Walpole Weekly 31st July, 2024 pole.org.au



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



Local Pharmacist Emma McKinlay: A Community Treasure



Twenty years ago, Claire and Jess Wright employed Emma McKinlay as the local pharmacist in Walpole. Since then, Emma has become a beloved figure in the community, known for her bubbly and energetic personality. In 2021, Dirk Van Lill bought the pharmacy from the Wrights, and for the past four years, he has worked alongside Emma, who has significantly contributed to the health and well-being of the locals.

Norm and Sue from the Hardware Store fondly recall when Emma first arrived in town and joined the local netball team, bringing her enthusiasm and energy to the game. They describe her as a delightful presence in the community, someone everyone has come to love over the years.

Dirk Van Lill, who took over after the COVID-19 scare, praises Emma for her exceptional skill in administering flu and COVID-19 vaccines. He notes that she has dramatically increased the number of people receiving vaccines due to her proficiency and gentle touch with needles. Dirk also included Emma in their footy-tipping group but quickly realised he had underestimated

her skills. Emma turned out to be exceptionally good at picking winners, earning her a top spot in Australia for footy tipping. Dirk jokes that she's better at tipping than her team is at playing.

continued page 2...



Dirk visits the pharmacy once a fortnight to give Emma a break on Fridays, but he acknowledges that customers are often disappointed to see him instead of Emma's smiling face. The staff enjoys working with Emma, and her daughter Chantelle has started helping out on Fridays and Saturdays when she isn't at school.

Emma goes above and beyond her professional duties, organising an end-of-year Christmas party for the staff, complete with catering and a glass of bubbly. Trevor at the BP sums up the community's sentiment: "Emma is an absolute treasure."

The tourist Centre said, "Emma is such a friendly, knowledgeable person, she is a great asset to the community and for our visitors."

Emma McKinlay's dedication and vibrant spirit have made her an integral part of Walpole, and the community is grateful for her continued service and friendship.

~Walpole CRC

Notice from Walpole Hardware and Rural Supplies

We are currently working with a couple who are in the process of buying the Hardware.

We will NOT be closing, and business will run as usual.

We wish to thank everyone for their well wishes, Sue and I will be here for the next few months whilst changing over.

Once again thank you for your patience.



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

HFM | Legal



For friendly and professional legal advice in the following areas of law:

- FAMILY LAW including divorce, property settlements and child matters
- COMMERCIAL LAW including leases and commercial contracts
- CIVIL LITIGATION including breach of contract and debt collection
- PROPERTY LAW
- SETTLEMENTS with lawyers available to sort out any issues that you may encounter
- WILLS
- PROBATE AND LETTERS OF ADMINISTRATION APPLICATIONS
- ESTATE ADMINISTRATION

Address: 55 Strickland Street, Denmark, WA

Phone: 9848 3908

Email: hfmdenmark@hfmlegal.com.au





Presented by: Hamish Mackay



Hamish has been working with biodynamics for 50 years and presents biodynamics as a cost-effective and enjoyable way to produce high quality food and fibre suitable for human health and well-being; at the same time improving our environment.

Biodynamics:

Biodynamics encompasses a multitude of successful farms, vineyards, orchards and market gardens of all shapes and sizes on all continents. Biodynamics is known for enhancing food nutrition, quality, and taste.

Regenerating our land and our community A Biodynamic approach

Walpole Ficifolia Community Garden

Old knowledge in new times: Calling the present into the future

Wednesday 7th August 2024 10:00am to 12:00noon

AgriCulture is about more than growing food for our stomachs - or money for our bank accounts

AgriCulture is the foundation of our future

- AgriCulture connects the material world of our planet Earth with the great world of the Cosmos
- AgriCulture connects every individual Human being with our physical environment.
- AgriCulture nourishes our spirit as well as our body and soul.

Come and be inspired by a journey into what it is to be human through food and agriculture

BOOKINGS: Nicole Munro 0428 955 840 fcgwalpole@gmail.com

VENUE: Ficifolia Community Garden, Latham Avenue, Walpole

COST: By donation Light lunch of soup and bread provided

Walpole Art Space

Are you a local Artist or Creative? Are you looking for a space to display your work? The Walpole CRC has exhibition space!

Contact us: P: 9840 1395 E: admin@walpole.org.au

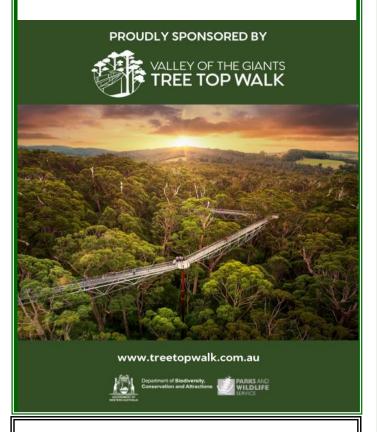






Weekly Upcoming Activities

Time	Date	Details
10am to 12pm	Wednesday 7th August	Free Outdoor Playtime at Walpole Pioneer Park
10am to 12pm	Wednesday 14th August	Free Outdoor Playtime at Walpole Pioneer Park
10.30am to 12pm	Friday 19th August	Forget Me Not Memory Cafe
10am to 12pm	Wednesday 21st August	Free Outdoor Playtime at Walpole Pioneer Park
10am to 12pm	Wednesday 28th August	Free Outdoor Playtime at Walpole Pioneer Park



Walpole Weekly Office hours:

Tuesday to Friday 10.30am to 3pm

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,	
Mahjong at Nornalup 2pm - 5pm Contact Gail on 0427 689 028 for venue details.	
Mahjong at Walpole Community Hall, 10am - Noon Mahjong at Nornalup 2pm - 5pm Contact Gail on 0427 689 028 for venue details.	
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	
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, Nomalup 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 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 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 Yoga with Jenny Nomalup Hall 9am Ficifolia Garden Together 3-5pm All Welcome	
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 Walpole Weekly	



Your weekly fOOd and coffee guide



9840 1444

9840 1023

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!'

Tree Top Restaurant, Tree Top Walk Motel 'a la carte dining!'

Tree Top Walk Motel - a la Carte Dining Friday, Saturday and Sunday nights - 45 Nockolds Street

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

'Empowering Regional Tourism'
An exciting opportunity exists in

Tourism management, marketing and development.

Based at the Walpole Nornalup Visitor Centre

A flexible part-time opportunity exists for an experienced manager/marketer/event coordinator to support the Tourism Association Management Committee to transition the Visitor Centre into a Trails Hub and to assist to develop and implement its strategic plan for the future.

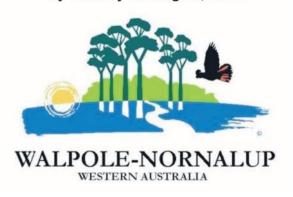
Position responsibility includes:

- Developing a destination event for the Walpole Nornalup area.
- Day to day running of the Visitor Centre (3-4 days) working with Information Officers.
- Event management including seasonal community markets.

For a detailed position statement please send your CV to the Walpole Nornalup Tourism Association Chairperson:

robynmchristian@iinet.net.au

by Tuesday 6th August, 2024.



Walpole/Nornalup Visitor Centre



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.

2024 Walpole Spring Luncheon Fundraiser



This year the Walpole
Primary School P&C
Association are teaming
up with the Walpole
Hotel & Motel to host

the Walpole Spring Luncheon. The day will be held on Saturday 5th of October 2024, and will host a number of guest speakers (Glenn 'Yogi' Kendall, Mala Haslem & Claire Wattie), raffles, prize draws, boutique shopping and silent auctions, along with a lovely sit-down lunch. It will be hosted in the Walpole Hotel & Motel's dining room, overlooking the Nornalup Inlet and the Mount Frankland National Park.

The Walpole Primary School P&C's reason for holding this fundraiser is to raise funds towards major upgrades for our upper school playground. This is a massive project that will not only benefit our current students but all future students that come through Walpole Primary School.

Walpole Primary School is a small but mighty primary school located within the Shire of Manjimup and the beautiful Southern Forests region. We currently have 45 students, who come from a diverse range of backgrounds. Our students are very school proud and have expressed an interest in having their playground upgraded. These upgrades will include a new wooden fort with fireman's pole, rope ladders, rock climbing wall and so much more.

On behalf of the Walpole Primary School P&C and the Walpole Primary School students, we would like to thank any contributors towards our fundraising.

Please feel free to contact myself on 0428 005 015 or via walpoleprimarypandc@gmail.com.

~Trudi Miles



New members of the Walpole Community Resource Centre are always welcome.

Membership has benefits! Take advantage of the generous member discounts that apply to many of your CRC's most popular and useful services.

Tel: 9840 1395

Put Yourself Over the Pits – What is the Fast Track Pit Stop®?



A lot of blokes would appreciate the hard work and effort that goes into maintaining something we love, whether it's a new car, a valued piece of machinery, or our weekend toys (boat, motorbike, 4x4). If we don't service and look after our machines regularly it will eventually affect their performance and easy-fix problems may be compounded, costing us time and money.

So why is this any different to our wellbeing and health? To put it simply, if we neglect our wellbeing and health (whether it be physical, mental or social/spiritual) it will eventually catch up with us and could cost us more than just time and money. Do we think about the way this flows on to affect other facets of our lives, whether it be our relationships (family, work or business), loss of function or participation in the things we enjoy?

It is important to recognise that the ageing process throws up all sorts of changes and complications. Sometimes illness and diseases can't be avoided, however, something as simple as a 'routine service visit' or discussion with our GP or treating health professional may assist in the early detection and prevention of certain health and wellbeing issues.

At RMHI we have a simple but effective programme that aims to empower men and communities to take responsibility for their wellbeing and health. The Fast Track Pit Stop® is related to the servicing of a vehicle and is a non-clinical, non-invasive way of helping us men become more aware and take charge of our own health and wellbeing. It involves a 3-Point Health Awareness Check:

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Waist Measurement/Chassis: A waistline of more than 102cm (men) and 88cm (women) gives us an increased risk of developing Type 2 Diabetes, some cancers, stroke, heart disease and high blood pressure. Long-term storage of internal fat surrounding the heart, liver, pancreas and kidneys is just one indicator;

Blood Pressure/Oil Pressure: According to the Heart Foundation, high blood pressure is one of the main risk factors for heart disease, stroke and blood vessel disease. So, it's important to firstly know our blood pressure, but also take steps to manage it if it's getting high;

Coping Skills/Shockies: We are all affected by life's ups and downs; participants are given 10 questions to help identify stress levels. Encouraging communication and seeking help is part of the problem-solving process.

We think it's about being there, allowing blokes to have a conversation, and listening. Life is hectic, people are busy, but it's about taking a minute to sit down, have a break and think about OUR health and wellbeing.

RMHI delivers the Fast Track Pit Stop® program across rural and regional WA and can be set up on the back of the ute, under a marquee or in a hall. Field days, agricultural shows and a whole range of community events and festivals provide our organisation with the opportunity to go where the blokes are, so look out for our red utes and come and have a chat. It's time to start thinking about our service schedule habits!

The Regional Men's Health Initiative P: (08) 6314 1436

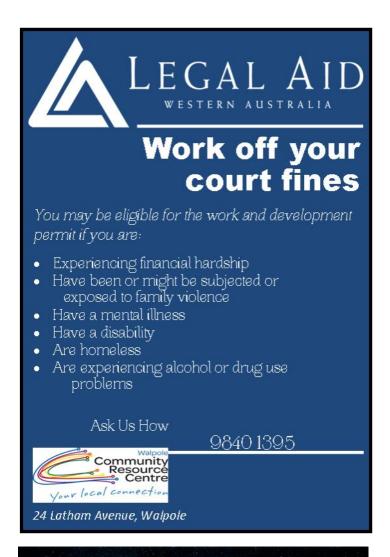
E: menshealth@4blokes.com.au



Classifieds

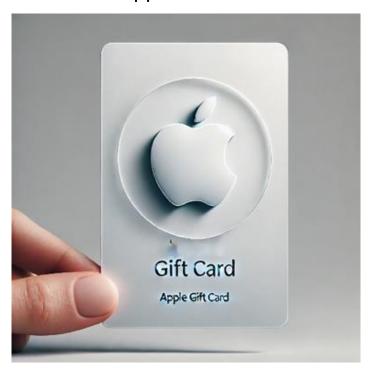
Physiotherapy

Now at Walpole Health Clinic 0409 745 777





Beware of Apple Gift Card scams!



There's a new scam making the rounds, and it's important to stay vigilant.

Scammers are impersonating your friends by using their names and emails to trick you into buying Apple gift cards. Here's how the scam works and how to protect yourself.

How the Scam Works:

Hacking Emails: You receive an email that looks like it's from a friend, asking you to purchase an Apple gift card.

Request for Card Details: Once you buy the card, the scammer will ask you to send them the card number and PIN.

How to Protect Yourself:

Do Not Respond: If you receive such an email, do not reply or engage with the sender.

Verify the Request: Call your friend directly to confirm if they sent the request.

Delete the Email: If the request is fraudulent, delete the email immediately.

Remember, it's always better to double-check with your friend before making any purchases.

Stay safe and cautious to avoid falling victim to these scams.

Helping Hands: The joy of lifelong

learning



Welcome back to 'Helping Hands,' your weekly guide to enhancing your health and happiness with simple yet effective lifestyle changes. In our previous articles, we've explored topics ranging from hydration to community involvement. This week. we're turning

our attention to the benefits of lifelong learning and how continuing to educate yourself can keep your mind sharp and enrich your life.

Why Lifelong Learning Matters

Lifelong learning is the continuous pursuit of knowledge for personal or professional development. Engaging in learning activities throughout your life can lead to numerous benefits, including improved mental agility, better problem-solving skills, increased creativity, and a greater sense of purpose and fulfillment.

Tips for Embracing Lifelong Learning

Here are some practical ways to incorporate lifelong learning into your routine:

Take a Class: Whether it's a course at a local Community College, a workshop at the Community Centre, or an online class, formal education opportunities are plentiful and accessible. Look for topics that interest you or skills you've always wanted to develop.

Read Regularly: Reading is one of the easiest ways to continue learning. Challenge yourself to read a variety of genres, from fiction and non-fiction to biographies and self-help books. Join a book club to discuss and share insights with others.

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Learn a New Hobby: Trying out a new hobby, such as painting, gardening, or playing a musical instrument, can be both fun and educational. Hobbies often require learning new techniques and can provide a sense of accomplishment.

Attend Lectures and Seminars: Many communities offer free or low-cost lectures and seminars on a wide range of topics. Check out local libraries, community centres, and universities for upcoming events.

Explore Online Resources: The internet is a treasure-trove of educational resources. Websites like Coursera, Khan Academy, and TED Talks offer a wealth of information on various subjects. YouTube is also a great place to find tutorials and lectures.

Engage in Discussions: Join discussion groups or forums related to your areas of interest. Engaging in thoughtful discussions with others can deepen your understanding and expose you to new perspectives.

Share Your Learning Journeys

Have you taken up a new hobby, started a course, or engaged in any learning activities? We'd love to hear about your experiences and how lifelong learning has enriched your life. Sharing your story can encourage others to embark on their own learning

Wasps in the regions







Every year fertilised queens of the European wasp (*Vespula germanica*) hitchhike into WA on vehicles, or in freight and cargo from interstate. They hibernate during winter and get to work on their nest in spring. These nests are predominantly hidden underground and within a few months, wasp numbers will reach the thousands. Locating these nests is like locating a needle in a haystack, except the haystack is 3/4 of WA, and the needle is a nest of angry wasps.

After 46 years of preventing the permanent establishment of this invasive species, the

surveillance programme has developed efficient early warning trapping systems and nest location techniques. This programme targets the highest risk locations in WA, but it cannot cover everywhere. The success of the programmes to date is due to continued public awareness and reporting. This is integral in regional and less populated areas, where there are fewer eyes to look out for the suspect signs of European wasps.

The nests located in Albany and Napier (about 20km north of Albany) this season, were due to public reports of suspect wasps. The Department worked quickly to confirm the species, then installed trapping grids to determine the extent of the wasp presence. Nests were located and destroyed, but further surveillance will be needed next season to check if there are more to find.

European wasps were also detected in the Perth Hills and in Bunbury this season. In prior seasons they have invaded Geraldton, Kalbarri, Kalgoorlie, Hyden, Australind, Busselton, Donnybrook and Albany.

What to look for

European wasps have these distinctive behaviours: **Scavenging** on human and pet food, dog bones and roadkill (carrion).

Feeding on and damaging fruit like grapes, apples, pears and stone fruit.

Nest underground - nests are HUGE and grow to the size of a basketball in a single season. Underground nests and have a small (golf ball sized) entrance hole.

Learn more and report anything suspect. For more information about the eradication programme, and how to identify European wasps, see agric.wa.gov.au/wasps or contact our Pest and Disease Information Service: 1800 675 888



ACCOMMODATION & FOOD Every Sunday at the Walpole Hotel is Roast Day Lunch from 12 and dinner from 5 \$15pp \$20pp For a Regular Serve For a small serve Regularly Changing Menu so keep and eye out

AGRICULTURE







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A/h 0419 863 601

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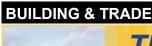
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Panasonic



www.WalpoleOnline.com

Your 24/7 365 Community Directory Email: communications@Walpole.org.au

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 In Walpole: Harold Luxton 9840 1661

Walpole Family Centre

16 Swan St, Walpole.

A licensed community based child care centre. Qualified educators provide a safe and educational environment for children aged 6 months to 6 years.

Exceeding in the National Ratings.



Open Tues, Wed, Thurs, Fri 8.30am – 3.30pm For booking and enrolments phone 9840 1400 or email walpolefamilycentre@westnet.com.au

VETERINARY & ANIMAL CARE



Denmark Vet Hospital & Paws Surgery Services

Cattle ultrasound pregnancy testing available, as well as herd synchronisation and artificial insemination. Large range of dog foods available at Denmark Vet Hospital. Small animal consultations at Walpole Community Garden every Wednesday by appointment, call for info.

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



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!





🌉 Availa

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Luncheon

SATURDAY 5TH OCTOBER 2024 WALPOLE HOTEL MOTEL 11:30 - 3.30

Good Friends & Good Food

• GUEST SPEAKERS • RAFFLES •
BUFFET LUNCH WITH DESSERT • PRIZES
• AUCTIONS • BOUTIQUE SHOPPING •
GAMES •

GUEST SPEAKERS INCLUDE:

GLENN 'YOGI' KENDALL

MALA HASLEM

CLAIRE WATTIE

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