



Five steps to maintaining a healthy workplace while working from home

Described as the new ‘virtual workplace’ for 2020, there are both positives and negatives which come with working from home.

We’ve put together five healthy steps that people working from home can take to maintain their health and wellbeing:

1 Maintain a daily routine.

What did your morning look like when you were working from your office? Did you get up and have your breakfast, shower, get dressed for work and grab a coffee or tea? If so, try to stick to the same daily routine while working from home. Corporate attire may no longer be necessary but popping on your work shoes, or at least getting out of your pyjamas, will help you get into ‘work mode’.

If possible, try to continue to ‘actively commute’ to work by taking a brief walk around the block or your backyard before commencing your workday.

2 Be mindful to break up sedentary behaviour.

Stand up, move around and stretch! Make sure you take regular breaks from sitting and set alarms or daily reminders that prompt you.

3 Prepare. Prepare. Prepare.

Preparation is key. Especially when the kitchen is so close! Keep the kitchen stocked with healthy snacks such as nuts, fruit and vegie sticks and avoid junk food and sugary drinks. Also, try not to eat lunch at your desk or workspace. Not only will eating your lunch away from your workspace help you to break up sedentary behaviour, it also ensures you get a proper break! Don’t forget to drink lots of water – it will keep you hydrated and also help to break up your sitting and get you walking to the bathroom.

4 Make regular face to face communication a priority.

Get comfortable with seeing yourself on screen! To feel less isolated and increase social connectedness, organise regular face-to-face meetings using video conferencing technology. Regular face-to-face, on screen meetings will help ensure everyone continues to feel part of the team and decreases feelings of isolation.

5 Establish an end-of-day routine.

It’s important to help switch off from your work day and transition into home life. This may be by taking the dog for a walk, doing some stretching or turning off all work technology and making sure you don’t check your emails into the night. Just like in the office, your end of day routine may involve reflecting on your accomplishments for the day or writing a to-do list for your next work day.

Shenae Hawkins, South West Regional Education Officer, Cancer Council WA

Originally prepared by Healthier Workplace WA



LOOKING BACK.....with Molly Smith

A very successful 33rd Pioneer Cup with 230 golfers from 44 clubs around the state, was

recently hosted by the Walpole Country Club - a good enough reason to delve back some sixty years to its early formation.

It all began with meetings in 1959, 1961 and 1963, but it wasn’t until 1970 and 1971 that a site for the golf course near Rest Point was finally approved. Bunnings, R&N Palmer and the then Forestry Department cleared the site for nine fairways all with a view of the inlet. The farmers moved in then with rootrakes and other farm implements to prepare the area, whilst townspeople assisted in any way possible. The voluntary input from the community was inspiring.

The course opened in 1975 and the No 3 schoolteacher’s quarters were shifted there from the Forestry Department to be used as a clubhouse. In 1979 the Tone River Social Club was purchased and relocated to take the place of that building. The Tone River building was transported in five parts and it was said that 4,000 hours of voluntary labour was involved.

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The Walpole Country Club was officially opened in 1979. The course was extended to eighteen holes in 1982. In 1981 the Bowling Green was officially opened.

Extensions to the clubhouse were completed in 1987/88 and in 2000/2001 the Club celebrated its 25th anniversary. The bowling green and the sand greens were replaced with synthetic turf in 2006 and 2019 respectively.

With its spectacular views, modern amenities and relaxed atmosphere, the Country Club remains a testament to the hard working volunteers who established and now maintain this facility.

Molly Smith

Information from Walpole Country Club and '85 Years in the Making'

Photo courtesy Walpole-Nornalup and Districts Historic Society

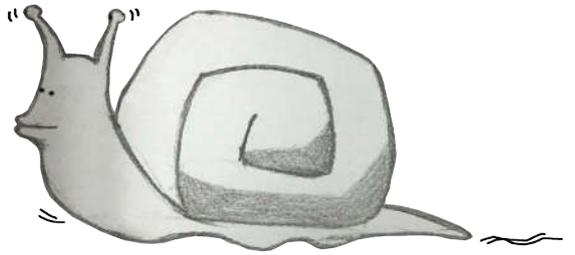


Advice from the cleaners union



Australian Darter

Snail " Tales



While I know I can be a

bit of a pest at times I don't think I can be as much of a nuisance as pear slugs. Oh boy, can they do some damage! And soooo fast. One day they're not there and suddenly you notice half your pear trees leaves eaten. Oh how I hate those shiny, black slimy things. They are Sawfly babies and when they have feasted on your leaves they drop into the ground and hide over winter until next summer when they emerge as adults to make more babies and start again on your trees. They aren't fussy, they will attack cherry and plum trees too. I happen to know that they hate having to work too hard to emerge from the ground. Most of them give up if you heavily cover the ground around the bases of your trees then mulch. Thick newspaper or flattened cardboard boxes work well. Then mulch with woodchips, straw, carpet offcuts, anything that will give them a hard time. If they sneak past that strategy then you can throw lime or wood ash onto the slugs - they hate it because it dries them out and makes them DIE - quickly.

Entanglement in Fishing lines cause many bird deaths.

A Great Southern Seabird rescue group has called for recreational fishers to be mindful of bird life in a bid to avoid fatal entanglements.

Discarded fishing line and tackle has been the cause of many bird deaths. One bird, an Australian darter, was found washed up with line around its neck. It was unable to feed and so died of starvation.

The group urges fishers to take an extra bag for any fishing lines, or tackle they may be discarding. WA Seabird rescue Albany coordinator Carol Biddulup made the plea and said it is a horrible way for birds to die.

"We love fishermen because they're our eyes out there, so they can see these things happening all the time," Ms Biddulph said.

COVID 19 measures about social gathering and travel restrictions have reduced the number of entanglements and the group has received 75 percent less callouts this holiday season.

If you see any entanglements around Walpole Contact Wild care Helpline on 9474 9055.