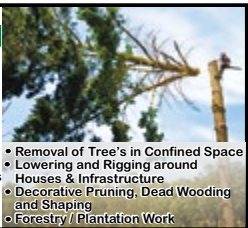


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Up Close and Musical Concert

The Rotary Club of Bridgetown's Rotary Up Close and Musical concert will be held this year on the 9th September at the Bridgetown Repertory Theatre, drinks from 6.30pm, the concert to start at 7pm.

There is a full and varied list of wonderful performers who will make an entertaining evening with a delightful mix of music that ranges from classical music to serious popular music.

Returning again to perform in this year's concert is Claire Robinson, she has performed in every Rotary Up Close and Musical concert from the start. Over the last few years Claire has had to perform as a soloist in the show because her brother has been overseas. This year she will be performing songs along with her younger brother Timothy, with whom she sings harmonies; being siblings, their voices harmonize naturally.



Kerry Brookes, Allison Booth, Wendy Armstrong, Chris Shedley and Bridgetown Rotary President Collin Booth

The organisers are delighted to have Jaden Dale, a top line concert pianist, performing on the night. One of Jaden's musical teachers was Tom Chvojka. Tom was also one of the original members on the committee which started this annual fundraising event.

Also returning this year to perform is classical flautist Cecelia Karafilis who will be performing a duet.

The 'Winnejug Wind Bags', trumpet players Wendy Armstrong and Allison Booth are set to return after their success in last year's concert.

This is just a small sample of the performers who will be showcased on the night. ... *Continued page 14*



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Esther Scott, Andrea Moore and Margaret Martin

Donate a Life

The Bridgetown Pharmacy held its organ donation information week from 23rd to 30th July, which showcased the DonateLife week.

The theme of the display was 'It only takes a minute to register as an organ donor, by doing so you could donate a lifetime to a recipient'.

On the Monday two guest speakers from Transplant Australia were available, Margaret Martin and Esther Scott. Both have personal transplant stories and were available to answer any questions in relation to becoming an organ donor.

The Organ Donor awareness week has been a program organised by Pharmacist Andrea Moore at the Bridgetown Pharmacy.

DonateLife has special importance for Andrea as she has also been lucky enough to receive not one but two kidney transplants thanks to organ donation.

As a baby Andrea was not well and was failing to thrive, it was later discovered she had developed kidney cancer. Her doctors removed the unhealthy kidneys and cancer and treated her with chemotherapy, but without kidneys she needed a transplant. Andrea explains what happened next, "My Dad decided to donate one of his kidneys to me, but I needed to put on weight before undergoing this operation. In the meantime, I was put on dialysis.

"In March 1999 when I was eighteen months old the kidney transplant from my dad took place.

"The kidney transplant kept me well for about 14 years. I was a very happy, and I was living the life of a normal kid. ... Continued Page 14

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Gwen Edwards

August Exhibition

At the Rabbit Hole, the Community Arts Hub's next exhibition will feature Artist, Gwen Edwards.

Gwen, along with her husband Mike and their son moved to a rural property in Donnybrook to semi retire around two years ago, finding it aesthetically pleasing and a calming place to live. The idyllic block they chose backs on to the state forest.

Gwen has always been a creative person throughout her life, her creativity has been channel into sewing and making



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clothes for her two sons, as an avid gardener and she is a music teacher, and in the last ten years she has taken up the artistic pursuit of painting.

When Gwen came to live in the country, she wanted very much to take up a passion she has always had, and like most passions, everyday life always came first, until now. The desire she has is to spend more time painting and be an accomplish artist.

Viewing Gwen's art, it is plain to see she is a gifted and naturally talented artist. Gwen talks about what inspires her to paint, "Gum trees, old trucks, farm ruins, flowers, and birds are my subjects.

"I also like to paint onto old weather boards, roofing iron, and old fence posts. I find these are canvases with their own rustic patina, which blends well with my art, making it that much more special.

"I also use other materials to create collage art, making a 3D effect. As a music teacher I have come across old music score pages which I have also blended into my pictures to great effect."...*Continued page 13*

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Bridgetown Historical Society

The latest Newsletter of the Federation of Australian Historical Societies, Newsletter No. 55 includes an article with the heading –

Local Government, librarians and local history.

Librarians are interesting people. They are obviously educated, clearly literate and possess a range of expertise, including a significant proportion having an interest in history.

Across Australia, in countless libraries they support and champion their local history, many possessing their own local history collections. This is just one of the ways in which the more culturally aware local government bodies and libraires demonstrate their understanding of the importance of local history and heritage to community wellbeing.

In Bridgetown we are indeed fortunate to possess this collaboration. The State History Conference of Affiliated Societies to be held here in September will be presented with the help of Local Government, librarians and local history.

The conference will be held in the library with the help of the librarians and the Bridgetown- Greenbushes Shire. The conference speakers will present papers with a focus on local history.

One such paper by BHS member Peter Hall is the history of Orchardring in Bridgetown with emphasis on his own family.

This year the library celebrates 10 years of opening and it has a significant local history book collection. In the future this partnership may well be repeated.

Lee Wittenoom

Bridgetown Historical Society

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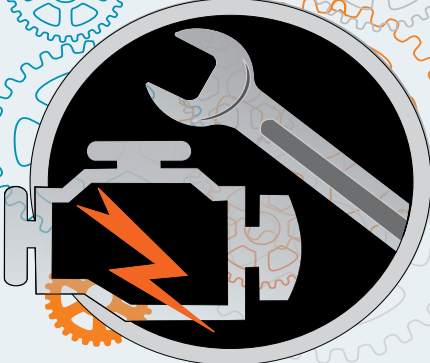
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An Afternoon Occasion

Michelle and Margaret Wright are to hold a fundraising event for Cancer Care Bridgetown and Men's Health and Wellbeing WA on Dalmore Farm on 9th September.

Michelle offers an invitation to "Join us for an afternoon High Tea or Craft Beer and Beef afternoon from 2pm until 5pm.

"There will be plenty going on during the afternoon, a glass of wine or beer is complimentary for ticket holders on arrival; an auction is to be held of donated goods from local businesses and other businesses from around the south west, giving those bidding an opportunity to snap up a bargain.

"Raffles are to be held and prizes will be given for 'Best Dressed' along with local entertainment and facilitated discussions on men's health.

"Emilie Abbiss is again this year sponsoring the event through hosting the afternoon at Dalmore Farm for the fundraising event.

"In the auction there are a couple of special paintings on offer, one from Nick at Fat Arts and a Jan Dedman painting.

"Wine and beer will also be for sale during the afternoon.

"And again, this year we will have a bus running from town out to Dalmore Farm which was well patronised last year.

"With Cancer Care Bridgetown, there is still money available in the way of local gift vouchers. These are available for those going through cancer treatment. These can be used in any way possible to help in the personal fight against cancer."

Bookings are essential for this event: For further information contact Michelle Wright on 0418 886 902 or by email on highteabridgetown@gmail.com Or to pay cash for your ticket, head in to Bridgetown Newsagency.

There also is a QR code on posters around town for online bookings.

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TALISON – SUPPORTING OUR COMMUNITY

Craig's Corner - *With Craig Dawson*

July saw the start of, what will hopefully be, a long association between Talison Lithium Pty Ltd (Talison) and Macmahon Contractors Pty Ltd (Macmahon) for the provision of open pit load and haul mining services for the Greenbushes Lithium Operation (Site, Mine). Macmahon slowly ramped up their activities during July, albeit they were hampered due to a delay in commissioning of the new Mine Services Area (MSA) and limited equipment availability.

I can proudly announce the first round of significant community investments to be made by Talison as part of its expanded Community Investment Programme (CIP) approved by the Talison Board of Directors in June. Talison has been engaging broadly with Local Government's and community groups in recent months to review a number of substantive projects. The first tranche of major projects to be supported by Talison include:

- \$1.64 million (M) to support the Shire of Bridgetown-Greenbushes capital works programme including:
 - concept plan for Greenbushes Footpath Upgrade and Tree Root Management Plan;
 - asphalt overlay for nine (9) streets within the Town of Greenbushes;
 - Installation of lights at the Greenbushes Sports Complex;
 - installation of fans in all courts at Bridgetown Leisure Centre;
 - purchase of inflatable obstacle course for Bridgetown swimming pool;
 - installation of automated pool blankets for the Bridgetown swimming pool;
- a one-third contribution to cost of Bridgetown Sports Ground works including oval and lighting upgrade and carpark seal; and
- planning (design and costings) to install solar panels and batteries to make the Bridgetown Leisure Centre, Library and Civic Centre energy neutral equivalent;
- \$0.20M to fund the civil works to support an expansion of Geegeelup Village in Bridgetown; and
- \$0.19M to fund a refurbishment of the Greenbushes RSL Hall in Greenbushes.

Congratulations to Warren Boggs, who achieved a five (5) year service milestone and Glen Hewitt, who achieved a 10 year service milestone at Site during July.

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The State Government in conjunction with Talison, the South West Development Commission (SWDC), Arc Infrastructure (Arc) and Aurizon Limited (Aurizon) announced during July the commencement of a Definitive Feasibility Study (DFS) into the recommissioning of the Greenbushes to Bunbury railway line for the transportation of spodumene concentrate from the Mine to its domestic customers in Western Australia (WA) and the Port of Bunbury for export.

The DFS will be a collaboration between the State Government (by means of the SWDC), Talison, Arc and Aurizon. A significant component of the study will be to engage with stakeholders to determine the social impacts. The initial round of community consultation sessions is planned to begin in early August. The first session is scheduled at Greenbushes CRC on August 10 at 2:00 pm and will be followed by another session at 5:30 pm.



The Hon Don Punch MLA, Minister for Regional Development and Jane Kelsbie MLA, Member for Warren-Blackwood with representatives from Talison, South West Development Commission, ARC Infrastructure, and Aurizon at the announcement of the DFS into the recommissioning of the Greenbushes to Bunbury railway line.

Talison is committed to developing and operating its Greenbushes Lithium Operation in line with regulatory requirements, our environmental values and community expectations. As such, Talison is focused on pro-active engagement to understand what matters to you. Talison wants to hear your concerns and goals and integrate this knowledge into its planning. If you'd like further information on our projects, have any questions, or would like to submit feedback, please contact the Talison Community Team by emailing: gbcontact@talisonlithium.com.

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OUCH Youth Festival

The Rotary Club of Bridgetown and the Bridgetown Youth Theatre (BYT) held a story writing competition with the competition's main aim being to generate stories that could be used to develop theatre scripts for this year's OUCH Festival. The competition was open to young people aged 11 – 17.

"The winning stories were highly commendable, other stories we received were also very good and we are working to bring those stories to the stage for the festival," Meegan Cullen the Repertory spokesperson explains.

The stories are being developed into stage plays by Meegan Cullen and Chris Shedley.

"Samara Leary wrote a story 'Food for the Family', and Hailee Pratt's story is a dark thriller, that is called 'The Light in the Dark.' Both the stories show how small acts of kindness can change lives."

Samara and Hailee are both twelve years of age; both have wonderful imaginations, which, along with the encouragement from the Youth Theatre result in them being confident natural story tellers.

The story genre Hailee is drawn to is that of the dark thriller, a good versus evil story line. Hailee is playing the role of Alexis, the main protagonist. The play opens on a night when Alexis has an unholy row with her mother, vowing to never talk to her again, ever.

The next day while getting ready for school she eats her breakfast still so furious with her mother she doesn't talk to her, later that day her mother is reported missing and is not seen again.

Weeks later Alexis receives a message giving an address for where her mother might be, Alexis is so eager to be reunited with her mother she races into a trap set by Lucifer, the villain in the play, and along with her mother will soon become casualties in Lucifer's game.

Olive is the reluctant heroine in the play, she is the most unlikely to make a stand, a poor defenceless girl, a girl who was snatched away from her parents at an early age and sees herself as unworthy of consideration, a girl that is so frightened of Lucifer, she does his bidding.

Olive decides to help the captives at a critical moment in the play, gathering strength from an act of kindness shown to her earlier by Alexis.

Will an act of consideration and kindness give Olive enough strength to stand up to evil and save Alexis and her mother?

Samara Leary's story, 'Food for the Family', is a moral tale. It's a story that tells of the pain felt by a customer of a bakery who doesn't have enough money to buy the food needed to feed her family. She leaves hungry and is demoralised by the baker's attitude and the disgust he shows in her dilemma whilst pushing her out of his shop.

As time passes and circumstances change, this first customer in the tale is later able to help another person. She witnesses almost the same situation she once experienced unfolding on to another of the baker's victims a girl who has come into his store to buy the food she needs with insufficient funds. This time she sees the pleasure the baker is having as he belittles another unfortunate customer.

Seeing this frightened girl in a similar situation to the one she had experienced all those years ago, she relives the trauma, feeling once again the pain that this second girl is now having to face.

Only now she is able to support this stranger by providing her with food she couldn't afford. This act of kindness becomes a rewarding experience in itself, evoking feelings of immense joy.

Yes, two very different and interesting tales.

Part of the philosophy of the OUCH Festival is to involve teenagers in the planning, promotion and management of the



Hailee Pratt and Samara Leary

event. These processes give those involved the skills that enable them to visualize, plan and implement community activities, making them valuable community leaders wherever they may end up.

The OUCH youth festival is to be held on 26th August, the performances for OUCH Festival are along the lines of a talent quest, in that there are many and varied acts.

This year's festival promises to once again be a surprising display of the talent within our community.



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After deciding to take the first steps in fulfilling a life-long dream of living and working in the country, Stephen and Kath Wisken found their little piece of heaven in 2021 when they purchased a property in Catterick. Having both grown with a rural background, their intention is to live and work full time in the area, helping the community in whatever way they can.

Stephen is a podiatrist with over 35 years experience, Kath has a teaching background and has worked in a variety of administration roles in the arts and financial services. She is currently working at BYA in Bridgetown.

Stephen is now working in the Bridgetown Medical Centre one day a week, sharing his time with his Perth based practice. Having his own podiatry practice in the city for nearly 30 years, and with the knowledge and expertise he has gained over the years, Stephen will be writing a series of articles for The Mailbag on Foot Health.



Stephen and Kath Wisken

Diabetes and the Impact on Your Feet

Stephen Wisken, Podiatrist

Diabetes is a chronic condition with around 1.3 million people in Australia live with. Unfortunately, one in five Australians aged 80-85 have diabetes. Foot health is particularly impacted by diabetes.

Diabetes is a disorder characterized by high blood sugar levels due to insufficient production or utilization of insulin, a hormone that regulates blood glucose. When insulin is inadequate, glucose accumulates in the bloodstream.

The two main types of diabetes are Type 1 and Type 2. Type 1 diabetes occurs when the immune system destroys insulin-producing cells. Type 2 diabetes develops over time and is often linked to lifestyle factors such as obesity and inactivity.

Diabetes can significantly impact foot health due to reduced blood circulation and nerve damage. Elevated blood sugar levels over time damage blood vessels, leading to poor circulation, especially in the feet. Diabetes can also cause nerve damage, resulting in reduced sensation in the feet.


To protect your foot health, individuals with diabetes should undergo regular foot check-ups to detect problems early. ...*Continued page 14*

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Transition Bridgetown

For those who watched the first episode of the confronting series of War Against Plastic Waste on ABC, it highlighted and magnified the message that local activist Glenn Hywood was raising awareness of, at our recent Plastic Free July display at the community kiosk. Very confronting and daunting but we CAN take action in our own households and community. Elsewhere in this Mailbag edition is an article on Glenn and how he has been campaigning for several years now to urge people and government to take action!

Unfortunately we have had to make the decision to stop collecting plastic lids at the Recycling Hub at the Library. Several months ago, Precious Plastics in Margaret River who were recycling our lids, lost the lease on the premise they were using. We have been stockpiling the lids from the Hub in the hope that PP would find new premises. Sadly this has not been the case.

We have been able to find an outlet in West Perth at Jellyfish Plastics who will take our backlog of lids, but this will not be ongoing. So, we just need to reduce buying our liquids in plastic bottles.

Check out the bulk products at Bridgetown Home of Health – take in your own containers and do away with disposable waste.

Don't forget though that the Containers for Change program operating at our Shire Waste Facility, does take bottle tops from all containers eligible for CFC – these are transported to Claw Environmental in Welshpool.

Good news! We are now recycling blister packs at the Recycling Hub at the library through the Terracyle Program via local activist Elizabeth Corrigan. Elizabeth also set up the return of plastic labels for recycling at Hillview Nursery at her own expense. Another example of people being proactive against waste. We CAN make a difference. If you'd like to connect with local Waste Warriors community projects, let us know by emailing transitionbridgetown19@gmail.com

The Affordable/Alternative Housing Model Action Group will be holding their next strategic planning meeting on Wednesday 30th Aug 5.30pm at the Bridgetown Hotel. If you are keen to join this dynamic group, please contact Lisa on 0414 550 025 or email transitionbridgetown19@gmail.com

We were treated to some great information at our Open Space last Sunday on "Preserving and Caring for Remnant Forest" which we hosted jointly with Friends of the Forest, utilising the Uniting Church Hall. We learnt where to locate high conservation remnant forests in our area, the surveys of wildlife in the Mersea Forest that two local women, Nancy and Julie, have been conducting as well as how important these remnant forests are to the survival of our endangered species. There will be workshop dates offered soon for us to learn more about how we can do our own observations and surveys and to really connect with our forests and its ecosystem. ... *Continued page 13*



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Show Talk

Hello Everyone

There are still some Sponsors who have not responded as yet to their invitation to continue supporting the Society in their usual Sections. We would appreciate you contacting us as soon as possible so we can finalise the Schedule. Also, if you have not sponsored before and would like to, please make contact with the Committee as there are some Sections requiring a Sponsor.

Bridgetown Show Theme: The "Multicultural Celebration" Theme will be an exciting opportunity to bring the Community together to celebrate our 134th Show on Saturday 25th November 2023. The Junior Farmers Open Shed will again abound with culinary delights, workshops, informative talks and interesting activities that relate to the multicultural theme. We are extending an invitation to anyone who is proud of their culture and believe they have something to share, to come forward and help us make this a resounding success. Your ideas and help could be the vital ingredient to make this event extra special. Share your unique cultural ways of life, languages, art, traditions and add to this wonderful mix in celebration. Be a part of the Open Shed Experience.

Membership: Your Membership is hugely important and benefits our Shows survival. If you have not received your reminder or if you wish to become a member, then contact the Committee. Membership helps our cashflow, supports ongoing costs of the showgrounds, and is a cost saving for families \$30 Family and \$15 single.

Grounds Closure: The Army will be occupying the Showgrounds during all of August so the grounds will be closed to the general public. They will be visible in and around the town and the Region, as they conduct their routine activities. We welcome them to our community and hope they enjoy what our area has to offer.

Due to the Army occupation of the Showgrounds our next Meeting will be held on Wednesday 9th August 7pm at the Bridgetown Tennis Club. If you wish to contact the Ag Society, contact phone 0437 602 836 or email info@bridgetownshow.com.au or follow us on Facebook "Bridgetown Agricultural Show".

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The Earth Needs our Love More than Ever!

Glenn Hywood has lived and worked in his sign business in around Bridgetown for around fifteen years.

Glenn's biggest concern is the amount of rubbish, particularly plastics, which are polluting our beautiful oceans and are now littered throughout our beautiful country side.

Glenn has been active with his concerns, gathering plastics from roadsides and different beaches around the south west. He explains how his activism against plastic pollution commenced, "I own a 113-acre bush block of what's left of the natural world in a little town called Northcliffe. It's only a short 15-minute drive from my block to a spectacular coastline surround the D'entrecasteaux National Park.

"I celebrated my 50th birthday last year in August and thought I would have an 'Earth Day', so I headed to the coast with a few bags to collect what the ocean had left as a message.

"At the time there had been a huge tide and a strong on-shore wind. It was the worst I had seen that beach. We collected what we could but we had to leave a lot behind as it was too small to retrieve. I was devastated. We have since collected from different beaches all along our remote coastline.

"Ever since that day, I have been on a war path to sound the alarm on the severity of what it means to live in a plastic polluted world. It seems every direction I turn, I am met with an overwhelming feeling that we may be too late to repair the damage that plastic has done to the natural world.

"When I returned home, I knew I had to take it further. I took the collections of plastic from different beaches, a collection from the roadside, some farming plastic and photocopied images of nature in trouble to Parliament House of Western Australia and stood on the grounds nervously waiting to be told off and told to move along, only to discover we are all entitled to raise awareness if it goes through the right avenues.

"I have been there four times now and have begun to make some interesting connections with the gardeners and the police, along with other really nice humans interested in my cause who see the urgency behind my reasons for sitting in front of Parliament for hours on end.

"The world is one ocean. Whatever happens here or over on the other side of the globe connects us all. The Earth's Ocean is polluted by our plastic, and plastic is forever.

"I have sent emails to the Prime Ministers of Australia and New Zealand, environmental ministers, Dr Karl, environmental scientists, the Pope, the Dalai Lama and even a handwritten letter to the President of the People's Republic of China - all written from a human desperate to connect with a voice bigger than mine that could sound the alarm."

Glenn concludes with, "So many livelihoods today all rely heavily on plastic. Plastic is a synthetic, inorganic, unnatural product never before seen on Earth. Once it has finished its purpose and is discarded, the plastic waste goes on to pollute the natural world.

"Hopefully you may start to see why I feel such an urgency as to why we have to act now, before we leave it too late. Especially for the next generations innocent to a world they have been born into and needing to make sense of the mess they will have to deal with."

On Saturday 8th July, Glenn along with Transition Bridgetown, held a display at the community stall in Bridgetown, displaying some of the discarded plastic Glenn had collected from around the district to raise awareness of the long-term impact that plastic packaging and plastic products are having on the environment.

The display was to encourage and engage in discussion with the general public about what they perceive happens with plastic waste and to discuss possible ways to avoid unnecessary plastic packaging and to reinforce the message that plastic is forever; every piece of plastic, soft or hard plastics, is not



Some of the discarded plastic Glenn had collected from around the district to raise awareness of the long-term impact that plastic packaging and plastic products are having on the environment.

biodegradable or environmentally friendly.

From the editor; Plastic is forever as Glenn states and as plastic pollution breaks down it has now started entering our food chain as small particles.

As human being we have always wanted a better life and a better world for the next generation, but we are racing towards leaving the planet in a worse state than ever for the next generations.

There are some changes we can all make in our everyday life to limit the plastic pollution of rubbish we now see in our oceans and country side.

Like all human endeavours, they all start with small steps. Reuse and repurpose as many everyday items as you can.

You can choose to buy food sold in cardboard, paper, metal or glass, rather than those that come in plastic containers. You could make an effort to take your own coffee cup to a café for your morning coffee.

With the recent changes, shop owners have seen the banning of plastic carry bags and single use drinking straws. These are small changes but are helping to make a difference.

Glenn concludes, "Everything about the urgency for what I do comes from seeing the images of nature in trouble and dying from a death we have created. They are the ones currently impacted as they graze the Earth when they feed on the planet. In the ocean or on land they are navigating one hell of a plastic mine field just to survive.

"Everything I have been doing, is trying to be a voice for the natural world. Animals innocent to what we have inflicted onto their once pure world, aren't able to type an email or stand on the street corner and shout. "STOP POLLUTING OUR PLANET!"

"Nature is in a huge amount of trouble. WE are part of nature.

"We all have to start and acknowledge our existence on Earth is thanks to the natural world.

"We have to see it. That bit of plastic lying next to the gutter is heading towards the mouth of an animal at some point in time. Especially knowing how long plastic will be haunting the natural world from here on."

August Exhibition

Continued from 3... Gwen is a prolific artist producing a wide variety of art on different materials using acrylic paints. She also produces water colour cards and miniature art pieces.

"I find with my water colour art, because they are small, I can paint them quite quickly, so if I'm out and about I can take my art with me, doing something I love.

"I find happiness in creating works of art, my inspiration is all around me, living in the country."

The opening night of Gwen's exhibition is on Saturday 5th August from 11am to 2pm, the gallery will stay open until 4pm that day.

The Rabbit Hole is open from Wednesday to Sunday 10am to 3pm and is situated on the lower level at 87 Hampton Street in Bridgetown.

Gwen will have around fifty works of art on display, also a large range of her water colour cards. She will be in attendance in the gallery on Thursday mornings and on Saturday throughout the August exhibition. If you get along to the exhibition you will see something special.

Transition Bridgetown

Continued from page 10...

The Transition Bridgetown Open Space for August is on the topic of "Indigenous Wisdom". We are very grateful to have Sandra Hill, Wadandi / Pibulmen Elder & Custodian, sharing a conversation with us about her life journey of finding her way 'home' to Family, Culture and Country. From her perspective as an Aboriginal woman, Sandra will talk about her aspirations for the future of her people and the land we all share and live on. A more detailed article on this event is elsewhere in this issue of the mailbag, thanks to Michael Krauze.

Please join us on Sunday 27th August 4.30 – 6.30pm at the Uniting Church Hall Roe St Bridgetown for this very special event. Entry by donation of \$5.00/person Registrations will be online. Hope to see you there! Email transitionbridgetown19@gmail.com for further information.



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Donate a Life

Continued from page 2...

"I played sports like basketball and hockey, did well in school and hung out with my friends and family regularly. You couldn't tell I had ever been unwell, thanks to my dad's gift.

"A normal life is something only those who has been unwell for some time truly appreciate.

"During years 11 and 12 of high school, my transplanted kidney was failing and unable to keep me healthy.

"It got to the point where it was safer to have no kidneys and use dialysis rather than keeping the worn-out transplanted kidney.

"So that's what they did, in 2014 I was put on peritoneal dialysis. I was tethered to a machine in my bedroom for 10-12 hours every night, this was for an indefinite amount of time until a kidney would become available.

"Dialysis life and waiting for a transplant is so difficult and soul crushing. Feeling fatigued all the time was my new normal, and 'I'm great' was the answer to that daily greeting.

"My feet would constantly be burning and swollen as the extra fluid would drain to my feet between dialysis sessions.

"Early on, whilst I was on the wait list for a transplant, my older sister offered to donate one of her kidneys to me. The doctors tested her to see if we'd be a match. We matched perfectly but, as she was only 18 years old at the time, they said she couldn't donate as she may not have fully considered and understood the risks involved donating at such a young age.

"However, when my sister returned with the offer a few years later. The offer was accepted. It was timely as the dialysis was beginning to not work as well as it had previously for me.

"In November 2016, my sister and I attended Fiona Stanley Hospital for my second kidney transplant.

"And what a difference it has made, I have since become a pharmacist and returned back to the southwest to be close to my family and partner, and give back to the communities that raised me.

"I have been very lucky in lots of ways, although most of my family members now only have one kidney each."

Organ donation gives those in need a second chance at life. One organ donor can change the lives of up to seven people and many more through eye and tissue donation.

In Australia there is an opt-in process for organ donor registration. The process is quick and easy and you only need your Medicare number when you visit the www.donatelife.gov.au or it can be done with your mygov account.

If you want help in registering you can ask for assistance from Pharmacist Andrea Moore at the Bridgetown Pharmacy, she will be more than happy to help.

Diabetes and the Impact on Your Feet

Continued from page 9...

Practice good foot hygiene, keeping feet clean, dry and moisturised. Choose good footwear that fits well and provides support. Maintain blood sugar level within the recommended range and engage in regular exercise to improve circulation and foot health.

By taking proactive measures, complications can be minimized, and overall well-being can be maintained. Please do not hesitate to speak to your GP or Podiatrist if you have any concerns or questions.

Foot problems that are associated with diabetes include Diabetic Neuropathy: Nerve damage leads to decreased sensation, making it difficult to detect injuries like cuts, blisters, or ulcers.

Peripheral Arterial Disease (PAD): Diabetes reduces blood flow to the legs and feet, impairing wound healing and increasing infection risk

Foot Ulcers: Reduced sensation and poor circulation can turn minor injuries into chronic ulcers, slow to heal and prone to infection

Charcot Foot: Nerve damage weakens foot bones, causing deformities and increasing the risk of fractures or dislocations.

Up Close and Musical Concert

Continued from cover... The Rotary Up Close and Musical concert is a fundraising event run by the Rotary Club of Bridgetown. Chris Shedley, Rotary spokesperson for the event, takes us through how the concert is organised. "This year we are holding the concert in September, a month earlier than usual. We have also changed the name slightly, Classical has now become Musical to reflect the different musical styles.

"All the performers in the show freely donate their time and talents in making this a successful event.

"The concert in 2023 will be our seventeenth show, the event was first conceived in and held in 2006. Over that time the concerts have raised well over \$30,000 which has all been given to local charities.

"Alan Wilson is once again to be the MC for the night.

"The cost for the evening of entertainment is \$30 for Adults, Seniors and Students: \$20. Accompanied Children under 12 Free, which covers the show and the supper at the interval.

"This year the beneficiary will be Cyrenian House in Nannup which delivers treatment services for those with alcohol and other drug problems."

Tickets are available from www.bridgetownrotary.org there will be a QR code which will take you to trybookings.

The CRC in Bridgetown is willing to help if anyone is having trouble connecting. Tickets will also be available at the door on the night.

Say bon voyage to unsafe travel adaptors

...Continued from back page

"Consumers should check that their electrical equipment has a regulatory compliance mark – a tick inside a triangle – showing it has been independently approved for use in Australia."

One type of dangerous travel adaptor has multiple pins that can all become electrified with 240 volts when one section is plugged into a socket outlet. A user could be electrocuted or seriously injured if they touch the live pins, even in a recessed position.

Other models of dangerous travel adaptors have all-metal pins, with no insulation, or pins with holes.

Insulation must cover at least half the pin to protect against contact with live parts if the plug is not fully pushed into the socket outlet. Incidents and even fatalities have occurred when thin metallic items, such as blind slats, have touched the active pins of loose plugs.

"The adaptor should also be robust and in good condition," Mr Yazdani said.

"If you have any doubts about the safety or compliance of your electrical equipment, dispose of it responsibly or have it checked by a licensed electrical contractor. It's simply not worth the risk."

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Back Yard Buddies

Are those prawns in my garden? Forget shrimp on a barbie, what are they doing in my garden?

The recent wet weather has contributed to an interesting report of some "tiny flea looking... prawn things" in a Perth resident's garden. This prompted us to re-visit a previous article on these curious crustaceans.

Lawn shrimp, *Arcitalitrus sylvaticus*, also referred to as lawn prawns or landhoppers, are terrestrial crustaceans from the family Talitridae. These tiny 5-20 mm nocturnal soil dwellers are normally found within the top few centimetres of soil/mulch, where they feed on dead organic material (particularly eucalyptus debris), turning it into fertiliser for the garden.

Heavy rain in winter can prompt a sudden emergence of lawn shrimp, sometimes in their hundreds, giving people a shock when they appear across lawns, garden beds and paving. Don't worry, they don't pose a threat to people, pets, or the environment.

Lawn shrimp are related to marine and freshwater crustaceans but lack the waxy coating on their exoskeleton which aids the retention of moisture. They need moist soil to live and feed in, but if the soil is too wet or too dry the shrimp emerge from the soil looking for more suitable habitat. Sadly, they often find themselves on paving or driveways dying of dehydration and starvation. Poor things.

Equipped with seven pairs of leg-like appendages, they move with a springing action using their three pairs of "hind" legs. It's likely this movement, and their tiny size, that leads people to suspect they're fleas.

Lawn shrimp breed year-round and the mated female lays eggs in a pouch on the underside of their body. The babies are a smaller version of the adults and leave the pouch soon after hatching. How cute!

Do I control these? There's no need for control. Just sweep them up and return them to the garden to add to the organic content in the soil.



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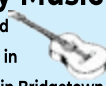


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Community Care for Our Remaining Forests

The ending of native forest logging and the new Forest Management Plan (FMP) will mean that communities in forest areas can have much greater input into preserving and caring for the best of their remaining forests.

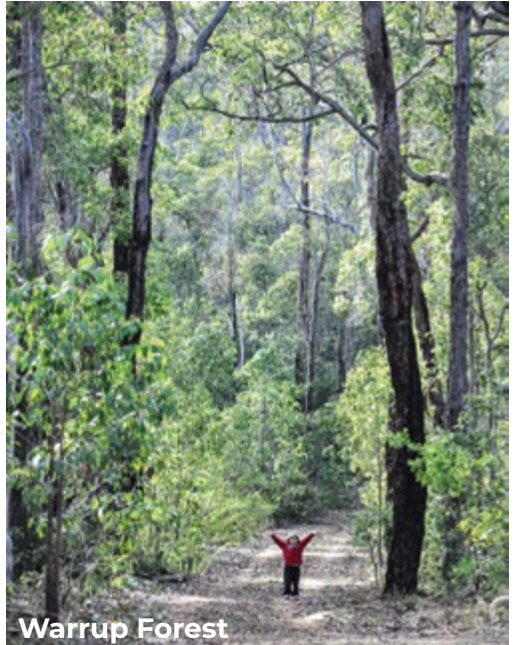
Responding to proposals by Bridgetown Greenbushes Friends of the Forest (BGFF) in its comments on the draft FMP, a new section has been added to the FMP that emphasizes the input of local stakeholder and community groups in the future management of local forests.

BGFF will join with Transition Bridgetown at its next Open Space on Sunday July 23 at 4.30 pm to look at how our own Community can be involved in supporting the best of our remaining forests.

Richard Wittenoom from BGFF and Nancy Jones of the Mersea Forest Survey Team will look at the needs of the forest and its threatened fauna and look at how the Community can be actively involved under the new FMP.

Supporting threatened bird life by preserving mature forests with nesting hollows and food sources will provide critical habitat for endangered and vulnerable bird populations and this will also be featured.

If you would like to join us please register by; email to transitionbridgetown19@gmail.com or text 0432 105 754



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