Greenbushes-Balingup Newsletter

Published and Distributed with the kind support of Greenbushes Community Resource Centre, Talison Lithium and Greenbushes Post Office. Established 1984 as an initiative of the Greenbushes Ratepayers and Residents Association.

AUSTRALIA DAY AT GREENBUSHES 2016



Greenbushes community members enjoyed an Australia Day Breakfast in their own town in 2016 thanks to an initiative of the Greenbushes Ratepayers and Residents Association to coordinate the local event.

One hundred and fifty people enjoyed the breakfast and live music by local band Retrosonic on Tuesday January 26th. Pictured above are Andrea Barker and Andy, Greer and Edyn Hardy. It was the first time the town held its own Australia Day celebration and due to its popularity it may become an annual event.

See inside for more photographs from the breakfast.

NEW WEBSITE FOR BALINGUP SMALL FARM FIELD DAY

Preparations are underway for this year's Balingup Small Farm Field Day on Saturday April 23rd.

There is a new website which should be up and running shortly at www.balingupsmallfarmfieldday.com.au. There is a new on-line application form for exhibitors and stall holders on the website. People with queries are asked to use the contact email at exhibitor@bsffd.com.au.





WATER STATION LAUNCHED AT AUSTRALIA DAY BREAKFAST



The Australia Day Breakfast at Greenbushes was the perfect venue for the launch of the new Greenbushes Water Station.

The equipment, purchased with a grant from Tidy Towns Sustainable Communities, provides free filtered water at festivals and sporting events, thereby reducing reliance on bottled water and the waste generated by plastic bottles.

Jazlyn and Maddox Lansdell are pictured left filling up at the water station during the recent Australia Day breakfast.

The Greenbushes Tidy Towns group will be rolling the equipment out at a number of local events and festivals.

GACC ON THE WEB



The Greenbushes Aged Community Committee is now on the web with the launch of a brand new Facebook Page.

The volunteer based committee, which operates the Stinton Gardens Estate accommodation village at Greenbushes, can be found at www.facebook.com/greenbushesagedcommunitycommittee.

Check it out and "Like" the new page.

WOMEN IN BUSINESS GRANTS NOW OPEN

Projects that promote women's economic independence and leadership may be eligible for funding under the 2015-16 Grants for Women Project.

South West MLC Colin Holt said local governments and eligible community organisations could apply for up to \$5,000 to pay for project costs including advertising, printing or child care in the 2015-16 programme.

The programme is open until Thursday March 17 and more information can be found on www.dlgc.wa.gov.au.







FREE YOGA CLASS AND WORKSHOP

MONDAY 14th MARCH

Workshop—9:30am to 11:30am Yoga—11:45am to 12:30pm

Easy and fun regardless of age or fitness level Great for reducing stress and managing anxiety or fear

For bookings contact the CRC on 97643575 or email: coordinator@greenbushescrc.net.au



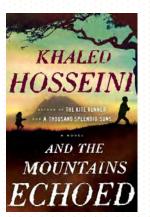






Invites you to go to the next Book Club meeting at the

Greenbushes CRC on Wednesday 17th February 10am—11am



If you would like to review last months book come to the meeting.

And if you'd like to read this new book come see Jamie in the office

New members Welcome

And the mountains Echoed By *Khaled Hosseini*



AUSTRALIA DAY FUN AT GREENBUSHES 2016



Mary Iacopetta cooks toast for the breakfast.



Gordon James, Lyn Perks, Bev Games and Barry Perks at the Australia Day Breakfast at Thomson Park in Greenbushes.



Local band Retrosonic members (left to right) Kelvin Nield, Michelle Donaldson, Rob Hesketh, Helen Cuxson and Keelie Bacci performed at the breakfast.



Beth and Derek Dilkes join in the singing at the Australia Day Breakfast in Greenbushes.



The Greenbushes Australia Day breakfast.



Bev Szolkowski, John Szolkowski and Viv Szolkowski cycled in for breakfast.



BALINGUP PHARMACY OPEN



Balingup has a new business.

The Balingup Pharmacy was officially opened on February 1st by South West MLC Nigel Hallett before a gathering of about 100 people.

Pharmacist Kate Wooldridge and her partner Tim Colegate are the owners of the new Pharmacy. Former Bridgetown Pharmacist Cliff Roberts will also work at the Balingup business two days each week.

Kate has been in Pharmacy since 1999 most recently at Gidgegannup and is accredited to undertake home medication reviews.

The Balingup Pharmacy will be open from 8:30am to 5:00pm Monday to Saturday and 10:00am to 5:00pm Sunday.

POP UP SHOP NETS CHARITY FUNDS

A pop-up shop at Balingup in January raised \$4,203 for the Waroona Yarloop Fires appeal and the One Family project in Cambodia.

Balingup resident Wendy Trow was organising her annual appeal for the Cambodia project when the bushfires struck, leading her to include the bushfire appeal as part of the fundraiser.

People purchasing goods donated to the pop-up shop

were able to nominate whether their funds went to the Waroona Yarloop Fires victims or the One Family Project in Cambodia.

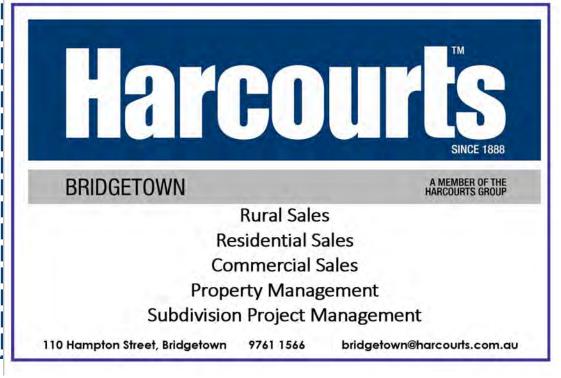
As a result \$2,234 was given to the bushfire victims and \$1,969 to the One Family project in Cambodia.

Ms Trow has thanked people for donating goods and for supporting the pop-up shop at Balingup in January.

She will be returning to Cambodia in May/June this year and will assist with the project which raises funds for children in poverty in rural areas such as Danan who is pictured above with her new bicycle.



For editorial and advertising contact Greenbushes Community Resource Centre 97643575 or admin@greenbus hescrc.net.au. The closing date for submissions for the newsletter is the 20th day of each month.



GHOSTLY HAPPENINGS IN BALINGUP

Balingup locals are gearing up for another night of "strange happenings" as they once again invite people to join them on a walk through the darkness in search of souls long gone.

Yes, the next Balingup Ghost Walk is happening in March and people are invited you to go on a guided tour of the town to meet "ghosts" who tell the story of local personalities who lived in Balingup between 1855 and 1955. Learn about the hardships they endured and be entertained by tales of the social life they enjoyed, in a fun and interactive way.

The walk will be held on:

Saturday 12th March 16

Leaving the Packing Shed at 7.30pm. Price \$15 adults 6 -16 years \$5.

The cost includes a cup of tea and biscuits in the museum. Children 6 and over must be supervised by their parents. No seniors discount.

The distance walked is less than 2 km and most of the terrain is flat. There are some gravel surfaces so wear enclosed shoes. Take a torch.

This event is run by the Balingup Historical Project Group, in conjunction with Balingup Progress Association & W.Trow. Places are limited so book early by contacting Helen Christensen 97641291 or eiler@westnet.com.au

Special Notices!

The organisers are looking for a volunteer to collate some sound tracks that will further enhance the walk. If you are interested, please contact Helen.

The Balingup Historical Group will be opening their next exhibition, based on the

Importance of the timber and railway Industries, in early March so the walk will also offer a great opportunity to see the new display.



2016 Regional Grants Scheme

The funding rounds for the 2016 Regional Grants Scheme and Community Chest Fund are now open.

The Community Chest Fund closes Thursday March 10 The Regional Grant Scheme Closes Thursday March 17

Applications and guidelines from www.swdc.wa.gov.au

Foodbank Donations

Throughout 2016 Greenbushes CRC will be collecting donations for Foodbank.

A collection box has been set up at the centre where non perishable items can be dropped off.

Items needed include canned produce, two minute noodles, jars or tinned produce





Contact the CRC at 9764 3575 or trainee@greenbushescrc.net.au

Black Cockatoo Workshop

Monday, 22nd February 9am-12pm

Greenbushes—Schwenke's Dam and hall TBC



You are invited to join the Blackwood Basin Group for an informative bushwalk and workshop in

- . How to Distinguish Between Black Cockatoos
- . Habitat and Ecology
- . Roost Site Identification
- . Practical Conservation Advice
- . Great Cocky Count Information
- Free morning tea

Contact Kristen at the BBG: kristen@blackwoodbasingroup.com.au or 9765 1555 to register your interest today





This project is supported by the Blackwood Basin Group through funding from the Australian Government





"Red Card for Rabbits & Foxes" (RCRF) maximises landholder efforts across the ag region to control foxes and rabbits through coordinated 1080 baiting and shooting programs.



MAHJONG FOR BEGINNERS

15th February

MONDAY 1PM-3PM



\$3 PER PERSON

Afternoon Tea provided



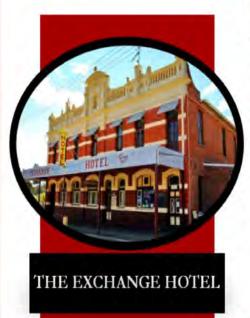
No previous experience necessary.

Go along and Have A Go

RSVP email trainee@greenbushescrc.net.au or call 97643575



Government of Western Australia Department of Regional Development



Exchange Hotel - Greenbushes

22 Blackwood Road, Greenbushes

08 9764 3509

Dine in: 6:00-8:00PM Dine in 7 days Take Away 5:30-7:30PM Last orders 7:15PM Take Away 7 Days—Drinks & Food

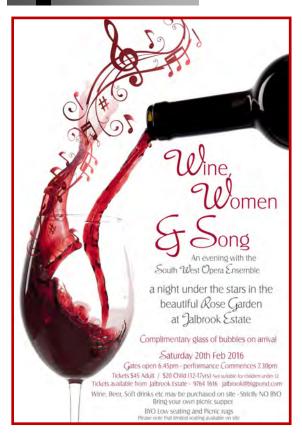
Roast every Sunday 5:30—7:30PM

Shaded Beer Garden

Accommodation Available

See website for more details: www.exchangehotelgreenbushes.com .au







For editorial and/or advertising contact Greenbushes Community Resource Centre

97643575 or admin@greenbushescrc.net.au



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ROOM HIRE

New Conference/Training Room available for hire—seats up to 30.

With OHP & Screen, Digital wipe board, white board Digital TV & DVD Player.

New Conference/ Training room	CRC Members	Non Members
1/2 day (4 hrs)	\$33	\$45
Full day	\$45	\$90
After 4pm (per hr)	\$20	\$25
Tea/coffee	\$2.00/head	\$3.00/head
Morning/afternoon tea	\$4.00/head	\$5.00/head
Other catering	Upon Quote	Upon Quote

Call 9764 3575/email: admin@greenbushescrc.net.au





HEALTH AND WELLNESS ROOM

The Health and Wellness Room is now in used and has proved to be a great success in attracting health professionals to Greenbushes, offering convenience for local residents and services that were previously unavailable. Thanks go to the Shire of Bridgetown Greenbushes for providing a community grant to fund the purchase of the examination table and screen.

If you would like to see a service available in Greenbushes or you are a service provider looking for a suitable venue please contact the CRC to discuss room hire and availability.

OPTOMETRIST

Graham Shipway's first visit to Greenbushes CRC was a huge success and fully booked for the day. His next visit is Tuesday 1st March; for bookings please contact the CRC on 9764 3575. Medicare card and private health fund card necessary at the time of consultation. Sponsored by the Shire of Bridgetown-Greenbushes.



Checks for Glaucoma, Cataract & Macular Degeneration are also available.

February 2016

CHANGE IN OPENING HOURS

The CRC is now open on a Wednesday until 5pm. The extended hour is to encourage school children to use our facilities after school. Computers are available for homework and research with supervision provided by our staff. If your child would like to practice their reading during this time, with an adult, please contact us to make a booking.



REFLEXOLOGY - AT THE CRC

Next appointment date Thursday, 17th February – contact the CRC for availability.

Anita has been practicing Reflexology for 16 years and has been fortunate to see the benefits of receiving Reflexology personally plus seeing first hand some wonderful transformations with her clients.

Do you suffer from the following?

Insomnia Thrombosis

High/Low blood pressure

Fatigue Migraine/headaches

Back pain

Stress Sluggish circulation

Looking for peace & harmony

WA NILS -

loans for low income earners -

If you need a small loan for:
 Household Essentials
 Health & Wellbeing
 Services
 Social Inclusion
 Energy Efficiency
\$200 - \$1500 with NO interest is available
Please contact WA NILS on
136457 or 9354 7611 or call into the CRC

ANITA MAYER—RELEXOLOGIST





ABN No. 91 685 431 506
Ph: (08) 9764 3575 Fax: (08) 9764 3799
Email: coordinator@greenbushescrc.net.au







BUSHFIRE RESILIENCE & AFTERMATH

Yes, fire season is upon us with the Waroona fires making us all aware of just how devastating bush fires can be and the damage they wreak on communities and wildlife. It is important for us all to ensure we are Bush Fire Ready especially at this time of the year.

If you have not yet collected your Bush Fire Information from the CRC call in now as there are plenty of information packs left which include: DFES information booklets, a comprehensive list of local contact numbers for during and after an emergency, advice for small business, a magnet with emergency numbers and our Emergency Community Information Point Phone Tree which includes pre-season preparation and activation process of our Phone Tree, as well as additional emergency information.

Our emergency information notice board has been delivered and will be erected over the coming weeks, near our entrance on Blackwood Road. Once in place, a map of the local area and all emergency information will be displayed. In the instance of a fire the area / areas under threat will be noted on the map and all information received from the Shire or DFES will be prominently displayed.

Coming Up @ the CRC

- Bookclub meets on the 3rd Wednesday of each month
- ◆ Craft group meets each Tuesday at 10am
- ♦ Wednesdays of each week 10am—2pm by appointment—pop in and learn how to use the computer, iPad, ask us a techie question, Broad Band for Seniors training available. Learn how to email, internet search, setup documents and spread sheets
- ♦ Interested in learning Mahjong? Call us to register your interest in a beginners session in 2016



The CRC is keen to install solar power and looking at the Corena package to implement the project. See this edition for avenues for helping fund the CRC Solar Power initiative.

SEWING/QUILTING

COMMENCING THURSDAY FEBRUARY 11th 2PM—4 PM JOIN US FOR A QUILTING/SEWING SESSION EVERY THURSDAY AT THE CRC \$2 EACH, AFTERNOON TEA PROVIDED. WORK ON YOUR OWN PROJECT OR JOIN US IN QUILTING OUR FIRST PROJECT. SEWING MACHINE AVAILABLE.





FREE EMPLOYMENT WORKSHOPS

What is work in 2016 Employer Expectations Employability Skills Resume Writing.

Interview Techniques

Four week course commencing Thursday, 18th February run by Jobs South West. Morning tea provided. This course is a must for all job seekers and young adults looking to embark on employment pathways. If you are enrolled with Skill Hire they have recommended these workshops be undertaken to enhance your employment opportunities and details may be used as an addition to your reporting requirements.

Contact Angie at the CRC for further information on 9764 3575







Rural in Reach Program Community Talks via video conference

Tuesday February 23th From 10.15am – 12.30pm

Presents an interactive video conference at the CRC

Strengths and Challenges in Separation

This video conference covers separation and how it affects the whole family, changes to living arrangements, finances and personal changes. This talk will discuss both the challenges experienced when going through separation and strengths that can help get you through to the other side.

Please register your interest on 9764 3575 or call into the CRC.

Puzzles & games

The CRC now has a collection of games and puzzles for adults and children available, through our Library. Children are welcome to use these facilities at any time during opening hours at the CRC, including after school on Wednesday, or they can be taken out on loan if a member of the Library.





8am- 10am



Parenting WA - Protective Behaviours Parent Workshop

Keen to help you child understand and develop personal safety skills?

Then come along to this workshop where you will learn about the Protective Behaviours Program's Core concepts

We all have the right to feel safe at all times

We can talk with someone about anything, no matter what it is

Presented by Natalie Robertson from Parenting WA South West.



Greenbushes CRC—Friday 18 March 2016 10am-12pm. FREE EVENT A crèche on site for \$5

Contact the CRC to book on 97643575 or email coordinator@greenbushescrc.net.au

Blackwood Area Transport Service

The Blackwood Area Transport Service (BATS) is a new community resource that has been founded by HACC, Meals on Wheels and Strive to provide Transport needs for those people who are HACC eligible.

BATS is committed to support people to maintain their independence. Transport assistance is available for:

- Medical Appointments
- Allied Health appointments
- Shopping
- Banking
- Social Events
- Maintaining Family Connections



If you would like more information brochures are available at the CRC or contact the BATS Coordinator on 9761 1855. Charges apply and a HACC assessment is necessary.

COMING UP @ the CRC

6th February – Opera in the Park, Gianni Schicchi, commencing 7.30pm, bring a plate to share.

7th February Croquet in Thomson Park 8am - 10am

11th February – Quilting / sewing group. 2-4pm weekly meetings \$2 each.

15th February, Mahjong for Beginners – morning tea provided - \$3 each.

23rd February, Strengths & Challenges in Separation via video conference. 10.15am-12.30pm

1st March, Optometrist visits Greenbushes CRC, call to make a booking

14th March Stress Management & Gentle Yoga, 9.30am to 12.30pm, morning tea provided. This is not your usual yoga class, it is very easy, very relaxing.

9th & 16th March, First Aid for small business, 6-9pm. Small business \$30 each non-business \$99

18th March, Protective Behaviours Parent Workshop, 10am-12pm, presented by Natalie Robertson from Parenting WA, South West.

18th March Westlink broadcast Shimmy & Shake 12pm. For women of all ages introduces the ancient art of belly dancing.

5th April Hoarding Explained, covers causes, advice and recovery options. 12.30-2.30pm Bookclub meets on the 3rd Wednesday of each month, 10 – 11am new members welcome.

Craft group meets each Tuesday at 10am-12pm.

Wednesdays of each week 10am—2pm by appointment for members—pop in and learn how to use the computer, iPad, ask us a techie question, Broad Band for Seniors training available. Learn how to email, search the net, setup documents and spread sheets, 1 hour free for members.

The Greenbushes CRC has a new website. Check it out and let us know what you think! Any suggestions are welcome.

Angie Cornish—Coordinator and Jamie Kennedy—Trainee





Greenbushes CRC has a new Facebook page - don't forget to LIKE us



Blackwood Basin Group Update



The Priority Bittern and Waterbird Biodiversity Enhancement Project, coordinated by the Blackwood Basin Group (BBG), is settling into the new year nicely. New workshops and programs are being organised as we speak and our two new project officers have hit the ground running. The last few weeks have been filled with the planning of various activities and work on the wetlands around Greenbushes. The four year project, funded by the Australian Government, aims to create a wetland haven at Schwenke's Dam, Greenbushes, to attract critically endangered waterbirds.

Margaret Jakobson ad Kristen Mappin

Two new project officers have officially joined our team. Margaret Jakobson and Kristen Mappin recently started at the Blackwood Basin Group to help continue the wonderful progress made on the wetlands around Greenbushes.

Margaret is an Environmental Scientist and Entomologist who has been working with us as a volunteer with the macro-invertebrate group for the last 2 years.

She has experience with working with community groups in the past and will be continuing that role here with us by coordinating the volunteer group in Greenbushes, running activities for interest groups such as Scouts, schools, and community groups, and presenting at and coordinating conferences and workshops.

She is available for inquiries on Mondays and Tuesdays on 9765 1555 or you can email her at Margaret@blackwoodbasingroup.com.au. Margaret "I am most looking forward to working with the community in an area that I am passionate about."

Kristen has a background in Botany and community based conservation. She shall be managing the field works of the project such as weed and pest control, flora surveys and rehabilitation plantings.

One of her first tasks is the development of a cockatoo workshop and feral fox control programs. Kristen says "I feel very privileged to have discovered a project that is local and using my expertise. I am looking forward to working on the project and developing my knowledge as the project continues to grow."

Should you need to contact Kristen she will be available on Monday, Tuesday and Thursday on 9765 1555 or you can email her at Kristen@blackwoodbasingroup.com.au



Margaret Jakobson and Kristen Mappin

Get involved

Community engagement is key to the success of this project. We are on Facebook and are keeping our followers up to date with photos and posts of our activities! Like the Blackwood Basin Group's Facebook page today for updates on programs and workshops running in your local area in the coming months. If you're not on Facebook, jump on our website at www.blackwoodbasingroup.com.au or contact the BBG office on 9765 1555 or email

<u>Margaret@blackwoodbasingroup.com.au</u> to register your interest in our email updates network.

For any further information or to be involved in the project, please contact Margaret Jakobson on 9765 1555



Blackwood Basin Group Update



Cockatoo Workshop

The wonderful Tegan Douglas, the Forest Black Cockatoo Project Coordinator from Birdlife Australia will be coming to Greenbushes on the 22nd of February to talk to interested community members about all three of our black cockatoos.

Tegan will show us how to tell the difference between Baudin's, Carnaby's, and the Forest Red-Tailed Black Cockatoos based on appearance, call, foraging behaviour and forest signs.

She will then talk about how to record our observations on their activities and finally, what we can do to help. This workshop will consist of a walk then a talk with morning tea provided.





Warning Sign for 1080
Baiting which will be taking place in
Greenbushes from 15
February to 18 March 2016.

1080 Baiting

A number of measures are being put in place to reduce fox numbers in the Shire of Bridgetown-Greenbushes prior to lambing season.

Fox baiting will be undertaken across the Talison tenements from the second week of February (Feb 15) to 18 March 2016 which means that there will be 1080 poison active in the area for the next two months. The areas affected include Schwenke's Dam, Austin's Dam and Southampton Dam. More details are available on public notice-boards in Greenbushes including the CRC.

It is very important to ensure all pets are kept away from the area. In late March we will be holding a training day for the use of 1080, so watch this space for more details in the near future.

Annual Red Card Fox Shoot

Red Card is a community based feral animal control program that operates across the agricultural regions of Western Australia. We are asking local Landholders to shoot foxes and feral animals on their property on the 4th & 5th of March all across the Bridgetown-Greenbushes Shire. The final tally shall take place on Sunday the 6th. The goal of this event is to get all participants working together for maximum impact on pest numbers and, combined with the baiting scheme, we hope this will be a great chance to make a positive impact on the upcoming lambing season. The final count will be held on Sunday 6th and will include breakfast. You can register with Kristen Mappin at the Blackwood Basin Group on 9765 1555 or email Kristen@blackwoodbasingroup.com.au







SATURDAY, FEBRUARY 6

The WA Opera Company will perform Gianni Schicchi by Puccini at Langley Park in Perth on Saturday February 6 but regional people don't have to miss out on the fun as the event will be simulcast via the CRC Network.

The performance includes the very popular aria "O mio babbino caro" and the comedy takes place over one day when a family's greedy inheritance plans are disrupted.

The Greenbushes CRC is broadcasting this event

Arrive at 7pm for pre broadcast nibbles.

Call 9764 3575 to make a booking. Bring a friend or two and some nibblies for a great evening out.



First Aid for small business

Greenbushes CRC is offering a heavily discounted First Aid course to local business owners in Greenbushes and Balingup.

If you are a business owner and looking to complete a Senior First Aid course please contact the CRC on coordinator@greenbushescrc.net.au or phone 9764 3575

Wednesday, 9th & 16th March from 6pm—9pm

Or Saturday, 5th March from 9am—5pm Cost \$30 per person

one person per business Non-business \$99 per person







CLUB B SPEAKERS

Club B meets at the Blackwood House Community Centre in Bridgetown each week and welcomes new members including Silver Chain clients and general public. The fee is \$5 which includes morning tea. The Club is held between 10am and 12pm on Fridays.

Friday, February 12th will feature local musician Tracey Barnett talking about her music life. Friday, February 19th will feature a movie and discussion. Friday, February 26th will feature Glen Burston from the Maroo Wildlife Refuge. Contact Danni Roberts on 0447713368 for details about Club B.

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MINE NEWS

TALISON Talison has contributed \$165,000 to the Bridgetown Swimming Pool Redevelopment Project, to match funds raised by the community (\$65,000). This was a great community fundraising effort and Talison is proud to support the development of this fantastic community facility.

In January, Talison welcomed four trainees and two apprentices to the site - Alexandra McDonald, Blake Bailey-Ganner, Dylan Spicer, Kyle Foan, and Jamie Kennedy. We wish them well during their time at the Greenbushes Operations.



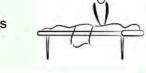


Health and Wellness Room

NOW OPEN

Available for

- . Health professionals
- . Massages
- . Reiki
- . Counselling
- . Reflexology
- . Optician
- · Podiatrist....





Please contact the CRC on

Email: coordinator@greenbushescrc.net.au

Phone: 9764 3578 for further enquires regarding
room usage



Government of Western Australia Department of Regional Development





Relaxation massage in the CRC Health & Wellness Room

Sandy Venter is qualified in Reiki, Indian Head Massage, Kahuna Bodywork and Relaxation Massage.



Sandy also offers Life Coaching and Counselling



One hour bookings are available from 9:30 am on Monday, 22nd February—\$60 per hour Please contact the CRC on 9764 3575 or email trainee@greenbushescrc.net.au

GREENBUSHES HEALTH AND FITNESS TIMETABLE

Drop in Class Price \$10:00

Gymstick Muscle—Greenbushes Hall-Angela (Monday 9:30-10:30)

Easy to follow group exercise class that provides a superior workout. Does not require extensive fitness or coordination skills to participate.

Deep Stretch—Greenbushes Hall-Angela (Monday 10:30-11:15)

Focus on your tightest body parts—hips, hamstrings, quads, back, neck and shoulders

Pilates—RSL Hall-Therese (Tuesday 5:00-6:00)

Lengthens and stretches all the major muscle groups in the body in a balanced fashion. Improves flexibility and strength, balance and body awareness

Children's YOGA—Community Resource Centre. Bookings essential.

Min 6 children- Nicky (Tuesday 4:00-5:00)

Starts with stretching and each week is a different theme. Relaxation techniques. Six weeks. 6-10 Years. For bookings contact Nicky 0417 334 222.

Pelvic Floor—Community Resource Centre-Angela (Thursday 9:30-10:30)

For people who are pregnant, have given birth, undergone surgery, history of back pain, asthma. Women and Men welcome.

YOGA—**Tina** (Thursday 10:30-11:15)

Builds strength and endurance. All fitness levels.

Core Strength—Angela (Friday 9:30-10:30)

Increase strength and reduce back pain.

QI GONG coming soon—based on slow movements to help free up and increase the energy flow in the body. Simple. Improves posture, circulation etc.

Contact the CRC on 9764 3575 or ANGELA on 0409 686 695 or email zooropa4@bigpond.com

MOUNTAIN BIKE RIDE A HIGHLIGHT OF SCHOOL HOLIDAY PROGRAMME AT CRC

Twenty three young people from the Greenbushes area attended a mountain bicycle skills day at Pemberton Camp School in January, thanks to a grant from the RAC and support from the Shire of Bridgetown-Greenbushes.

The activity was coordinated by the Greenbushes Community Resource Centre and offered school aged children the opportunity of experiencing mountain bike riding in the Karri forest in Pemberton. The group were taught skills for safe handling and riding of bicycles on a variety surfaces, including gravel then went out on an hour long ride around the forest before heading back home.

This initiative was proudly supported by the RAC's Community Sponsorship Program

Greenbushes CRC Coordinator Angie Cornish said it was fantastic to be able to take the group to somewhere they would otherwise not have been able to experience, as a day out at a price affordable for all. The event also included lunch, transport, an opportunity to learn new skills, make new friends and have FUN.

"We were really pleased with the response to the activity and the feedback we received from the kids and their parents. Holding an similar event in the future is definitely something we would like to do," she said.



Tayla Pike, Carla Ward, Abbey Baskerfield and Hayley Troode head down the practice track at the Mountain Bike Riding Skills day in Pemberton.



Pemberton Camp School instructor Tim demonstrating how to tackle a "drop-off" at the bicycle skills day in January.

COMMUNITY GARDEN PROJECT POPULAR DURING THE SCHOOL HOLIDAY PROGRAMME

Painting at the Community Garden. The new nature play area at the garden was the subject of some art makeovers during the January school holidays. More perfect weather for painting in the garden.

Thanks to Tracy Lansdell and her amazing designer team (Toni Candido, Andy Hardy, Edyn Hardy, Peta McGhie and Jamie Kennedy from the CRC) a design was ready to go when the kids arrived to help paint the concrete play equipment. The plain drain covers now look amazing – thanks everyone who contributed. What a great effort!









RALLY HO!

All the participating venues are in place for the 2016 Rally in the Valley and the organisers are looking forward to a fun event for the whole family.



The "Rally in the Valley" is a guided, interactive self-drive tour of the of the region run throughout the month of April. It features recommended stops of interest for visitors and locals alike.

Participating businesses in Greenbushes include the Greenbushes Discovery Centre and local businesses. It is hoped there will be increased visitors to the town during April as people rally around the Blackwood River Valley region.

The Rally offers excellent family-fun, a wide range of diverse attractions and "pick-your-own" experiences.

From Lake Towerrinning in the north to Donnelly River Village in the south, east to Boyup Brook and west to Sues Road and all places in between, there are plenty of diverse attractions to interest and inspire visitors and locals alike.

Entry to the event this year is FREE and with a \$700 total prize pool, this a great opportunity to explore the Valley and put yourself in the running to win. Entry forms will be available from a number of outlets in the Blackwood River Valley and from each of the Visitor Centres.

The Blackwood River Valley Marketing Association is proud to have the support of the South West Development Commission, the Donnybrook-Bridgetown Mail, the Shires of Boyup Brook, Nannup and Donnybrook-Balingup and Australia's South West for this year's event.



Pat's Patch... Cr Pat Scallan

The Australia Day Breakfast held in Greenbushes this year was a great success, with approximately 150 people sharing breakfast in Thomson Park. Music by local band Retrosonic set the relaxed atmosphere. Thank you to all of those people who attended and because of this great response, we will now get planning underway for 2017.

Fundraising for the Bridgetown Swimming Pool Redevelopment has been finalised, with a total of \$230,000 being raised for this project. Well done to everyone involved in raising these funds for such a worthwhile community facility.

A reminder to all community groups that the deadline for Community Grants and Service Agreements is approaching in February. Applications must be received at the Shire Office by 4pm on 26th February.

GOVERNMENT ACCESS POINT





Located at; Greenbushes CRC

We have free internet access in a professional and accessible environment for our community

Access sites such as;

- Department of Transport
- Department of Licensing (Guns, Boats etc)
- Department of Health
- Department of Veterans Affairs
- Centrelink

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ISA Restaurant

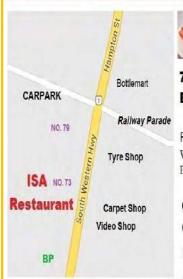
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Dinner: 4:30pm - 8:30pm

- 5% Senior Discount (present card only)



LOCAL YOUTH BENEFIT FROM TALISON TRAINEESHIPS





Six young people from the district have been selected to take on traineeships or apprenticeships at Talison Lithium's mining operations in 2016.

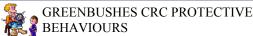
Pictured left are Alexandra McDonald of Greenbushes (Laboratory Trainee), Blake Bailey-Ganner of Greenbushes (3rd Year Light Vehicle Workshop Mechanical Apprentice), Cora Introvigne of Bridgetown (Allied Health Trainee) Dylan Spicer of Kirup (1st year Mechanical Apprentice) and Kyle Foan of Donnybrook (Supply/Logistics Trainee).

Jamie Kennedy (pictured left with her father Greg Kennedy) of Greenbushes has been selected as the Administration Trainee in a shared position with the Greenbushes Community Resource Centre.

The traineeships are being supported by a range of registered training providers including the South West Institute of Technology and the Great Southern Institute of Technology.

It is the fifth year that Talison Lithium has provided traineeship opportunities for young people throughout the district.

This is in addition to vacation work for University students, work experience for school aged children and electrical and mechanical apprenticeships. Talison Lithium General Manager Greenbushes, Pat Scallan, said the 12 month traineeships offered young people nationally recognised qualifications and experience of the work environment.



WORKSHOP MARCH 2016 WITH PARENTING AUSTRALIA. See the advert in this edition.

LOCAL VISITOR CENTRES BENEFIT

Bridgetown Visitor Centre will benefit from a boost to its funding through the Royalties for Regions and Tourism WA funded Regional Visitor Centre Sustainability Grants.

Warren Blackwood MLA Terry Redman said Nationals WA had delivered on a key election commitment to increase funding and support for regional visitor centres with a total of \$1.1 million put towards funding 39 regional visitor centres in the first year of the grants programme.

The programme will see a total of \$4.2million invested in regional visitor centres over the next three years with Round Two to be launched in March 2016.

Under the grant programme accredited Visitor Centres and local government authorities are eligible for grants between \$10,000 and \$100,000 while non-accredited centres working towards accreditation will receive grants up to \$40,000.

The programme recognises that tourism is a driver of the State's economy.

CORENA Quick Win Projects



People from all over Australia chip in to CORENA's revolving funds so we can give interest-free loans to pay for solar installations and energy efficiency measures at community organisations. The loans are repaid out of the resultant savings on power bills, so it doesn't cost the community organisation a cent.



Loan repayments from completed projects and new contributions from all over will help fund solar panels at Greenbushes Community Resource Centre.

Chip in to be part of it!

Help Greenbushes CRC install a 5kW solar system! You can put something in the donation jar, or donate online at:

www.corenafund.org.au/quickwin



Citizens Own Renewable Energy Network Australia Inc.



BEAN BAGS MADE TO MEASURE AT SCHOOL HOLIDAY PROGRAMME

Greenbushes CRC offered Bean Bag making on Wednesday, January 27th, from 10:00am – 2:00pm - a creative experience where imagination was the only barrier.

Some very beautiful bean bags were designed by the kids, some were taken home to complete, some taken home for the final sewing up and some ready to use.

Marion Arrowsmith, Edna Fryer & Edie Ross made a great contribution helping with design ideas and machine sewing when required. Thanks also to Mark Lavelle from Mark's Upholstery and Tiger's Treasures for providing some materials.

Yes we had a few hiccups with the sewing machines! If anyone has a machine they no longer need, is in working order and they would like own bean bag. to donate it to the CRC please contact Angie for collection. I'm sure a few more school holiday sewing programs would go down a treat!

Keep an eye out during the next school holiday programme to see what exciting things are on offer at the CRC. Don't forget the CRC is also open after school on Wednesdays tlll 5pm should your child like to do some supervised homework, reading or research on the computers.



Edyn Hardy putting it all together to make her very own bean bag.



Edyn Hardy and Jazlyn and Maddox Lansdell with the finished product.



Edna, Elise, Marion, Brie & Paige catching a lunch break under the lemon tree (above) and Daniel and Paige Runeckles getting set to sew (pictured below).





18th February	Week One	What is work in 2016? Employer Expectation
25th February	Week Two	Employability Skills Employer expectations Interview skills
3rd March	Week Three	Interview Techniques How to prepare Do's & Don'ts
10th March	Week Four	Resume Writing What an employer wants Current trends Create a new resume

Location: Greenbushes CRC,

46 Blackwood Road, Greenbushes WA 6254

Contact: Phone: 9764 3575

Or Email: coordinator@greenbushescrc.net.au







LOCAL SERVICES DIRECTORY









24 HOUR 7 DAY EMERGENCY REPAIRS WEB: www.souwestglass.com.au
Steve Hawkins

Glazier - Glass and LeadLights

PO Box 248 Greenbushes WA 6254

P (08) 9764 3663 F (08) 9764 3387 M 0428 953 753 E stevehawkins@westnet.com.au





The Hon Robyn McSweeney MLC
Member for South West
Region

68 Hampton St BRIDGETOWN Phone (08) 97611605.

For editorial and/or advertising contact
Greenbushes Community Resource Centre. Deadline 20th of the month.
Edition out first week of the month.

97643575 or admin@greenbushescrc.net.au





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RURAL IN REACH

CONTACT THE CRC FOR THE 2016
CALENDAR OF EVENTS OR CHECK THE
NOTICEBOARDS.

WESTLINK BROADCASTS

ON A RANGE OF TOPICS. SEE THE CRC FOR A FULL LIST OF TOPICS AND BROADCAST TIMES.



NEW STOCK AT THE LIBRARY

Call in to the CRC and check out the new stock of books now on the shelves in the library.

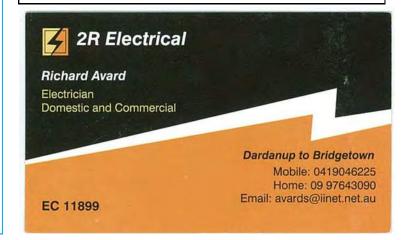
There is room on this page for your business. Contact the Greenbushes CRC 97643575





97643575

Ticketing and information for TransWA & South West Coachlines. Book your next trip at





We have a Video Conferencing room available for hire, equipped with laptop & TV and video conferencing equipment— Seats 8-10

Video Conference / Meeting Room	CRC Members	Non Members
Per hour	\$12	\$20
Half day	\$33	\$45
Full day	\$45	\$90
After hours (per hr)	\$20	\$25
Tea/coffee	\$2.00/head	\$3.00/head
Morning OR afternoon tea	\$4.00/head	\$5.00/head
Other catering	Upon Quote	Upon Quote

Call 9764 3575/email: admin@greenbushescrc.net.au

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Community Notices

GREENBUSHES TO BRIDGETOWN SHOPPING RUN

The Community Bus "Rosie" shopping run service operates on alternate Tuesdays from Greenbushes to Bridgetown and return. This service is available at the cost of \$8:00 return to anyone living in Greenbushes.

The bus departs from the Greenbushes Roadhouse at 9am and leaves IGA for the return journey at 11:30am.

For more information call 97611555.



FEBRUARY 2 and 16

Proposed Greenbushes



Singing Group

A small group has formed for the joy and

therapeutic benefits of singing together 』



The group will PRACTICE weekly from 2-3pm Tuesdays at St Barnabas Church, Stanifer St.

ONI Songs: the group will focus on light, bright, gospel songs plus selected spiritual, folk and pop songs

No special skills or experience necessary!!

ALL WELCOME

... any questions ??

Contacts: Margaret ph 9764 3927 or Trevor ph 0437 338 350

hurch Times و

ANGLICAN CHURCH

Greenbushes St Barnabas

Sunday Morning Prayer at 11:00am Contact: Parish Office 97611031 Contact: Rectory 97611066.

Balingup

Eucharist every Sunday at 9am

UNITING CHURCH

Greenbushes

2nd Sunday each month 2:30pm

CATHOLIC CHURCH

New times from February 2014

1st Weekend Sunday 8:30am 2nd Weekend Sunday 10:30am

Greenbushes

3rd Weekend Sunday 8:30am 10:30am 4th Weekend Sunday 5th Weekend Sunday 8:30am

(1st, 5th &3rd Sun - Liturgy of the Word/Holy Communion)



SAVE THE DATE!

Get out into the great outdoors and enjoy a run or walk through the jarrah forest surrounding the historic town of Greenbushes Western Australia by participating in the Greenbushes Fun Run on Sunday May 15.





Event or Group	Venue	Time	Day of the month	Contact
Greenbushes Aged Community Committee	Stinton Gardens Function Centre	1.30pm	2nd Mon of the month	Leanne Green 0419005224
Greenbushes Community Garden Committee	Community Garden Building	4:30pm	2nd Wednesday of the month	Tracy Lansdell 9764 3414
Greenbushes Discovery Centre Committee	Discovery Centre	4:30pm	4th Tues of the month	Leonie 97825717
Greenbushes Retirees Committee	RSL Hall	11:00am	3rd Tues of the month	Heather Cusack 9764 3653
Balingup Men in Sheds	Balingup Community Centre	7:00 pm	Last Tues of the month	Mike 9764 1080
Balingup CWA	Balingup CWA Centre		Meetings 2nd Tuesday and gardens/crafts on 4th Tuesday	Wendy 9764 3525
Community Resource Centre Management Committee Meeting	Community Resource Centre	2:30pm	Third Monday each month	Coordinator 9764 3575
Balingup Playgroup	Primary School Art/Music Room	9.30 to 11.30am	Every Thursday during school term	Katie 9764 1507
Greenbushes Playgroup	Old Court House Greenbushes	9.30am to 11.30am	Every Tuesday	Karen Browne 0408 301002 /97612001
Balingup Progress Association	Balingup Community Centre	7pm	1st Wednesday of month	Noelene King 9764 1080
Grow Greenbushes	Greenbushes CRC	3:15pm	Mondays	CRC Coordinator 9764 3575
Greenbushes CWA	CWA Rooms	9:30am Bingo 1pm Meeting	2nd Thursday of the month	Molly Baxter 9764 3739
Greenbushes Ratepayers & Residents and Tidy Towns	Road Board Building	7.30pm	1st Thursday of the month (except Dec and Jan)	Terry Cooper 97643670
Balingup Lions Club Meetings	Community Centre Balingup	7:00pm	Every Second Thursday	Chris 9764 1814
Greenbushes RSL	RSL Hall	3.30pm	3rd Friday of the month	Pat Scallan 0427643508
Community Resource Centre Book club	Greenbushes CRC	10:00am-11:00am	3rd Wednesday of each month	Coordinator 9764 3575
Community Resource Centre Craft Club	Greenbushes CRC	10am-12pm	Every Tuesday	Coordinator 9764 3575
Shamrock Sporting Club	Shamrock Hotel Greenbushes	5pm	Last Sunday of the month	9764 3512
Blackwood Valley Toastmasters	CRC Training Room		1st @ 3rd Fridays	Helen on 0400108372

	February Diary Dates
1	Optometrist at Greenbushes CRC
6	Opera in the Park Simulcast CRC
7	Croquet in the Park Greenbushes
9	Rural In Reach Broadcast on Separation
11	Quilting/Sewing at CRC commences
15	Winter Festival Submission deadline
15	Mahjong for Beginners CRC Gbushes
17	CRC Bookclub
18	Free employment workshops start
18	Reflexology by Appt CRC Wellness Room
22	Cockatoo Workshop Greenbushes
22	Reiki etc by Appt GB CRC Wellness Room

March

4-6	Fox Shoot Greenbushes (BBG)
5,9 and 16	First Aid Courses Greenbushes (tbc)
12	Ghostly Walk in Balingup
14	Free Yoga for Women
18	Protective Behaviours Workshop



COMMUNITY GRANTS CLOSE SOON

Community groups seeking grants or service agreements from the Shire of Bridgetown Greenbushes are reminded that applications need to be in to the Shire by February 26.

Check out the Shire Website or call on 9761 1555 for more details.

PELVIC FLOOR EXERCISE CLASS

LAST THURSDAY OF EVERY MONTH COMMENCES FEBRUARY 25TH 9.30AM



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