.au

This local law was published in the Government Gazette on 5 July 2024, and comes into effect on 20 July 2024.

Kellie Jenkins
Acting Chief Executive Officer



Shire of Denmark
Discover Denmark

Historical Railway Station Precinct Concept Plan (draft) 2 Inlet Drive, Denmark

A revised draft Heritage Precinct Concept Plan for 2 Inlet Drive, Denmark and is now available for the community to provide their suggestions and comments.

The draft plan was developed with input from:

- Denmark Machinery Restoration Group
- Denmark Lions Club
- Denmark Mens Shed
- Kwoorabup Nature School
- Denmark Historical Society

The draft plan can be found online at <https://www.denmark.wa.gov.au/news/> or for public inspection at the Shire Administration Office.

Submissions need to be in writing, addressed to the Chief Executive Officer and received by 4pm on Friday, 26 July 2024.

For further information please contact the Shire's Governance Coordinator, Claire on (08) 9848 0324 or claire.thompson@denmark.wa.gov.au.

Kellie Jenkins

Acting Chief Executive Officer

PO Box 183, Denmark WA 6333

Telephone: (08) 9848 0300 Email: enquiries@denmark.wa.gov.au Web: www.denmark.wa.gov.au



Shire of Denmark

Discover Denmark

PROPOSED WASTE LOCAL LAW (readvertised)

The Shire of Denmark proposes to adopt a Waste Local Law in accordance with the *Local Government Act 1995* and the *Waste Avoidance and Resource Recovery Act 2007*.

Purpose – to regulate the collection, disposal and storage of waste and recyclable materials,

Effect – to control the collection, disposal and storage of waste and recyclable materials for the benefit and health of the community and protection of the environment;

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 law or suggested changes may be made to the CEO, and must be received by 4.00pm, Wednesday, 28 August 2024.

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

Kellie Jenkins
Acting Chief Executive Officer