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September 3rd 2024

VOLUME 33 NO: 1 ISSUE 346

# THE MAILBAG

Printed and Published by M.P. & J. Krauze, The Quality Shop, 125 Hampton Street, Bridgetown W.A. 6255  
 Telephone: 9761 1717 - Email: mailbag@bigpond.net.au - www.thequalityshop.com.au

## Up Close and Musical

'Up Close and Musical' is a project initiated by the Rotary Club of Bridgetown and was developed to showcase the performance talents of our local music teachers and some of their talented students. The first concert (then called Up Close and Classical) was held in 2006 and attracted an almost full house as has each of the subsequent concerts. In 2012 we invited some visiting artists from Perth to join our concert for the purpose of inspiring and mentoring some of our budding young musicians.



Chris Shedley, Mary Myfanwy, Richard O'Wallace and Cecela Karafilis

We have since had solo performers from The WA Academy of Performing Arts (WAAPA) each year. We have invited operatic sopranos, classical pianists, trumpet players and guitarists who have been absolutely inspiring for other performers and audiences.

Some of the local musicians to be featured this year include Claire and Tim Robinson two young vocalists from Donnybrook, Mary Myfanwy Evans singing some original songs, Tabitha Dale playing in a string quartet with her sister Hannah and two of her students Mayana Mahoney and Freda Iacopetta. David Bardsley will be playing a flute and piano duet with his friend Gen Milnes from Kendenup, young sensation Jaden Dale playing piano solos. Jaden recently gained first place in the Open Piano Solo section and Best original composition at the Prestigious Bunbury Eisteddfod. The Dale family ensemble will be playing Baroque and Klezmer music. We are also privileged to have local music teacher and musician Cecilia Karafilis performing a flute solo and vocal duet with Guy Wardell Johnson.

The two young multi award winning pianists (Kinderspiel) who gave a thrilling performance at Up Close and Classical in 2022 will be returning to play for us after a very successful tour of South East Asia and the super talented family ensemble (the O'Wallace family) will be performing again.

Over the years the Rotary Club has donated profits from the concert to worthy local causes including St John's, Henri Nouwen House, Geegulup Village, Youth Focus, Fire Brigade Support groups and Youth Mental Health programs.

...Continued on page 15



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# Joan

It is with sadness that I announce the passing of Joan Krauze. She died on Tuesday 20th August after a brief illness.

Joan was admitted through the emergency department of the Bunbury Regional Hospital after attending the Bridgetown Regional Hospital late one night feeling unwell and confused.

After X-rays, scans and a lot of assorted tests she was diagnosed mainly with pneumonia. Her health deteriorated very rapidly over her twelve day stay in hospital and she passed away peacefully.

As my wife and my business partner Joan had an integral role in the running of The Quality Shop and in the production of The Mailbag.

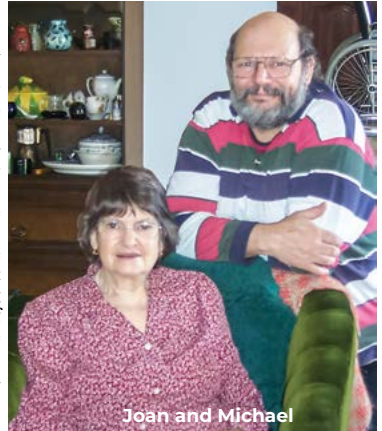
Joan and I, Michael Krauze, bought our little patch of Bridgetown in the early part of the 1970s. Bridgetown was then suffering economically from Great Britain becoming a member of the European Common Market, thus removing the lucrative income Bridgetown derived from the growing and exporting of a variety of apples and pears to England; this change more than halved the district's population. The various packing sheds, five empty bank buildings, two car dealerships and farm machinery dealership buildings, which are all around town, that have now been repurposed, remain as reminder of a time that once was.

The land we purchased was an old mixed orchard, apples, pears, peaches, apricots, cherries and plums all of which Joan found to be a delightful wonderland.

We moved onto our land firstly in a tent while we fixed up an old packing shed turning it into a place we could live in, with a kitchen, a Metters No1 stove in the middle, a bedroom, a bed in the corner, and long drop toilet out in the dark cold freezing night air. We used the town swimming pool showers to wash until we had a water meter and stand pipe put onto our block that enabled us to hose ourselves down with water under the lemon tree.

Our neighbour Martha was a godsend, she was always welcoming, always cooking pumpkin scones and always giving us her overflow of food from her vegie garden and fruit trees.

And so it began, yes, it was good start to our new life in



Joan and Michael

Bridgetown into which Joan become part of the community through the various clubs and interests; Bridgetown Tourist Centre, Bridgetown Art and Craft Centre, Blackwood Artist Guild, Blackwood Writers Group, the Bridgetown Repertory Club and as a supporter of many other sporting clubs with raffle prizes and trophy prizes.

The Agricultural Show for Joan was a 'must enter' event because it showcased the many and varied farming abilities and differing talents of those living in the district.

As was the way of life in a rural town back then, we were self-employed, and made our living through a main street business, which culminated with operating The Quality Shop.

Over the many years of running a business in the main street, lots of the folks have come to know Joan well. I am reminded by friends and customers of Joan's welcoming nature and of her many acts of kindness. She would always welcome a stranger.

A service is to be held for Joan at the William Barrett and Sons Funeral Home, which is on Spencer Street in Bunbury on Thursday the 12th of September starting at 11am.

Joan has written a lot of poetry. She was born in Kalgoorlie, one of four daughters, into a time when life was a lot poorer and tougher in Australia than the life we enjoy today; I will share the one below with you:  
Walk Proud

Walk proud, the women who made Australia  
Our pioneering roots run strong and deep  
We're fighters, strugglers, never giving in,  
If there's a job to do, we're always game.  
I'm as my sisters, my mother, my grandmother,  
always ready to lend a hand,

We are pioneering stock,  
We never stop to question why or how.  
If there's a job to be done, we plunge right in,  
that's what a woman is all about.

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## GP Down South

GP down south, in collaboration with Carers WA, Anglicare and Advocacy WA, are delighted to announce a new "Outreach Hub", which will be visiting Bridgetown on a monthly basis. Our next visit will be on Wednesday 18th September 2024 at Henri Nouwen House, 16 Hester Street, Bridgetown, between 9.30am and 3.30pm.

### The services we will be offering include:

#### GP down south: My Health Partnerships

The My Health Partnerships program offers care coordination for anyone over the age of 16 who resides within the Warren Blackwood region and either has or is at risk of a chronic health condition. We can work together with you and other service providers to ensure you are getting the support that best suits your needs.

#### Carers WA

Carers WA provides support and advocacy for carers across Western Australia including the Warren Blackwood region. A carer is someone who provides unpaid care and support to family and friends who are living with disability, mental health challenges or long-term health conditions, including a chronic condition or terminal illness, an alcohol or other drug dependency or who is frail and aged.

#### Anglicare WA

Anglicare will be providing financial counselling and information for anyone who is stressed or worried about their finances. It is an inclusive service for people in a broad range of circumstances, no matter how much you earn. Anglicare financial counsellors can help you with immediate financial problems, explore your financial options and support you to achieve the best possible outcomes and maintain financial control.

#### Advocacy WA

Advocacy WA provides advocacy services for people living with disability in southwest WA. People living with a disability have the same rights and need the same opportunities as everyone else....*Continued on page 15*



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## Bridgetown Historical Society

The AGM of BHS was held on 8th August. The new Chairperson is Mary Elgar who takes over from Richard Allen. We have a new committee member, Simon Walker along with Richard Allen (Secretary), Lorie Marshall (Treasurer), Leigh Carroll (Vice Chair Person), Barbara Maher, and Lee Wittenoom.

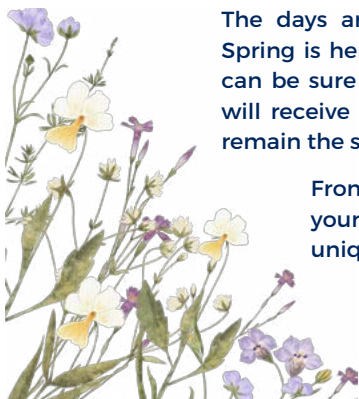
An item from the Chairperson's report for 2024 is relevant "We have been able to continue opening the Museum on Wednesdays, Fridays and Saturdays thanks to volunteer Penny Baker. This has greatly relieved the burden on other volunteers to man the museum, however, there is still one Saturday per month for BHS 'vollies', and we appreciate any help to be on the Museum roster."

If you can help in this capacity please contact [bridgetownhistory@iinet.net.au](mailto:bridgetownhistory@iinet.net.au) or 0487 592 704

We are still looking for recipes that contain fruit from the orchard - family recipes are particularly welcome - please send them to Lee Wittenoom c/o [bridgetownhistory@iinet.net.au](mailto:bridgetownhistory@iinet.net.au)

Lee Wittenoom, BHS

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## Bridgetown High School's Copernicus Club

Despite its small size, Bridgetown High School has developed one of the state's most unique and dynamic academic extension societies. Centred around Humanities and Social Sciences, the members of the Copernicus Club - as the school-invented program is called - have won over 100 national merit awards or equivalent since Copernicus was founded in 2021. This includes having a state champion in the Australian History Competition, beating older senior school students from neighbouring senior high schools in a regional business competition, and placing a student on the highly competitive Western Australian Student Council.

The Copernicus Club is organised around the guiding principle that if students enjoy what they are doing, then they will learn more and will push themselves harder. All activities are shaped around substantial student voice and input, and are typically free of cost for students to partake in. Uniquely, Copernicus encourages a social element, and for students to heavily involve their friends in their projects. The Club strives for academic extension to be a social event as well as an academic one.

Aside from participating in national and regional competitions, students take on numerous creative projects such as designing their own chocolate line based on real-world sales statistics and having it taste-tested, "Bake Off" style, in front of a panel of older judges; analysing spatial distributions of old 1800s Gold Rush towns and then generating a new "town plan" based on those patterns, which they then had to construct out of thousands of Legos; designing a new superhero cartoon franchise and merchandise products based on "market research" conducted on younger students; organising an annual end-of-year formal dinner based around a historical theme and period dress; and creating Jurassic Park-style exhibits of huge ancient Australian megafauna. Students also, as a group, initiate and design HaSS-themed excursions based on topics studied in class, such as to a chocolate factory near Yallingup to study start-up business design and theme parks near Busselton to study the interaction and impacts between tourism and the natural environment.

To qualify for membership in the Copernicus Club, a student needs to receive an A-grade in Humanities and Social Sciences on their final report, or a B-grade in Humanities and Social Sciences plus A-grades in two of either Mathematics, English or Science. Though accepting an invitation is voluntary, uptake is around 95%, and membership in the Club has doubled since inception and now stands at 33 members.

For more information about the Copernicus Club and academic extension at Bridgetown High School, please contact Carol Thorsby (Principal) or Scott Dareff (Copernicus Club Director) at 9761 0100.

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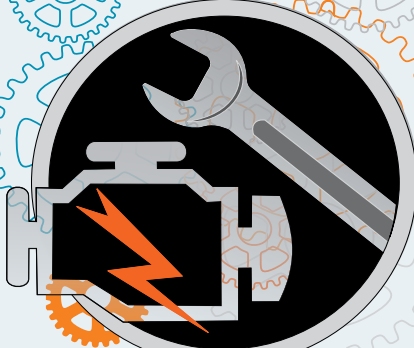
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# Festival of Country Gardens

Festival of Country Gardens Spring Festival – Thursday 31st October 2024 to Sunday 3rd November 2024.

Gardens will be open for either 2 or 4 days, so please check the website and program/booklet for further information.

Celebrating its 25th year, the Festival of Country Gardens invites you to visit delightful private gardens in Bridgetown, Balingup, Greenbushes, Manjimup, Pemberton and Kirup. Ranging from small acreage to larger country properties, visitors can enjoy a variety of garden spaces including spring annuals, perennial plantings, bulbs, hardy exotics, Roses, vegetable plots, Australian natives & majestic gums. Architectural salvage and unique sculptural pieces enhance the spaces of some of the gardens, together with natural water ways creating a feature whilst providing a home for our birdlife and native fauna.

Come and share the joy and passion of gardening with your fellow gardeners who have been willing to open their private gardens for the visitors to wander through and enjoy, chat, and share ideas with other garden enthusiasts.

At some of the gardens there will be morning and afternoon tea available, light lunches, plants for sale, art, garden art for sale, jams, relishes, preserves to whet the appetite and more....

A huge thank you to the businesses/individuals who have advertised in our 25th Spring Festival Booklet.

Festival dates are Thursday 31st October to Sunday 3rd November. Weekend tickets \$100.00 per person allows access to all open gardens, or purchase tickets \$8 per garden at each garden gate.

Further information on the Festival, including entrance times, garden locations and descriptions can be found at [www.festivalofcountrygardens.com.au](http://www.festivalofcountrygardens.com.au)

Ticket purchasing at <https://www.trybooking.com> or follow us on Facebook: Festival of Country Gardens.



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The Stables IGA Bridgetown would like to give a huge shout of appreciation to our very generous community for raising over \$2200 from our Purple Bra Day Campaign!

All funds raised will stay in WA to aid in specialist breast cancer care and support for more than 1,300 families.

Thank you again to everyone who donated or helped spread the word about the campaign!

Congratulations to Maria winner of the last months IGA Voucher

In September spend \$100 or more and go into the draw to win a \$200 IGA Voucher

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## Craig's Corner With Craig Dawson



### **Greenbushes Lithium Operation Becomes First Australian Mine to Commit to IRMA Independent Audit**

Talison Lithium Pty Ltd (**Talison**) recently announced that its Greenbushes Lithium Operation (Mine, Site) will be the first mine in Australia to undergo a third-party independent assessment against the Initiative for Responsible Mining Assurance (**IRMA**) Standard for Responsible Mining. The decision to volunteer the Mine for IRMA audit reflects Talison's commitment to responsible mining practices and transparency.

The IRMA assessment will be conducted by SCS Global Services (**SCS**), an IRMA-approved independent audit firm, and will include a comprehensive two-stage process: a desktop review (Stage 1) followed by an onsite audit (Stage 2). Below is an extract from the announcement.

*"We care about a better future—and we know our stakeholders do as well. Whether it be employees, the community, or customers, we want them to know we are committed to responsible mining and production practices" said Talison's Interim Managing Director, Ian McGuire.*

*"To achieve this, we need to provide those affected by our Mine with the information they need to engage in meaningful dialogue about where Talison is achieving high standards, and where there is more work to be done. That's why we're conducting an IRMA audit".*

*"By volunteering the Mine for an independent audit against the world's most rigorous global mining standard, Talison is providing unprecedented transparency into the operations of an Australian mine" said IRMA Executive Director Aimee Boulanger.*

*"They are effectively putting themselves under a microscope and welcoming affected stakeholders to examine their operations and help them make their operations more responsible".*

IRMA is:

- 1) a voluntary mining standard describing best practices to protect people and the environment;
- 2) an assurance process to measure mines against that standard; and
- 3) an organisation equally governed by representatives of six (6) affected stakeholder sectors – communities, organised labour, Non-Government Organisations (NGOs), finance, purchasers and mining companies – that controls the standard and the assurance process.

For More Information:

- Interested parties may contact the independent audit firm SCS, to share comments or to ask to be interviewed as part of the audit process. 30 days prior to the on-Site audit, SCS will make its own announcement and invitation directly to local communities and workers. SCS can be reached by email at: [feedback@scsglobalservices.com](mailto:feedback@scsglobalservices.com);
- For general information on the IRMA mine site assessment process, visit [responsiblemining.net](https://responsiblemining.net); or
- to follow progress of the IRMA assessment, visit the IRMA website for Talison's [Greenbushes Lithium Operation independent assessment status page](#).

Stakeholders are encouraged to contact Talison for more information on IRMA, you can do so by contacting [gbccontact@talisonlithium.com](mailto:gbccontact@talisonlithium.com) or visit our website [talisonlithium.com](https://talisonlithium.com).

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### Save the Date - Mine Open Day 2024

I encourage the Bridgetown-Greenbushes community to come along to this year's Talison Mine Open Day on Saturday, 05 October, at the Greenbushes Sportsground (the old cricket oval). The day will be filled with family-friendly activities, delicious food, live entertainment and informative displays from Talison and its contractors. Keep an eye on the Talison website and social media in the coming weeks for more details, including how to secure your free tickets for the popular Mine bus tours—bookings are essential!

### Annual Science Fair at Greenbushes Primary School

It was great to see Talison return to Greenbushes Primary School for their annual science fair last month! A big thank you to the Talison team members who volunteered their time to present the science behind their work in an engaging and accessible way for the students. Activities included launching canister rockets, observing the effects of liquid nitrogen on marshmallows, creating a battery from a lemon, a relay with stations focused on conservation and fauna, photo booth, magnetic separation, screening/sieving and a pH indicator experiment. Days like these are important to help create interest in science among the next generation of thinkers, explorers, and problem-solvers.

### Community Notice: Planned Construction of Noise Bund

Talison will begin construction of an extended noise bund in the second half of 2024. This bund (concept pictured below) is a proactive measure to reduce noise impacts on Greenbushes residents from the upcoming commissioning of the Chemical Grade Plant #3 (CGP3) and other ongoing Mine expansion activities.

Talison is committed to minimising any inconvenience to residents during the Noise Bund construction. Dust from clearing and rock tipping activities will be closely monitored and managed, and all construction work will be limited to daylight hours to reduce disruption.

Thank you for your understanding and cooperation as Talison works to improve its facilities, while prioritizing the well-being and amenity of the Greenbushes community.



### Community Support Program - August Recipients

Talison is pleased to provide the following community organisations with support for their events and programs:

**Greenbushes Golf Club:** Club Competition Awards;

**Rylington Park:** Field Day Sponsorship;

**Blackwood Valley Toastmasters Club:** Support for monthly meetings;

**Environmental Institute of Aust & NZ:** Environmental Practitioners Symposium;

**Shire of Manjimup:** Walking through a Songline Exhibition (Art Gallery);

**Blackwood River Arts Trail:** 2025 Trail Guide;

**Probus Club of Bridgetown Blackwood Valley:** Prizes for annual "Games" Event;

**Manjimup Cherry Harmony Festival:** Festival sponsorship;

**Blackwood Environment Society:** Tree Guard Removal support;

**Bunbury Runners Club:** 3 Waters Running Festival;

**Nannup Chamber of Commerce & Industry:** Business Awards;

**Blackwood Biosecurity:** Support to purchase Laser Printer & Rapid Logix Universal Flow Tracker;

**RSL Bridgetown:** Support to purchase Sound System;

**Blues at Bridgetown:** Event lighting and fire extinguishers;

**Solaris Cancer Care:** Large Mats for Therapy Rooms;

**Lions Club Manjimup:** Sound System for Jazz in the Jarrah 2025;

**Greenbushes Community Garden:** Design, purchase and installation of solar system;

**Scouts Manjimup:** Purchase of hi-vis vests with Scouts logo; and

**Mission to Seafarers:** Donation of boots.

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# What to do with Bridgetown's Waste!

On Sunday 25th August Transition Bridgetown, in collaboration with Bridgetown Greenbushes shire, hosted an Open Space on "Waste" at the Uniting Church Hall. It was well attended and provided valuable information on different aspects of managing our Waste as well as encouraging use of the waste management hierarchy - Refuse, Reduce, Reuse, Repurpose, Recycle.

Shire President Cr Jenny Mountford, outlined the shire's current position at the Bridgetown Waste Facility which is further outlined below. The conditions of a possible Repair Cafe and Tip Shop were mentioned.

Iggy Van spoke about his business, Purple Plough, taking over the Containers for Change Program. He explained the new system for the collection of containers that he has implemented and what items are accepted.

Candice Myers from Cleanaway, outlined how co-mingled recyclables are processed and shared information about contamination of items in our recycling bins.

The presentations were followed up with displays by local residents who reuse and repurpose items like clothing, books, textiles, timber, furniture, garden tools. Other passionate recyclers in our community were present to share their experiences of collecting and appropriately distributing recyclable materials such as mobile phones, blister packs, toothcare products, writing implements, reading glasses, plastic bread tags, CD's, hair products, razor blades, batteries, stamps and plastic plant labels. E-waste is another category where local collectors recover metals to be repurposed. There was also information on the use of the Wash Against Waste trailer for community events to reduce the amount of disposable plates, cups and cutlery going to landfill.

The Bridgetown waste site has a total area of 27.7 hectares. Landfilling on site has been a mixture of above



Michael Kaye, Ingrid Barker, Jim Iffe, Jenny Mountford, Iggy Van and Lisa Gibson

and below ground cells. The Shire is still utilising the current Cell 1, 5 years beyond expectation and the projected operational life of this cell is between January 2026 – May 2027.

Policies being made at a government level are creating a greater focus on waste avoidance as well as moving to targets for material recovery to limit waste to landfill. There will be an increased need to process a wider range of waste streams requiring the Shire to shift from a disposal focus to a resource recovery focus.

Cr Jenny Mountford spoke about the Shire of Bridgetown - Greenbushes Strategic Community Plan 2021-2031 saying that it includes working towards 'A sustainable, low waste, circular economy'. The listed objectives to achieve the outcome include:

- Provide sustainable, cost-effective waste management infrastructure and services AND
- Encourage the adoption of sustainable waste behaviours through waste education and communications.

...Continued on page 13



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# CELEBRATING COMMUNITY

## Minister Michael Visits Talison

I had the pleasure of hosting Minister David Michael, who oversees Mines and Petroleum, Ports, Road Safety, during his visit to our electorate. He joined me on a tour of Talison Lithium's Greenbushes site.

The Greenbushes mine is a major player in the global lithium market, with the capacity to meet a third of the world's demand for lithium spodumene concentrate, a crucial component in lithium-ion batteries. Projects like Talison's are vital for our state's role in the global energy transition and support our economy's shift towards renewables.

We are also partnering with Talison on a \$6.6 million feasibility study to explore the recommitment of the Greenbushes to Bunbury Railway Line. Currently, there are 135 truck movements per day, potentially rising to 200, amounting to 70,000 truck movements annually. By shifting these road movements to rail, we aim to improve road safety for the community.



## Mitigation Activity Fund (MAF)

The Shire of Bridgetown-Greenbushes was recently awarded \$12,983 to undertake preventative measures to reduce bushfire risk. The latest funding provided through the MAF is in addition to the extra \$140 million committed by the Cook Government to better equip first responders.



## Growing On Facility

It was fantastic to officially open the BES Blackwood Environment Society's new 'Growing On' facility, where the community can now purchase native plants directly from their newly established nursery.

Thanks to a \$38,835 grant from the Native Forest Transition Community Small Grant program, this passionate and dedicated team can now offer affordable native plants that will significantly boost landcare efforts in the Shire of Bridgetown-Greenbushes. These plants will be vital for habitat restoration, providing crucial forage and shelter for local wildlife.

The grant also facilitated the group's accreditation with the National Nursery Industry Accreditation Scheme Australia. Additionally, it funded five workshops to upskill volunteers in seed collection, cuttings preparation, and nursery hygiene, and supported two school-based horticulture trainees with hands-on experience.

The morning tea following the opening was a great opportunity to connect with the amazing local volunteers and supporters!

**If you have a local community event that you'd like me to attend, or an issue you need help with don't hesitate to get in touch. My team is always happy to help!**



**Jane Kelsbie** MLA  
MEMBER FOR WARREN-BLACKWOOD



5/78 Strickland St, Denmark




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## Transition Bridgetown

Did you know that some of the most common rat baits [rodenticides] are attractive and lethal not only to their intended target, but also to our pets and wildlife. Birds of prey and nocturnal wildlife, especially Owls, are weakened and killed through 'secondary poisoning' from their baited prey.

Join us for this family event of screening the film "Night Calling" on Sunday 15th September 2pm-4pm at the Uniting Church Hall, which tells of Yornitj the Masked Owl who inspired Australia's first owl friendly community in Margaret River WA. Screening will be followed by an informative presentation and discussion and a fabulous afternoon tea provided by the CWA.

This is a collaborative event between Bridgetown-Greenbushes Community Landcare and Transition Bridgetown. Entry by donation. To register: Email [transitionbridgetown19@gmail.com](mailto:transitionbridgetown19@gmail.com) or text 0432 105 754

Our August Open Space on Waste was well attended and informative! Most importantly is the message that we all need to REDUCE the amount of waste we produce. You can read about it else where in this edition of the Mailbag. If you'd like copies of the presentations, please email us!

We have heaps of local repurposing/recycling enthusiasts in our community. Here are some in:

- Transition Bridgetown Community Recycling Hub @ Bridgetown Library - mobile phones, plastic bread tags, reading glasses and sunglasses, toothcare products, writing implements, blister packs, CD's (no covers) Email: [transitionbridgetown19@gmail.com](mailto:transitionbridgetown19@gmail.com)
- Bridgetown Hub - hair product containers made from plastics and flexible or rigid aluminium. (including gloves from dye boxes), razor blades including packaging Ph: 9761 2139
- Containers for Change @ Bridgetown Waste Facility – cans, bottles, cartons, lids from eligible CFC containers Ph: 0431 313 436
- E-waste [computers, laptops, modems etc] Bridgetown Computers 1/101 Hampton St Bridgetown 9761 4430 or Trish on 0419 912 126
- Aluminium cans, motor vehicle batteries, batteries of all sorts - the Lions Group [lions6255@gmail.com](mailto:lions6255@gmail.com)
- Clothing, books, toys, household items – YeOp Shop, St Paul's Op Shop, Greenbushes St Barnabas Op Shop
- Books - Bridgetown Library Ph: 9761 2503
- Wool, yarn, material, ribbon, buttons, textiles – Bridgetown Arts and Crafts Ph: 97611288
- Household batteries - Mitre 10
- Hearing aid batteries - Pharmacy 777
- Ink print cartridges – Post Office, Mitre 10, Newsagency
- Used Stamps - Post Office
- Timber, recycled wood – Grumpy's Men's Shed Ph: 9761 1288 ... *Continued on page 13*



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# Red Cross News

## Winners Are Grinners

Despite the challenges of the many upset wins and the draws, the stalwart tipsters have successfully completed the 2024 AFL home and away season in the Bridgetown Red Cross' annual footy tipping competition.

First place this year went to Kelly Bloxsome - who won by several games. Second and third places were determined by a countback which saw Lyn Pendlebury pip Russell Morris. Congratulations to you all and many thanks for taking part.

Kaye Dorian brought up the rear after having faithfully tipped each week.

Finally, just a reminder that new members are always welcome and we look forward to meeting you and working together in the future. Please contact Patricia Martin on 9761 1946 if you would like more information.

## OSTEOPATHY

**Rowland Benjamin D.O.**  
a registered Osteopath is in practice in Bridgetown.  
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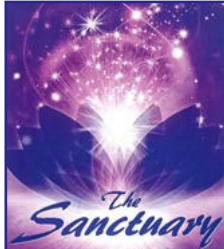
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# Show Talk

Hi Everyone, There has been a final push to contact all our amazing Show Sponsors with just a small handful still to catch up with. A huge thank you to all of you. The Schedule is close to being printed with the online version being setup now.

Membership renewals have been sent out. If you have not received yours, or wish to be a member, please contact the Committee now.

Colouring and Creative Competitions: The Colouring in Competition will be available again from the Newsagents towards the end of September. Our resident Artist Maxine Clifford has again produced an exciting picture to colour for ages, up to 6yrs, 7-9yrs, 10-12yrs, 13-16yrs & Open. The popular all-ages Creative Competition will be a Surf Board. This can be decorated with any medium, to promote aspects of our Theme 'Blackwood to the Beach'.

Congratulations to the Blackwood D&D Winterfest committee for putting on their biggest and best event yet at the Showgrounds. Hundreds of players from all over WA filled Centenary and Rowan Halls to immerse themselves in the world of Dungeons & Dragons. Some players opted to camp at the grounds but most chose to stay in local accommodation, which is wonderful for Bridgetown. Visit the Facebook page Blackwood D&D Winterfest for their latest news with pics of the really amazing decorated halls. The grounds are a great venue to hire with lots of space and catering facilities, so keep it in mind for your next event.

The Showgrounds Blues Budget Camping booking system is now live online via Humanitix. Budget camping, breakfast available, share with your family and friends!

Full details on the website. Please Note: Due to unforeseen circumstances our next Meeting will be held a week earlier, on Wednesday 4th September 7.00pm, in the Presidents Room at the Showgrounds.



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# What to do with Bridgetown's Waste!

Continued from page 8... Regardless of what outcome is reached in relation to how our waste will be disposed of, one of the key factors to be developed is an ongoing education program that helps people understand the need to substantially REDUCE what they send to landfill in the first place.

The ultimate message for those attending the Open Space and for all in our community is that we need to change what we perceive as waste and drastically limit the waste we create.

For further information on the above presentations or to get involved with the "Waste Warriors" group, please email [transitionbridgetown19@gmail.com](mailto:transitionbridgetown19@gmail.com)

## Transition Bridgetown

Continued from page 10... • Furniture – Bridgetown Buy Swap & Sell

• Garden tools - Ashbil Community Garden Bridgetown, Greenbushes Community Garden

• Plastic plant labels - Hillview Nursery  
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 and don't forget that we can eliminate much packaging by taking our own containers into Blackwood Home for Health and purchase many goods from their bulk supplies. Let's get much better at the Refuse, Reduce, Reuse, Repurpose, Recycle principle of waste management!

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# Rotator cuff tendon degeneration and strains

The rotator cuff is a band of thick fibrous tissue that wraps around the shoulder, like a shirt cuff wraps around your wrist and forearm. It is made up of four tendons, the tough structures at the ends of muscles that attach them to a bone. The rotator cuff muscles arise from the front, top and back of the shoulder blade and their tendons attach on the front and top of the arm. When the muscles contract they lift the arm to the side and then up or rotate the arm inwards or outwards, depending on the muscle.

Any of the rotator cuff tendons can develop issues but most of the time the problem is with the tendon of the supraspinatus muscle, the one on the top of the shoulder that moves the arm to the side. This tendon passes through a small tunnel formed by a ligament and three bones at the end of the shoulder. Problems occur if the tunnel becomes narrower, and the tendon is pinched as the arm is lifted to the side. Osteoarthritis in one of the shoulder joints can reduce the space in the tunnel by changing the shape of the bone but this is rare. More often the tunnel becomes narrower because of poor posture, especially the classic round shoulders posture.

Extreme force can cause a normal healthy tendon to tear, but the problem is usually the result of years of wear on the tendon and it fails from a relatively light load.

Genetics plays a small role in causing rotator cuff problems, because our genes determine the shape of our body, including the curvature of our spine, so if you have a very rounded thoracic spine you will tend to be more round shouldered.

A sedentary lifestyle is the main factor in causing rotator cuff problems because inactivity causes muscles and tendons to atrophy or waste away, and this makes them weaker and more vulnerable to injury. Activities like mobile phone use, affects posture by placing the arm in an internally rotated position, which closes the space in the tunnel for the tendon to glide.

Over months or years, inactivity and poor posture change the tone, strength and elasticity of shoulder muscles and the relative position of the bones around the shoulder, forcing the rotator cuff tendon to navigate a narrower tunnel, and mechanical wear leads to degeneration of the tendon.

The degeneration can be mild, resulting in inflammation or swelling of the tendon, moderate, resulting in fibrous changes and thickening of the tendon or severe, resulting in calcification of the tendon. All of these result in loss of structural integrity of the tendon and greater vulnerable to injury.

Bursitis is one of the first features of degeneration. A bursa is a small fat pad that sits next to the tendon to help reduce friction during movement. But when the tendon becomes thicker it triggers a swelling in the bursa, which is bursitis. At this point, there may be stiffness in the shoulder and a mild ache when you lay on your side in bed at night, and the problem may eventually go away. If, however, the degeneration is allowed to progress or the tendon is torn or strained, then it will need treatment or an effective regime of self-help.

Rotator cuff strains range from a minor tear with a mild ache and stiffness, partial tear or full thickness tear with pain, catching and restricted movement, to a complete tear with the inability to lift the arm sideways.

A rotator cuff tendon can be torn by a strong force such falling on an outstretched arm or from an awkward movement such as when your arm is forced to change direction and you not expecting it. But more commonly it is the result of an innocuous action such as holding an object above your head or away from your body or there may be no recollection of an injury. The type of treatment for a rotator cuff tendon problem will depend on the level of degeneration, ...*Continued page 15*

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## Up Close and Musical

*Continued from cover...* This year funds raised will be going towards supporting purchase of technical gear at the Bridgetown Repertory Club where we have been holding our concerts for nearly 20 years.

The concert will be held on Saturday 14th September at the Bridgetown Theatre. 6.30pm for pre-show drinks and nibbles for 7.00pm start and a generous supper at interval. Tickets available from Trybooking accessed via the QR code on the poster or the link on The Bridgetown Rotary website ([bridgetownrotary.org](http://bridgetownrotary.org)). Staff at the CRC have kindly offered to assist anyone struggling with the process. Tickets will be strictly limited so get in early to ensure your seat. MC will again be the inimitable Alan Wilson.

## Rotator cuff tendon degeneration and strains

*Continued from page 14...* whether it is torn and how badly it is torn. A rotator cuff tendon with significant degeneration, large full thickness tear or complete tear will require surgery. A bursitis with a minor or partial tendon tear will require ice packs, manual therapy and exercises. The affected structures of the shoulder, neck, upper ribs and thoracic spine will need cross-fibre kneading, passive stretching, transverse friction and mobilisation. Weak muscles will need strengthening and short muscles lengthening. Scar tissues will need to be removed from the affected area and the tendon rebuilt with a regime of isometric strengthening exercises.

Rowland Benjamin is an osteopath, author and environmentalist. This article is an edited extract from his forthcoming book *Treat Yourself*.

**GP Down South** *Continued from page 3...* Advocacy WA supports and advocates on NDIS access and appeals, disability support pension, discrimination, tenancy, guardianship and other areas.

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## Operation Christmas Child

It's that time of the year for people to put together their shoebox gifts for Operation Christmas Child. A time when we can have the fun of putting together a shoebox filled with gifts for children in countries where children have really very little in their lives.

Remembering or imagining the childhood joy of your children as they open their presents on Christmas morning; now, imagine that joy magnified tenfold as a child who has never received a present, who might have suffered the effects of either a war, a natural disaster, poverty, illness or maybe neglect receives a shoebox overflowing with gifts. Bringing joy and hope is what the Samaritan's Purse project is all about.

The boxes can be filled with a variety of items from 6 categories. 1. Something to love; a soft toy or doll, 2. Something to play with; a Yo Yo, marbles, tennis ball, skipping rope, etc. 3. Something to wear; T-Shirt, beanie, thongs, etc. 4. Toiletries; soap, face washer, brush, comb, toothbrush etc. 5. Stationery supplies; pencils, coloured pencils, sharpener, eraser, exercise books, etc. 6. carry bag to keep their treasures in. Also include \$12.50 per box to cover the costs of getting the gift into the hands of the child, or pay online and follow your box with a bar code to its destination.

The Samaritan's Purse project is a non-denominational evangelical Christian Organisation providing physical and spiritual aid to hurting people around the world.

Brochures can be obtained from The Quality Shop, as well as Shoe boxes to be filled. The boxes can then be returned to The Quality Shop in October. Don't forget to put a rubber band around the box. Think about it now and start filling your box, some child will love you for it.



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