# Walpole Weekly 9th June 2021 www.walpole.org.au



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





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## BTH Soup Day a smash hit!



Despite a cancellation last year due to COVID, the BTH Ladies Club Soup Day was back and better than ever this year.

The usual location for the event, the Tingledale Hall, was deemed too small to comfortably seat the amount of people attending so we moved to a new, more spacious venue, the Walpole Country Club.

The Country Club was the perfect place to host the event and everyone settled in, comfortably chatting away.

The return of the BTH Soup Day was a big deal with support pouring in from sponsors, such as Bunnings Warehouse, Walpole CRC, Supa IGA Denmark, Denmark Co-operative, K-Mart, Spotlight and many more, donating fabulous prizes to give away to the lucky ticket holders.

From wine, to soap to plants and firewood – the prizes were varied and coveted. Although a few laughs were had when not one but *two* people managed to draw their *own* names from the raffle bag!

continued page 2...



#### ...from front page

A huge thanks to the wonderful BTH ladies, who worked so hard to make the day a standout for everyone who attended, mainly through the incredible food that was served from sandwiches, sausage rolls and sweets, to, of course, a medley of wonderful soups.

After the meal was eaten and the prizes given away it was time for the quiz! The quiz was made up of mostly general knowledge questions about Walpole and Australia. My personal favourites include 'what are the uses of a milk crate other than storing milk?' and 'what are some weird things that only Australians do?'

For the milk crate the answers mostly boiled down to storage. The answers for the other question were a bit more entertaining, with answers like 'swear' and 'order a beer in a million different ways.'

The event was organised in support of Cancer Council WA. Please head to this website: <a href="https://www.cancerwa.asn.au/">https://www.cancerwa.asn.au/</a> for information on the fight against cancer in WA and what you can do to help.

A record amount of \$1,998 was raised.





Gloria Jackson won the door prize - of a load of firewood, kindly donated by Garth Nockolds.

Once again, huge thanks to everyone involved in this wonderful day, especially the Walpole Country Club. Big thanks to the sponsors for their donations - they certainly made the day worth remembering.

~Regan Marsh



More pictures on page 4...





## Learn the skills. Help save a life.

#### Suicide is preventable. Anyone can make a difference.

- · Two-day workshop in suicide intervention skills
- · Learn and practice a life-saving intervention model
- · Widely used by professionals and the general public

**Upcoming ASIST workshop** 

Date: 31st of August - 1st of September 2021

Time: 8:45am - 5:00pm

Location: Walpole CRC, 24 Latham Ave Hosted by: Palmerston & Walpole CRC

Deposit Required: \$20 returned on day of course. 100% funded by the Mental Health Commission valued at \$350 per person

To inquire or register, call 08 9840 1395

or email crc@walpole.org.au

ASIST works. Learn more and see the evidence at www.livingworks.net/asist

PROPERTY LivingWorks PeruicideTALK O suicideTALK A safeTALK ASIST Suicide to Hope



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## **BTH Ladies Soup Day**



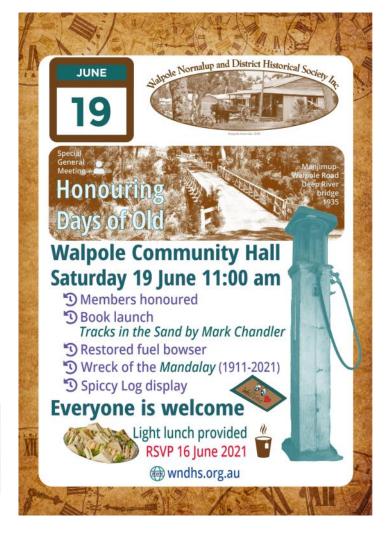
## Walpole **Weather**

Temperatures and rainfall recorded in North Walpole Sunday 30th May to Saturday 5th June 2021

	<u>Temperatures</u>		<u>Rainfall</u>
	<u>Min</u>	<u>Max</u>	<u>mm</u>
Sunday	11.9	14.2	25.0
Monday	11.4	14.2	19.0
Tuesday	11.7	17.2	3.0
Wednesday	11.2	19.2	0.2
Thursday	11.5	19.4	0.4
Friday	12.7	19.4	1.0
Saturday	13.1	20.2	3.0
Total rainfall for the week			51.6
Walpole forecast for the next five days:			

SUN 13 Jun

Sources: www.bom.gov.au; www.willyweather.com.au



## Please support World Elder Abuse Awareness Day on 15th June.



World Elder Abuse Awareness Day (WEAAD) is recognised on 15th June each year. It's the day the world speaks out against the abuse and mistreatment of millions of older people around the world and what we can all do to action change.

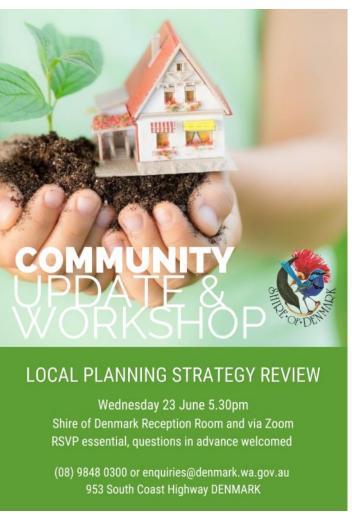
Advocare is WA's home and residential aged care advocacy service and we also manage the WA Elder Abuse Helpline. In the past quarter we have received 413 calls to the WA Elder Abuse Helpline, plus a further 3,100 calls to our general information line. The rising number of calls each year is accompanied by heart-breaking stories of harm from the minority of older people able to reach out for help.

We ask all West Australians in the community, including those working in the health, aged care or finance sectors to be more aware and responsive to incidents of elder abuse.

#### What can you do?

- Order a WEAAD Pack of promotional materials to hand out to staff or clients (ring us on 1800 655 566 or email rights@advocare.org.au).
- Organise a WEAAD event to raise awareness of elder abuse (please send us the details marketing@advocare.org.au)
- Include an article in your next e-newsletter (see below).
- Wear a purple ribbon on 15th June and share a photo on social media using the hashtag #WEAAD2021.
- Contact our Advocates to organise a free consumer education session (ring us on 1800 655 566 or email rights@advocare.org.au).





## Denmark-Walpole ruckman Kalin Lane is AFL bound after mid-season rookie selection from Brisbane Lions

Big news for Walpole, local boy and AFL star Kalin Lane has landed a spot in the Brisbane Lions.

The Weekly would like to send out a huge congratulations to both him and his family and wish Kalin luck into the future.

The Albany Advertiser shared our excitement in their article:

"Denmark-Walpole ruckman Kalin Lane has been drafted to the AFL, picked up by the Brisbane Lions in this afternoon's mid-season rookie draft.

Hailing from Walpole, the 204cm ruckman has been playing senior football with Claremont in the WAFL this season before being snapped up by the Lions with pick 14.

The 19-year-old missed out on selection in last year's national draft but used that disappointment as motivation to take his game to another level.

He impressed in his WAFL league debut for the Tigers in round three with 26 hit-outs, 11 touches and kicked a goal.

That was his only league game but he has been a regular performer in the reserves where he averages 29 hit-outs, 14 disposals and three marks.

The exciting prospect has played just 18 games of WAFL in total after moving to Perth last year and played colts for the Tigers, featuring in 11 games including their losing grand final side.

Lions' recruiting manager Stephen Conole said Lane was a natural footballer who had the potential to develop into a quality player under the guidance of Lions' development coaches.

"Kalin played a handful of colts games last year and has shown promising growth with his ruck craft and game IQ since moving into the senior program at the Tigers," Conole said.

"He'll add to our existing list of promising young talls nicely, and will no doubt develop a great deal at our club."



The Lions, who currently sit third on the AFL ladder, created the spot for Lane by moving Cam Rayner (ACL) to the long-term injury list.

Lane is the latest WA product to be picked up by the Lions following the recent success of Jaxon Prior and Deven Robertson.

Oscar McInerney (204cm) is the Lions first choice ruckman having played 10 games this season.

The Lions have also used 200cm ruck-forward Tom Fullarton in four games this season while Archie Smith (201cm) and Henry Smith (206cm) have not played a senior game.

Prized recruit Joe Daniher has been used as the back-up ruckman for the majority of the year thus far.

A talented basketballer, Lane knocked back a US scholarship as a teenager and played senior football in 2019 with the Denmark-Walpole Football Club in the Great Southern Football League before making the big leap to Perth to further his dream of playing in the AFL.

He was part of the Great Southern Storm, a football program that helps young talent before they try their luck at WAFL level."

~Taj Stubber and Cameron Newbold (Albany Advertiser)

## Welcome the region's first University Centre





Great Southern Universities Centre is excited to be the region's very first Universities Centre – a campus style study space with a face-to-face learning support coordinator (LSC). The GS-UniCentre has been open for a month and is located in Albany's university precinct, with its charter to outreach learning support throughout the GS region.

GS-UniCentre's goal is to provide a supportive study hub where you live. In a big step forward for the region - UniCentre provides direct learning support to the students registered with the Centre. Through partnerships with CRCs and other like-minded venues the UniCentre will extend its service throughout the region.

All aspects of the Uni Centre are free to the users. The only eligibility requirements are enrolment with an Australian University - online/external and live in the Great Southern. The Centre is equipped with high-speed internet, video conferencing and flexible study stations. "Students can book-in for targeted assessment/exam support."

A significant benefit of the UniCentre is that it is facilitating the peer interaction and share experiences. Especially beneficial in overcoming social isolation, demotivation on study and overall student well-being issues commonly identified amongst those who study online, particularly in regional settings.

This campus facility is a result of the application by RDA Great Southern to attain a Regional Universities Centre in our region.

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#### CREATIVE UP-CYCLE WORKSHOPS

#### with Liz Ford

#### Wearable art designer & textile artist.

Working with preloved clothing / textiles, (op shop finds or something hiding in your wardrobe) gain confidence and skills to improve and add value to the piece you already have or to deconstruct it to design & make a completely new item.

Where: Walpole CRC- 24 Latham Avenue Walpole

When: Tuesday 15th June 2021

10.00 am - 3.00 pm \$75.00

Saturday 19th June 2021 (half or full day available)

10.00 - 1.00pm \$45.00

1.30 - 4.30 pm \$45.00

10.00 - 4.30 pm \$75.00

Register your interest via email or phone. Details for payment & what to bring to class, will then be sent out.

Your place in class is confirmed once payment is received.

\*note: a minimum of 6 participants is required for a workshop to go ahead

Liz.ford0205@gmail.com

Liz 0409 850 242







There are 26 RUCs in the country and only 3 are in WA. There are nearly 600 individuals in our region who engage in online study, but without much support.

The current students, director and learning support coordinator invites you to share this info and register with the Centre to get the support you deserve. UniCentre can be contacted via 08 – 9823 8500 I info@gsunicentre.edu.au I www.gsunicentre.edu.au



GREAT SOUTHERN WA

## **Classifieds**

#### For Sale

Firewood. Dry, mature plantation blue gum. Delivery or pickup. Please call Steve: 9840 8524 or Ambrose on: 0476 762 613

#### For Sale

2005 Mitsubishi Magna \$3650 One owner, garaged, 4 brand new tyres, well serviced. Original factory tint, roof rack, tow hitch. Rosemarie (08) 9840 1155

#### **Classifieds**

Personal/household classifieds, this size and format \$6 when paid by noon Tuesdays, \$8.50 when on account. If not sold the first week, get one week free! EFT and EFTPOS available

### Push for Better Mental Health



Walpole CRC staff members Nicole and Nathan are challenging themselves to raise awareness about mental health for the month of June, joining hundreds of thousands of people across Australia in the push for better mental health. They have joined other friends in the Walpole community also taking on the challenge. What a great way to start winter!! If you see someone out in the community doing their daily push-ups, lunges, squats or sit-ups on the park bench or at the beach cheer them on. It's a reminder to check on your mental health and people around you.

Scientific evidence suggests that three 45-minute exercise sessions per week (135 minutes total) is enough to provide anti-depressant benefits to mental health

Each day we are challenged to do a set amount of push-ups of whatever variation, sit ups, squats, lunges etc. You can join in by downloading the Push Up Challenge app and then you are on your way. It's a great way to exercise and learn more about mental health.

Every day of the challenge there is a Mental Health tip. So far we have had:

Day 2 - 105 push-ups

It's possible that getting 15 minutes of bright sunlight each morning could reduce levels of distress. Fifteen minutes, seven days... that's 105 minutes of sunshine per week!

There are a lot of factors that could be at work here to make sunlight a mood booster, including effects on your circadian rhythm, vitamin D, or just being outside.

continued page 9...



...from page 8



Getting into nature for a few hours per week can also help out your mental health. Whatever the reason - just be sensible! Sunburn doesn't improve anything.

#### Day 3 - 142 push-ups

Deep breathing has long been a part of practices such as yoga, Tai Chi, martial arts, and meditation. It has been studied in scientific trials for its positive benefits on our heart rates, blood pressure, and stress levels.

#### Day 4 - 180 push-ups

Loneliness affects health: Around 1.8 million Australians over the age of 15 feel they have insufficient social support, and one in four of us are feeling lonely three or more times per week. At the peak of pandemic restrictions in 2020, loneliness was the most commonly reported social stressor in the country. The impact of loneliness and social isolation can stretch beyond the short term and lead to increased risks of developing mental and physical ill health. Some experts suggest volunteering or joining a local club to create opportunities for building meaningful relationships.

As you know at the Walpole CRC we are supporting the community in a myriad of ways including workshops, community lunches, community issues, programmes etc which all contribute to the mental health of our community! So get involved, keep an eye out for useful workshops, come and have a free lunch on Thursday or just pop in for a chat.





### Are you OK?



Suicide Alertness Training - It's something that we hope to never need but would be invaluable if we had the skills.

safeTALK is such a training and was delivered on Friday, 28th of May at the Walpole CRC. Community members who joined the training learned how to identify people with thoughts of suicide and connect them to suicide first-aid resources. The workshop also helped participants to understand and relate to people who are at risk of suicide.

"Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives", said Kristin Haefner, facilitator of the safeTALK who guided participants through a variety of scenarios, audio-visuals, group work and role play, that equipped them with the knowledge and skills they need to keep people safe from suicide.

Inspired and encouraged by the workshop, participants started to look into possibilities for Walpole to become a suicide-safe community and explored the possibility of hosting a Suicide First Aid Training at the CRC on Tuesday 31st August 2021 for two days. If you are interested in this training please contact the Walpole CRC on 9840 1395 to confirm your interest as this course will need a minimum of 8 people for it to go ahead. A \$20 deposit will be required which will be returned on the day of the course or if the course is cancelled due to low numbers.

If by reading this, you feel you need support please phone Lifeline on 13 11 44 or Suicide Call Back on 1300 659 467.

## Nature Notes: Sponges



Although sponges often get bad press because they appear to sit there and do nothing, they are in fact simple aquatic animals with important roles in the health of their eco systems.

The animal may be simple but the science is complex. The 8,550 living sponge species are classified in the phylum *Porifera* (these are the ones we know about but there may be more). A sponge is a colony of living organisms. It consists of cells in an exo-skeleton or matrix. The cells within the sponge can take on different roles in their lifetime. Some cells on the outside may migrate to the middle.

The sponge does not have organs or tissues in the conventional sense but the function of the sponge is to filter the water through the structure extracting food, which is usually bacteria. They filter water by using cilia in the inner parts of the sponge. They also use this water flow for reproduction and waste management and extraction of oxygen.

Some sponges are symmetrical but most form asymmetrical surfaces according to the currents of water and the surface on which they are anchored. Juvenile sponges are mobile while adults tend to stay in one place. It is possible for some sponges to move along the sea floor. All corals are salt water creatures but some sponges are fresh water varieties. Sponges grow in shallow water and in the depths of the ocean where people could not survive. Some sponges co-exist with algae colonies and produce more food than they need while other sponges in poor nutrient environments have become carnivorous and absorb crustaceans.

Reproduction is by sperm and ovoid but sponges can sometimes re-form if parts break off; this is

dependent on the creature having at least two different types of cells. Some sponges form survival pods. These will remain dormant until conditions improve and when the shells break open they can form new sponges or even colonise old skeletons.

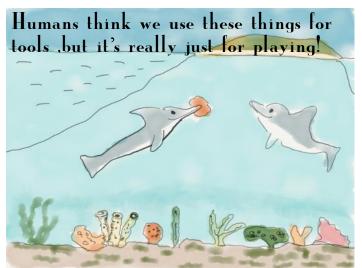
Sponges are important members of a reef they filter water, control bacteria and process carbon, nitrogen and phosphorus. In nutrient deficient coral reefs some sponge species are thought to make carbon biologically available through their waste products which become food for other creatures.

Sponges are vulnerable to invasion by bacteria due to their porous bodies. They have grey cells which surround the bacteria and may even be able to kill it by giving off toxins. Scientists think that some sponges may be a source of new drugs to fight infections

Man has always used soft sponges for their skeletons to use for cleaning or padding. Because of this, many sponges were over-fished and almost became extinct.

Dolphins have been observed using sponges as tools.

~Alison Kenworthy



The Big Hair Shop will be closed for a short family holiday so ring now for an appointment before I go...

Closed 25th of June Back on the 19th July

2021

Thank you!





## UR Walpole visit to the Tree Top Walk

Last week the Walpole Primary School students were delighted to visit the Valley of the Giants Tree Top Walk as part of the UR Walpole programme.

UR Walpole is a community-based programme which began in 1996, and links students with the natural environment, their cultural heritage, and their role in the future of the local area. Through collaboration and cooperation, teachers together with community members select a focus study in relation to the community's current natural and cultural assets and future issues. This year's theme is '2021 - 41 Future Proofing Walpole,' and looks at what we can do now to make Walpole a better place in the future.

The students participated in an Eco-Educational programme offered by the Tree Top Walk, where they had the chance to become forensic detectives for the day and conduct an 'Autopsy of a Tree', which is a hands-on activity to demonstrate the impact of humans on the natural environment. Using various practical techniques and critical thinking the students hypothesise on what caused the death of a forest tree.

The older students (years 4-6) also took the opportunity to survey visitors to the Tree Top Walk about their experience as well as their holiday plans within the region, finding out where people had travelled from, how big their group was, where they chose to find accommodation in the region and getting a sense of where they had contributed into local economies with things like buying fuel, groceries, souvenirs etc.

The younger students (pp – year 3) got to go on a wonderful Nature Discovery Walk with their expert guide, learning fun facts about the forest. They learnt how sword grass can be used to make a damper flour, woven to make baskets or rope and that the young shoots are a type of bush-tucker. They also learnt that she-oak seeds have little wings to help them propagate by spreading in the wind, and they got to try washing their hands with the soap bush.

The Nature Discovery Walk took place on the Bibbulmun Track and the kids learnt all about the Waugul dreamtime story.

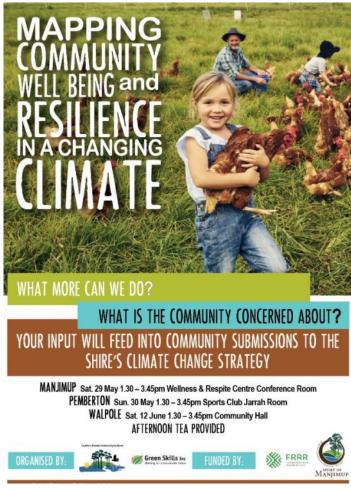
A big thanks to teachers Lorelle Flett and Sarah Walker, and expert guides (and former teachers themselves) Helen Nash and Pauline Pollard for putting on a wonderful educational day for the students.

~Ryan Smith

UR Walpole visit to the Tree Top Walk



## Community Well-being and Resilience in a Changing Climate -Communities Taking Action



Southern Forests Community Landcare and Green Skills invite you to come along to the last of three 'conversation cafés' coming up on Saturday 12th June in Walpole. Share your views about the effects of the changing climate and positive stories about individuals and communities taking action. Conversation cafés give people a chance to ask questions and discuss ideas.

Chairperson of Southern Forests Community Landcare, Julian Sharp, is keen to hear from the community and to encourage action. "We are pleased that the Shire of Manjimup has

identified that they need to step up and take action on climate change and protection of the environment in the recently released Draft Community Strategic Plan.

The general commitment in the draft plan is a good first step but needs to be strengthened with specific actions and targets to be meaningful. Through the Manjimup and Pemberton workshops community members let us know a range of actions they think

the Shire needs to be taking and to share what they are already doing as individuals and in groups and businesses.

We have initiated these conversation cafés to share both our concerns as a community but then to focus on good actions already underway and what could be done in our communities and by the Shire on our behalf. Examples from other local governments and communities across WA and Australia will be shared during the workshops.

It is great to see our Shire starting to tackle climate change. They need community feedback and input to help create a safe and resilient future for our community and the environment that we love.

We want the community to hop into the driving seat with the Shire to see how we can increase our resilience and well-being for our communities, environment, businesses and lifestyles in 5 years time, 20 years time and 50 years time. We have to think long term and work on positive opportunities now, to have the future we want to see."

Do you have concerns regarding the potential effects of climate change on where you live and your own lifestyle? What else would you like to know? What do you think are the priority actions to address the effects of climate change from different levels of government and local businesses? Is our Shire doing enough, what else could they do? Come along for a discussion, pose your own questions and have your input recorded and provided to the Shire.

Conversations Café, with afternoon tea provided:
 Walpole Saturday 12th June 1.30 - 3.45pm at the Community Hall.

For further information call Julian Sharp on 0427 372 215 RSVP to Louise Duxbury <a href="mailto:lduxbury@greenskills.org.au">lduxbury@greenskills.org.au</a> or text 0429 409 231

Thought for the day

Be the person your dog thinks you are.

J.W Stephens

## Approval Requirements for Holiday Accommodation



Are you hosting on AirBnB?

The Shire of Manjimup is regularly finding that landowners have advertised their property for short stay accommodation without first obtaining the necessary planning, building and/or environmental health approvals from the Shire of Manjimup.

You won't need planning approval if you own the property but have a primary residence elsewhere and wish to use the dwelling for holiday accommodation for you and your family.

You may also allow friends to stay there provided there is no fee charged.

"Holiday homes are a legitimate part of the tourist accommodation industry in the South West and desirable in areas of high tourism amenity. Over the past few decades a growing number of holiday homes have been made commercially available, resulting in an increasing trend to purchase or build homes for holiday home use, commented Shire President Paul Omodei

"A key concern with respect to the occupation of dwellings as holiday homes is to ensure that any such uses will not adversely impact on residential amenity currently enjoyed by residents in surrounding properties. Any activities that result in a loss of enjoyment by neighbouring properties, for instance, unacceptable levels of noise, will be considered a breach of approval."

He added that "bushfire is a serious consideration for the Shire when assessing proposals for short stay accommodation.

Where a property is located within an area designated as bushfire prone, unless a Bushfire Attack Level (BAL) of 29 or less is achieved, the

Shire cannot support an application unless it is a hosted accommodation e.g. Bed and Breakfast."

Planning approval is required prior to the commencement of any short-stay accommodation use of a property. Landowners should always speak with the Shire's Statutory Planning Services for information on the requirements and restrictions before advertising a property for tourist accommodation.

In some instances, additional permits may be required for Environmental Health and/or Building Services.

For accommodation that caters for more than six people an application for registration as a lodging house can be made on this form.

If your property is not on reticulated sewer (deep sewer) you will be required to provide information with the application to demonstrate that the existing on-site wastewater management system can cope with the proposed number of guests.

The availability of safe drinking water on properties that are not connected to reticulated water will need to be demonstrated.

Conflicting land uses can severely impact on a person's enjoyment and use of their own property. The Shire needs to consider applications for short-stay accommodation with regard to the potential impact on neighbouring properties and existing activities on the proposed land use.

For further information on this or to make application for planning approval, please contact the Shire's Statutory Planning Services on 9771 7777.



### Letters

Dear Editor,

Recently some very harmful comments have been posted on Social Media regarding the Op Shop.

In the past 15 years the Op Shop has contributed approximately \$100,000.00 to the community in grants to the NFP organisations. Eg: Primary School, CDG, Rec Centre, Visitors Centre, Community Gardens, MensShed, CRC etc.

This has been done by our older volunteers giving time and energy for the only reward of giving back to the Community.

We have cleaned, stored, culled, paid rent, rates and insurances to keep the Op Shop viable.

Over the years we have been the cheapest Op Shop.

Occasionally we make pricing mistakes! We are only human, so if someone has been overcharged, think of all the times you have had it cheap!

IT ALL GOES BACK TO THE COMMUNITY and think of it as a donation.

Please. If you would like a say in how the Op Shop is run, get involved. We are desperate for volunteers. Need even two hours per week or fortnight.

~Jenny Skele. On behalf of all the Op Shop volunteers





## www.WalpoleOnline.com

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



## 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) If the writer wishes to remain anonymous, the words "Name withheld by request" will be used in the byline
- 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.





## Ladies Golf Results: 3rd June 2021

Marlene Bidwell Trophy - Stroke - Points Day

Winner: Sharyn Burton - 75 net

R/Up: Rhonda Perpoli - 81 net

Best Putter: Lee Edwards - 25 putts

**Novelties** 

Long Putt: 9, Rhonda Perpoli Nearest the Pin: 13, Carol Dumbrell

Ferrets:

Carol Dumbrell 14, Viv Tippett 8, Lee Edwards 15

Next Games:

10th June - Patty Burton Trophy - Stableford 17th June - Ros Hatfield Trophy - Stableford.

## Scroungers Golf Results: 1st June 2021

1st: B Cooper, G Doust

Nornalup Riverside Chalets Long Putt: G Doust

Walpole Hardware NTP: 2 or 13: W Dumbrell

Greg Peck best 2nd: 5 or 3rd 16: M Jeffs

Anning Farm NTP: 7 or 17: C Burton



Email us your Sports Results to weekly@walpole.org.au alternatively drop them in the box at the back door.

Post your photos on the web or social media

#mywalpoleweekly

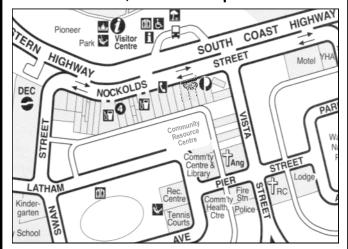


## You can do it at the CRC!

#### Centre Facilities include;

- Fully Serviced Offices/Conference/Training Rooms
- Walpole Weekly Production and Printing
- Internet services: WIFI/Computer use
- Confidential Video-conferencing / Skype
- Multimedia Conversion: VHS/DVD/Avi/MP3/MP4
- Bookkeeping/Secretarial Services
- Photograph & Negative Printing/Scanning
- Literary Publication: Editing/Printing/Binding
- Confidential Record Shredding
- Document Management: Scanning/Binding/ Laminating/Faxing/Email
- Document Creation including: Posters/Flyers/Business Cards/Invitations
- Key cutting
- ID photos (not for passports)
- Online purchasing
- Re-charge it inks/re-inking
- Exam supervision
- Dept. Human Services Access Point includes: Centrelink/Medicare/Child Support/Veterans Affairs
- Access to State & Federal Government Department information including: Licencing/Fisheries/Education
  - √Local knowledge
  - √Friendly advice
- √ Free tea/coffee while you wait/work

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



## We are open Tuesday - Friday 10am - 4pm WalpoleCENTRAL Building

24 Latham Avenue, Walpole WA P: 9840 1395 | F: 9840 1394 E: crc@walpole.org.au

www.WalpoleOnline.com





#### **ACCOMMODATION & FOOD**

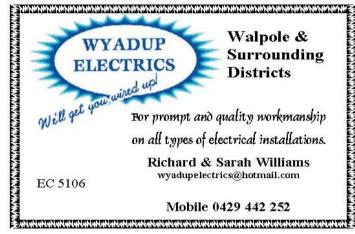


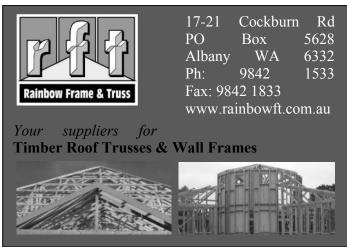
www.walpolehotelmotel.com.au walpolehotelmotel@bigpond.com

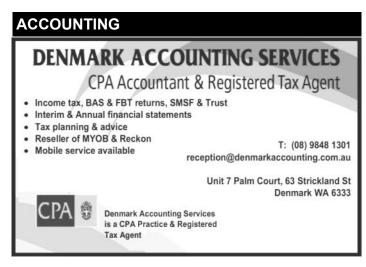
Accommodation
Restaurant - Dine-in & Take-away
Drive thru Bottle Shop
Bar & TAB Facilities

The Walpole Hotel Motel is situated in the heart of the Walpole Wilderness.

#### **BUILDING & TRADE**



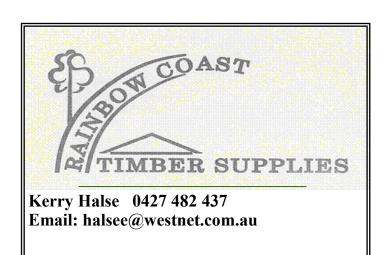
















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#### **COMMUNITY SERVICES**

## **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 – 4.30pm For booking and enrolments phone 9840 1400 or email walpolefamilycentre@westnet.com.au

St George's Anglican Church cnr Vista & Pier, Walpole

All are welcome

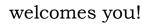
### Sunday Service 10am



Revd Sally Buckley tssf: 9848 2173 www.denmarkanglican.org.au In Walpole: Harold Luxton 9840 1661



## St Francis of Assisi Catholic Church



Services on Saturdays at 3.45 pm

and Wednesdays at 4.30 pm

Cnr Vista and Pier Sts, Walpole

Ring: Jim or Nanâ on 9840 8079

#### **EARTHMOVING & GARDENING**

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Bobcat/slasher 3.8 ton.
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Let us know if you need help. Delivery can be arranged!

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Email: walpoleiga@gmail.com



https://www.facebook.com/walpoleigapioneerstore https://www.facebook.com/thebottleowalpole

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#### **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

## Walpole Times to Remember

Walpole CRC

Tue to Fri 9am-4pm

Walpole Nornalup Visitor Centre

Monday-Friday 9-5pm, Saturday & Sunday 9-3pm.

**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



## Stress Management and Mindful Parenting

Free workshop for parents

Mindful parenting is associated with less parental stress and depression. improved parent-child communication and less hyperactive behaviour in children. Set your parenting intention to respond differently to stress by practicing mindfulness daily, using a mindful mindset and tools to help. This workshop will help you to learn about stress as a normal reaction, to recognise early warning signs and triggers and to establish supports to manage stress, practice self-care and increase positive self-talk while learning to introduce mindful parental responsiveness to daily routines.

Where: Walpole Community Resource Centre

24 Latham Ave. Walpole

Date: Wednesday 16th June 2021

Time: 10am-12pm

Cost: FREE. Morning tea provided.

RSVP: Booking is essential as numbers are limited.

Please contact Cherie Smith on 9840 1395 or admin@walpole.org.au

Free Parenting Programs is funded under the Families and Communities Program by the Australian Government Department of Social Services











### HLTAID003 Provide First Aid

## 5 Hours Practical / 2 Hours Online Theory

(Previously know as Apply First Aid, Senior First Aid or Level 2 Workplace First Aid)

Friday 18th June 2021 9am - 3pm Walpole Community Hall





Please contact Walpole CRC on 9840 1395 or Email: info@walpole.org.au to book

The minimum requirement for workplace first aid compliance. Providing you with the skills and knowledge to provide first aid response, life support, management of casualty(ies), etc until emergency qualified help arrives. Your certificate is valid for 3 years

Training and **Assessment Delivered** on Behalf of:

