

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 Greenbushes Ratepayers and Residents.

2020 - AN ANZAC DAY WITH A DIFFERENCE



Jack and Henry were among the many people to commemorate ANZAC Day 2020 in their driveway.

ANZAC Day 2020 was a day with a difference thanks to the COVID-19 pandemic requirement that there be no large gatherings, commemorative services or marches this year.

Instead people were encouraged to mark the occasion by standing in their driveway and holding a candle or a light while listening to a service broadcast on radio.

Driveways on rural roads and town streets were lined with people out in the pre dawn light in honour of men and women who served or continued to serve in wars and in peacekeeping roles.

In town, RSL representatives, community groups and individuals took time out to lay a wreath and keep a minute of silence in the time honoured tradition of ANZAC Day. See inside this edition for more photos from the day.

To contribute stories or photos please email: reception@greenbushescrc.net.au

YOUR CRC & COVID-19

The Greenbushes Community Resource Centre team is still working hard to support the needs of local people despite a reduction in activities and events to comply with social distancing due to the COVID-19 pandemic.

The CRC is keeping its doors open to provide ongoing IT support to ensure seniors and other community members can access the latest information about the COVID-19 pandemic and recently hosted two Flu Vaccination clinics for the local community in partnership with the Bridgetown Medical Centre. A further clinic is planned this month.

Greenbushes Community Resource Centre Coordinator Nicole Ward said the CRC had an important role to play during the pandemic emergency.

"We want to let people know that Centrelink Services are still accessible and community members can make appointments to see staff when required", said Mrs Ward.

"We are finding the services we provide continue to be in demand and we had more than 46 people take advantage of our recent local Flu Vaccination Clinic with Bridgetown Medical Centre staff."

"From late March we reduced the open hours to the public, but we continued to provide assistance by appointment and remained at work behind closed doors or from home ensuing that we could provide the best possible service in this time of critical need," Mrs Ward said.

With the successful flattening of the COVID-19 curve in late April, the CRC staff decided to resume walk-ins without appointments providing customers observed strict social distancing rules.

The CRC also compiled a list of essential service options for the Balingup and Greenbushes communities which was made available via social media and the Greenbushes-Balingup Newsletter.

Staff are assisting members of the community without internet or computer access to place orders for grocery deliveries with local supermarkets.

In the lead up to the school holidays, the CRC provided free printing for families wanting to get children's schoolwork ready for home schooling if required for next Term.

"We can't run the school holiday programmes at the moment but have found we have been able to support parents as they prepare for a longer holiday break or the prospect of online components," said Mrs Ward.

For further information

Email : hello@greenbushescrc.net.au or

Phone : 97643575 or

follow the Greenbushes CRC on Facebook.



Doors Open Wide – Greenbushes CRC Coordinator Nicole Ward and Bridgetown Medical Centre Nurse Tanya Evans get ready for the Flu Vaccination Clinic.

Pictured below are Sonia Townsend and Gail Szolkowski lining up for their flu shots at the CRC/Medical Centre Flu Clinic.



"Alone we can do so little; together we can do so much."

Helen Keller

Greenbushes services directory

Stables IGA – Home Delivery

Orders taken weekly on Monday & Tuesday by email to stablesorders@westnet.com.au
Orders will be delivered from 1pm to 5pm on Wednesday. Customers will need to be home to receive goods. Delivery is charged per order - \$10 for delivery to Bridgetown and Greenbushes townships.

The following details are required for orders:

- Full name of customer
- Contact telephone number
- Delivery address
- Products and quantities
- If brand substitution is ok - yes/no
- Delivery instructions – any special instructions
- Credit/debit card details. For security reasons credit and or debit card details will not be retained so will need to be provided for each order.

For Shire residents unable to access/use email, the local Community Resource Centre will take your order by phone and email IGA on your behalf. Contact details are:

- Greenbushes Community Resource Centre
9764 3575

Eze Grow

- Can deliver fresh fruit and vegetables to Greenbushes CRC
- Order online or by phone
- Telephone: 0431-372-503 (phone number on their website is incorrect but being fixed)
- Website: www.ezegrow.com.au
- Free deliveries to Bridgetown-Greenbushes region on orders over \$25
- Order Tuesday for delivery by Friday.
- Can order online or by phone.
- Smaller quantities and special requests (i.e. no stone fruit) available for seniors.

Ooh Lah Lollipop

- Shop currently open, offering free delivery within the Shire on orders over \$10
- Telephone 9761 1099

Bridgetown Meat Supply – Home Delivery

- Deliveries in Bridgetown on Monday and Tuesday
- Deliveries in Greenbushes on Friday
- No minimum order and no delivery fee
- Text 0427 943 545 and include these details:
 - Name
 - Address
 - Order requirements

Tasty Edibles

Open Monday to Thursday 8.30am to 3.00pm and Friday 8.30am to 9.00pm for takeaway meals and coffee. To view the current specials visit Tasty Edibles Facebook page

<https://www.facebook.com/Cakes-by-Tasty-Edibles> or call 9764 3361.

The Shamrock

Open for takeaway drinks from 4:00pm Tuesday - Sunday, Lunch 11:am - 1:00pm Sunday. To view the current menu and ordering instructions, visit The Shamrock Facebook page: <https://www.facebook.com/shamrockgreenbushes> Order by calling 9764 3512.

The Exchange Hotel

Open from 4.00pm to 6.00pm for takeaway alcohol only. Order by calling 9764 3095. For ordering instructions visit the Exchange Hotel Facebook page : <https://www.facebook.com/Exchange-Hotel-Greenbushes>

The Greenbushes Roadhouse

- Open Monday to Friday 5.00am to 6.00pm
- Open Saturday and Sunday 8.00am to 3.00pm
- Meals, groceries and fuel available
- Telephone 9764 3530

Greenbushes Community Resource Centre

- Open for essential services
- Monday and Wednesday 1.00pm to 4.00pm
- Tuesday, Thursday & Friday 9.00am to 12.00pm
- Telephone : 9764 3537 or
- Email : hello@greenbushescrc.net.au

“We cannot live only for ourselves. A thousand fibres connect us with our fellow men”

- Herman Melville

2020 ANZAC DAY—A DAY WITH A DIFFERENCE

World War II and the Spanish Flu are some of the few times until now that ANZAC Day has been disrupted but for many veterans and their families and communities across Australia, 2020 was a challenge without the special commemorative gatherings we so often associate with the day. In this month's edition of the newsletter we thought we would include a profile of one of our local Greenbushes RSL members Ron Adair. Ron, known as the iron man during his soccer heyday has a great story to tell.



Greenbushes RSL Vice President and Vietnam veteran Ron Adair was among thousands of veterans to light a candle in their driveway to commemorate ANZAC Day 2020.

Eighty-eight-year-old Mr Adair, who joined the Army Reserves in his twenties and had a long career in the regular Army until retirement at age 55, had not missed marching at ANZAC Day since he joined the services.

This year, he was unable to march but he lit a candle in his driveway and with wife Margaret made a visit to the Greenbushes Cenotaph to mark the occasion.

Mr Adair was born and raised in Londonderry in Northern Ireland where his father served in the military in World War I and subsequently in India. Two of his sisters worked in a munitions factory in England during World War II.

"My Dad had been in an army band in Ireland and I had tagged along with him as a child, so I followed in his footsteps and learned to play drums," said Mr Adair.

At 17 years of age Mr Adair emigrated to Australia.

Upon arrival in Western Australia he took up employment with a timber mill at East Guildford, followed by work at WA Glass Factory before completing a welding course which led to a job with Wigmore's Engineering in Perth.

"Through Wigmore's I made friends with some workmates who played in a Pipe Band and they encouraged me to join the Army Reserves 10th Light Horse Battalion and that started my Army career," said Mr Adair.

The time at Wigmore's also saw him develop his passion for the sport of soccer which eventually led to his selection in the Western Australian and Australian soccer sides.

Mr Adair made his State debut against an Australian eleven and won the Ledger Medal for Fairest and Best Player in three successive years with three different clubs.

He went on to play 13 games for the Australian soccer team, twice as Captain and in 1996 he was inducted into the WA Football Association Hall of Champions followed by an induction into the WA Hall of Legends in 2005.

He said his twin passions of soccer and music opened many doors over his long career.

"I found if you were good at sport in the military they looked after you," he said.

While he was in the Army Reserves, Mr Adair sat an examination to join the regular Army Pipe Band and was accepted cementing his career pathway in the services.

The position with the Army Band, coupled with his talent at soccer, led to a varied career in the Army with stints in Melbourne, Sydney, Darwin and Perth and a tour of duty in Vietnam in 1969-70.

He says his talent at soccer, in particular Captaining the Australian team in three World Cups, was a double-edged sword when it came to his desire to sign up for the Malaysian war.

"I put my hand up to go to Malaysia but I had injured my knee in soccer and I wasn't fit enough to go," he said.

In 1969 Mr Adair enlisted to fight in the Vietnam War.

"It was an eye opener to arrive there because we were fighting an enemy that didn't wear a uniform, so it was hard to know who was who."

(continued page 5)

2020 ANZAC DAY—A DAY WITH A DIFFERENCE

(continued from page 4)

He recalls being ushered onto a bus with a group of soldiers by a local Vietnamese man who had concealed an incendiary device on the bus.

“One of our soldiers noticed something not right and grabbed the device and threw it off the bus before it exploded,” he said.

“I heard lots of stories of similar lucky escapes,” said Mr Adair.

Back in Australia in 1970 Mr Adair was keen to return to Western Australia and was appointed as an Ordinance Liaison Warrant Officer based at Karrakatta in Perth.

In his role as OLWO, he travelled out into remote areas of Western Australia to ensure the different bases had the resources and materials they required.

Back in Perth he had two offices – one at Karrakatta and one in Perth city where he remained until he retired at age 55.

A chance trip to the South West with his wife Margaret led him to the Greenbushes area which he has called home for the past 20 years.

“We were staying in Busselton for the weekend and it was drizzling, so a man at the hotel we were staying at told us to take a drive out to Nannup for Tulip Festival and on the scenic trip on the way home we had a stop over at Balingup”, he said.

“A local real estate agent just happened to chat to us about properties in the area including Greenbushes,” Mr Adair said of the road that led the couple to take a tree change in the South West.

“He showed us a few properties and we just fell in love with the house we now own,” he said.

Mr Adair said the family tradition in the services continued with his youngest daughter Kerry joining the services.

“She had 23 years in the Army and was also a Warranted Officer until her retirement,” he said.

Since he moved to Greenbushes, Mr Adair has played an active role in the local RSL Branch where he served as President and is current Vice President.

“The roughest roads often lead to the top.”
- Christina Aguilera

TEMPORARILY CLOSED DUE TO COVID-19



WA's #1
MTB Destination

- MTB Guide Book 2018

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Events
Functions
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 BALINGUP WA 
www.lingalongaestate.com



ANZAC DAY 2020 IN GREENBUSHES



Pharmacy 777[®] Bridgetown

The team at 777 Bridgetown are here to *support the Greenbushes community* with a range of services:



Get your medication delivered direct to your home every Thursday with our free Express Delivery service.



Call the pharmacy to place your order, and we will bring your medication out to your car once you arrive.



Protect your family this Flu Season at 777 Bridgetown. Vaccines for people ages 10-64 now available.

Visit 127 Hampton St, Bridgetown | Call 9761 1004

pharmacy777.com.au 

E: tastyedibles@y7mail.com
Ph: 9764 3361
36 Blackwood Rd
Greenbushes 6254



Café open hours
Monday - Friday
9:00am - 3:00pm
(with optional curbside pick-ups)

****MONTH OF MAY****

Fresh made pasta every Thursday
Homemade Cannelloni

Check out our Facebook for weekly flavour
Pre-Order by Wednesday



Neil Eaton
0431 372 503

orders@ezegrow.com.au admin@ezegrow.com.au
Order online at www.ezegrow.com.au

Exchange Hotel - Greenbushes



THE EXCHANGE HOTEL

22 Blackwood Road,
Greenbushes

Phone: (08) 9764 3509

Bottle Shop Open
4:00pm - 6:00pm

See website for more details:

www.exchangehotelgreenbushes.com.au

Shamrock Hotel

Ph: 9764 3512

Greenbushes

61 Blackwood Road

Open Tuesday - Sunday from 4:00pm

Sunday lunch 11:00am - 1:00pm

Kitchen to Car service

Call 9764 3512

The locals eat here!



How to wash your hands properly

1 Wet your hands

2 Liquid soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Dry your hands

6 Turn off tap

DON'T FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

RENTALS WANTED



BLACKWOOD VALLEY
Real Estate

Phone your local real estate agent
on 9761 2722

104 Hampton street, Bridgetown WA 6255

VIET- AUSSIE GARDEN



Tucked away in a back street in Greenbushes is an amazing verdant garden that blends the Vietnamese and Australian cultures harmoniously.

Viet-Aussie Garden is the creation of Norm and Kim Renshaw who started the project three years ago and have already opened to the public through the Festival of Country Gardens.

Until her marriage and emigration to Australia in 2016, Kim, who was born and raised in Ho Chi Minh City in Vietnam, had never had a garden.

Norm grew up in a family with green fingers as his parents sold cut flowers from a large commercial garden in Perth but says he needed a “push” and “lady’s touch” to get started on his own garden.

Both say it was meeting each other and discovering a shared love of gardening that led to the creation of their unique garden in Telluride Street Greenbushes.

“I love flowers, yellow flowers especially, and when I first came I thought dandelion flowers looked pretty but they are just weeds,” said Kim.

Norm and Kim first met on the internet but when Norm travelled to Vietnam to meet Kim they discovered they had a lot in common.



Even so, moving to Greenbushes was something of a culture shock to Kim.

“When I came here I said, where are the motorbikes and all the city noises, so I needed something to keep me busy,” said Kim.

The couple started at the front of the property and quickly expanded to the back yard. They have a few elements borrowed from Vietnam including a bright red boat, and archway and a bridge.

“If I am homesick it reminds me a little of home,” said Kim.

Norm and Kim had to cancel the Open Garden they had planned for Autumn due to COVID-19, but are looking forward to opening later in the year.

Find Norm and Kim on Facebook: Viet-Aussie Garden.



MINE NEWS - Craig's Corner

The COVID-19 Pandemic continues to present Talison with a number of challenges. Whilst there have not been any confirmed cases of COVID-19 associated with Greenbushes personnel, Talison continues to take many practicable steps to protect both our business and employees. Talison continues to adopt a considered and consistent approach of following Government advice to guide its response to the Coronavirus.

The impacts of the Coronavirus to the Australian and Global economy cannot be underestimated and Talison is striving to continue to operate as normally as possible (noting that nothing is "normal" at the moment) for as long as possible such that our employees and their families suffer as little loss as possible whilst being cognisant of the need to balance this against the health and wellbeing of our employees and their families.

Talison has not been immune to the Global downturn with our owners advising during the month that sales volumes for the rest of 2020 are going to be significantly reduced. This has necessitated a substantive change in our operating strategy going forward to that which was envisaged when we set the 2020 Budget, with both mining and processing operations to be curtailed. Talison is working with our employees to explore all opportunities (e.g. changes to work rosters, job sharing, redeployment etc.) to prevent any redundancies from needing to occur during this short period of disruption. The likelihood of some redundancies occurring however, cannot be ruled out and we are acutely aware of the possible impact of any redundancies, if they eventuate, during this period of uncertainty.

The coming weeks and months are going to be an extremely difficult time for us all and the need to work collaboratively together will be an even greater imperative than normal. Employees and their families do have access to an Employee Assistance Program (EAP) and I would certainly encourage its use where needed.

It is great to see the initiative being shown by some of our local businesses during these challenging times and I continue to personally make a point of getting a daily coffee, and the odd snack, from Tasty Edibles to support Shannon and Luke. Myself and Jacqui have also availed ourselves of the fine Sunday roast from the Shamrock on occasion as well. Local small businesses need our support now more than ever and the catch cry of "Buy Local" should be at the forefront of our mind.

Ore commissioning of the new Chemical Grade processing plant #2 (CGP2) has progressed well in recent weeks with performance and concentrate production approaching design expectations. One of the casualties of our reduced operations for the rest of 2020 will be the suspension of the CGP2 commissioning process until 2021.

Sub-surface civil works for the new Tailings Retreatment Plant (TRP) are all but complete and concreting works have progressed in line with the expected construction timeline.

Concentrate production for the year to date is tracking well with the decision to continue to utilise Chemical Grade Plant #1 (CGP1) as the base load plant for 2020 whilst we commission CGP2 proving to be the right strategy. CGP1 will continue to operate throughout 2020, albeit at reduced runtime for a number of months.

The mining team continues to perform to expectations with 2020 being a year of consolidation for the mining team due to the decision being made to push out the timing for bringing into production Chemical Grade Plant #3 (CGP3) out to early 2024. The majority of the major capital projects which required additional material movements from the pit continue to be pushed out/deferred till later in 2020 and in some cases into 2021.

RURAL FINANCIAL
COUNSELLING SERVICE WA
IS NOW ...

Rural
West.

SAME SUCCESS FOR MORE PEOPLE

Rural West is now our overarching brand name, due to the number and diversity of grants that have extended the client base outside of the Rural Financial Counselling grant guidelines. Rural West now includes additional small businesses, not-for-profits, community clubs and other groups that are part of the fabric of regional WA.

Additional Services

We now offer the same services to a wider range of clients all under the same umbrella of Rural West

Identify Pressure Points

We engage with the client around pressure points of their business to create clarity and focus

Key Strategies

Our team helps identify related critical issues and enables progress towards short and long term financial solutions

FREECALL 1800 612 004



**Balingup
Pharmacy**

Coronavirus Alert



Important customer information

Your cooperation will help keep people safe and essential services open

PLEASE STAY AT HOME

if you have **ANY** of these symptoms:

Fever - Cough - Sore Throat - Shortness of Breath

OR

had close contact with someone showing the above symptoms

If you are self-isolating at home, we can make arrangements to ensure supply of your medicines - please call for advice

**Please phone ahead to order medicines
and pharmacy items - phone 9799 0346**

Keeping your repeat scripts on file helps us provide you a more reliable and efficient service

Especially if you have **chronic medical illnesses** or are **immune-compromised**, please **stay in your vehicle** and telephone the pharmacy and we will come to you

NEW OPENING HOURS

So we can provide you with our best service during these difficult times, we are closing Sundays until further notice

Mon-Fri 8:30 to 5pm Sat 8:30 to 3pm

CLOSED SUNDAYS

Closed Good Friday. Open Easter Monday 10 to 3pm

Open as normal ANZAC Day

Open 10 to 3pm Mon 27 April



SOUTH WEST BACKPACKER COMMUNITY

COVID-19: HANDY CONTACTS + LINKS

Accommodation – Assistance

- > Donnybrook/Balingup
 - Community Development Team
 - 9780 4200
 - communitydevelopment@donnybrook.wa.gov.au
- > Manjimup
 - Shire of Manjimup Recovery Team
 - 0499 550 224
 - Recovery@manjimup.wa.gov.au
 - www.facebook.com/groups/ManjimupCOVID

Accommodation + Help

- > Adopt A Backpacker WA
 - Community initiative to help backpackers find a free home in WA
 - Search Facebook for 'Adopt A Backpacker WA' group
- > HelpXWA
 - An online listing of hosts who invite volunteer helpers to stay with them short-term in exchange for food and accommodation
 - <https://www.helpx.net/>
- > Share the Love
 - Margaret River initiative to bring together travellers and those who can provide assistance
 - Search Facebook for 'Share the love – helping Margaret River backpackers and travellers'

WA Government

- > COVID-19 Information + Advice
 - www.wa.gov.au
 - 13COVID: 132 6843

Australian Government

- > COVID-19 Information + Advice
 - www.australia.gov.au

Accommodation – General assistance

- > Visitor Centres
 - Balingup – 9764 1818
 - Bunbury – 9792 7205
 - Bridgetown-Greenbushes – 9761 1740
 - Collie – 9734 2051
 - Manjimup – 9771 1831
 - Walpole-Nornalup – 9840 1111
 - Northcliffe – 9776 7203
 - Pemberton – 9776 1133

Visa information

- > Department of Home Affairs
 - 131 881
 - immi.homeaffairs.gov.au
 - Working Holiday Makers who work in agriculture or food processing will be exempt from the six month work limitation with the one employer and eligible for a further visa to keep working in these critical sectors if their current visa is due to expire in the next six months

Foreign embassies + consulates

- > Department of Foreign Affairs + Trade
 - 02 6261 1111
 - www.dfat.gov.au/about-us/foreign-embassies/pages/foreign-embassies-and-consulates-in-australia

Public health

- > South West Public Health Unit
 - 9781 2359
 - If you suspect you or someone you are living with might have COVID-19

Find a job

- > Jobs in WA Food and Ag
 - www.jobsinwafoodandag.com
 - Register your interest and connect with regional employers, labour hire companies and recruitment businesses
 - **NOTE: Workers should not travel outside their WA region until they have secured a job – more info at www.wa.gov.au**

Workplace rights

- > Fair Work Ombudsman
 - <https://www.fairwork.gov.au/horticulture-showcase/migrant-workers>

St Vincent de Paul Society

- > Vinnies Emergency Assistance
 - 1300 794 054 (9am – 1pm)
 - Can help if you're experiencing difficulties meeting living expenses such as paying bills or having sufficient food

Health care

- > Services Australia
 - www.servicesaustralia.gov.au
 - Agreements with 11 countries that cover the cost of medically necessary care
- > Medicare Australia
 - www.healthdirect.gov.au
 - 1800 022 222
 - Most people who are not eligible for Medicare in Australia will have health or travel insurance. If you do not have adequate insurance cover, WA will waive healthcare costs associated with COVID-19 if a person is treated in a public facility such as a State-run hospital.



Boredom Busters

Mother's Day

K	S	O	N	S	U	H	G	N	I	D	E	E	F
I	I	R	I	E	Y	A	D	N	U	S	I	I	C
S	W	W	G	G	A	S	C	A	R	I	N	G	U
S	D	A	U	G	H	T	E	R	S	T	R	O	D
E	A	L	O	V	E	G	F	G	N	I	V	I	G
S	E	I	G	N	I	K	R	O	W	D	R	A	H
F	N	E	T	S	I	L	E	H	N	V	H	E	I
I	S	R	W	C	A	I	F	G	N	T	S	E	W
R	T	W	S	A	O	D	E	L	I	S	W	S	T
E	H	H	E	O	L	O	V	G	O	F	E	U	W
H	O	I	W	E	L	N	K	I	I	W	T	O	I
T	R	E	T	E	T	T	I	I	C	F	E	S	F
A	O	T	N	E	I	T	A	P	N	E	G	R	E
F	S	G	I	H	U	G	S	A	W	G	O	D	S

- SUNDAY
- GIFTS
- INLAW
- HARDWORKING
- LISTEN
- DAUGHTERS
- SWEET
- KISSES
- HUGS
- SONS
- FATHER
- FLOWERS
- LOVE
- FEEDING
- PATIENT
- CARING
- GIVING
- ADVICE
- COOKING
- WIFE

30 DAY SONG CHALLENGE

@eggtaurus

- DAY 1: a song you discovered this month
- DAY 2: a song that always makes you smile
- DAY 3: a song that makes you cry
- DAY 4: a song you know all the words to
- DAY 5: a song that proves you have good taste
- DAY 6: a song title that is all in lowercase
- DAY 7: a song title that is all in uppercase
- DAY 8: an underrated song
- DAY 9: a song title that has three words
- DAY 10: a song from your childhood
- DAY 11: a song that reminds you of summer
- DAY 12: a song you feel embarrassed listening to
- DAY 13: the first song that plays on shuffle
- DAY 14: a song that someone showed you
- DAY 15: a song from a movie soundtrack
- DAY 16: a song with no words
- DAY 17: a song about being 17
- DAY 18: a song that reminds you if somebody
- DAY 19: a song to drive to
- DAY 20: a song with a number in the title
- DAY 21: a song you listen to at 3 am
- DAY 22: a song with a long title
- DAY 23: a song with a color in the title
- DAY 24: a song that you've had stuck in your head
- DAY 25: a song in a different language
- DAY 26: a song that helps you fall asleep
- DAY 27: a song you describe how you feel in
- DAY 28: a song you used to hate but love now
- DAY 29: a song you have/want to download
- DAY 30: a song you want to share

Seize the Opportunity of Home Isolation

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. [Click the ideas you're willing to try and share this list.](#)

- Sort and tag your [digital photos](#)
- Write a [poem or story](#)
- Join an [online community](#) of like-minded people
- Make into a [collage or poster](#)
- Start a [journal](#) or [blog](#)
- Reach out to someone who lives alone or is feeling anxious
- Research your next holiday
- Read [the books](#) you never have time for
- Host a Skype / Zoom [dinner party](#)
- Do a [photography project](#)
- [Take](#) or [enjoy](#) class
- Or a [virtual support group](#)
- Attend a [Twitter Conference](#)
- [Spruce up your CV](#)
- Get [some positivity](#) into your social media feed
- [Declutter](#): Baby steps.
- Start your [podcast](#)
- Try [positive psychology](#) activities
- Research a [charity](#) to support
- Try an [art project](#)
- Cook an [amazing breakfast](#)
- Prep and [freeze some meals](#) for when you're sick or back at work
- Binge on [TED](#)
- Create an [amazing treasure hunt](#) or clue-trail for a family member
- Create a [digital](#) scrapbook
- Revamp your garden
- Practice [mindfulness](#)
- Start a [gratitude journal](#)
- Try an [e-learning course](#)
- Write letters of love or thanks to your people. Post them.
- Make a [cook book](#)
- Get familiar with online grocery shopping: create favourites lists
- Research something you have always wondered about
- Create [homemade gifts](#)
- Or virtual dance party: You dress up and groove to the same music
- Have a scented bubble bath with candles and music
- Phone old friends
- Organize your music playlist
- Write an advice letter to the teenager you were. Write another to yourself in 20 years.
- Play [partner games](#)
- Reorganise your [wardrobe](#)
- Learn a [heritage skill](#) like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, vintage, permaculture, knots, fire building, home remedies.
- Fix [broken stuff](#)
- Design a dream home
- Delete all the apps you don't use and [discover some new ones](#)
- Draw an apple using a different [style](#) each day, for a week.
- Practice [forgiveness](#)
- Hold a family or street [singalong](#)
- Attend a [virtual symphony](#)
- Plan your [next party](#)
- Try some [science experiments](#)
- Catch up on [great movies](#)
- Kick a [bad habit](#)
- Deliver supplies to those in need
- Learn to say a favourite phrase or quote in 7 different languages
- Try [adult colouring in](#)
- Join a [virtual book club](#)
- Rediscover a dusty appliance, instrument or boardgame
- Update your goals
- Find [great podcasts](#)
- Research [learning opportunities](#) for when the world reopens
- Build something amazing with [LEGO](#) (You know you want to)
- Learn to say a favourite phrase or quote in 7 different languages
- Build a [free website](#)
- Brainstorm marketing ideas for your business, club or charity
- Try [Creatively Visualising](#) goals
- Re-arrange furniture
- Write to your [MP3](#) about an issue
- Create a detailed spreadsheet of how you would spend \$10 million
- Start a [dream journal](#)
- Create a list of ["Things to be Heavily Obscured"](#): add to it each day
- Binge TED Talks

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Terry Redman MLA

Member for Warren-Blackwood
*Working with regional communities
 to create a better future for
 families, businesses and towns.*



COVID-19 Updates

It is pleasing to see that regional boundaries have stopped an influx of visitors to our towns, keeping the number of Coronavirus infections down.

My office has received numerous calls from people questioning whether their reason for travel qualifies as an exemption. However legitimate you think your reason, it is always best to check by phoning the COVID-19 Hotline on **13 26 843**.

We have seen evidence that reduced movements have successfully limited transmission of the virus, keeping our aged and vulnerable community members safe. Thank you to everyone for doing your bit.

Business Impacts

Cafes, restaurants, clothing shops, gift shops, and hairdressers are just a few of the businesses we see closed in our towns. It is sad to see empty shops, so I encourage you to support our local businesses as we come out of this pandemic.

Primary producers are also affected as their produce, usually destined for restaurants, is no longer in demand. This is particularly affecting avocado growers and other fruit and vegetable producers who need to decide whether to pick their crops as income may not even cover their costs.

Federal Government arrangements designed to assist families, through childcare subsidies, have had unintended consequences and negatively impacted the childcare sector. Along with my Nationals WA colleagues we are advocating for this sector to ensure their long term viability.

Overseas workers

Backpackers and overseas workers are caught here through no fault of their own, with many struggling as they have no income. It is encouraging to see the community support for these people and the generous offers by farmers, accommodation providers and Shires.

Call if you need information or assistance

This is indeed a time of change. Stay safe as we slowly move towards the new normal. Please call my office if there is any way we can assist.

Phone: 9848 3171 or 1800 644 811
 Email: Terry.Redman@mp.wa.gov.au
 Address: PO Box 327 DENMARK WA 6333

THE NATIONALS for Regional WA



GREENBUSHES MINE LOOKOUT

Closed Until
 Further Notice

Any Questions 9782-3700

D.I.Y. RE-GROWING FROM SCRAPS!

AVOCADOS

1. Use toothpicks to balance pit, rest side down, in small jar of water.
2. Place in sunlit area.
3. Change water every day.
4. When tree is 7-8 inches tall, plant in a 10-inch pot.

TOMATOES

1. Rinse tomato seeds and allow to dry.
2. Plant in pot with soil.
3. Once sprouts are a few inches tall, transplant them outdoors.

LETTUCE

1. Place bottom of romaine hearts in bowl with 1/2 inch of water.
2. Change water every day.
3. Keep bowl in sunny area.
4. Once lettuce sprouts, plant hearts in garden.

Source: Food Revolution Network

**WHERE
 THERE IS
 RUIN,
 THERE IS
 HOPE FOR
 A
 TREASURE.**

Plant of the Month

with Felicity Littleton

Eucalyptus forrestiana: C.N. "Fuchsia gum"

This tree or mallet (pictured right), is a small gum that grows from 1.5m to 6m.

A "mallet" differs from a "mallee". The mallet has a distinct trunk, whereas a mallee may have multiple trunks. *E. forrestiana* does not form a lignotuber, but mallees do.

A lignotuber is a round, woody growth at or below ground level. These occur on some shrubs or trees, especially in areas subject to fire or drought. The lignotuber contains a mass of buds and food reserves. An amazing feature of Australian native plants to be marvelled at.

Fuchsia Gum has smooth grey over brown bark and a dense, green canopy.

Flowers are yellow, although from a distance they appear red, because of the bright red flower buds. Also, the pear shaped fruit is red. Buds open out with yellow stamens in the Summer and Autumn. It is a highly ornamental tree and could be planted as a specialty display in a small garden. It tolerates drought and moderate frost, which makes sense, as it comes from the Esperance area (South West Province).

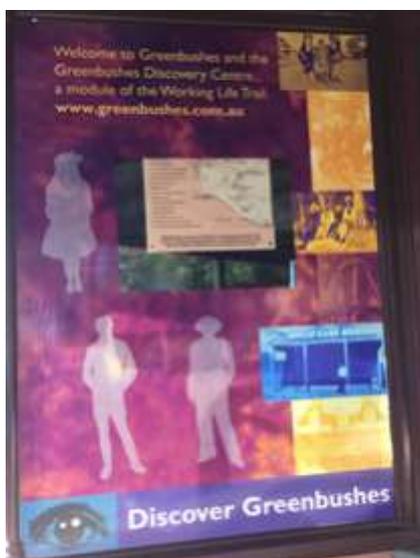
I am told, it really prefers well drained soils, but many published descriptions shows the plant growing in a variety of soils including white/grey sand, yellow clay and so on. Some healthy specimens are thriving here in Greenbushes (some kind soul planted them), especially those growing on the corner of Stanifer and Telluride streets. There is another poorer sample that grows behind the Fire Fighter's Shed. I always say some encouraging words to it when I pass by.



This small pendulous tree is being recommended as a tree for shade and bird attracting qualities for the gardener looking for something special.

This plant was named after Sir John Forrest who was the 1st Premier of W.A. he was later elected to the Federal House of Representatives. In his younger years he made his mark as an explorer.

Felicity



GREENBUSHES DISCOVERY CENTRE NEWS

Although the Greenbushes Discovery Centre is closed to the public due to the COVID-19 pandemic there is still work going on behind the scenes (window).

Recently a new front window panel was installed to brighten the entrance to the centre and to streamline the message board to make it neater and easier to read.

In other news we have taken delivery of some new souvenir items including the popular Discovery Centre Calico Carry Bags and some magnets and tea towels - all ready for when we can open to the public.

Just a reminder that the walk trails, including the Heritage Amble Town Walk, remain open to the public and provide a fantastic option for exercise and recreation under the Government's social distancing guidelines. Pick up a brochure from local shops or CRC.



BALINGUP DOCTORS SURGERY

36 Jayes Road, Balingup
Dr Loryn Geyer

Open for appointments (infection control procedures in place).

Please call first if you have cold or flu like symptoms.

Phone consultations available.

Pensioners, children under 16 and health care card holders bulk billed.

Opening hours
MON: 8.30 - 5.00
TUES: 8.30 - 5.00
THURS 8.30 - 5.00
FRI: 8.30 - 5.00
For appointments
Phone 9760 2118

BMG FLU IMMUNISATION CLINICS @ GREENBUSHES CRC

On Thursday 7th May 2020 between 10.00am-12.00pm
Staff from Bridgetown Medical Group will be here to run a
Flu Immunisation Clinic.

Charge is \$20.00 or the vaccine is

FREE to people in the following categories:

Children aged 6 months to 11 years old

All Aboriginal & Torres Strait Islander People
(aged 6 months & over)

Pregnant women (during any stage of pregnancy)

All people aged 65 years & over

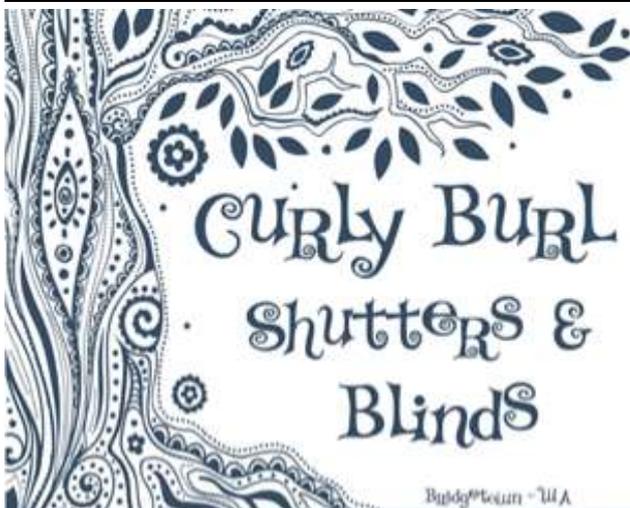
People aged 6 months & over with medical
conditions which increase the risk of influenza
disease complications

To make an appointment please call **9761 1222**

APPOINTMENTS NECESSARY—NO WALK INS



THE FLU VACCINE
YOUR BEST SHOT AT
STOPPING THE FLU



Verticals - Romans - Venetians - Rollers - Panel Blinds
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Email: blinds@curlyburl.com.au
<https://www.facebook.com/curlyburlblinds>
Showroom Opening soon

BALINGUP LIQUOR & GENERAL STORE

Open Everyday 6:00am - 6:00pm

Fuel, Grocery & Bottle Shop

Kerbside pickup available

Call ahead on 9764 1051





FOR SALE

A variety of small items are available for purchase at the Community Resource Centre. Please check their website for opening times.

www.greenbushes.crc.net.au

If you are interested in joining our Shed once we re-open or have any queries, please contact either;

Grant on 0427 145 147
Angie on 0439 612 628
or email:

greenbushes@wamsa.org.au

GREENBUSHES COMMUNITY SHED

Prior to our Shed's temporary closure due to COVID-19 restrictions, we applied to Talison Lithium Pty Ltd for a grant to purchase a Domino machine, which has long been on the wish list of our members and will prove a great asset to the completion of many projects undertaken by our members. The machine may be used for the purpose of joining a variety of items giving a professional and strong finish to things such as; door and picture frames and will enable us to utilise second-hand pallet wood and other smaller pieces of otherwise unusable wood by joining them together for larger projects.



Great flexibility and a must have in any Shed!

Talison have very generously purchased the Domino machine for our Shed and we hope to have it delivered and ready for use when we re-open. I'm sure this will give us all something to look forward to using when we return.

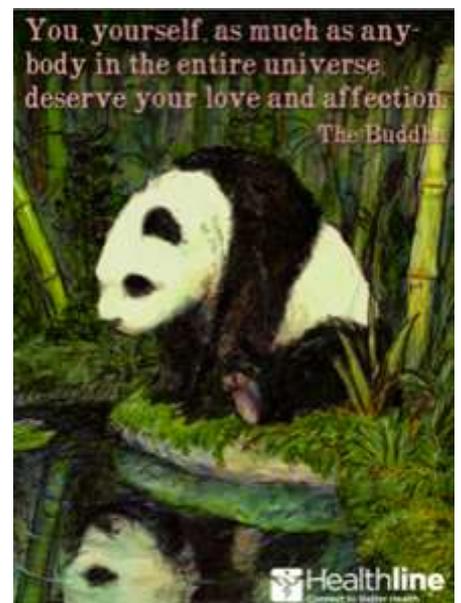
We have also been busy applying for grant funding through the Bankwest Easy Grants program. Please use this link to cast your vote for our Shed and check-out all the other worthy applicants for April:

<https://happy365.bankwest.com.au/PWS/Gallery>

Easy Grants



Anzac Day was very different this year with all our restrictions. A member of our Community Shed placed a wreath at the Greenbushes cenotaph on Anzac Day and it was nice to see that many other groups and individuals took the time to pay their respects.



May 2020 At the Greenbushes CRC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CRC CLOSED	CRC Open 1-4	CRC Open 9-12	CRC Open 1-4	CRC Open 9-12	CRC Open 9-12	CRC CLOSED
<p>Due to the Corona Virus pandemic our face to face hours are reduced but we are busy working behind the scenes to provide services to our community. For more details or to make an IT Support appointment please contact us on 9764 3575 or Email: hello@greenbushescrc.net.au</p>					1st Open 9am-12pm essential services only	2nd
3rd	4th Open 1pm-4pm essential services only	5th Open 9am-12pm essential services only	6th Open 1pm-4pm essential services only IT Support with Terry -bookings essential	7th Open 9am-12pm essential services only	8th Open 9am-12pm Essential services only	9th
10th 	11th Open 1pm-4pm essential services only	12th Open 9am-12pm essential services only	13th Open 1pm-4pm essential services only IT Support with Terry -bookings essential	14th Open 9am-12pm essential services only	15th Open 9am-12pm essential services only	16th
17th	18th Open 1pm-4pm essential services only	19th Open 9am-12pm essential services only	20th Open 1pm-4pm essential services only IT Support with Terry -bookings essential	21st Open 9am-12pm essential services only	22nd Open 9am-12pm essential services only	23rd
24th	25th Open 1pm-4pm essential services only	26th Open 9am-12pm essential services only	27th Open 1pm-4pm essential services only IT Support with Terry -bookings essential	28th Open 9am-12pm essential services only	29th Open 9am-12pm essential services only	30th
31st						

Greenbushes Community Resource Centre News



Hi everyone,

We hope you are saying well & safe during this current time.

We are missing seeing your smiling faces at the CRC and even though our face-to-face opening hours are reduced we are busy working behind the scenes to continue to offer services to you.....like putting together Free Mother's Day Take Home Craft Kits & Free School Work Printing Service - see flyers for more details.

Until next month, stay safe and don't forget you are welcome to give us a call if you need someone to chat to.

We are all in this together.

- Nicole & the CRC staff & volunteers



FREE SCHOOL WORK PRINTING

CALL US AT 9764 3575

OR EMAIL US AT

hello@greenbushescrc.net.au

*BLACK & WHITE ONLY

**LIMITS APPLY ON AMOUNT OF PAGES

***GREENBUSHES & BALINGUP RESIDENTS & GCRC MEMBERS ONLY

HAPPY MOTHER'S DAY CRAFT KITS

Included in the kits:

- ◇ 1 x Hanging Heart -shaped Plaque (to paint)
- ◇ 1 x Black Scratch-To-Colour Card
- ◇ 1 x Envelope
- ◇ 1 x Butterfly Jewel Magnet

(See picture to the right)

LIMITED NUMBER OF KITS

Call us on 9764 3575 or email us on hello@greenbushescrc.net.au

To get a kit or two for your kid/s* to make

*Suitable for Primary School aged kids



COVID-19 Greenbushes CRC Satellite Library Service

We are now able to offer a collection service during COVID-19 restrictions.

Please note that loans only apply to items currently in the Greenbushes CRC Satellite Library stock and we can also collect books from Bridgetown Library for you.

However, we cannot order in stock/items from other libraries.

How to get books from the CRC

Please call us up on **9764 3575** or email hello@greenbushescrc.net.au to order the material you wish to request.

The CRC Staff will confirm item/s are available on shelf and ensure quarantine periods have been met for books that have been returned—books are being quarantined for 72 hours before re-issue.

Item/s then can be issued to the member

The CRC Staff will notify you that the item/s are ready for collection AND ask you when you are next coming to town for shopping/medical or other essential services and advise them their delivery will be available on that day.

Book Returns

Please return books during CRC opening hours.

Please remember to adhere to social distancing measures when collecting and returning books.

We are all in this together

Greenbushes CRC Staff & Volunteers

TERRY'S TECH HELP VALUABLE IN COVID-19 PANDEMIC



The Greenbushes Community Resource Centre is pleased to have been able to offer a valuable service to the community by providing "tech" support with staff team member Terry Somerton.

Terry is the CRC's resident computer and tech guru and provides one on one assistance to people grappling with issues relating to mobile phones, iPads and computers.

He is able to help people navigate sending emails and photos, downloading photos, or just getting to use and understand various types of new technology.

Sue McArthur visited recently to get some assistance setting up her iPad and says she very much appreciates the help she received.

Community members who need advice on technology can contact the Greenbushes CRC on **9764 3575** to find out more about what's available.

Staying in touch during the COVID-19 pandemic is very important and due to the physical social distance rules social media contact through phones and video conference is a great way to keep in touch with loved ones.

CHANGES AT THE COMMUNITY RECYCLE STATION

Modifications have been made to the opening hours of the Community Co-Mingled Recycling Station near the Greenbushes Primary School.

The service has been provided free of charge to the community by the Greenbushes Mining Operations (now Talison Lithium) since 2000 however due to a minority of people dumping inappropriate items in the recycle skips, the opening hours have now been reduced.

The gates will be locked at approximately 4:30pm each day and re-opened at approximately 8:00am each day. The service will remain open during these hours on weekends and public holidays.

The service is provided for the Greenbushes community and in particular people on rural properties who do not have access to the Shire curb-side litter and recyclables collection.

Recyclable items can be deposited inside the skip bins provided. Once full, Talison will arrange for Hastie Waste to change out the skips. At present there are three recycling skips in the compound.

New signage at the Community Co-Mingled Recycling station will outline broadly what is and what is not recyclable. If in doubt, please contact a member of the Talison Environment Team on **9782 5700**.

General household rubbish and all NON recyclable items can be disposed of by the following means :

- Your household red wheelie bin.
- Greenbushes Waste Transfer Station located behind the shops on Blackwood Road from 10am to 1pm every Saturday.
- On the last Saturday of each month the Waste Transfer Station will also accept white goods and green waste.
- Bridgetown Refuse Disposal site (Open Wednesday, Thursday, Friday, Saturday and Sunday).

For enquiries about general waste disposal contact the Shire of Bridgetown Greenbushes on 97611565.

For enquiries about the Community Co-Mingled Recycling Station contact the Talison Environment Staff on **9782 5700**.

"We can't direct the wind, but we can adjust the sails..."

- Thomas S Monson

Community Notices



In addition to the usual weekly Cleanaway rubbish collection service in the Greenbushes townsite, the Shire of Bridgetown-Greenbushes also offers a waste collection service on Saturdays.



**SATURDAYS:
10am - 1pm**

Household Waste

**LAST SATURDAY OF THE MONTH
10am - 1pm**

Bulk Waste

The rubbish collection truck will be parked behind the Roadhouse/Post office during these times for you to deposit your rubbish.

Church Times

ANGLICAN CHURCH

Greenbushes St Barnabas
CLOSED until further notice

Contact: Parish Office - 97611066
Contact Rev. Canon Karon Austin - 0402141896

Balingup - St Peter's Church Jayes Rd.
Eucharist 1st Sunday at 9am. Services held each week.

Contact Ms. Simone Payne for more details on 97641885.

CHECK THESE UNITING CHURCH

Greenbushes 2nd Sunday each month 2:30pm.

Cancelled

Balingup
1st Sunday (Sat Vigil) 6:30pm
2nd Sunday 10:30am

Greenbushes
3rd Sunday (Sat Vigil) 6:30pm
4th Sunday 10:30am
5th Sunday (Sat Vigil) 6:30pm

CWA TAKEAWAY CURRY NIGHT

Saturday 9th May 2020

The cooler weather is here & brings with it a craving for warm, hearty curry.

Your appetite will help our Balingup CWA branch raise much needed funds for the victims of Domestic Violence, which has been rife in the current pandemic climate.

- Balingup CWA Indian-styled beef curry \$15.00
- Coconut Chicken Korma \$15.00
- Vegetarian Dal Makhani (vegan option available) \$15.00
- Vegan Aloo Matar \$15.00
- Basmati Rice \$5.00
- Carrot & Purple Cabbage Kachumber \$5.00
- Rice Crackers complimentary bag with each order & \$5.00 per additional bag

All curries will be MILD but please ask for fresh chillies when placing your order if you prefer some heat!

Curries & rice will be served in 600ml portions and salad will be served in 200ml serves

Last orders will be taken by midday on Friday 8th May

To place your order please contact Bhazni:
Via text on 0403255587
Via email on bhazni.b@gmail.com



Once placed a transfer of funds would be appreciated to confirm your order:
Account name: Bhazni Hindocha
BSB number: 064-192
Account Number: 1050-1279
Description: CWA (name of person ordering)

Pick-up will be from the CWA Hall in Balingup between 5pm & 7pm on Saturday 9th May.
Your pick-up time will be specified once your order is placed to avoid crowding.

Thankyou so much for your support

Love and warmth, The Balingup CWA Ladies

BINGO

Stinton Gardens Function Centre
Second Friday of the month.



Cancelled

Come and enjoy a morning out.
Bring a shared lunch.
Everyone welcome.

Contact Heather Cusack for details.
9764 3653

LOCAL SERVICES DIRECTORY

E: tastyedibles@y7mail.com
 Ph: 9764 3361
 36 Blackwood Rd
 Greenbushes 6254




Like us on Facebook

Open
 Monday - Friday
 9:00am - 3:00pm
 (with optional curbside pick-ups)

OPEN FRIDAY NIGHTS FOR PIZZA TAKE-AWAYS
 (with optional curbside pick-ups)

Sourdough bread baked Wednesday - Saturday

Hon Colin Holt MLC
 Member for South West Region



Mobile Electorate Office
 Tuesday 21st April, 2020 at 1pm - 2pm
 Greenbushes Community Resource Centre

If you would like to speak with me while I'm in town or need documents witnessed, please contact my office to make an appointment.

Freecall: 1800 758 458 Ph: 08 9724 1181
colnholt@mp.wa.gov.au | www.colnholt.com.au

THE NATIONALS for Regional WA
Authorised by C Holt, Unit 2/8 Cannovary Road, Sutton WA 6232

Souwest Glass Service



Steve Hawkins
 Glazier - Glass and Leadlights
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 Greenbushes WA 6254

P (08) 9764 3663
 F (08) 9764 3387
 M 0428 953 753

stevehawkins@westnet.com.au
www.souwestglass.com.au

24 HOUR 7 DAY
 EMERGENCY REPAIRS

Greenbushes Post Office



Change of opening hours taking effect as of 6th of April

Open Mon - Fri
 9:00am - 1:00pm

28 Blackwood Rd
 Greenbushes 6254
 PH: 9764 3520

There will be no changes to any mail services

If you have any issues please contact us



Allwood Stump Grinding

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For all your tree stump removal
 Greenbushes & Southwest



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 Quote today

Michael 0427 611 916

Shamrock Hotel



Ph: 9764 3512 Greenbushes 61 Blackwood Road

Open Tuesday - Sunday from 4:00pm
 Sunday lunch 11:00am - 1:00pm
 Kitchen to Car service
 Call 9764 3512

The locals eat here!

Exchange Hotel - Greenbushes



22 Blackwood Road,
 Greenbushes

Phone: (08) 9764 3509

**Bottle Shop Open
 4:00pm - 6:00pm**

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

THE EXCHANGE HOTEL

E: tastyedibles@y7mail.com
 Ph: 9764 3361
 36 Blackwood Rd
 Greenbushes 6254



Café open hours
 Monday - Friday
 9:00am - 3:00pm
 Friday night pizzas 5pm-9pm
 (with optional curbside pick-ups)

**MONTH OF MAY
 Fresh Made Pasta Every Thursday**

Homemade Cannelloni
 Check our Facebook Page for the
 Weekly Flavour

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New builds, renovations, decks,
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✉ brett@varietyconstruction.com.au

BRN: 102536

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- Maintenance ▪ Repairs

Contact Nick for your free quote today

0407 776 483

E: admin@ntelectrics.com.au



Imagine if Dr. Seuss were alive today he'd write something like this

*The buildings were big and people could smile
 And travel they would mile by mile.*

But sick they became in numbers it grew

Businesses worried communities too.

Things stopped for a bit the world slowed its roll

The virus has certainly taken its toll.

But what they then saw from slowing things down

Is in fact they now had less reasons to frown.

Families now gathered what game shall we play?

Pass me the blue crayon give Mommy the grey.

Dad's house goes He'll read us a book

then all of us together will cool.

The lungs of the planet caught a small break

less travel meant less pollution to make.

People did realize they'd all be OK

They don't need so much to get through the day.

Maybe this virus that caused so much stress

Showed the whole world that more can mean less.



Pre - arrange your Funeral with William Barrett & Sons.

The South West's only family - owned and privately operated funeral company.

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GET OFF THE FENCE AND CALL ME

Sales are up at the moment... so come in and see the team at Blackwood Valley Real Estate

104 Hampton St Bridgetown WA 6255
Email : sales@blackwoodvalley.com
Web : www.blackwoodvalley.com

BLACKWOOD VALLEY
Real Estate

OFFICE—9761 2722

Greenbushes Roadhouse

MONDAY - THURSDAY 5:00AM - 6:00PM
FRIDAY 5:00AM - 7:00PM
SATURDAY & SUNDAY 8:00AM - 3:00PM

SERVICES STILL AVAILABLE ARE:

- PETROL
- TAKEAWAY FOODS
- PANTRY ITEMS



Greenbushes Op Shop

COVID - 19 PANDEMIC

DUE TO THE CORONAVIRUS ALL ANGLICAN OP SHOPS HAVE BEN DIRECTED TO CLOSE UNTIL FURTHER NOTICE

UNFORTUNATELY SALES OR DONATIONS OF ANY KIND CANNOT BE ACCEPTED

PLEASE DO NOT LEAVE ANYTHING OUTSIDE

WE ARE SORRY FOR THIS INCONVENIENCE

"Working together, we will come through this difficult time"

Event or Group	Venue	Time	Day of the month	Contact
Greenbushes Aged Community Committee	Stinton Gardens Function Centre	3:15pm	2 nd Tuesday of the month	Coordinator 9764 3575
Greenbushes Community Garden Committee and Morning Tea	Community Garden Building		1st Saturday of the month Busy Bee/Crop Swap from 9:30am and Monthly meeting on the 3rd Friday of the month at 3:30pm	Tracy Lansdell 9764 3414
Greenbushes Discovery Centre Committee	Discovery Centre	2:30pm	4 th Tues of the month	Leonie Letchford 97 825 717
Balingup Men in Sheds	Balingup Community Centre	7:00 pm	Last Tues of the month	Mike 9764 1080
Balingup CWA	Balingup CWA Centre	From 1:00pm	Meetings 2 nd Tuesday 11am & Crafts on 3 rd Tuesday at 10am	Noelene 97641080
Greenbushes Playgroup	Old Court House Greenbushes	9:30am - 11:30am	Every Tuesday	Caprece Nock 0400411709
Balingup Progress Association	Balingup Community Centre	7:00pm	1 st Wednesday of the month	Fred Mills (President) 0400 884 202 Jodie Hornum (Secretary) 9764 1071
Greenbushes Community Shed	At the rear of the Greenbushes CRC	Open every Friday 8:30am - 12:30pm		0439612628
Greenbushes BINGO	Stinton Gardens Function Centre	10:00am	2 nd Friday of the month	Heather Cusack 97643653
Greenbushes CWA Belles	CWA Rooms	6:00pm	2nd Monday of the month greenbushesbelles@gmail.com	Sharon Edward President
Greenbushes CWA Belles Chill 'n' Chat	CWA Rooms	6:00pm	4th Monday of the Month	Sharon Edward President
Grow Greenbushes	Greenbushes CRC	7:30pm	1 st Thursday of the month (except Dec and Jan)	growgreenbushes@ gmail.com
Greenbushes Tidy Towns Committee	Greenbushes CRC	6:30pm	1 st Thursday of the month (except Dec and Jan)	Leonie Letchford 97 825 717
Greenbushes RSL	RSL Hall	4:30pm	3 rd Friday of the month	Pat Scallan 042 764 3508
Community Resource Centre Book club	Greenbushes CRC	10:00am - 11:00am	1st Wednesday of each month	Coordinator 9764 3575
Community Resource Centre Craft Club	Greenbushes CRC	10:00am - 12:00pm	Every Tuesday	Coordinator 9764 3575
Greenbushes Primary School P & C	Greenbushes School Room 5	9:00am	Second Tuesday of the month	School 97643535
Greenbushes Pre Kindy Playgroup	Greenbushes Primary School Early Learning Centre	8:45am - 10:45am	Thursdays	School 97643535
Shamrock Sporting Club	Shamrock Hotel Greenbushes	5:00pm	Last Sunday of the month	9764 3512
Greenbushes Community Singers	Stinton Gardens Function Centre	1:30pm - 3:00pm	Tuesdays	Cynthia 040 022 7203
Balingup Patches and Craft Group	Balingup Recreation Centre	10:00am	Weekly	Coordinator Rosslyn Price 97641273

Tracei & Brent Taylor's Easy Pesto Chicken



This is my comfort food recipe that is easy and quick to whip up at home.

Serves 2

- ♥ 4 large Chicken thighs.

Pesto:

- ♥ 2 handfuls of picked basil leaves.
- ♥ Good SPL ASH olive oil.
- ♥ 2 garlic cloves.
- ♥ Half a cup grated parmesan.
- ♥ Quarter cup toasted nuts (pinenut or cashew, etc).
- ♥ Half a lemon.

Heat oven to 160°C.

All pesto ingredients in a blender until almost smooth.

Lemon and season to taste.

SPL ASH on the bottom of a small roasting dish.

Chicken thighs... if still skinned, season, brown skin down in a hot pan with oil (until skin crispy). Seal the other side then place on top of pesto. If no skin, just season, seal in a hot pan and place on top of pesto.

Cover dish with foil. Bake for 20 to 30 minutes... use knife to check all cooked (slice chicken on the largest part to check).

Rest for 10 minutes.

Serve the chicken on lovely mash, polenta or rice and some steamed green veg.

Mix up the sauce left in the dish and pour over everything.



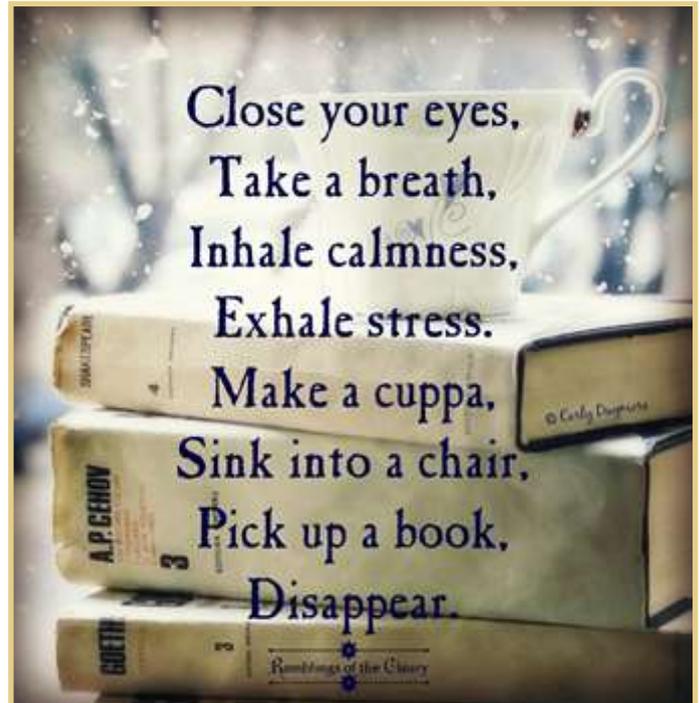
MAY DIARY DATES

MAY

7 Greenbushes CRC Flu Vaccination Clinic

10 MOTHER'S DAY

17 CANCELLED - GREENBUSHES FUN RUN AND MTB



Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus; maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:



STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE



GET ENOUGH SLEEP



KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY



TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY



REDUCE ALCOHOL INTAKE



GET YOUR HOBBIES OUT TO KEEP BUSY



think
MENTAL HEALTH