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The Wonderful Wizard of Oz

Bridgetown Repertory's end of year pantomime is always a special event. This year's The Wonderful Wizard of Oz will entertain and delight all those who get to see this show. The pantomime is ablaze with bright and colourful costumes, amazing special effects, with scenes that are absolutely stunning, which together contribute to setting the stage to make a wonderful show.

Margaret Korver, the play's director, has been working on bringing this production to the Bridgetown Theatre for around twelve months and enthusiastically talks about the process.

"The Wonderful Wizard of Oz pantomime was adapted by Nigel Holmes from that well known book by L. Frank Baum 'The Wonderful Wizard of Oz'.

"The planning work which I been undertaking over the year has been with the concept of sets, choosing the songs and making sure the copyright allows us to use music we have chosen.

"We have also had to adapt parts of the script to suit our production. We have bonus characters of Ugg and Lee, together they become Ugglee, really fun characters.

"Other fun characters are Prince Smarmy and Princess Porlain who are in the wrong pantomime, their antics add another layer to the script and leads to a lot of comedy.

"When it came time to hold auditions, we had a truly wonderful turnout, giving me the best choice of actors for the roles.

"Every young person attending the auditions who wanted to be a munchkin was given a role, they are mostly highly enthusiastic children.

"Once the show was cast. I found I had a wonderful mix of seasoned actors and new performers.

"There have been wonderful surprises with the talents of the actors, two girls, the 'Abbeys' who play Ugg and Lee.

"These two literally bounce off each other: being childhood friends has made them comfortable playing the comedic role together, it's a 'dumb and dumber' role they play, with their facial expressions they use making them both shine. *Continued page 12*



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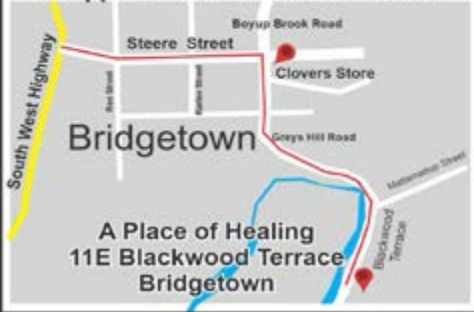


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Paul Litherland

On Thursday 4th November in Perth the 2022 Western Australia Australian of the Year Awards were announced at a ceremony in the Westin Hotel, Perth, in the presence of The Honourable Kim Beazley AC, Governor of Western Australia.



Paul Litherland with his award

The four WA recipients will join those from the other states and territories for the national awards to be announced on 25th January 2022.

The 2022 WA Australian of the Year is cyber safety educator and campaigner Paul Litherland.

Paul's award is a timely one, for cybercrime, cyberbullying and cyber criminals are all prevalent in Australia today.

The on-line world and the way it has been developing has changed the way we live mostly for the better, the pitfalls of the on-line world have come about by the ungoverned development which has exposed us to those who will take advantage. Last year in Australia over 175 million dollars was scammed, this has been a wakeup call. Bullying no longer stops when you leave school, the sports field or work, it follows you 24 hours a day.

Paul's story is that of a Western Australian policeman who became a cybersafety crusader, surrendering his blue uniform to help educate Perth teens about the perils of cybercrime and social networking.

In the last five years of his career as a police officer in Western Australia, Paul Litherland worked in the force's Technology Crime Unit. While there, he became acutely aware of just how vulnerable kids were on the internet. He also felt frustration at the lack of legislation available to help fight internet crime.

In response, Paul began conducting cyber safety presentations at schools.

By 2014, he'd turned his passion into a business by founding Surf Online Safe to educate teachers, students and parents about internet awareness and safety.

Today he's one of Australia's leading experts in the field. Paul has spoken at more than 700 schools and organisations across the country, sharing his cyber safety educational presentations with upwards of 350,000 people.

Speaking to Paul Litherland about his expertise was a pleasure, he was freely giving of his time and knowledge, he expressed some of his concerns, "Whilst apps and programs are developed for good, it the way they can be used or manipulated that is the concern. The biggest concern with social media is that it's anonymous, so it's harder to hold anyone to account. *continued page 14*



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Ivy Vitali and Zac

Therapy Dog

In the last issue of The Mailbag there was a story about Geegeelup Village accompanied by a picture of an impressive dog named Zac with one of the residents. Zac is a therapy dog.

He is a unique breed of dog, his mother being a Scottish Deerhound, which is a large breed of hound. The outward appearance of the Scottish Deerhound is similar to the Greyhound, but larger and more heavily boned.

His father was a Borzoi, a Russian Wolf Hound, which is an aristocratic hound, large, lean and strong.

This breed has a distinctive, long and narrow head with dark, far-seeing eyes. The coat has a silky texture and can be curly, wavy or flat but never woolly.



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Zac is now four and a half years old and weights around 58 kilograms. His size is such that the family station wagon was traded in to buy a van so Zac could stand up in the back.

Zac's temperament is a quiet one along with a sensitive and gentle nature which he displays to all those he meets.

Sue Williams is Zac's owner and handler. Sue worked as a Dog Obedience Trainer before retiring to Bridgetown. "When assessing a dog's performance in my obedience classes I often give the dog a passing grade, but the pet owners a failure mark.

"Pets need set boundaries, discipline, consequences and rewards, often a dog behaving badly is a reflection of the owners."

Sue had insights into Zac's potential from an early age when he was a puppy, Sue speaks with delight about Zac, "When Zac was around two years of age his empathy for others was very evident. One Saturday morning whilst walking down the street in Bridgetown, Zac was approached by a couple with the wife bending down to cuddle and pat Zac with the husband being a bit standoffish. *Continued page 15*

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The Rabbit Hole, where to now

Earlier this year, proprietor Jenny Mountford announced to the community that at the end of this year she would be giving The Rabbit Hole to the community so that from that point it could be run as a not-for-profit Community Arts Hub, owned and operated by the community.

The opportunities for local artists and the broader community will be greatly enhanced by this move as the facility will now be able to seek grant funding to provide more art based programmes at cheaper prices, broader exposure to top level facilitators, increased exhibition opportunities and added infrastructure to develop the space.

A small Focus Group was formed to help organise the transition from private ownership to a community facility and a great deal of work has taken place to make this happen. From next year that group will concentrate on ensuring The Rabbit Hole continues to run smoothly and with a resident Rabbit Hole artist on that group, the artist perspective will continue to be key.

A recent call for community volunteers to get involved next year has resulted in 10 people expressing interest. This has been a hugely encouraging sign that locals are keen to take part in this community endeavour and provides great confidence that the idea is being embraced. There will be an afternoon tea at The Rabbit Hole on Friday December 10 at 3.30 for all those keen to get involved - all welcome! An outline of how the space will be run next year will be provided at that afternoon tea and a range of small duties needing someone to take care of will be offered for volunteers to elect what they would like to take on - a couple of hours a week, a couple of hours a month, at flexible times or at one of the 2-3 main events during the year. No task has been set as arduous or a huge time commitment and the Focus Group is anticipating this will make volunteering at The Rabbit Hole easy and pleasurable and will ensure there is someone specific to call on for every aspect of the operation.

Continue page 13



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Show Talk

Hello Everyone. As I sit and write this last article for the 2021 year we have just two more sleeps to go, before the 132nd 'Family and Community' Bridgetown Show. To start with I am not going to talk about all the wonderful things about the Show because they haven't quite happened yet. Instead I want to share with you all the wonderful things that led us up to, what I know, will be a wonderful day. My heart is full of pride for my show family, my own family and my community. The first show in 1885 was in many ways just like our 2021 show – after 136 years the show is still focusing on families and the community and bringing together people from all walks of life.

Since the 2019 show, our 'Family & Community' theme has grown into something bigger than we all imagined. The generosity of sponsors, the support of members and community has shone through. There have been many tense moments, slight hiccups, a number of dramas and a lot of hard work in putting everything together to hold a show. There are so many players behind the scenes who keep plodding away to eventually bring it all together, and a show is not just one event, it is made up of many events; The Committee who keep the clock working, various types of stock exhibits, competitions, competitors, many assorted entertainments, loads of fun activities that can be enjoyed by all ages, the workers on the gates, the stewards who clean and set up the pavilions ready for the exhibits, set up and receive exhibits, place exhibits before and after judging and man the venues on Show Day. So much activity and hard work, which when shared, brings much joy when you see the fruition of your labours. To be able to have the RAC Rescue Experience and the support of a number of our essential services involved on the day was a huge reward; we don't realise just how important they all are in the community until we need them. Seeing and understanding better what they do, gives us the opportunity to possibly join them or give some of our time back to them.

And so, the big day arrived, the weather superb, the grounds swelled with colour and crowds. The atmosphere was fairly buzzing. So many interesting things to see and do at every section and corner around the grounds, finding free guessing competitions with great prizes everywhere. Oh, what a day. And just when everyone thought it was time to sit and relax, along came Greg Player and his Swing Dancers; the enthusiasm, the energy, the excitement was contagious – both for those who joined in the fun and for those who watched with big smiles on their faces. Then the crowd waited in anticipation as the countdown started for the Fireworks. Oh wow, that was 7 minutes of utter awesomeness. What a night. Thank you to each and every one of you, who participated in our 132nd Family and Community Show. Follow us online for all the Show highlights.

The next Meeting will be held on Wednesday 8th December 7.30pm in the Presidents Room at the Showgrounds. If you wish to contact the Ag Society, Jo Moore can be contacted on 0437 602 836 or email info@bridgetownshow.com.au or follow us on Facebook 'Bridgetown Agricultural Show'.

Stay Safe and a very Merry Christmas and Happy New Year to you all. Coleen Russell



Tyler Thorpe and Mikey Ninja Turtle

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Talison Lithium

TALISON LITHIUM MINE NEWS – DECEMBER 2021

Wow, we are fast approaching the end of another year – one which has presented (and continues to present) many challenges. On behalf of all the team at Greenbushes I would like to wish all readers a merry festive season and hope you can spend some quality time with loved ones during the upcoming Xmas/New Year period.

The Resources Industry Worker (Restrictions on Access) Directions (No 2) (**Directions**) as issued by the Western Australian Chief Health Officer on 12 November 2021 are resulting in a very challenging time for both Talison and a number of its employees. Talison is required by Law to comply with the Directions and this will have a number of impacts including, but not limited to:

- loss of employment for those employees who have made the considered decision not to be vaccinated against COVID-19. It should be noted that Talison has always respected the right of personnel not to be vaccinated and their loss of employment is not because they are not vaccinated but because they cannot fulfill the requirements of their role as a result of being precluded from accessing the Mine as a result of the Directions;
- closure of the public lookout in Greenbushes. The public lookout sits within the Mine Development Envelope (**MDE**) and as such falls under the requirements of the Directions which requires all visitors to the Mine to be vaccinated. This is very disappointing and an unintended consequence of the Directions. Talison will be exploring ways to remove this restriction in coming weeks; and
- preclusion of any person who is not vaccinated from accessing the Mine – which includes visitors.

Talison has started pre-planning for the inevitable occurrence of positive COVID-19 cases within the workforce once the Western Australian border restrictions are eased next year.

Talison was again a major sponsor of the Tour of Margaret River Cycle Race for 2021 and it was great to see a stage finish again in Greenbushes this year (after missing out in 2020). By all accounts the event was again very successful and I look forward to Greenbushes continuing to host a stage finish in coming years.

Talison again had the opportunity to sponsor and attend the Bridgetown Show during the month. The Talison tent was

once again visited by a large number of people with the sand pit as always being a great attraction for the littlies. Congratulations must go to Debbie Walsh and Chantelle McKay for their efforts in putting the display and activities together and also to the many volunteers who assisted on the day.

Well done to Scott Chapman (Process Supervisor), Chris Sharp (Construction Supervisor), Craig Boyle (LV Mechanic) and John Guest (Process Operator) who all celebrated a three (3) year service milestone with Greenbushes during the month.

Well done to Kuy Laplanche (Senior Metallurgist) who celebrated a five (5) year service milestone with Greenbushes during the month.

Well done to Hamish Hume (Process Operator), Travis Moore (Process Supervisor) and Michael Ruuwaard (Acting Team Leader – Laboratory) who all celebrated a ten (10) year service milestone with Greenbushes during the month.

Processing operations continue at pace with both the Technical Grade Plant (**TGP**) and Chemical Grade Plant #1 (**CGP1**) operating at full capacity during the month. The ramp-up of Chemical Grade Plant #2 (**CGP2**) continues, albeit slower than planned. Recruitment for the new Tailings Retreatment Plant (**TRP**) is well advanced and I look forward to this new plant commencing operations in January next year.

Mining activities during the month were assisted by some decent weather (finally) with material movement volumes again in the range of 500,000 bank cubic metres (**bcm**). Good progress was made with the bulk earthworks for the new Mine Services Area (**MSA**) and these are expected to be completed as planned by the end of November.

Construction of the Tailings Retreatment Plant (**TRP**) continued during the month. Progress has been steady as manning reached the required levels. Construction of this plant is due for completion in January 2022. Craig Dawson General Manager- Operations



Talison Tent at the Bridgetown Show



Cassi, Donna and Issy new members and business owners

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2022 to look for ideas for the 'Fridgetown Fest'.

"These meetings are held at various venues around town and bring together business owners in a relaxed friendly atmosphere, who otherwise with their busy lives in their own business would not get to meet.

"At these meetings we like to have guest speakers. In the past we have had speakers from the Police, the Shire CEO Tim Clynych and recently Di Rayner from the Blues Committee.

"The BGBTA has more than fifty members and mostly at the meeting we have about thirty members, so there is always lots to talk about.

"We are of course always looking for new members with great ideas.

"You can follow BGBTA on Face Book to be kept up to date or stop by and see any of the Main Street Traders committee: Isobel (Slow Grow Project), Donna (Paper Planes Co), Cassi-Jo (Totem Rustic and Totem Bohemian) and Jodi (Wilde Folk Collective). Emails can be sent to 6255tourismassociation@gmail.com or leave a message for Tessa (President) on 9761 2510.

Renewed Business and Tourism Association

Bridgetown Greenbushes Business and Tourism Association (BGBTA) held its AGM at the end of October, with the positive result being six past committee members staying on and five new ones joining the team, with the majority of new members being main street traders.

"At our first meeting, a Main Street Traders subcommittee was formed, with great plans by this enthusiastic team to work together with other retailers to create events and promotions specifically focused on Hampton Street. This included the recent successful Late-Night Christmas Shopping event.

Tessa Dittrich, President of the BGBTA explained.

"The team will host our Business After 5 in February

Harcourts Bridgetown Real Estate Matters



Congratulations Steve Hunter! The team at Harcourts are so pleased and proud to congratulate Steve on his outstanding 1 year anniversary in real estate sales. While Steve has had many years sales experience in the automotive industry, this is his first ever venture into real estate and he has sold 58 properties and won the Harcourts State Rising Star award.

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Christmas Greetings!

The team at Harcourts thank all our clients, contractors and suppliers for your support during the past year and wish you a happy Christmas and a new year filled with fun, health and prosperity.



Totem Bohemia

A new little shop in Bridgetown which is delightful and surprising is operated by Cassi Jo Davis, a shop named Totem Bohemia.

In the back of the shop Cassi has drawers full of recycled silks, velvets, bedspreads and other textiles. All precious materials. Jars of buttons, boxes of belt buckles, laces and embroidery threads she has collected through the years.

Cassi then repurposes these materials with inspiration into fine art wall art pieces, bespoke clothing, wearables, antiques and interior pieces which she sells in the shop.

The wall art is of three dimensions. Starting with canvas Cassi extensively researches and draws the imagery, then adding antique and vintage textiles that have been ripped, stitched, embroidered, layering them into a collage, painting and then embroidered with thread for imagery. Her art will always have a story and meaning which Cassi has empathy with.

Cassi studio in the back half of Totem Bohemia where she creates her items to sell when she's not dealing with customers.

As an example there is a vest in the shop, the front panels are made from two pairs of denim jeans, with the back panel being from a Japanese silk embroidered panel of a Garden.

"I'm against fast fashion and believes we need to reduce our textile waste, which is why I deconstructs textile and vintage clothing to use within my clothing range." Cassi was eager emphasise.

Cassi has made a wearable art dress called 'The River', its design was inspired by Adele's song 'River Lea'.

"The dress was made for the wearable art exhibition held at 'The Rabbit Hole Studios' during the Winter Festival earlier this year. The Dress is now in an exhibition called 'Solastalgia' at Lost Eden Gallery, Dwellingup to raise awareness for Old Growth Forest logging with 80 of WA's top artists joining forces for the exhibition.

"The song, River Lea, speaks to my own connection to the Blackwood River, how it is a place of healing but also how our river gets into our blood, into our veins and I believe in Bridgetown we all have its reeds growing from our fingertips.

"It gets under our skin and we can never forget the Blackwood River, for me I'm constantly drawn back to it." Cassi explains.

This dress is made from completely recycled hand dyed silk remnants and offcuts from a fashion house and antique silk velvet remnants from Cassi's collection. The fabrics have been ripped and reconstructed to make the skirt. It combines the textiles with freehand embroidery and textile paint to create the imagery. The text is also embroidered freehand.

Cassi also buys and sell curated antique fabrics, buttons and other materials in the shop and stocks other handmade items from local textile artist in the shop. She also stocks quality unique and handmade clothing from around the world, items.

Totem Bohemia is a gallery, boutique, gift shop and studio all in one place. It's a worthwhile shop for having a browse.



Wearable Art The River Dress


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Jo Hannan, Vicki Cook, Manida Morrell and Jan Rowe

Art Exhibition, Nature's Palette

Four local artists are coming together to reinterpret the Southern Forests with voluptuous, colourful layers, through a creative friendship that has culminated in an exciting body of work which will be exhibited in Northcliffe in January.

Jo Hannan, Vicki Cook, Manida Morrell and Jan Rowe are putting on a combined art exhibition with an 'Expressionism' theme of the Southern Forest.

As is a familiar story for many women, artists Vicki, Manida and Jan all practiced their art in their younger years but their art practices were put on hold for decades while raising families and pursuing work commitments.

Greenbushes local Vikki Cook, started with her art in the Pilbara with a Certificate 3 in Aboriginal visual arts at Pundulmurra College. Vicki speaks enthusiastically about her art, "Fellow artist Jo Hanna and I met in the Pilbara over 20 years ago where we were artists in residence at the Old Courthouse Gallery.

"My first solo exhibition was in the Pilbara, where I had taken out several awards before life drew me away from the career I had in the arts.

"Now after many years of only dabbling with art, I once again find myself back with the same drive I had all of those years ago.

"Coincidentally, Jo and I have come together again in our quest for art. I feel I have come full circle, and the brush mileage is allowing me to be seen as an artist once again.

"The friendship we four ladies have formed, where we encourage each other in a non-judgmental way has made for a very productive environment which is giving first class results."

Manida, who now is living in Bridgetown, started her art career around twenty years ago, starting an art degree.

"My love for art started with watercolours. My paintings were flora and fauna in nature, mostly photo realism works.

"Getting on with life took over, the usual demands with work and family, and because I wasn't really enjoying the art I was doing, my art and the degree were all put to one side.

"Through the newly found combined friendship within the group my love of producing art has been rekindled.

"Through the 'Abstract Expressionist' style I use, my art is still botanical in nature but I'm expressing myself in a very personal, rewarding way.

"The difference now is I'm painting for myself first and foremost, and if others find something to admire in my paintings, I find that to be rewarding as well."

Jan Rowe's love for art started some forty years ago in ceramics.

"I couldn't get enough of pottery in those days. I worked as an assistant for master potters kneading the clay and learning from them.

"My current art practice is full of personal symbolism and elements of surprise. *Continued page 15*

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Transition Bridgetown

We've come to our last Transition Bridgetown column for 2021. What a year it has been!

Thanks for your interest and support at the Open Space discussions on building sustainability and resilience in our town.

For those interested in alternative Energy, the latest information from our subgroup Bridgetown Energy Transition, can be found on our website. It provides answers to many of the questions asked at our October Open Space on solar energy. Check it out.

It was great to hear that the Permaculture gathering at Windy Hollow farmlnet was really well attended and that further meetings and workshops will be planned for 2022. Congratulations Deanne Francis for reviving this movement!

Bulk wholefoods are becoming a reality for Bridgetown via Steve and Keeley Greenslade, recent new owners of the Bridgetown Home of Health [Geegeelup Health Food Shop]. Thanks to Roberta Price we have had this great little shop supplying us with a range of wholefood goods and now Keeley and Steve are set to begin bulk wholefoods this coming January! Fresh spray-free vegetables and fruit will also be on the shelves. Let's support this wonderful initiative and reduce packaging and waste.

Talking of fresh spray-free foods, the Farmers Markets as advertised to begin this month, have had a setback. Here is a message from Raquel and Kaitlyn: "Please note that the Farmers Markets are on hold. The support we have had has been immense and for that we are overjoyed. We apologise for the radio silence lately. We have had some tough conversations with our stall holders and growers this last week. We are facing challenges outside of our control and are therefore postponing our opening until further notice and not going to be opening on Dec 4th. We will continue to update you with future developments and hope to bring some good news soon. Thanks for your support."

Transition Bridgetown manned a Containers for Change collection point at the Bridgetown Agriculture Show. We worked throughout the day collecting, sorting and educating people on what containers could be placed in the CFC bins. We were pleased to fill 6 wheelie bins full of containers over the course of the day and even more pleased to know that those several hundred containers will not end up in landfill. The money we raised will be donated to the Show committee and we hope to work with the committee to establish a much more extensive recycling program for future Bridgetown Shows.

Save the weekend of January 8th and 9th for this fabulous family event that will also help our beloved Blackwood River! TBR has secured funding from Keep Australia Beautiful to host a weekend of Stand-Up Paddle boarding with SUP Tonic to clean up our river foreshore, fun for the whole family! SUP Tonic are offering paid stand-up paddle board taster lessons on the 8th, whereby the SUP crew will assist you on the provided boards and give you some tips and guidance to get you going! Book now on TryBooking for Saturday 8th January. Then on Sunday 9th January, SUP Tonic are partnering with Transition Bridgetown and Keep Australia Beautiful to host a litter clean-up of the Blackwood River foreshore, where paddle boards, canoes and kayaks will be provided to volunteers free for the event. Join in this super fun event and find further details in a separate article in this edition of the Mailbag.

We at TBR wish you a happy holiday and look forward to your company as we strive for a more sustainable and resilient Bridgetown in 2022. Thanks again!

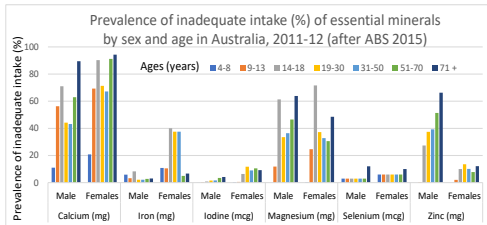
Are mineral deficiencies making us sick?

Adrian Williams

Life expectancy in Australia has always increased generation after generation. But in 2011 life expectancy stopped increasing. The main reason for this is the increase in deaths due to 'non-communicable' diseases. First amongst these is cardiovascular disease (CVD), followed (in varying order) by dementia/Alzheimer's disease, stroke, cancers, and diabetes. The World Health Organisation has reported on risks of non-communicable disease due to essential mineral deficiencies. Some of these risks include osteoporosis (deficient Calcium), brain development, ADHD, mental problems, poor pregnancy outcomes (deficient Iodine), CVD, cancers, mental problems (deficient Iron, Magnesium, Selenium), kidney disease, learning difficulties (deficient Iron), diabetes, MS, asthma, allergies (variously deficient Magnesium, Selenium and Zinc), decreased fertility (deficient Selenium and Zinc) and low immunity to infection (deficient Magnesium, Selenium and Zinc). (This is in no way the whole suite of essential minerals.) There is no end of ideas on good diets and what to eat and what to avoid to stay healthy, but little attention seems to be paid to our intake of essential minerals and vitamins.

I heard at a workshop in 2017 that food today has substantially fewer essential minerals than it did in the 1940s. So began 4 years (so far) of part-time on-line research into the consequences and causes of such declines. Here is a little of what I have found, which I think is important enough to share. All the information in this article comes from legitimate, peer-reviewed papers and reports. So, are we mineral deficient in Australia or is this a Third World problem?







In 2015 the Australian Bureau of Statistics (ABS) published figures from a survey in 2011-12 across a sample population of Australians. The figure below shows that significant numbers of Australians do not consume enough essential minerals, and for some minerals this starts from an early age.



So, what has happened? Apart from poor food choices – in some cases caused by poverty – food has lower levels of minerals than it once did. One of the best long-term studies of mineral decline comes from the UK.

Continued page 13

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Bridgetown Historical Society

The small band of Bridgetown Historical Society (BHS) members is showing off a different skill this month. Our Christmas Cake Stall on Saturday December 11th at the Community Kiosk will be full of Christmas goodies, potted plants for presents, copies of "A Mere Country Village" a present for people who don't live in Bridgetown - or perhaps for those who do and would like to read about our history and of course a raffle.

Meanwhile, Bridgetown Historical Society has been the recipient of a most important award from the History Council of Western Australia.

Mary Elgar our Chairperson was unable to receive the award in person so Peter Hall, a Perth member (Bridgetown born and bred) accepted it on her behalf.

Her words of acceptance are below -

Mary is deeply honoured to receive this award on behalf of the Bridgetown Historical Society.

Following the 'Handle with Care' conference her understanding of Indigenous history was turned on its head and she was forced to confront the unpleasant truth that she knew very little about Indigenous history and had to acknowledge that our museum was so typical of many museums around Australia - showcasing white settler history as if history started in WA in 1829.

So, it was a steep learning curve for her and she asked the members of the Bridgetown Historical Society to come with her on this journey of rejuvenation of the museum, to create a welcoming space where Indigenous and white history were recorded side by side.

It is remarkable because the journey was confronting for most members of historical society, but they understood the importance of creating an inclusive museum and we can all be justly proud of our achievements. Without the volunteers, and we are not professional historians or museum curators, none of the improvements that have been done to the Museum would have been possible.

The same can be said for taking history to the community with our ghost walks and cemetery walks, school group tours and private group tours. It all involves volunteers, and we are very grateful to have been given this award and will display it proudly.

If you would like to come with us on our journey of learning and sharing our history as a BHS member here are the contact details. Telephone on 0487 592 704 or 9761 4236, e: bridgetownhistory@iinet.net.au

Remember the Police Station Museum is open on Wednesday and Thursday 9.00 to 4.00 and Saturday 10.00 to 2.00. More exciting news next month.

Lee Wittenoom

'We're Putting the Band Back Together'

A group of local musicians get together every year around this time to put on a performance of carols on at St Paul's Anglican Church. The Carol Service is called 'Sing Christmas. This year it will be held on Monday 20th December at 7pm. A night to look forward too.

The fifteen band members are Mary Evans, vocals and guitar, Claire Robinson vocalist, Hilary Bardsley, Tabitha Dale and Joel Sherd on violin with Hannah Dale playing the cello.

Brody Dale and Callum Dale play a range of wind instruments and Tim Streeter plays trumpet.

Dale Kerber will be playing the organ, Rosemary Wells on keyboard with Dave Bardsley on electric bass, Adrian Williams on guitar with Dawn Crozier playing percussion and Sue Williams playing bodhran drum.

The service will be conducted by the Reverend Canon Karon Austin.

Adrian Williams is the spokesperson for the band and he talked about preparing for the event, "We will have three nights where we get together for rehearsals, which doesn't seem much but we are all regular performers around town and we meld together really well.

"Quite a few of the performers appeared at the 'Up Close and Classical' concert held in October as a Rotary Fund Raiser, as well as performing at the open mike sessions at the Cidery.

"There will individual performances by Mary Evans and Claire Robinson and of course many favourite carols will be performed for people to join in and sing along.

"St Paul's is one of best performance venues in town. The acoustics are wonderful, Each year a 'wall of music' from the band is met with a 'wall of singing' coming back. It's Magical, it's something you can feel.

"Tim Streeter, our trumpet player, says it's his favourite musical event of the year."

Everyone is Welcome. 'Sing Christmas' performance which runs for an hour and a half.

The Wonderful Wizard of Oz

Continued from cover

"Dorothy, who is played by Chloe is both 'awesome and gorgeous', she's a natural, I'm so pleased.

"Sam who is playing the Lion's role is now getting used to being punched in the nose by Dorothy, it is so funny each time it happens, I know the punch is coming, it's his reaction that's makes it funny each time.

"Tin Man is played by April, she has a very strong presence on the stage, and she is very good in the role.

"This cohort of young actors in the pantomime are focused, well behaved and are a talented lot. I am so surprised at times with the maturity they show for their age.

"Really, everyone is surprising, I endeavour to let every actor shine in their time on stage, they all will have their moment.

"Sue Bottomley has been cast as the 'Wicked Witch of the West', a role she is taking great delight in playing.

Sue is also the Wardrobe Mistress for this production, she has hardly stopped sewing since being asked to make the costumes for the pantomime.

"The set designs, the set painters, the production team, cast and crew are perfect in every way, and I would like to thank them all for being so fabulously awesome, which is making this year's pantomime something special.

The pantomime will be presented over the first two weekends in December, 3rd, 4th and matinee on the 5th than the weekend of 10th, 11th with the matinee on the 12th December.

"Tickets sales have been good for the first weekend, but there are still plenty of tickets over the second weekend.

"So do yourself a favour and make sure you get to see this year's pantomime. Let yourself be entertained as Dorothy leads her aunt, the lion, tin man and the scarecrow down the Yellow Brick Road in an endeavour to find a way for her and her aunt to return home. The adventure is all set in an atmosphere which has a touch of magic and mystery, adventure and friendship and of course, love."

The Rabbit Hole, where to now

continued from page 4

Jenny Mountford will continue on the Focus Group and will volunteer her time at The Rabbit Hole 1 day per week. She will be maintaining her second hand book shop plus continuing to run the Foyer Gallery exhibition programme.

Jenny is very excited to see what the next stage in the evolution of The Rabbit Hole will achieve. "I want the community to know this is now their space, whatever creative idea they want to do there, they can dive in and do it. If you want to run a workshop, want to have someone else run a workshop on something creative you'd love to try, stage an event there; have a creative function there; exhibit your work there; just hang out on the couch and chat to fellow creatives; have your community group partner with The Rabbit Hole or stage an activity there; have your children take part in an after school art programme; all these things will be available.

"Once our final list of volunteers is set, we will advertise at The Rabbit Hole itself and on social media the names and numbers of who to call. In the meantime I am still the point of contact - 0438818847 - call me to find out more or how you can be a part of things. This is what community creativity is all about - for each other, by each other and Bridgetown is the perfect place to make this model a wild success.

"The annual Christmas Rabbit Hole artists exhibition is on show and on sale between December 4 and 31. The theme this year is 'The Gift' - appropriate we think in the circumstances. Also on exhibit and on show during this time is Project Bunny Face. Resident artist Emily Smith created an amazing sculpture of a rabbit face for local artists to paint in their own style and design. These are on sale with part proceeds going to the artists and the balance going towards fundraising for The Rabbit Hole for next year. The faces will make delightful Christmas presents, as will any of the beautiful works created by our Rabbit Hole artists for their exhibition so come down and take a look".

Are mineral deficiencies making us sick?

Continued from page 11

I have not found a comparable study in Australia, but we might expect similar changes in food because our food production systems are similar. In the UK over 60 years (1940-2002), average declines in minerals over 27 kinds of vegetables include a staggering 76% decrease in Copper, 46% decrease in Calcium, and falls in Iron and Magnesium in the mid 20%^s. Mineral declines in 10 kinds of meat show similar results with a whopping 54% decrease in Iron, 41% fall in Calcium, and mid 20% declines in Copper and Phosphorus. (This means that the livestock that produced the meat were themselves deficient.) The Federal Government appears to be aware of the problem since it is now law that salt used in bread making must be iodised. However, this is not needed if the grain from which the bread is made was grown 'organically'. Could that be a pointer to a different farming future? Knowing about this problem is a first step. In later articles I shall try to explain why food contains less minerals and what can be done about that.



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Paul Litherland

Cybersafety Crusader continued from page 2

"The only way at the moment to contact social media companies is through the eSafety Commissioner of Australia.

"One measure I would like to see implemented is for social media companies to be made to provide a phone service. One person, 24 hours a day who is answerable or contactable on the phone for every 10,000 users or members these platforms have, it would go a long way in providing quick answers and solutions to combat online abuse and help lessen the impact cyberbullying has on our youth."

Pupils at schools across WA are being encouraged to be more savvy about safety when using social networking sites. The biggest risk is 'over-sharing'.

The key message to parents and children using social media platforms is to never send photos of yourself and to never meet someone in real life that you met on the internet.

The advice comes from expert in software practice at UWA, Dr David Glance, who said the only real solution was to bring in regulations to make companies like "Kik and Facebook accountable for the damage they cause".

"One such app giving concern at the moment is AirDrop. This app can be used by teachers and team leaders alike on an Airdrop network to send homework or routines to all the phones in the whole classroom at once.

"When this app is not in use the privacy setting should move from public to private and left on private.

"The AirDrop feature can be used as a conduit for bullying in primary schools.

"What I'm seeing a lot of is a group of 30 kids will be sitting in a classroom and someone will create a meme like 'I hate you' or 'you suck', and then send that to a student within the class.

"The sender of the image will change the name of their device so it can't be detected across the AirDrop network, so nobody will have any idea who sent it.

"The anonymous messaging apps have caused a "massive" spike in cyber-bullying, the messaging app Sarahah has surged in popularity in Australia, particularly among young girls.

"Sarahah was similar to another social media site, Ask.fm, which had been linked to a number of teen suicides a few years ago.

"The lack of accountability for many new social media platforms was extremely frustrating. Mr Litherland said it was vitally important for parents to keep up to date with the evolution of social media.

Fitness fanatics are being warned to check the settings on popular exercise apps after an investigation by The Sunday Times reveals how easily the personal information of people using tracking devices such as home and work addresses can be found.

In just one hour, an analyst was able to uncover the profiles of 132 West Australians on fitness app MapMyRun.

The other area of concern is all the scams that are apparent. Last year Australia lost over 175 million dollars to scammers.

Some scams are almost 'laughable', those that have hotmail or gmail email addresses and purport to come from the Tax Office, Centrelink, ANZ, Telstra, Commonwealth Bank, Australia Post, so the list goes on.

But the scammers do hit the mark, and when they find a mark, it's a very lucrative business.

"A scammer can appear with a mobile phone number and an email address, operate his scam with a fake temporary email address for a month then close down, seemingly with no liability.

"Again, as with social media, the platforms which supply email addresses need to be made accountable. There should be no anonymous addresses. These platforms should be made to only issue email address to those who can prove their identity, and these records should be held for a least five years.

"Again, we need to be more savvy, when purchases on-line, never make payments to people who only have a mobile phone, a business that has a land line will have an address, and if you are concerned, always seek out their business address to make sure they exist.

"But still it is too easy to be drawn in, one very successful scam was with V-bucks. V-bucks are used by gamers, to buy better armour, more ammunition or magic powers for gamers to advance in their games quicker. A site opened up in the Philippines selling V-bucks for around half the price, they scam millions with the promise of cheap V-bucks and then closed down and disappeared all too easily.

"The best lessons we learn in life are those we learn from our mistakes, the lessons we learn this way are the longer lasting, 'once bitten, twice shy' is the sage advice we have all been given at one time.

"I do not consider or call myself an expert! My ego is not that big! I am just someone who wants to make a difference and I believe I am. It is my ultimate goal to drive change here and overseas, to make the online world safer for all of us, especially our kids. My experience, knowledge and motivation will hopefully help me reach that goal and if I can help as many people as I can along the way, then I will continue to be proud of that." Paul Litherland a worthy recipient of the Western Australian of the year award.

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Therapy Dog

continued from page 3

Zac sensing something with the husband approached him and placed his head on the stranger's shoulder alongside his neck, evoking tears from the stranger. The day before he'd been diagnosed with throat cancer, the cancer being exactly where Zac had rested his face.

"Zac works three days a week. On Mondays he works in Manjimup with Special Needs children, those who are autistic and anxious. His size, stature and nature combine to induce a sense of wonderment and a calming effect.

"On Wednesdays he visits Balingup Primary School, here his company is used as a reward for those children who have tried hard, shown improvement, been helpful or as a comfort to children who are sad. Zac's gentleness always makes a difference.

"On Fridays Zac is a 'Therapy Dog' at Geegeelup Village. At Geegeelup hostel he has a welcoming cohort of 'old friends' he has visited over time, receiving all the pats and cuddles and welcoming gestures which are on offer, he is always looking to make new friends, seeking out those who would like some friendly intercourse.

"I find I can't wear any eye makeup on these outings, Zac's interaction with the residents for me is very emotional.

"His size and presence have always attracted attention, he seems to draw a crowd.

"Children are attracted to Zac with a sense of wonderment, he is such a large and unusual animal."

Sue and Zac are accredited with Animal Companions Inc. WA, which is a not-for-profit organisation based in Western Australia. It was established by a dedicated team of volunteers, whose desire is to share the joy of their dogs with people in need in the community.

Art Exhibition, Nature's Palette

continued from page 8

Birds keep popping up in my paintings; I seem to have at least one in every picture, fleeting, wild and free."

Jo Hannan, who has won a number of awards, explains how the exhibition has come about, "The plan was to apply for an exhibition in 2023. We wanted to show our work locally. This time frame would give us plenty of time to prepare. But a cancellation occurred, and we were offered the space for January.

"Fortunately, we have some really dynamic and connected works ready to go. It was meant to be.

The exhibition, Nature's Palette, opens at 2 pm on January 3rd, 2022 at the Painted Tree Gallery, Northcliffe. All are welcome. The exhibition then can be viewed daily for the rest of January from 10am to 4pm.

"The pieces are very special, so do yourself a favour, drive down to Northcliffe for a viewing."

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A Little Gem from St Paul's

Dale Kerber has played the pipe organ at St Paul's church since 1988, this was when she moved to Bridgetown after being appointed as a teacher at the High School.

When arriving in Bridgetown Dale was of the Lutheran religion, but with no Lutheran church here she then attended St Paul's an Anglican church, which had a pipe organ.

Dale tells her story about the organ, "I was pleasantly surprised to find a pipe organ in Bridgetown. It has an electric blower so it starts immediately. The pipes are enclosed in a box to maintain an even temperature which gives a constant note.

"The box has shutters around it that can be opened to increase the volume of the organ. The keys have electric switches which open and close the values on the pipes.

"The organ has wooden pipes and metal pipes; the wooden pipes have a mellow sound and are played by a Diapason Stop. The metal pipes have a Flute sound stop, the shorter the pipes the higher pitch the sound, longer the pipes the lower the notes.

"The organ is so well built and designed it requires little maintenance, it is tuned around once every five years or so.

"The most surprising feature of this organ, for me, is that the organ was built by Paul Hufner, my father. I had no idea this was the case, discovering the link much later.

"My father was piano tuner and organ builder and worked building and tuning organs around Perth up to the year 2000.

"He had built the console and the wooden pipes and used imported metal pipes in the organ at St Paul's.

"The organ was first situated in a church in South Perth, my father moved it to Bridgetown in 1976.



Dale Kerber playing the organ with Adrian Williams

"Mr Harry Moyes was the person who negotiated with my father to have the organ moved here.

"Harry was quite chuffed to learn I was the organ builder's daughter, playing on an organ which was built by my father.

"Harry always thought of the organ music as something special. At the end of the service as the parishioners were leaving the church he would come up to the organ and I would play a tune for him so he could sing a hymn for his own pleasure.

"It seemed to always make his day."

A little gem of a story St Paul's has given up.

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