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July 2nd 2024

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# THE MAILBAG

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## One Act Season

Bridgetown Repertory's next production is a 'One Act Season' which will be presented in July and August and will be a set of three award winning one act plays. The three plays are all comedies, but three very different comedies which promise to deliver an interesting and amusing night's entertainment.

Rob Snelling will direct his self-written play, 'Kiss My Lips', which previously won the Best Original Script Award and the Best Female Actress Award with Ruth Roberts playing the role of a night club singer at the South West One Act Play Festival in 2004.



Tracey and Anthony Flemming, Amber Sparks, Angela Paget-Stedman and Rob Snelling

The play is set in a bar which is situated across the road from a nightclub, Kiss My Lips introduces us to four characters.

Angela Paget-Stedman plays the role of Amanda, a wife who has escaped from her husband and comes to the bar, she is suffering from domestic control issues. Meegan Cullen plays the role of Stella, a night club singer who is drinking too much and Amber Sparks, in her debut role, plays the part of Brian, who is coming to terms with himself and struggling to be accepted.

The bartender and Brian's brother is played by Anthony Flemming. Like all good bartenders, he knows when to pour, when to speak and when to listen and keeps reminding everyone his sister's name is Tracy and not Brian.

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 second one act play is 'Mediocrity', a play written by Anton Krueger that is directed by Richard Allen.

Richard Allen is an experienced actor and production manager with the Repertory club, here he will debut as director of Mediocrity and says, "I'm am really enjoying my role as a director, it's early days with the play and it is progressing well."

He explains "Alan Wilson is playing the role of the Doctor, and Hugh Litson is the narrator of the play. Julie-Anne Leggett is playing the role of the domineering wife and there is a debut role for Dave Perry who has the part of the bully." ... Continued on page 15



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# Men's Shed

Bridgetown's Grumpy Old Men's Shed now welcomes all men to join.

Bridgetown Men's Shed, (aka The Grumpies) is one of the best well-equipped wood working sheds you will ever come across, and they are looking for new members.

They have a large table saw, planers and thicknessers, band saws, spindle moulders, drop saws, drill presses along with clamps and just about any hand tool you would ever need, as well as a dedicated spray room.

They have qualified people who can guide you on any wood working project, supervise you when using the equipment and they have the experience and knowledge you will need to complete the job well.

Really, no wood working experience is necessary. There are community projects to be involved in, where being part of a group which makes items like lending libraries, benches and recycled cabinets or repairs items like the odd broken chair or table, are projects which benefit the community, not only giving you a worthwhile feeling but also giving you a project where you can apply your newly acquired skills.

Terry Linz, the person who managed to start the ball rolling with establishing a Men's Shed in Bridgetown explains some of its benefits.

"Men's sheds are now recognised as a place for men to meet and make new friends, have a laugh and make a few things in the workshop.

"When Sheds first started a few eyebrows were raised when it was said men needed a place to get together with other men.

"With the shed they have a place where they can feel comfortable and confident in themselves. They may regain a renewed purpose in life.



Peter Sarles, A Child's Mud Kitchen, made from recycled wood pallets, finishing coats will be applied by mother who ordered her child's present and the daughter receiving the gift.

"The Men's Shed program has been credited with making a major contribution to the mental health and to the wellbeing of men.

"We are always looking for new members, all men are welcome to drop in to the shed and have a look at what we are doing. You never know, you might enjoy yourself and make some new friends at the same time."

Bridgetown's Grumpy Old Men's Shed is not only a workshop but also a meeting place for men; some members come for the fellowship, others come to be productive, either way the members of the shed find that other members are looking out for them.

The Shed also holds a fundraising stall once a year, when bowls, chopping boards, possum boxes and bat boxes, coffee tables and other items made by members are for sale.

The work that is undertaken at the Shed is not competing against any business in town. The work includes the recycling hub at the library, furniture repair as well as community projects. The Shed has completed six street libraries which will be situated in and around Geegeelup Village.

The Shed is open Monday, Tuesday and Thursday from 8am -12pm.

If you are new to town, or you are someone who would like some further information, you can call Barry on 0478 632 199.



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and volunteers. These sessions will cover topics such as dealing with conflict on committees, social media, how to connect with and maintain meaningful membership, grant funding and attracting volunteers of all generations. Based on feedback we will also look at streaming or recording sessions for those that cannot attend.

In addition, we are liaising with the Bridgetown CRC, Greenbushes CRC, Blackwood Biosecurity and the Shire of Bridgetown-Greenbushes to run a collaborative session with all community groups to determine how we can strategically work together and build on our strengths and continue to ACTIVATE our towns. This session will be facilitated by an external consultant and will be based on the Asset Based Community Development (ABCD) model.

So, keep an eye out for more details to come on ACTIVATE. Any questions or if you would like a chat or provide feedback, please call 9761 2139 or email [admin@bridgetownhub.com.au](mailto:admin@bridgetownhub.com.au)

## ACTIVATE – Bridgetown and Greenbushes Community Groups Conference

The Bridgetown Hub is proud to announce that we have secured funding to host a Bridgetown Community Groups Conference - thanks to the Australian Government Department of Social Services. There is a strong group of volunteers that run our community groups in town, and this can sometimes be a daunting task. The event will be designed to support and empower all our community groups, and ACTIVATE all community groups to work together.

The conference will be held from 2 to 6 September, with free events running throughout the week. There will be short presentations and training designed to educate and empower community groups

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Freemasons Hotel c.1907 - Wendy Hearn, Artist

## Bridgetown Historical Society

A Notable Figure in Bridgetown, Robert (Arthur John) Crawford was born in Prahran, Victoria, on 5 June 1877.

Initially Robert Crawford was licensee (1902) of the Freemason's Hotel that was Warner's Hotel. But when the new hotel (cnr Steere and Hampton St) was built in 1904, he became the licensee and took the name Freemason's Hotel. In 1905 he took over as licensee of the Bridgetown Hotel and he applied to make various alterations to create a 1st class hostelry.

Robert was on all sorts of boards, including the Hospital Board, the Roads Board and the Health and Water Board, attending conferences for all these boards. He ran as an Independent Democrat in the State elections in 1921. He was particularly keen on helping children and young people, keen on all sports in Bridgetown including horse racing, and regularly gave out cups as prizes.

In 1904, Robert was stopped on the highway between Bridgetown and Greenbushes by two masked men, who robbed him of less than £4 - it's not clear whether the men were caught.

In 1907, Robert appeared in court alongside Alf Blechynden, Michael O'Neil, EJ Ward, Mrs Mary Gallen and James Maslin, charged with allowing cattle to stray on the streets of Bridgetown. All pleaded guilty and were charged and fined one shilling and ordered to pay the costs.

In 1920, Bob bought 3,000 acres of sheep property on the Pirrup River in the Warren, and a further 23 acres of orchard on the Blackwood River, Bridgetown.

Figure 1 Crawford Medals awarded to J Godley

Robert Crawford awarded the Crawford medals to duxes at the local State school, and it is this medal that Bridgetown Historical Society intends to replicate and award to students at Bridgetown Primary, Bridgetown High School and Manjimup SHS for excellence in history at the end of the year... *Continued on page 13*

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## STAY SANE

Television has had several comments recently as to how important it is to keep being sociable or else become a recluse and not well mentally. It also mentioned that a person doesn't have to be a member of a large group but even a weekly cup of coffee in a café with a couple of friends helps.

Knowing this, the Blackwood Women's Group has decided to become the Blackwood Welcome Group. The group started over thirty years ago and mainly helped with catering when fund raising events were being held. To help in the kitchen wasn't exactly a man's way of helping so the ladies thought Blackwood Women was suitable.

Now the group has more of a social meeting, often with a speaker. However, seeing the theme about staying sane and healthy on television, the group would like everyone (male and female) to know that they meet on the first Thursday of each month at 1pm in the president's room on the Bridgetown showgrounds.

Everyone is welcome even if they just want a ten minute chat with a cup of tea and a piece of cake. If more information is needed please phone 97612108 and if no one is home leave a message on the answering machine and someone will get back to you.

## Real Support for Farmers

If you are reading this article, you can do something very tangible to support the people who put food on your plate - simply by sharing this information with any farmers that you know. Just leave a copy on their kitchen table.

The recent drought put many small farmers under financial stress but they are too busy surviving to 'mess around' filling out forms to get financial support. And of course, there's always that inherent trait found in all farmers; being too darned independent for their own good!

...Continued on page 11



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## Craig's Corner With Craig Dawson



### SUSTAINABILITY REPORT RELEASE

Talison Lithium Pty Ltd (**Talison**) is delighted to announce the release of its 2023 Sustainability Report. The 2023 Sustainability Report highlights Talison's ongoing commitment to responsible operations and environmental stewardship. I am particularly proud that whilst Talison achieved a record 1.522 million tonnes of spodumene concentrate production for the 2023 year and mining volumes almost doubled in the second half of the 2023 year, this was achieved with no increase in Talison's carbon intensity, which is a great outcome.

Another highlight for the 2023 year was the launch of Talison's new Community Investment Program (**CIP**). The CIP aims to provide larger funding opportunities for strategic infrastructure projects to build social capital and local ownership and it is great to see firsthand driving through Greenbushes and Bridgetown the impact this funding has already had.

Water conservation became a key focus for the Greenbushes Lithium Operation (**Mine, Site**) in 2023 as a result of two (2) years of below average rainfall and significant initiatives are being implemented to deliver increased water capture, storage and water use efficiency.

Talison worked closely with its major contracting partners to move its pathway towards decarbonisation of the mining fleet. Several opportunities have been identified and I look forward to these progressing during 2024/2025.

If you are interested in learning more about the Mine, I encourage you to visit the Talison website and explore the full report.

### UNDERSTANDING BLASTING ACTIVITY

Blasting is an essential and fascinating part of Talison's production story. Since 2011, Talison's dedicated drill and blast contractor, Action Drill and Blast (**ADB**), has been safely and efficiently blasting at the Mine. Their exceptional performance in both safety and production, and focus on continuous improvement, has and will continue to play a significant role in Talison's success.

The work carried out by ADB is increasing, primarily driven the Mine's expansion in response to the rising global demand for lithium, which is a critical mineral crucial to the global transition to cleaner energy. As the world's most important lithium deposit and largest lithium producer, Greenbushes plays an important role in supplying the lithium necessary for batteries used in electric vehicles, renewable energy storage and other sustainable technologies.

While the blasts may seem more noticeable, I can assure you they are, and will continue to be well within established sound and vibration regulations. Talison is committed to minimising the impact of these activities on our surrounding communities. Talison and ADB employ a range of advanced techniques to ensure that the effects of blasting are kept to a minimum, prioritising the safety and comfort of community.

If you have any questions relating to blasting activities, please do not hesitate to reach out to the Talison community team. The team is available onsite Monday to Friday and can be contacted by emailing [gbcontact@talisonlithium.com](mailto:gbcontact@talisonlithium.com), or by phoning 9782 5700.

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### COMMUNITY OPPORTUNITY: TALISON'S BALGA TRANSLOCATION PROJECT

The wet winter months provide an ideal opportunity for planting. Talison's Environment team is eager to collaborate with the community to identify opportunities for winter plantings as part of Talison's Balga Translocation Project.

The Balga Translocation Project is designed to preserve the ecological importance of native plants such as the iconic Grasstree (**Balga**), Slender Grasstree and Macrozamia palms, which hold deep cultural significance to Traditional Custodians. These plants are carefully translocated from areas designated for clearing to designated nursery areas, ensuring their survival for future generations.

In 2023, Talison successfully recovered 263 Balgas, some of which are centuries old.

The Balga Translocation Project seeks to involve the broader community by offering translocated plants for use in community projects, schools, streetscapes and parks. This is a fantastic opportunity for local organisations operating in close proximity to the Mine to enhance their green spaces with these culturally significant plants. Partnering organisations need to demonstrate their ability to care for the Balga and ensure that the chosen locations will not undergo future disturbance.

For more information on the Balga Translocation Project please email [gbcontact@talisonlithium.com](mailto:gbcontact@talisonlithium.com).

### QUBE DELIVERS TRUCK SAFETY AWARENESS SESSION AT KIRUP PRIMARY SCHOOL

Recently, Talison was proud to join its transport partner, Qube, for an interactive truck safety session at Kirup Primary School. Talison would like to extend its appreciation to Qube for delivering another fun and engaging truck safety awareness session. The Qube team provided valuable information on the specific characteristics and hazards of trucks to help students understand how to stay safe when walking or biking near them.

The Qube team shared key safety facts about trucks that even some of the adults in attendance were interested to learn. The trucks weigh 96 tonnes, making it very important to step back from the side of the road as a truck passes by due to the draught created. The Qube team also recommended getting off your bike if you're riding when a truck is passing by. Additionally, a truck traveling at 60 km/h takes 130 metres to stop.

Talison would like to again thank the Qube team for doing an outstanding job engaging with the students and providing a delicious lunch, which was supported by Talison through the provision of healthy boxes of fruit.



Talison Lithium and Qube representatives were joined by students from Kirup Primary School during a truck safety awareness session, where the students thoroughly enjoyed the rare opportunity to explore the cab of a prime mover!

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Molly Baxter

## Trauma Teddies

Molly Baxter came to live in Geegeelup Aged Care Facility nearly five years ago. She'd been admitted to the Bridgetown hospital in poor health, then after a little more than a five week stay there it was decided because of her health condition she would fare better as a resident in Geegeelup Aged Care Facility.

At that time her husband Alec stilled lived in their home in North Greenbushes, two years on he is also now living in the facility, in the room next door to her.

Molly, who is 89 years old, really enjoys living in the facility and has thrived in the environment.

As part of her therapy, she started to knit 'Trauma Teddies' for the Red Cross. The Teddies are distributed by the Red Cross to children in need, the Trauma Teddies provide care in so many ways, teddies give comfort to children fleeing bushfires, floods and other emergencies. They are used as a warm welcome to refugee children; as company for a child in a speeding ambulance; as friendly security in hospital and most importantly, the teddies always have a happy face in a lonely time.

The Teddies have to be knitted to a pattern supplied by the Red Cross, any colour wool or acrylic knitting yarn can be used as long as it is 8ply, Molly uses size 4 needles to produce her Teddies.

"I have always enjoyed knitting, making bonnets and small animals like mice. The therapy team showed me the pattern for the Trauma Teddy, since then, I have to date knitted somewhere around 64 to 70 of these teddies over the last three years." Molly explains.

"At first, I was given some yarn to knit with, the yarn supply seems to be like the magic pudding, it never runs out, one staff member or another is always bringing me a ball or two.

"Once knitted, the Teddy's body is stuffed with toy filler, stitched close and then sent to the Red Cross in Perth.

"The faces on Teddies need to be embroidered. When I started, I made the faces, they now ask me to let the ladies at Red Cross in Perth finish the Teddies' faces for consistency. Once the Teddy has passed its qualifying test, a Red Cross approved label is sewn on the front to certify the bear as a Trauma Teddy.

"Knitting the teddies has mutual benefits, the child in need gets a teddy to comfort and I get the joy from making an item that hopefully makes a difference in a child's life. Knitting not only keeps my fingers nibble; it also keeps me mentally alert.

"There is always a lot going on in the hostel for the residents, exercise classes, games like cards, dominoes, bingo and puzzles."

Kylie Larsen and the therapy team at Geegeelup Aged Care Facility work hard to keep the residents engaged with life, Molly has benefited from their endeavour.

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## Show Talk

Brrrrr Hi Everyone. Yes, Winter has arrived and out come the woolly coats, fluffy hats, scarves and warm, cosy clothing to keep out the chill. Time for lots of indoorsy things to do by a toasty, warm glowing fire. With more time indoors we have the opportunity to make and create our Show entries. Don't you love it?

Firstly, a first Anniversary recognition to Corinne, who has fitted in perfectly over the last 12 months as our secretary. Always a bright cheery smile.

Bridgetown Show Theme: "Blackwood to the Beach", our beautiful river and its journey's end at the sea will be on show with entertainment and Section Classes to celebrate our 135th Show on Saturday 23rd November 2024. The Stewards are in the process of sending in ideas and changes ready for the Schedule.

Sponsorship: Sponsors invitations were sent out in May. Thank you to those who have responded and the new sponsors offering support. This is a very important part of our ability to run a vibrant show with competitions and entertainment. If you have not responded, please let the Treasurer know ASAP. The Schedule can only be finalised when the stewards' changes and sponsorships are in. The online Sections will be updated as soon as this information is received.

Membership: 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: The world's most popular tabletop roleplaying game returns to the Bridgetown Showgrounds on 15th and 16th July for a weekend of fun and adventure. Come and try your hand at Dungeons and Dragons. There is space for first-time players and veterans of the game...*Continued on page 10*



# A Peaceful Drive In The Dalgarp Forest

Last week, after inspecting a job in Maranup Ford Road, I decided to drive to the Bridgetown Jarrah Park and then explore some tracks in the south of Dalgarp, “our” National Park north of the Jarrah Park.

On the way I drove past the Nelson Block, which had been heavily logged about 15 years ago. As the logging wound down people from DEC (now Parks and Wildlife) showed a group of us from Bridgetown Greenbushes Friends of the Forest how they were applying silvicultural techniques to encourage the growth of sawlogs for the future. The objective was more or less a monoculture of similarly aged Jarrah trees.

Further along Brockman Highway, past the Jarrah Park, is Gregory Block, where Parks and Wildlife are about to start the new process of “ecological thinning”. This is a more machine intensive version of what we had been shown at Nelson, producing even sized and spaced trees and, within 5 or 6 years, an understorey that will need to be burnt at regular intervals.

Approaching the Jarrah Park, the forest on the right had been heavily logged and burnt in recent years, the result being a similarly sized stand of young, blackened trees.

I drove through the Jarrah Park and then turned into Nunn Road which, ten years ago, had been blocked by thickets but has now been cleared by bulldozer to make firebreaks for the staged burning that will commence in spring. This has made it possible for 2-WD vehicles to drive on a number of the old logging tracks.

The road now goes through much larger trees, often with thickets of understorey reaching almost to half the tree height. I wonder how it will be possible to prevent the prescribed burn reaching the canopy. The proportion of young trees is much lower than along the Brockman Highway.

I decided to follow a track that leads into the Nunn Block. This block is north of the Jarrah Park and in fact the Blackbutt trail in the Jarrah Park finishes at the track that runs along the south of the Nunn Block.

Early in this century Bunnings cleared along a defined creek in Nunn Block and planted Pines. When the Government was convinced by BGFF to preserve this block it was decided to remove the pines. Jenny Dewing, Eric Wheatley and other BGFF members worked with DEC staff in this. Eric tells how he advised them to burn the pines where fallen, as this would clear most of the unwanted species. However DEC people insisted on burning the pines in windrows, which was not as effective.

I took a track leading north east into Nunn Block and became aware of something different.

The forest had become an evenly balanced mix of trees and understorey, and I experienced a feeling of peace and harmony driving slowly along what was

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probably Nunn Road. In one area there were intruders – a few pine trees in among the Jarrah and Marri. There was an almost complete absence of the thickets of regrowth trees along the Brockman Highway.

Governments of WA over the past 200 years have almost completely destroyed the original Jarrah-Marri forests and now it is difficult to find anything resembling the natural forest that is easily accessible to both local residents and tourists, particularly by car.

We are very fortunate that in the 3,500 hectares of Dalgarp National Park there are areas of spectacular forest and topography which are on or close to the old logging tracks of 110 years ago. This offers potential for development of visitor access by car into the forest.

The State Government has recently committed many millions of dollars for tourism projects in the South West. Margaret River got \$39 million. Manjimup received about \$30 million, including \$8 million for a feasibility study to make Pemberton the “Trails Capital of the South West.” Bridgetown-Greenbushes? Forget it

Dalgarp National Park was finally agreed to by the Government in 2006 after at least 10 years of effort by Bridgetown Greenbushes Friends of the Forest. It was the only one out of 100 candidates to be selected for addition to the original set of National Parks chosen for the Regional Forest Agreement. And what was the main reason it was selected? The support of the Bridgetown community.

Now it's up to BGFF and other community groups to work together to make Dalgarp a new heart for our forests.

Richard Wittenoorn, BGFF



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## Transition Bridgetown

We are excited about our July Open Space on the topic of the "Heat Vulnerability Project". Carole Green and Jacob West from WACOSS will share their research findings on the effects of prolonged and extreme heat on the health of those living in vulnerable communities.

Join us on Sunday 21st July 4.30pm - 6.30pm at the Uniting Church Hall for this terrific, informative Open Space!

The Western Australian Council of Social Justice [WACOSS] has the vision for an inclusive, just and equitable society. Their purpose is to drive social change with communities, through collective action and policy formulation, strengthening community services and influencing decision makers to ensure justice and equity. The Heat Resilience project evaluation report will provide recommendations to prevent unnecessary heatwave deaths and health implications across WA.

The Bridgetown/Greenbushes Shire has been selected, along with the City of Rockingham and town of Port Hedland, as three of the areas with the highest heatwave impact.

Bridgetown/Greenbushes has a median age of 50 years. We have an ageing population and it has been documented that the number of hospitalisations during the heat wave was much increased. A medical fact is that as we age, our thirst response becomes weaker and our kidney function declines. Thus increasing the risk of older adults becoming dehydrated and suffering from heat-related impacts. Did you know that our body can lose around 4 litres of water during hot temperatures?

So, along with the presentation, there will be small group discussion on how we as a community can build resilience to the effects of an extreme heat wave like we experienced last summer. The aim of the Open Space is to collaboratively design a Community Action Plan that we can use to inform and prepare us all for the summers to come.

Hot drinks, mulled wine and sandwiches provided. We value your presence and contribution. To register, please email [transitionbridgetown19@gmail.com](mailto:transitionbridgetown19@gmail.com) or text 0432 105 754.

## Show Talk

*Continued from page 8...* Food available at the venue. Games for all levels will be run, with lots of help on hand for beginners. Roll some dice, slay some dragons, and let your imagination run wild! For times, cost, ticket details contact [www.dndwinterfest.com.au](http://www.dndwinterfest.com.au)

Our next Meeting will be held on Wednesday 10th July 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](mailto:info@bridgetownshow.com.au) website address is [www.bridgetownshow.com.au](http://www.bridgetownshow.com.au) like us on Facebook 'Bridgetown Agricultural Show' or follow us on Instagram.



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# Real Support for Farmers

...Continued from page 5

The good news is that free financial counselling is available in the South West through Rural West Financial Counselling Services. They will come to your farm, have a chat, tell you what financial support is available and if you want, come with you to the bank to negotiate a better deal. Their job is to help deal with a problem instead of hoping for better times next year. To contact Rural West, phone 1800 612 004.

Rural West is particularly helpful for those who are putting off dealing with Services Australia (Centrelink) and will help you access the Farm Household Allowance. For information, go to [www.servicesaustralia.gov.au/farm-household-allowance](http://www.servicesaustralia.gov.au/farm-household-allowance) OR just make an appointment at the Bridgetown CRC on 9761 2712 and Fiona, Mel or Jane will help you make the application online.

For farmers on larger properties who might want help to develop long term business plans and budgets, think about having a chat with a farming consulting business. Companies use templates to determine what crop/stock best suits your land based on water supply and other resources needed. They can also help develop business plans, succession plans and carbon audits. One-on-one support is usually charged at an hourly rate. You can search for a farm consultant at <https://www.aaacwa.org.au/find-a-consultant/>

The above information is a summary of a South West NRM online discussion that can be accessed at <https://southwestnrm.org.au/project/community-resilience-network/>.

To establish the Community Resilience Network, community leaders and volunteers from a broad range of sectors were sought in six South West shires to participate in local working groups to champion resilience building and support services.

A series of six online workshops are being held in partnership with Community Resource Centres.

The aim of the Network 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 and develop plans to further build community resilience.

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## Triumphant Success at Greenbushes Fun Run and MTB Event 2024

In a remarkable display of community solidarity and sporting fervor, Greenbushes recently played host to the annual Greenbushes Fun Run and MTB event. With a robust turnout of 165 eager participants, this year's edition proved to be an exceptional triumph, amassing a commendable sum of approximately \$9,000 in support of the Breast Cancer Network Australia (BCNA), with the final tally still pending.

Since its inception in 2014 under the visionary leadership of Didith Atikin, the Greenbushes Fun Run and MTB has evolved into a cherished fixture on the local calendar. This year, the event carried added significance with the presence of Lee, a close confidante of Didith and a BCNA Community Liaison. Lee's poignant narrative chronicling her battle with breast cancer and the unwavering support she received from BCNA resonated deeply, emphasizing the event's profound purpose.

Acknowledging the indispensable role of sponsors, heartfelt gratitude is extended to Talison Lithium, the Track Sponsor, and MacMahon Holdings, the Timing Sponsor, along with the esteemed contributions from Personnel Solutions, South West Earthworks, Global Advanced Metals, Cutts Transport, K&K Electrical, Action Drill and Blast, and an array of local sponsors whose generosity underpinned the event's success.

A special tribute is reserved for Darren Papasergio, the meticulous Track Coordinator, whose assiduous planning ensured a seamless and enjoyable experience for all participants. Likewise, the effervescent presence of event MC, Chris Mott, injected a vibrant energy that reverberated throughout the festivities.



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Gratitude is extended to the delightful stall holders: Tasty Edibles, Greenbushes Primary School P&C, Mr. Pratico's Ice Cream, and Andrea's Coffee, whose delectable offerings added to the event's convivial ambiance.

The indispensable support of Grow Greenbushes and the Greenbushes Community Resource Centre in orchestrating the event is deeply appreciated, underscoring the collaborative spirit that defines the Greenbushes community.

This year's proceeds will augment the cumulative sum of \$97,000 previously donated to BCNA and other charitable causes by the Greenbushes Fun Run over the years, a testament to the enduring commitment to effecting positive change.

The day unfolded amidst a palpable air of camaraderie and determination as participants of all ages and abilities traversed Greenbushes' picturesque trails. As the funds raised continue to bolster BCNA's pivotal initiatives, the event stands as a testament to the community's unwavering support in combating breast cancer.

To all the competitors, volunteers, sponsors, and supporters – your unwavering dedication and generosity exemplify the indomitable spirit of the Greenbushes community.

For those eager to peruse the event results, they are accessible at [https://www.wagravityenduro.org/wp-content/uploads/2024/results/2024\\_greenbushes\\_fun\\_run.html](https://www.wagravityenduro.org/wp-content/uploads/2024/results/2024_greenbushes_fun_run.html) albeit with some timing discrepancies affecting certain MTB results.

Looking ahead, anticipation mounts for another spectacular event next year, as together, we continue to make a meaningful difference.

# Bridgetown Historical Society

Continued from page 4.... We are in the process of liaising with the schools about how this prize will be awarded. NB all local schools were invited to participate in our award scheme. We will keep everyone up to date with how this project progresses.

It so happens you might encounter Robert Crawford on a BHS "Ghost Walk". These are scheduled for 5th/6th/12th/13th July. Book through trybooking.com.

Robert married Lilian Haffner in 1921 (his first wife died in 1918) but they were only married for a short time. Robert and Lilian moved around the state of WA, going to Applecross, Rockingham, and Geraldton before heading to Nannup to manage the Nannup Hotel for Mr Church (in his absence). Whilst visiting Busselton, Robert fell ill and contacted a doctor who gave him advice to immediately seek an operation for appendicitis. The advice was not taken and, on his way back to Nannup, the car broke down and the party was stranded by the roadside. Eventually Robert entered Nannup Hospital but when Dr Andrews from Greenbushes tried to reach Nannup, a large tree blocked the road and so a car was sent to bring the doctor to Nannup. An operation was immediately performed but Robert died several hours later, on Tuesday 16 January 1934. He was 56 years old and was sorely missed.

All references from Trove. Mary Elgar  
Lee Witteneom BHS



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# Acute Lower Back Pain

By Rowland Benjamin D.O. is an osteopath, author and environmentalist

Acute lower back pain is a common problem, characterised by sharp, sudden pain lasting from a few days to a few weeks. Pain levels can be high for the first few days, which is distressing and can result in forced immobility in bed but 90% of acute lower back pains are self-limiting and will get better with time.

An acute lower back pain is usually the result of an injury. The injury can occur in any muscle or ligament of the lower back, but it usually occurs in the ligaments of the sacroiliac joints, situated between the sacrum and ilium bones in the lowest part of the spine.

The injury can occur when standing as a result of faulty lifting technique or sudden forced movement, but it more often occurs when seated on a low chair or stool and then bending forwards (flexion) and twisting to one side, for example reaching to pick up a book from the floor.

The sacroiliac ligaments are more likely to be injured during sitting because of the shape of the sacrum. The sacrum is a V shaped bone and forms

an interlocking wedge between the two, right and left, hip bones of the

pelvis. During sitting the sacrum 'unlocks', very slightly from between the two hip bones and the sacroiliac ligaments become more relaxed, and this makes them more vulnerable to injury.

During sitting, your 'sit bones' are fixed on the seat and movement is mostly limited to a gentle rocking of the pelvis as you move your upper body forwards and backwards. When you bend further forwards and keep the movement in line with the body, the sacrum moves freely between the hip bones, and this does not cause any problems. Injuries only arise when you bend forwards and to one side, because one sacroiliac joint can get 'stuck' and the other one moves too far, and then the ligament is injured as a result.

An injury is more likely if the movement is fast and uncoordinated, and more common when the lumbar spine, just above the sacroiliac joints, is stiff and inflexible. The stiffness can be temporary, for example when you sit with a slouched posture, or it can be permanent, for example as a result of worn out intervertebral discs leading to osteoarthritis, which is quite common after the age of 45.

Initially after a sacroiliac ligament sprain you may only notice a mild pain. But over about 24 hours the muscles of the lower back can go into a very painful spasm. This is a natural but unwanted protective response of the body to this type of injury, and the pain can be so extreme that it can immobilise you and force you to have to rest in bed. When this happens apply an ice pack or a bag of ice, wrapped in a tea-towel,

over the area of pain for 30 minutes every 3 hours, take pain relieving medication and rest.

There is no exact timeline for recovery because everyone is different, and every sprain is different. Depending on the severity of the pain, try and get out of bed and start moving as soon as possible. Start with short walks around the house, and rest between walks but gradually increase the distance until you can walk comfortably without having to rest. Avoid all other types of exercise because it may be too painful, and the muscle spasms need time to settle. Only begin stretching when the muscle spasm starts to subside, usually after a few days or a week. Don't have a hot bath in the first few days of a lower back sprain because if there is inflammation in the area the heat may make it worse. A lukewarm bath or shower may be safer and localised ice when you are resting.

Treatment such as massage can help but timing is critical. If you seek treatment too soon it may be counterproductive. An acute lower back ligament sprain or muscle strain may occur only once but if it occurs regularly, then there may be an underlying cause. Nearly everybody has a scoliosis, but some are worse than others and all kinds of genetic variability exists in the human body that can affect the probability of an injury and the time it takes to recover. Lifestyle factors such as the type of exercise, how you sit and how long you sit also play a role.

There are several things you can do to prevent a sacroiliac ligament sprain.

Avoid relying on a very low stool or chair that forces you to sit in a low squat and slouched position. As explained, the sacroiliac joints move well in a forwards and backwards direction but do not move well when you combine flexion with sidebending and rotation. This is the most common way to injure your back, so avoid this. Place your back against the back of the chair and always keep a small pillow behind your lumbar spine, get up from your chair every 20 minutes and have a short walk.



Cartoon from 'Eco Freako Environmental Cartoons'

## 'One Act Season'...Continued from cover

This comedy borrows elements from both the Commedia Del' Arte, the comedy of the profession, and Burlesque traditions to send up doctors, wives, acts of brutality and death.

It is for a general audience, and it caters for those who may particularly enjoy the exaggerated absurd characters.

The main protagonist, Kenaf, has just learnt that he's about to die and has only three days to live, this changes his life dramatically as he finally stands up to his domineering wife, then to a bullying brute, and then to his know-it-all condescending doctor.

As it turns out, there has been a mistake on the part of the doctor, but Kenaf will never be the same.

The audience will particularly enjoy the over-the-top caricatures on stage. "It's always a good feeling when you get to see the bullies getting their just desserts."

The third play is 'Under the Bright Sun' written by Norm Foster and directed by Grace Hitchin.

Grace has recently moved to Bridgetown bringing with her many years of experience from the time she spent with the Harbour Theatre in Fremantle. Norm Foster is a favourite playwright of hers and she is delighted with her debut role as director of this play in the one act season.

This play introduces a new face to the repertory club, and sees some familiar faces return. Mark Moscarda, plays the role of the struggling bystander, and Luke Gloede and Julia Robinson are a loving couple.

The four people wait at a bus stop, where their conversation turns from work and life to questioning their very existence, they question their lives and loves.

During these everyday interactions they ask those big burning questions... Who are we? Where are we?

"The play has clever dialogue and is very funny, with unexpected twists and turns throughout and it has a very unexpected ending which will leave the audience happy and smiling as they leave, and is therefore the ideal play to end the show." Grace explains.

The plays will be presented on Friday 26<sup>th</sup>, Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> of July, then the following week on Friday 2<sup>nd</sup>, Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> of August. Friday and Saturday will start at 7pm and the Sunday matinees start at 2pm. Bookings through trybookings or tickets at the door.



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## Bridgetown Bridge Club

The Bridgetown Bridge Club meets every Wednesday afternoon from 1pm to 4pm in the St Paul's Anglican Church Hall in Phillips Street.

"We have recently changed our meeting times to an afternoon slot which certainly suits Bridgetown's winter months. The church hall is heated and is a very suitable venue for the bridge club," club President Patricia Rodgers explains.

"We are a small, friendly group and welcome new and experienced players to join us.

"The cost for the afternoon is \$4 and includes an afternoon tea of tea, coffee and biscuits.

"Playing the game of Bridge has many benefits, it is very good for mental health, it's a game which stimulates memory and is also a very enjoyable social afternoon out."

The Bridgetown Bridge Club is an affiliated club with the Bridge Association of WA (BAWA) which allows club members in Bridgetown to play in other affiliated clubs in towns such as Mandurah and Bunbury. The club in Bridgetown regularly has players from the nearby towns of Pemberton and Manjimup.

Each time a player plays in an affiliated club they gain Master Points. The Master Point Scheme is intended to stimulate interest in the game and provide a means of measuring player achievements



Christine Chambers, Jacquie Edwards, Alison Wright and Mandy Ryding

Patricia concludes, "Playing bridge is like going to a mind gym, you will make new friends, enrich your social life and have serious fun and perhaps become addicted to the world's most popular card game.

"The game of Bridge is a difficult game to learn, but we can assist less experienced players to learn the basics.

"Bridge is a popular game and there are many on-line and library resources available for a keen person to use."

For further information telephone Patricia on 0429 348 413.

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