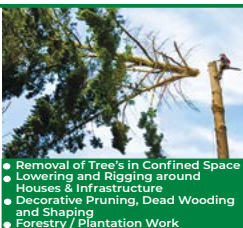


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June 4th 2024

VOLUME 32 NO: 9 ISSUE 343

# THE MAILBAG

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## The Fabulous Telling Tales

Telling Tales Children's Storytelling Festival is re-emerging from the pre-Covid dust and will be taking place in Balingup over the weekend of the 6th and 7th July.

The two-day festival caters for children between the ages of four to fourteen, bringing storytelling to life through literature and the wonderful tradition of oral storytelling.

On Saturday the 6<sup>th</sup> the festival will run from 10am to 4pm. The town of Balingup will become a hub of venues, offering a mix of workshops, craft projects and storytelling.

A Pied Piper Parade is to be held on Saturday from 12.45 to 1.15pm and is an opportunity for all to dress up as your favourite storybook character and follow the Pied Piper and drummers as they wind their way from the Town Hall along the main street.

On Sunday the 7<sup>th</sup> the festival will run from 10am to 2pm with workshops and facepainting available.

Chrissy Maddison is the Balingup Arts & Culture Hub Chair and is part of the team which is behind the restaging of this wonderful event and she tells what the event has to offer, "The day starts at 8.30am in the registration hall for the festival-goers to register, get wrist bands or to buy tickets, the cost of the weekend is \$20 per child, or \$15 for one day, we have endeavoured to keep the cost as affordable as possible.

"There will be literacy workshops and creative writing sessions from a fantastic lineup of local and Western Australian children's authors, with book sales and book signings by the authors too. Musicians and street performers roaming throughout the day, will provide fun entertainment as well as free facepainting.



"We have a fantastic line-up of local and Perth-based authors and illustrators ready to host workshops and read their books to children and families.

...Continued on page 15



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# Making Memories Workshop

Trish Durham will be facilitating a workshop as a part of the Fridgetown Festival where those who attend will be able to make their own unique jewellery, a wearable memory that holds special significance.

Trish likes nothing better than giving people access to the arts, she enjoys enabling people to be creative and loves sharing her passion.

The workshop is to be held on Saturday 8<sup>th</sup> June from 10am to 2pm in the Uniting Church Hall at 106 Roe Street in Bridgetown.

Trish explains what you will get from the workshop, "Join us for a delightful workshop where you'll create a truly unique piece of jewellery, a wearable memory that holds special significance. Whether it's a cherished reminder of a loved one, a beloved pet, a meaningful place, or a celebration of your wonderful self, this workshop invites you to express your creativity.

"I will supply an array of materials you will need to make your special piece; you are encouraged to bring along items which can be incorporated into the design, a bead from Grandma's broken neckpiece, a special earring that's lost its partner, or tiny bits of an old favourite shirt, those special items which hold meaning of people and places you cherish.

"It will be a creative exploration, one that you will share with like-minded individuals.

"The Uniting Church Hall is a comfortable and warm venue with toilets, disabled access and tea and coffee



Trish Durham wearing her wearable memory

facilities. You will enjoy a delicious winter lunch as you craft your special artwork.

"The workshop costs cover all you will need: tuition, materials, apron, tea, coffee and nibbles as well as lunch provided and you will take away a unique artwork for you to keep or to give away.

This workshop follows on from the open studio event in the Blackwood River Art Trail which Trish and fellow artisan Jay Thiele held in the hall in April.

The pendant Trish is wearing around her neck was made from cherished memories she shared with a friend who has passed away, a stone from Watheroo, a town near Moora where they both lived at different times unbeknown to each other, a metal Oak tree, to symbolise an Oak named for her friend at the Golden Valley Tree farm, and a pearl along with sparkling items to mirror her bright and joyous personality.

Trish concludes with "We have limited spots available, so book ASAP to secure your place. The total cost of the workshop is only \$75 in order to make it affordable to everyone. If you have any food allergies, please let me know."

For further information contact Trish Durham: Email: [tresbeautifulthings@hotmail.com](mailto:tresbeautifulthings@hotmail.com) or by phone: 0427714533.

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Yve Byrne and Sharyn Bellairs being interviewed



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## Volunteers Stories

Past, Present and Future is a project which has been coordinated by Kaye McLennan in which she has been gathering filmed interviews from amongst fourteen local volunteers.

These initial interviews reveal a diversity of volunteers from our community telling interesting and sometimes funny anecdotes of the situations they have found themselves in whilst volunteering.

The project has seen Kaye placed on a rapid learning curve as she has had to deal with new technology to bring the project to life. Kaye has received help and instructions from the team at the Bridgetown CRC and several young people within our Shire which culminated in producing one-to-two-minute length cameos with the fourteen volunteers in a PowerPoint presentation.

On Saturday 25th May a group of volunteers, their guests, and others involved attended a 'Thank You Event' at the Bridgetown CWA building.

Kaye explains how the evening unfolded, "The evening began with a short PowerPoint presentation showing a collection of cameos from volunteers in our community.

"The Volunteers came from a variety of community organisations, including Meals on Wheels, Hospital Auxiliary, Blues at Bridgetown, Ashbil Garden Art project, Blackwood Marathon, Rotary, the Fire Brigades, and the Bridgetown Show, showing some of the range of opportunities open for volunteers.

"Many of those in the interviews said that they didn't think of themselves as being volunteers, it was 'just something that I do' and, often, it was fun.

"Others spoke about intergenerational volunteering saying that their parents volunteered, they volunteered, and so their children volunteer.

"Perhaps the essence of their community engagement was captured in the comment 'Helping out brings you a sense of belonging, of being part of a group with people. It's just good for you. It's good for your soul and it's good for the community.' ...Continued on page 14

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## Repertory News

Auditions will be held on Sunday 9th June at 2pm at the theatre. There will be a script read-through on Wednesday 5th June 7pm at the theatre. This will enable people to familiarise themselves with the scripts and decide which parts they may like to audition for. However, people do not need to attend the read through to audition. Would-be cast members may simply turn up on Sunday 9th June to audition. We need 14 actors, male and female, from late teens upwards.

We also need backstage crew, so if you would like to help out backstage, or with lights or sound give Richard Allen a call and you can be involved. Richard Allen - 0417174103

If you would like to help out in front of house, in the kiosk or ushering, call Kathleen Larsen - 0438034115

One-act plays are great for newcomers, as they are less demanding in rehearsal time, with fewer lines to learn, due to their shorter scripts.

These plays will be a lot of fun. You can enjoy getting to know the small cast in 'your' play and then join with a larger overall cast as the three plays come together in performance.

We are excited to have a new addition to Bridgetown Repertory Club in Grace Hitchin. Grace has many years experience with Harbour Theatre and she brings her creativity to the role of Director of Under the Bright Sun for this one act season. She is joined by Richard Allen, experienced actor and production manager with the club, Richard will debut as director of *Mediocrity*. Rob Snelling will direct his self-written, *Kiss My Lips*, which previously won best script at the South West One Act Play Festival. In fact, all three one act plays have won awards, at festivals here and around the world. So, prepare to be thoroughly entertained and amused.

The Plays -

**Kiss My Lips** written and directed by Rob Snelling

Set in a bar which is situated across the road from a nightclub, *Kiss My Lips* introduces us to four characters. These characters, although very different, find themselves connected as they are all searching for some solace. Their life difficulties and dreams play out in poignant and humorous conversations and interactions. The bartender, like all good bartenders, knows when to pour, when to speak and when to listen. Cast: one male, two females and 1 of either.

**Mediocrity** by Anton Krueger and directed by Richard Allen

This comedy borrows elements from both the *Commedia Del' Arte* and *Burlesque* traditions to send up doctors, wives, brutality and death. It is for a general audience, though children may particularly enjoy the exaggerated, absurd characters. Kenaf has just learnt that he's about to die and his life changes dramatically as he finally stands up to his domineering Wife, the bullying Brute and the condescending Doctor...*Continued on page 14*

## Puddletown

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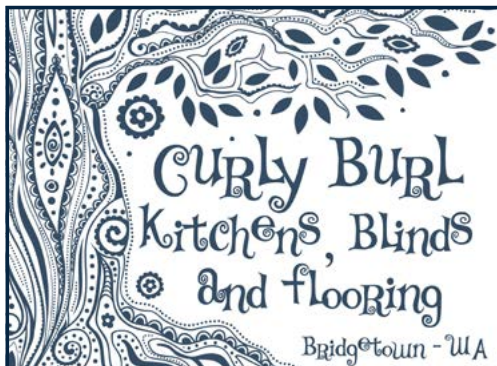
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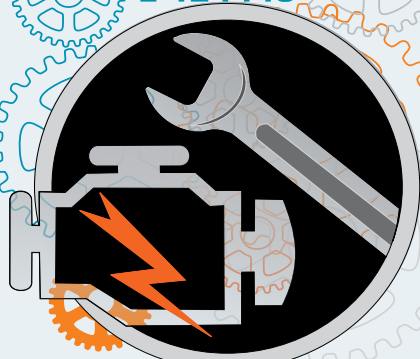
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# Bridgetown Historical Society

Just recently I read a post on the ABC News website (Thursday, April 18 2024) about an address by Prince Harry.

Harry spoke via video link on Wednesday at the annual general meeting of Travalyt, the sustainable travel organisation he founded in 2019 before quitting the Royal Family.

Harry told the Travalyt Conference: 'Travel and tourism relies on destinations, held together by communities, without which we have nowhere to travel to. Communities are the beating heart of travel, and we must do better by the people who are the custodians of the places we visit.'

How relevant this is to our Regional towns in WA, and of course for our own Bridgetown?

Within Bridgetown there are many small and large organisations with different focuses, all a community in themselves whilst being part of the larger community of Bridgetown.

We welcome many tourists: state, interstate and international. Heritage Tourism is a drawcard for many, and particularly for Bridgetown because in 2000 the town was granted Historic Town Status by the National Trust. We are the only Heritage Listed town in the lower South West.

The Bridgetown Historical Society Inc. is a source of knowledge, ideas, stories and memories. It is developed and managed as a community resource to inspire, educate and inform the community and visitors, to contribute to the conservation of the history and heritage of the district, and to maintain, stimulate and discover our past through the Police Station Museum 1880 and soon our new Orchardring Museum.

We would welcome new members and friends from the large community to join our small community in BHS – there are lots of projects that need extra help to complete.

Enquiries : M: 0431 681 966 W: www.bridgetownhistoricalsociety.org.au Lee Wittenoom BHS



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# June Update



## Launch of Culture Refresh

Throughout the 136 years Talison Lithium (**Talison**) and our predecessors have been operating the Greenbushes resource (**Site, Mine**), there have been many changes both within its operations and in the wider world.

Talison has an important role to play in the global transition to cleaner energy. In order to succeed, Talison must become clearer than ever about why we exist, who we are, where we're heading and how we'll get there. These key elements shape the culture at Talison, and as a residential mine our people are part of surrounding communities, be it Talison employees or contractors, we are also located near Greenbushes, and surrounding towns, therefore community is central to Talison's journey.

During the last week of May, Talison proudly launched its new purpose, vision, and values, which will guide the mine through this significant chapter in its history.

### **Our purpose is our reason for existing:**

*Together, we deliver a better future.*

### **Our vision guides us towards the future:**

*To harness the potential of the world-class Greenbushes resource, with the support of our people, shareholders and communities, for a cleaner energy future.*

### **Our values drive our everyday behaviours:**

- We care about each other
- We care about doing the right thing
- We care about a better future

If you visit the mine, you will start to see these values become more visible across the site and in our buildings. However, these values are much more than words. They represent what is most important to the mine's workforce and will drive the behaviour of everyone on site.

Thank you to all those who contributed to the development of our new vision, mission and values, including those from community who participated through surveys, focus groups, workshops, or interviews. Even those not directly involved have helped shape our culture through your actions.

We look forward to seeing these statements embedded throughout the business and reflected in Talison's actions.

Talison wouldn't be where it is today without the communities that support its operations. Thank you for your contribution as we continue to work together for a better future.

### **Phone coverage in Greenbushes**

Reliable communication is essential for everyone in our community. As a predominantly residential mine operating in the area for more than 135 years, our people are deeply embedded in the surrounding communities. Local issues like this impact not only our operations but also our employees and the communities in which they reside.

alison has taken a proactive approach to mitigate the impact of its expansion on the local area. We are in the process of installing new equipment at the Old Mill Camp and Caladenia Village to enhance 4G connectivity. This initiative, in collaboration with Telstra, aims to alleviate some of the congestion on the existing Telstra 4G Tower.

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Talison's Chief Information Officer has been in regular communication with Telstra executives to address the ongoing mobile phone coverage issues. Telstra had previously advised Talison that it planned to build a new tower in Greenbushes, which was scheduled for completion by November 2023. Unfortunately, Telstra have now advised that they have faced challenges in obtaining the necessary permissions from the relevant authorities for the planned site.

Talison has been advised by Telstra that they are currently exploring other locations and options to build the new tower and improve mobile phone coverage as soon as possible.

Talison will continue to meet regularly with Telstra to advocate for better service connectivity in Greenbushes and will engage with the community on developments where appropriate.

Should you have any questions regarding Talison and phone coverage, please do not hesitate to contact the Talison Community Team at (08) 9782 5700 or by return email.

### **Celebration Bridgetown Sports Ground Upgrade**

Talison General Manager, Operations, Craig Dawson, recently attended a celebration of the Bridgetown Sportsground Upgrade. Talison is immensely proud to have been able to assist with funding of the project through its Community Investment Program (CIP).

The Bridgetown Greater Sportsground is a hub not only for the Bridgetown Bulldogs Football Club but also for the Bridgetown Cricket Club, the Bridgetown Harness Racing Club, the Blackwood Marathon, and the Superkids Superheroes Charity Fundraiser. It's a place where families and friends come together to enjoy the outdoors and interact socially.

Talison's contribution has supported securing a more sustainable water supply for this sporting facility through the redevelopment of the dam to a 15-megalitre capacity. The associated infrastructure includes a new centrally controlled pumping system, which will also ensure rapid fill in times of fire emergency.

Installing the new 30m lights will enable sports teams to train safely at night, providing increased opportunities for local sporting groups to develop and maintain their skills, ensuring they remain competitive in local and regional association sporting events. The playing fields' surface will continue to improve with the installation of drainage and reticulation.

Talison's funding, combined with contributions from the State and Federal Governments, has enabled a transformation for the Bridgetown community. Talison would like to acknowledge the proactive efforts of both the Bridgetown Greenbushes Shire and the Bridgetown Football Club in working together on this project.

Talison's CIP was established last year to support significant, lasting projects that make a real difference in community.

For more information on the CIP please contact the Talison Community Team at (08) 9782 5700 or via email [gbcontact@talisonlithium.com](mailto:gbcontact@talisonlithium.com)



Talison General Manager - Operations, Craig Dawson, with Bridgetown - Greenbushes Shire President Shire President Jenny Mountford and Jane Kelsbie MLA at the Bridgetown Sports Ground Upgrade celebration.

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# Stretching

A healthy body needs three things: stretching, strengthening and aerobics exercise. Strengthening and aerobics can be got with a physically active hobby, gym workout, and by doing gardening or one of many sports activities like walking or swimming. The best exercise is the one you enjoy so much you will keep doing it.

For complete and optimal body flexibility, stretching is the best solution, and once learned is one that can be practiced alone in the comfort of your home.

Stretching is good for many things, but it is most useful for joint stiffness and muscle shortness and tension. Both activity and inactivity result in stiffness and shortness. Activity causes muscles to contract and with repeated contraction they get shorter and tighter. Inactivity places muscles in a shortened position and they get shorter and tighter if the position is maintained for too long.

So, whether you do hard physical work, play sport or have a sedentary lifestyle, stretching will help you deal with the unwanted effects on the muscles.

Pain is the most common unwanted effect of muscle shortness. The pain can be in the shortened muscle if it tears (sprains), goes into spasm or develops fibrous bands or lumps after months or years of over-contraction. The pain can be in the tendon of the short muscle if the tendon is subjected to repeated or excessive forces. A tennis elbow (tenosynovitis of the elbow) is a good example of this. The pain can be in a ligament of a joint if the short muscle causes abnormal stresses on the joint. When this occurs, there may be joint stiffness as well as pain. In this case stretching will help lengthen both the short muscle and the affected ligament.

Unlike yoga which stretches nearly everything, stretching targets specific joints and muscles, and groups of muscle, and so the right areas get stretched and areas that are too flexible or hypermobile only get mild stretching and perhaps some strengthening exercise.

There are several types of stretching exercises - active, passive, isometric, static and dynamic, and each have an important part to play in an exercise routine. Passive stretches produce the greatest increase in range of movement. The person just has to relax and let go as gravity and the weight of the body do the stretching. Isometric stretches use muscle contraction to tense the muscle you are going to stretch, then you relax it and stretch it. The isometric contraction helps the muscle relax better for stretching. Dynamic stretches use continuous movement to take you in and out of the stretch.

Active static stretches are the safest and most useful of all the stretches because they provide strengthening as well as stretching benefits. With active stretches you contract one group of muscles to stretch the opposing group of muscles or contract one side of the spine to stretch the other side and so you help make muscles bigger, stronger and more flexible. Active stretches are the safest of all the stretching types because the muscle you are contracting is of equal or similar size and strength to the one you are stretching and cannot cause overstretching.

In addition to lifestyle factors, genetics, aging and injuries also influence flexibility. Our genes determine the elasticity of our ligaments and muscles and the shape of our bones and joints and this results in some people who are very stiff, some people who are very flexible and lots of people in between. Everyone is different and a good stretching routine should take these individual differences into account. A 'one size fits all' approach to stretching does not produce the best outcome. The stocky person with thicker tighter ligaments has good postural stability but poor flexibility and so will need to stretch harder than the slender person with very elastic ligaments who have good flexibility but poor stability. The desired outcome for everyone should be optimal flexibility and stability.

Because of the interconnectedness of the body even just stretching one area of the body has been shown to have an impact on other areas... *Continued on page 14*

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# Ecological Thinning: Logging by Stealth?

*Richard Wittenoom, with appreciation to  
Beth Schultz*

The new forest Management Plan, 2024-2033, includes so-called 'ecological thinning' of regrowth Jarrah, Karri and Marri of up to 8,000 hectares per year. So far Bridgetown Greenbushes Friends of the Forest had not paid much attention to this but suddenly we find it on our doorstep.

Thinning is already well under way in 350 Ha of Gordon Block, about 20 km south of Karri Gully. Closer to home it will also happen this year on 400 Ha (4 sq miles!) of the Gregory Block, west of the Bridgetown Jarrah Park and Dalgarpur National Park on the Brockman Highway. It is also scheduled in 520 Ha of Yardup block, immediately west of 'our' Warrup Block.

Thinning is a silvicultural procedure usually aimed at boosting the production of desired species by reducing competition. That is not the intent in our forests now.

The stated aim is to protect forests against water stress - death in drought. We have just had examples of tree death due to the 7 month rainless spell since September.

Thinning can be non-commercial, and significant funding would need to be provided for this. However the Forest Management Plan proposes commercial thinning, where small, mostly low grade karri or marri logs suitable for chipping or jarrah logs suitable for firewood or fuel wood (by users such as SIMCOA) are removed for sale. Contract management, planning and operational support would be provided by DBCA. This means that, contrary to the State Government's announcements, commercial logging will not have ended.

Why don't we like "Ecological Thinning"?

Long term BGFF Member Dr Beth Schultz AO responded to the Draft Plan that thinning of our regrowth forests is not necessary because they self-thin over time. It is counterproductive because it will not increase streamflow. It has adverse impact on tree growth and health through soil compaction and disturbance and increased spread of Phytophthora ("dieback") and marri canker. It releases large amounts of stored carbon and increases, not decreases, the flammability of the forests.

## Geegelup Village Thank You

Thank you to the following Businesses and individuals for your very kind donations towards our Easter Raffle.

The following businesses donated- MITRE 10, Bridgetown Post Office, Oh La Lollipop, Pharmacy 777, Deco Dollies, Southern Ambience, Bridgetown Hairdressers, Kitchen Shop, The Quality Shop, Life Sports, Blackwood Hydraulics, Be You and the Bridgetown Newsagents. The Winners were 1st Bec A with 2nd Julie N.

A further thank you to the following Businesses and individuals for your very kind donations to our Mothers Day Raffle: The Stables IGA, Mitre 10, Bridgetown Newsagents, Clovers General Store, The Cidery, Ooh La Lollie Shop, Sew Gentle Era, Bridgetown Post Office. Carol Giblett, Be You, Bridgetown Hairdressers, Deco Dollies, Southern Ambience, The Quality Shop, Kitchen Shop, Life Sports and Pharmacy 777.

We raised a wonderful \$482.00. This money goes directly back to our residents.

The winners where; 1st Place went to Joan, 2nd Place went to Phyllis W.

A BIG thank you from all the staff and Residents at Geegelup Aged Care Facility. Kylie Larsen Therapy coordinator



Thinning in progress at Gordon Block  
Photo by Serena Terry, Nannup

The thinning works are done by machine. In addition to the thinned coupe areas, compacted areas of log landings and extraction tracks add more than 12% of the coupe area. Recovery from compaction may take more than 50 years.

Thinning increases, not decreases, the fuel load and the flammability of the forest. It leaves large amounts of logging debris on the ground and dead trees in the forest if the thinning is non-commercial.

Commercial thinning, followed as it is by burning, results in a massive amount of atmospheric carbon and a response of 'fire weeds', native and introduced, that have a higher flammability than the replaced woody species.

BGFF, with its Nannup friends, plans to monitor very carefully the Gregory Block thinning.

## Bridgetown & Greenbushes Community Meetings

(Heat Vulnerability Project)

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## Transition Bridgetown

What a totally fabulous start to the break of the winter season! Many of us have declared that never again will we say we are fed up with the winter rainy days.

First up we'd like to advise you of a significant change to our June Open Space. We are no longer able to go ahead with the 'Climate Positive Bridgetown' Open Space planned for June 22nd where Dr Brad Pettitt MD was going to present on his project Climate Positive Perth and how it could relate to regional areas.

However, you can be more informed about this project by checking out this website [www.bradpettitt.com/climate-positive-perth](http://www.bradpettitt.com/climate-positive-perth)

We hope to bring this Open Space to Bridgetown later this year or early 2025.

In it's place, we will acknowledge World Localisation Day, celebrating our local community with local food and inspiring short films from Happen Films. So, please join us on Saturday June 22nd at 2pm at the Uniting Church Hall for a cuppa, afternoon tea and short films from a series entitled "Something Beautiful for the World". Please bring a plate of food to share that features some of the delectable locally grown produce in our community. We look forward to seeing you there.

On Saturday 25th May, we experienced a little bit of how magical it is when connections take place in community. Transition Bridgetown held a Sustainable Firewood Raffle at the community kiosk in the main street. The plantation firewood, Spotted Gum, was kindly donated by Jenny and Mick Dewing and was sustainably grown at their farm. All stages of the growth of these trees [planting, pruning, felling, gathering and splitting] involved the employment of local youth.

The winners of the raffle, Teresa and Wallace, donated the load of firewood to the Community Hub to be made available to families registered with Foodbank and 'viola' so many people got to experience the magic of this generous act of giving – including the volunteers who helped sell tickets, provide the trailer and deliver the firewood.

The other wonderful networking was that we were selling tube stock of Spotted Gums at the kiosk for the Bridgetown Community Landcare Nursery, who were in turn sending people down to us to buy tickets. Also, the Ashbil Community Garden were selling raffle tickets at their Produce Market and workshop and we were sending people up to the Community Garden to check out what was happening there! Coupled with plastic lid collection, washing and sorting held at the community garden with Susie, it was a collaborative, positive and inspiring morning for all involved.

Thanks for your support Bridgetown and Greenbushes.

We will have a survey available soon regarding a Repair Cafe in Bridgetown on our Facebook page and we'd love you to respond with your thoughts.

Also, we are keen to expand the number of members on our committee. If you think you'd like to join in with helping us to organise projects and events as a committee member, we'd love to hear from you! Please contact us by email [transitionbridgetown19@gmail.com](mailto:transitionbridgetown19@gmail.com) with your contact details.

Have a great June and hope to see you on Saturday 22nd.

## Show Talk

Sponsorship: The Treasurer has now sent out the Sponsor invitations to those currently on our mailing list. This is a very important part of our ability to run a vibrant show with competitions and entertainment. We are hopeful our current sponsors will continue their support. Due to circumstances, there are always areas to be picked up and if you are new to town or would like to also be part of the sponsorship, we welcome you to contact the Committee.

On receiving your renewal, please respond promptly to ensure the Show Schedule (free booklet) can be updated, recognising you and the area of your support. It is hugely important to finalize changes to the schedule as early as possible to allow collating, printing and distribution to give exhibitors plenty of time to produce and enter lots of entries. 'Bridgetown Show 2024' online Sections will also be updated as soon as the information has been received. Many thanks to those who have already responded.

Membership: This is another important area in supporting our Show. Letters will go out soon and we want to reinforce the message that a member is like a friend of the Society. Membership helps our cashflow, supports ongoing costs of the grounds, and is a cost saving for families \$30 Family and \$15 single.

Coming Events: We are excited to welcome back the Antique and Collectors Fair, in the Centenary Hall at the Showgrounds on Friday 7th and Saturday 8th of June from 10am to 3pm. For those people who follow these events, there are always plenty of wonderful items to collect and often great gift opportunities for friends or family. So, join in the fun by coming along and supporting these stall holders.

During the Winterfest in July the Blackwood Dungeon and Dragons will again be holding a bigger and better event on the grounds, so watch out for their posts.

Our next Meeting will be held on Wednesday 12th June 7.00pm, in the Presidents Room at the Showgrounds. If you would like to know more about the Committee or the Agricultural Society's role in the Community, contact mob. 0437 602 836 or email: info@bridgetownshow.com.au website address is www.bridgetownshow.com.au like us on Facebook 'Bridgetown Agricultural Show' or follow us on Instagram.

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## Early intervention key to minimising impact of drought on farmers

Farmers accessing rural financial counselling is key to ensuring greater community resilience in the face of increased drought events – according to farmer and small business proprietor of 35 years turned rural financial counsellor Dean Bavich.

However, Mr Bavich said greater awareness of the financial support services available, combined with a more proactive approach to farm business planning were needed.

The mental health and wellbeing of farmers has received national attention in recent years, particularly following increased recognition of the impacts natural disasters like drought have on producers.

But Mr Bavich said while supporting farmers, it was important to make a distinction between “mental health problems” and “situational distress”.

“When someone is under immense stress, their rationality is often clouded,” he said.

“It’s not that they have mental health problems, it’s the situation they find themselves in that is the problem.”

Mr Bavich said his role was typically to help clients clarify the situation they were dealing with and work through it so the client could see the potential solutions.

“The first step is often accepting there is a situation that needs dealing with,” he said.

“I’ve seen people who are right down into the trough but once we sort out a way forward and they are able to take back control of their finances, they spring back 100 per cent.”

Early intervention was critical and could ensure a looming crisis was averted.

“We encourage clients to have a business plan which takes a holistic approach and empowers them to make decisions early rather than procrastinating and potentially suffering the consequences,” he said.

Mr Bavich is one of two guest speakers at the fourth in a series of six workshops being held in several locations across the South West between February and September and organised by South West NRM.

At the June 14 workshop, the role of financial counselling services will be explored.

The second speaker is Farnanco management consultant Mike Monaghan who will also explore the business planning perspective.

Outcomes of the workshop series will inform development of a Community Resilience Network in preparation for the predicted increase in drought events and evidence of the expected associated social impacts.

South West NRM has partnered with Community Resource Centres throughout the South West to assist with delivery of the meetings.



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The aim of the Community Resilience Network project is to:

Increase community access to suitable support services, especially early intervention tools that help to build individual and community resilience;

Share resources and learnings to develop partnerships across the region;

Develop plans to further build community resilience.

Sustainable Agriculture Manager Peter Clifton said: “The meetings are held online and at CRCs in Boyup Brook, Bridgetown, Donnybrook, Brunswick and Manjimup.”

Workshop 4, with discussion facilitated by Mr Bavich, is on 14 June, 2024 at 12pm for one hour. Participation in previous workshops is not required for joining in workshop 4.

To find out more or register your interest in the Community Resilience Network get in touch with one of the CRCs listed above or contact Peter Clifton on 0409 680 900 or [pclifton@southwestnrm.org.au](mailto:pclifton@southwestnrm.org.au)

This project is supported by FRRR, through funding from the Australian Government’s Future Drought Fund. It is one of five ‘Surviving the Dry’ projects throughout the South West.

Sources:

New Insights Into the Relationship Between Drought and Mental Health Emerging From the Australian Rural Mental Health Study

<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2021.719786/full>

South West Western Australia Drought Resilience Situational Analysis

<https://www.gga.org.au/wp-content/uploads/2022/09/20220902-South-West-SW-WA-Hub->

# Probus Proudly Going To The Dogs

Continued from back page... "The many benefits of having working dogs was explained and demonstrated to us over the afternoon, showing to us how efficiently and calmly the dogs work, being eager to work and to please always, and showing us how their talents are being used again on the farm.

"To witness the dog training procedures in real life was an experience on another level. It was an entertaining, educational and inspirational afternoon."

The next Probus meeting will be held on the 12th June in the Bridgetown Gardens Function Centre when the Guest speaker will be Christine Harris, giving a talk on 'People of WA's Ghost Towns Project'.

Hundreds of towns have either disappeared or dwindled to the point they are unrecognisable as the towns they used to be.

One thing these communities had in common was the men, women and children who lived in these towns. A few timber towns around the south west will fall into this category.

The Project's task is to bring these peoples' stories back to life so their descendants can know their stories, know their sorrows, successes and failures.

Probus activities are for retired people, new members and guests are very welcome to attend these events and are asked to book by contacting Stephen Blackman on 0400 403 778 or by email to [bbvprobus@gmail.com](mailto:bbvprobus@gmail.com)



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## Volunteers Stories

*Continued from page 3...* “The evening was catered by the women of the Bridgetown CWA, with everyone commenting on the quality of the supper.

“Following on, these cameos will be presented over the next fourteen weeks, with one or two different interviews shown each week on the Bridgetown CRC Facebook page and Instagram page.

“Together the interviews are an entertaining mix, including the amusing and the informative.

“I have enjoyed the process of compiling these interviews, and more interviews are planned in the future. The volunteers in our community are what make our community, and so there are more to come.

“In the meantime, I am still editing and refining the interviews I have made to date.

“As for the future, I have spoken to some students at the Bridgetown High School to get their ideas on volunteering, and it seems our community still has a pipeline of volunteers to come.”

This project was coordinated by the Bridgetown CRC and funded by Lotterywest and supported by Volunteering WA.

## Stretching

*Continued from page 8...* of the body and different systems within the body. Stretching reduced arterial stiffness which improves blood flow and results in cardiovascular benefits such as reduced resting heart rate and blood pressure and increased vasodilation. Greater mobility in general has an indirect benefit on cardiovascular health because it improves overall efficiency.

Stretching improved athletic and sport performance because it facilitates a better range of motion. With longer muscles there is a reduced risk of injury, especially when doing explosive movements or sudden changes direction. Greater flexibility also reduces injuries by improving balance and reducing the risk of falling.

In summary, stretching improves flexibility and makes movement easier, improves balance, muscle strength and cardiovascular function and reduces injuries, and has a whole-body effect including greater

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wellbeing. Provided you are consistent, doing just a few minutes stretching every day will get you the excellent results.

For the next few weeks Rowland Benjamin, osteopath and author of Safe Stretch is running stretching and self-massage classes at the Bridgetown Leisure Centre if anyone is interested – only \$15. Phone 9761 4558 for bookings.

## The Fabulous Telling Tales

Some of the authors and illustrations taking part in this year's festival are listed below:

### Deb Fitzpatrick,

Deb is a Fremantle author who has published six novels. Her latest book is 'The Spectacular Spencer Gray'.

### James Foley

James is an award-winning author and illustrator. His latest two books in 2023 are 'Secret Agent Mole, book 1': 'Goldfish-Finger'.

### Steve Heron

Steve is an award-winning children's book author, with over forty years of experience working with children.

### Renee Haywood

She has authored two books for children, 'Barking Mad' and 'Say Hooray', and was the inaugural recipient of the Ray Koppe Young Writers award.

### Leanne White

Leanne is an author/illustrator with eight published books including the 'William the Wild' series, focusing on nature play and our amazing natural heritage of wildlife and wild spaces.

### Gabriel Evans

Gabriel is a picture book author and illustrator. Gabriel's books have been published in fifteen countries.

## Repertory News

*Continued from page 4...* As it turns out, there has been a mistake on the part of the doctor, but Kenaf will never be the same. Actors will particularly enjoy the chance to play over-the-top caricatures on stage.

Cast: four males, one female, one either male or female.

**Under the Bright Sun written by Norm Foster and directed by Grace Hitchin**

Four people wait at a bus stop, where their conversation turns from work and life to questioning their very existence. Each has some form of amnesia and they question their lives and loves. The playwright's wit and naturalistic dialogue helps bring this play to life. We can relate to those moments of everyday interaction, and to those big burning questions... Who are we? and Where are we?

A comic look at the everyday and the philosophical.

Cast: of two males and two females.

# The Fabulous Telling Tales

Continued from cover... "In this year's festival, we have also added some extra elements in the way the authors can present their story with poetry and photography workshops for older children, and the wonderful traditions of oral storytelling and puppetry to be presented to the children and families as performances with interactive workshops

"We do encourage the parents and children to dress up for the weekend.

"Two pop-up spaces will provide some interactive artistic play. The first, a dress up room, 'Into Wonderland', which will be beautifully decorated with an array of costumes and props for people to dress up, walk the red carpet and capture in a photograph.

"The 'Odd Sock Stories' is a multi-faceted art project that will give children an opportunity to create their own sock puppet and then develop its character and create a story, becoming part of an art installation that will stay up for the duration of the festival.

"The town will be decorated and a Scavenger Hunt printed onto the programmes for children to explore and find hidden objects.

"On Saturday evening at 5.00pm 'Jesse the Wind Wanderer' will be performing an interactive oral story telling show in the main hall.

"There will be poetry workshops, music workshops and a book-decorating workshop, really there will be a lot of fun over the two days for the whole family.

"From previous years' feedback, the families who attended the previous festivals just loved it, and still enthusiastically talk about the excitement and fun the festivals generated, and to all the new families that will attend the festival this year, I am sure they will love the festival we have now."

To book there are a few options:

Book tickets via Humanitix link on the Telling Tales website. You will also need to download and print the Registration form available on the website.

Or, by downloading and printing the Registration form from the website and bringing it on the day, to purchase tickets at the Hall. By arriving at the Hall to fill out your form and purchase tickets, or by contacting the Visitor Centre.



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## Probus Proudly Going To The Dogs

To celebrate the Bridgetown Probus Club's 10th birthday a couple of very special events were planned.

The first was an outstanding success at the Community and Recreation Centre on Warren Road in Nannup where members and guests heard from guest speakers from Guide Dogs WA: two supervisors and a volunteer brought along three trained dogs.

The second special event was held on the 21st May and took place at Shimmy Downs Kelpies, WA's premier training facility for livestock working dogs based near Busselton.

Shimmy Downs Kelpies is a Kelpie breeding and working dog training family business which is run and managed by husband-and-wife team, James and Michelle Carr.

James and Michelle have developed their property into a specialised training facility with a number of yards for different purposes with an arena area for visitors to watch the proceedings.

Probus President Stephen Blackman explains the day, "On arrival at the farm a 'tail gate' morning tea was provided, near to where two ten-week-old kelpies were tethered, these beautiful, beautiful puppies instantly winning over the forty-six Probus members and guests, when the two puppies greeted everyone in turn.

"The first session of the day was when James placed for the first time these two ten-week-old pups into a training rink of sheep, letting them off the lead to demonstrate their natural talent with herding.



One of the puppy's natural instincts took over straight away as it started rounding up the sheep, with the other puppy standing by in the shade watching. Then its instincts 'clicked' and both the untrained puppies worked together to herd the sheep, not being told what to do, just doing it.

"It was a special moment seeing their natural ability switching on for the first time.

"Then there were demonstrations from four-month-old dogs all the way through to the puppies' grandmother, Pearl, the seven-year-old matriarch, who worked so smoothly and effectively it was a wonder to watch.

"We were shown the various skills the dogs have to learn. A standout was the kelpies loading sheep onto a truck, the dogs bustling the sheep up the ramp, then running along the sheep's backs down the ramp, to get behind the next lot on the ramp and guiding those up the ramp... *Continued on page 13*

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