



EDITION 116 - MARCH 2024
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<http://www.manjimup.crc.net.au/cafe-bytes.html>

Quote for March

"A reader lives a thousand lives before he dies, the man who never reads lives only one." – George R R Martin (1948 –)

Word for March

FUDGEL: The act of giving the impression you are working when you are doing nothing.

Welcome to our March newsletter, and the calendar tells us that Autumn is waiting to bring its beautiful display of colour during this month. Changes are ahead. So, let's enjoy the last of summer, although some of our days have been a little too summery for comfort. We have an interesting variety in our collection of articles and thank you to those who contributed.

NATIONAL EUCALYPT DAY

March 23rd 2024 will be the 11th National Eucalypt Day celebrated in Australia. This year's theme is "Urban Eucalypts" challenging the idea of eucalypts being unsuitable for city environments. The day is organised by charitable trust Eucalypt Australia who say that this hardy species thrives in cities and towns bringing welcome shade and cooling and food and homes for native wildlife.

The trust's benefactor Bjarne K Dahl was born on the 23rd March 1898 and the inaugural day held on his birthdate in 2014. The inaugural Eucalypt of the Year was launched in 2017 with *Eucalyptus camaldulensis*, the fabulous River Red Gum taking the crown. Last year's winner of Eucalypt of the Year was *Angophora costata*: the Sydney Red Gum, chosen on the tenth anniversary of National Eucalypt Day.

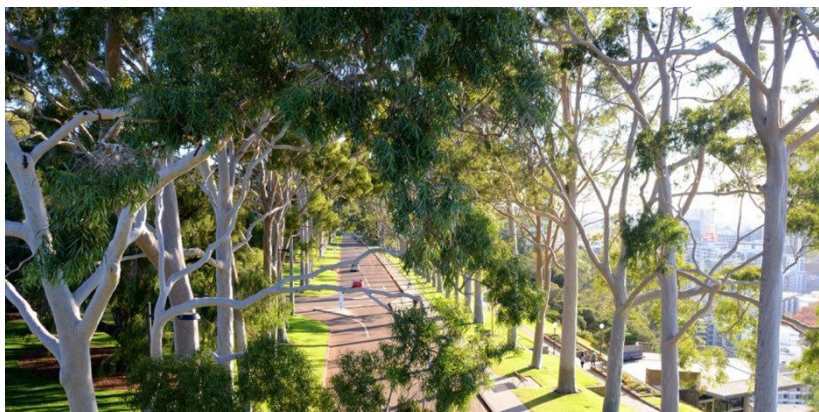
There is a WA connection with the main event being held interstate for the first time at the Kings Park Botanic Gardens, where Malcolm French AOM was awarded the 2022 Bjarne K Dahl medal by previous medallist Suzanne Prober.

The seventh National Eucalypt Day coincided with the start of the Covid 19 pandemic. Whilst events were cancelled across the country, there was a huge increase in social media participation as people sought nature connection from their homes and that continues with increased voter participation for Eucalypt of the Year.

Eucalypt Australia provides grants to support conservation, education and research of eucalypts and provides advice on selection and care of these trees as well as details on how to vote for eucalypt of the year.

National Eucalypt Day appears on the Federal Government's calendar of Key Environmental and Water Events: <https://www.dcceew.gov.au/about/news/stay-informed/events>

Liz Coley



Kings Park, Perth. Photo – DBCA

DIRT N DUST 2024 FUNDRAISING

Franzine Karamfiles and team members, husband Sam and Karen Parke doing the Dirt n Dust driving, have been fundraising for two years, raising money for Mental Health research and services, through Australian Rotary Health, South Bunbury Rotary Club. They will be back in their car for the dirt and dust event later in the year and have a wish to increase their amazing previous two years fundraising from \$20,000 to \$30,000. Which means doing more events to bring those dollars up. This year one of the beneficiaries is WA Rotary Relief, helping those enduring the toughest times, with counselling, support and mental health care during times of community and rural crisis, including natural disasters. Such a worthy cause.

Ways we can help Franzine and her team would be to donate our 10 cent containers. Also, on March 8th to 10th they will be running the canteen for Southern Forests Campdraft buffet dinner. There's a roster for anyone able and willing to take a role. Food preparation, buffet service, dishwashing, canteen server, cook. Also, any donations of eggs, muffins, cup cakes.

And then on the weekend of the 15000 Motorcross, they have been allocated the chance to man the gates and sell tickets.

If you are able, and willing to help, contact can be made with Franzine 0417 963 133 or franzine@westnet.com.au, and Karen on 0418 949 229.

Kathy Hill



MANJIMUP REPERTORY CLUB

Presented by **MANJIMUP REPERTORY CLUB** FEATURING LOCAL COMMUNITY MEMBERS

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Have you previously come and supported one of our local speakers and heard their story? We've heard all sorts from a spooky ghost story to stories of bravery and local historic events - nothing is out of bounds on a night like this!

Featuring six local community members for one night only; Kim Skoss, Beth Shorthouse, Richard Turner, Neil Taylor, Wally Bettink & Willah Sewell. Stories will be varied and no doubt entertaining.

We are also adding a special twist to this evening for some added entertainment - come along to see what the hype is about!

Limited tickets available - Secure your seat now!
Purchase on our website or at the Manjimup Library.



Lions Club of Manjimup

Always seeking new members to join us in our
Community Activities.

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COUNTRY CANCER PATIENTS

Thanks to Carol Hackett for sharing her experience of having breast cancer.....

After attending the BreastWA pink bus on my annual checkup...a lump was found and after further testing....my cancer journey began. Many appointments, tests, etc were done. Several departments are involved including Breast surgeon, both SJOG and Bunbury Regional Hospital, McGrath Foundation and GenesisCare.

Being eligible for PATS (living over 100k's from service) I found that patients could stay in South West Cancer Accommodation in Dalyellup and get transport to and from their treatments. The transport is done through DOT'S PLACE and the volunteer drivers are lovely and understand what you are going through.

The SJOG accommodation has 17 rooms, a large communal kitchen and 3 lounge areas. They have cleaners in regularly. On a Thursday they have a lovely lady come in and make cupcakes in the kitchen and she stays for the day and is there to chat which is really lovely...What a generous caring lady she is.

Here's one of my art pieces called Douglas that I was grateful to donate as a thank you to the cancer accommodation lodge:



The handsome stag's name is Douglas, in memory and honour of my father in law, Douglas Walter Hackett, who was a deer hunter in New Zealand. Before treatment starts there's a meeting with McGrath Foundation head nurse, and services etc., are talked about and from then on WE ARE NOT ALONE, they are with us every step of the way.

As part of my therapy I have been painting some Crazy Cancer characters.....Pinkies for Breast Cancer....and Blue Ones for Prostate Cancer....I am hoping to do some kind of fundraising with them.

Now I am back in Manjimup, I find that although we have a lot of great people who do a wonderful job fundraising for these causes...we actually don't have a lot of casual cancer drop-in support. A place where if things get too much, or you just want a sounding board...or even a short break over a cuppa and a chat. This is what I feel Manjimup needs.

Anyone who has been cancer affected, or would like to be involved with this support group please contact Carol at cuttingartstudio@gmail.com

I have a venue available in town and would like to see perhaps an evening get-together.....and if it will help also a daytime cuppa catchup.

Thank you Carol for sharing with Cafe Bytes Readers.

.....

In Perth we have Crawford and Milroy Lodges, which are an excellent accomodation base for country people receiving cancer treatment, without any family in the city. These lodges are very worthy causes to donate to, and unfortunately, we never know when we are going to need them.



Liz's



Kitchen Rules

CHILLI JAM

Chillies – love them or hate them? There are a lot around at this time of year and if you have a surplus why not try this recipe.

Many of us love what are locally known as Macedonian Chillies, however a little research tells us that they are a variety known as Banana Chillies or Peppers. They have a mild, tangy taste and shades of bright yellow to pale green, a smooth skin and a long, even shape that resembles a banana.

It is a cultivar of species *Capsicum annuum* and believed to have originated in Peru and Bolivia and have been part of human diet since about 7,500BC. They are believed to have been first cultivated in Mexico and parts of South America. Chillies were first brought back to Europe by the Spanish, appearing in their records by 1493. By the mid-1500s they were a common garden plant in Spain from where they spread to other areas, Italy by 1526, Germany 1543 and the Balkans 1569.



They grow well in our area and can be grown from seeds and cuttings, they require full sun and grow best in a sandy, loamy soil with a pH between 6.2 to 7.00. Mature plants can be quite tall so give them plenty of room. With the right conditions, cropping can be heavy, I have found they will freeze well, just pop them whole into a sealed bag.

Green Chillies are a rich source of Vitamin A, Vitamin B6, Vitamin C and Vitamin K, they also contain Potassium, Calcium and Folate.

Ingredients: 300g Green Chillies, 1 small Garlic Clove roughly chopped, 675g jam setting sugar, 400ml Cider Vinegar, juice 1 lime, ½ teaspoon salt.

Method: Remove the stems, seeds and white pith from the chillis. Whizz in a food processor with the garlic until finely chopped. Heat the sugar and vinegar in a large saucepan over a low heat stirring until the sugar dissolves. Place a saucer in the freezer. Stir in chillis, lime juice and ½ teaspoon salt. Bring to the boil and bubble for 15 minutes, stirring occasionally. Test for setting by dropping a small amount onto the cold saucer. If it wrinkles when you push it with your finger – it's set. Leave to cool at room temperature, it will thicken as it cools. Stir and pot into sterilised jars and store in the fridge.

This is delicious with a nice strong cheese and a slice of sourdough bread.



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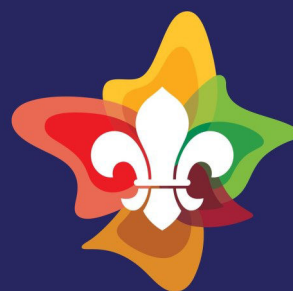
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Carers WA



**MEET OUR
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COORDINATOR**

Are you a carer in the South West region?

Meet Julie, our Regional Coordinator working closely alongside the Carer Gateway program based in Manjimup to deliver free practical and emotional services and supports for unpaid carers. Living in the Blackwood Warren area means that she can provide direct support to you and other carers you know, answering your questions and providing a local perspective. She also helps educate service providers and mainstream organisations (including local councils, school etc.) around the important role of unpaid carers and the assistance that is available for them.

To contact Julie directly, email southwest@carerswa.asn.au or call 0413 859 235.

A FEW WORDS FROM CHRIS UTECH

Being at Dingup House felt like destiny, if you believe in fate. My journey began when I left the cattle station country in the Kimberley and settled on a small farm in Bridgetown with my family back in 1992. In pursuit of adventure, I pulled my kids out of school, and for two years, we crisscrossed Australia, searching for an outback pub to call our own. Alas, that dream remained elusive, and we eventually returned to Bridgetown. But the yearning persisted—a desire to create something special, to run a bed and breakfast that would leave a mark.

And then, like a whispered promise, Dingup House entered the scene.

My initial days in Bridgetown were spent working alongside Doug and Kaye Edwards on their cauliflower farm. As we toiled, Doug regaled me with tales of family history and his deep connection to Dingup House. Intrigued by old properties, I accompanied Doug to see the house. Little did I know that this visit would set the stage for my unexpected journey as the custodian of Dingup House.

In January 2017, after securing the lease, I stepped into the historic walls of Dingup House. My mission: to breathe new life into this venerable abode. Marketing and rebranding became my first order of business—I crafted my own logo, revamped the website, and envisioned a space that could host up to 16 guests at a time.

The barn, once the blacksmith's workshop, underwent a transformation. Now, it stands as a charming venue for weddings and celebrations. Within those walls, we've woven countless memories—a tapestry of joy, laughter, and shared moments.

Dingup House has witnessed milestones aplenty. We celebrated its 150th anniversary, hosted 11 weddings (including my daughter's), and marked birthdays from the 40s to the 90s. Live music events, cooking workshops, and historical tours have graced our calendar. And when spring arrives, our gardens open their gates for the Festival of Country Gardens.

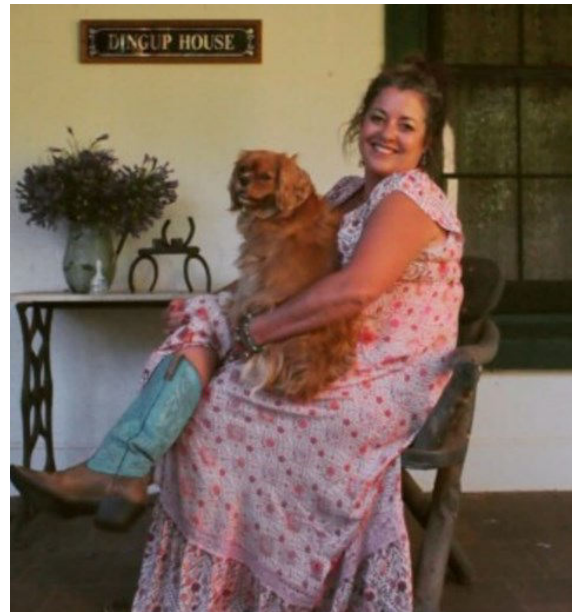
But there's more. The Truffle Kerfuffle event brought celebrity chefs to our doorstep. I ventured to Japan, where I stayed with a family who had once been guests at Dingup House. And on the Warren Blackwood Stock route, horse-drawn carts carried us through the rugged landscape, forging connections with the travellers I had the privilege to host.

Dingup House isn't just a place; it's a chapter in my life—a story of unexpected turns, shared laughter, and the magic that unfolds within these historic walls.

I've been incredibly fortunate to receive unwavering support from my family, my partner, my wonderful neighbours and the tight-knit communities of Manjimup and Bridgetown. My backpackers, who play a crucial role in both work and additional housekeeping support, have been an invaluable part of this journey. And, of course, I'm deeply grateful for all my guests and loyal patrons who have made Dingup House come alive.

I must acknowledge the "remarkable" backing I've received from the previous landlords and The Warren Blackwood Professionals Realty, especially during the challenging times of the Covid pandemic.

As I look ahead, I'm excited about the years to come as I continue to run the **Historic Dingup House Bed and Breakfast Function Venue**. If you haven't yet had the chance to experience this extraordinary property, don't hesitate to give me a call – I'd love to meet you.



Many thanks to Chris for photo and interesting local story.



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Jane Kelsbie

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PO Box 327, Denmark WA 6333

☎ (08) 9848 3171

✉ jane.kelsbie@mp.wa.gov.au

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DON'T SHOOT ME I'M ONLY THE PIANO PLAYER

Manjimup Town Hall. Is it a concert? Is it a comedy show? How about both. 7.00 pm Saturday 16th March

Do you want to hear beautiful and technically brilliant piano music and in between pieces laugh yourself silly?? Then don't miss this show!

Born in Adelaide, David Scheel is a true Australian Success story. A concert pianist with a fabulous sense of humour! In his earlier years he had dual but separate careers as a concert pianist and an actor on stage, on television and in films. What began as a one-off dare morphed into his comedy piano show "Don't Shoot Me I'm Only the Piano Player."

David has toured some 30 countries with his hilarious musical show and shared the stage with artists as diverse as Ben Elton, Jay Leno, Norman Wisdom, Cleo Laine and John Dankworth and Patricia (Hyacinth Bucket) Routledge. He has performed sell out shows in London, 3 consecutive Edinburgh festivals and been a regular performer on British TV and radio.

Turning classical music on its head, in David's concerts you can expect to hear anything from a well-known folk tune played in the styles of various composers, (Rachmaninov, Mozart, blues or even ipod mini) 2 different pieces played with different hands at the same time or a medley of the 20 worst tunes ever written. In between he'll unwrap one of the classics or perhaps one of his own highly lyrical compositions showing his true skill and quality as a musician.

His raconteur-style send-ups of the ridiculous include true stories of the worst pianos he's ever had to play, sharp edged commentary on the lives of celebrities, (the Kardashians, Meghan & Harry etc.) current events, topical digs at politicians and sideswipes at the icons of modern living; junk food, supermarkets, computerized voicemail

His hilarious translation of the lyrics of Waltzing Matilda is already an established comedy classic and is set to be joined by his latest offering: *Everything You Need to Know To Survive a Pandemic*.

All of this in a huge range of voices and accents which have led to David being frequently compared with Peter Ustinov and the late Robin Williams, whilst his brilliant musical spoofs on the piano (as well as his serious playing of the instrument) have seen him frequently dubbed as the new Victor Borge. Presented by Warren Arts Council as part of the *Manjimup Performance Series* this concert is suitable for all ages and will be enjoyed by comedy lovers, musicians and non-musicians alike. Tickets at the Manjimup Arts Hub or online at Trybooking.

Thanks Julia Mountford for spreading the word about this entertaining musical evening.



COMMUNITY BYTE SIZED PIECES

- Manjimup Arts Hub have 3 collection cabinets to display your unique collection, if you would like to share, contact them to put yours on display. manjimupartshub.com.au
- Manjimup Senior High School will have a GP on campus one day per week, the trial is expected to commence in term four and could pave the way for other schools in WA to have a visiting GP. This is a great initiative which will help to plug the gap in medical and mental health services for our youth.
- Manjimup Golf Club held the 23rd Kristofferson Cup recently in extremely hot weather conditions. Despite the heat it was a successful weekend, Gary Hutch was the men's overall winner with 77 points and Robyn Kristofferson women's overall winner with 75 points. Congratulations to all the winners.
- Tyrepower Manjimup Speedway hold their final event of the year on Saturday 9th March. The annual Stockie Stampede should bring a good number of drivers competing for the \$2,000 winner's prize. Supermods, Wingless Sprints, Production Sedans and Junior Sedans will round out the night. Don't miss this one, head out to the track and support our local drivers for a great night of action packed racing.
- Check out the Manjimup Art Gallery, their latest exhibition is showing Richard Wolendorp's aerial photography which depicts unique and stunning views of the Australian landscape. Art works will be on display until the 22nd March.
- Have you considered becoming a member of Manjimup Community Resource Centre? We have several packages available, including our \$50 for businesses which will give you a business card sized ad each month in Café Bytes. Ask our friendly reception staff for details.
- Some information gained online from Britannica. St Patrick's Day is observed in many countries on the date of his death, March 17th. Known as Patron saint of Ireland, St Patrick was born 5th century in Britain to a Roman family, and was captured at age 16 by Irish raiders, and taken into slavery in Ireland. He spent six years as a herdsman before escaping and reuniting with his family in Britain. Called in a dream to bring Christianity to the Irish, he returned to Ireland and journeyed far and wide, baptizing chiefs and kings and converting whole clans. One popular legend says that he explained the notion of the Holy Trinity using the shamrock, now the national flower of Ireland. He is also said to have rid Ireland of snakes. St Pat's Day, Wearing of The Green. March 17th is a day of celebration in many places, St Patrick's Day, the wearing of the green, observing Irish History.
- And remember - the Warren Agricultural Show committee will be working hard to bring us a two day event with heaps of entertainment for all of the family - March 15th/16th.
- If you are staying local for Easter you will find lots of entertainment at Northcliffe as they celebrate their Centenary, 100 years since Land Settlement began. There's a whole weekend of anniversary events – Friday to Sunday.



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📍 Unit 5, The Link, St Emille Way, Albany WA 6330

Authorised by L. Kingston, Unit 5, The Link, St Emille Way Albany WA 6330

ROTARY CLUB MANJIMUP

History

For 72 years the Rotary Club of Manjimup has been contributing to the community and it has been an enjoyable and eventful time for members who have participated over this time. The club was granted charter on February 23, 1952, only 23 days after the formation meeting was sponsored by the Rotary Club of Bunbury.

Charter night was held on April 26 with 188 Rotarians from around the State in attendance and the first general meeting was held on May 5 1952.

The club's first president was Dr Bill Williams, and the Manjimup Club was the 13th Rotary Club in District 34 (now 9423), covers all of the state of Western Australia.

Over these years, the club has been involved in many major and diverse community events and projects. Just two years after formation, the club adopted the establishment of the Warren Youth Centre in honour of Rotary International's golden anniversary in 1954.

The centre, built on the old Manjimup Primary School site, was a major project and began a fundraising campaign that lasted into the 1960s. The centre was demolished, along with the school, in 2010.

The Rotary Club of Manjimup was approached by the Apex Club of Bunbury to help form an Apex Club in Manjimup, which happened when the Apex Club of Manjimup received its charter on November 19 1955.

In 2008 the Club sponsored the formation of the Probus Club of Manjimup as a social club for retirees in the district.

The development of Moonya Lodge was initiated as a major community project in 1967. Management of Moonya was later taken over by Baptist Care.

The Rotary Club of Manjimup held district conferences in 1964, 1988 and 2010. All of the conferences were well-attended, with more than 400 people at each and were used as a tool to promote the region and its produce.

In 1987 the club members helped set up the St John Ambulance at the Manjimup Airport Terminal and also donated \$3000. Other donations included \$4000 towards the sealing of a 200m airstrip extension to enable the Royal Flying Doctor to land at night. Further, the Club contributed a great many hours installing the lights at the airport to facilitate the RFDS to land at night, replacing rows of cars with their headlights on so the pilot could see the airstrip.

In 1988, the club's project was the construction of Manjimup's southern entry arch. The club was contracted to rebuild Manjimup's northern entry arch when it was badly damaged in 1998 and the major project of 1999 was the installation of lighting to highlight the arch.

Other history

In its 72 years, the Rotary Club of Manjimup has taken on many projects to cater for a range of demographics.

For youth, the club has been involved in training programs through its RYPEN (Rotary Youth Program of Enrichment & RYLA (Rotary Youth Leadership Awards).

For many years the club has been involved in the Rotary Exchange Student program. The club's involvement commenced in 1971 when Gail Duns (nee Sherman) being the first student from the region to travel overseas where she spent a year in Oklahoma as a Rotary and Australian Ambassador.

Other youth-focused programs that the club supports include; sponsoring students to attend the National Youth Science Forum in Canberra and sponsoring students to attend the Santos Science programs at their nominated university.

Other areas of support include Blackwood Youth Action. Support was significantly increased in 2022 and 2023 to meet the increased costs of the expansion of the program into Manjimup and a scholarship and book awards program as the club continues to offer scholarships to students at Kearnan College and Manjimup Senior High School and book awards to the schools in Manjimup and Pemberton.

Wine Show.

In 2005, the Rotary Club of Manjimup celebrated the Rotary International centenary by establishing the Timber Towns Regional Wine Show, now the RSM Southern Forests & Valleys Wine Show. Its aim was to promote the wines and producers from the Manjimup, Pemberton and Blackwood Valley regions.

The show has been successful, and it continues to promote the region's wines and their producers. In 2021 the show invited producers from the Frankland region to become part of the event and judging.

The wines are judged by a panel of accredited judges from within the state and interstate.

Calendar: The Rotary Club of Manjimup's Community Services calendar was introduced in 1979 and has since been named the Manjimup Community calendar. In its 43 years this project has raised more than \$220,000 for the club's range of projects.

The calendar continues to receive strong support from the business community. Two thousand copies are printed and distributed to the public through a number of these businesses.

Local projects: The Manjimup Rotary Club, with the support of the Shire, installed a number of bench seats in the town centre and other locations for the convenience and use of the public which are well-utilised. Currently working with the Manji Men's Shed to install benches at the Lawn Cemetery.

The club was involved in the development of the aged accommodation at Dunreath Cottages and continues to support the cottages, most recently donating funding for CCTV for the cottages.

A 'thank you' seat in Coronation Park; this was a project taken on by the club to celebrate Manjimup's centenary in 2009. The seat has plaques that list the very many ethnic groups that have been an integral part of the development and growth of the Manjimup region and continue to do so today.

Anne McKay address – in conjunction with the Shire of Manjimup the Club started the Anne McKay address where successful women and guest speakers talk about their lives, careers, and leaderships. Speakers have included Julie Shuttleworth, Professor Lyn Beazley, former Police Commissioner Karl O'Callaghan and former leader of the WA Liberal Party, Liza Harvey.

A wheelchair at Aqua Centre – donation of a wheelchair for people to be able to access the therapy pool at the Centre.

The Manjimup Shire language program, whereby support is given for resources to assist in the delivery of an English language program to recent emigrants to the region.

The Manjimup Family Centre shade sails project through donation towards the replacement of the shade sails at the centre.

The Manji Pantry run by the Seventh Day Adventist Church and the 2023 Markets & More are also more recent beneficiaries.

State, national and international projects

Royal Flying Doctor Service & Cancer Council – over many years the club has undertaken fundraising activities and given support to raise funds for these worthy groups.

The End Polio Now program, this Rotary International project continues to be supported by the club as it recognises the importance of the program and its humanitarian benefits. The club is amongst many supporters, including the Bill Gates Foundation.

The Timor Leste projects; in conjunction with the Rotary Club of Kwinana, the club is supporting projects to deliver clean potable water to vulnerable communities and villages in Timor Leste.

The Rotary International & Rotary Relief sees annual donations from the club goes towards relief projects both within Australia and overseas that are identified by Rotary International as regions requiring their support.

The Shelter Box initiative where the club has been contributing to this worthy project for many years and continues to do so as people and regions are affected by natural disasters and conflicts.

Bolghinup Hut. One of the local, long-term projects that a passionate group of club members is undertaking the preservation of the Bolghinup Hut. The club was approached by community members to offer their support and assistance to ensure that this part of our farming history is preserved. Thus, the 'Friends of the Bolghinup Hut' group was formed and now has 100 members who all have an interest in preserving this historical hut and to tell the story of the farmers of the region who drove their cattle to coastal areas such to access summer feed for their animals.

"In all these activities and programs, the club members have received overwhelming support from their partners and the community," said Manjimup Club president Neil Halden. "Without this support many of the club's projects could not have been able to be achieved."

Many thanks to Rose Moyle for responding to our request to let the community know what Rotary are all about. They had invited we Bytes ladies to be guest speakers at a recent meeting.





Are YOU interested in Volunteering?

Don't know where to start?

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MANJIMUP MACEDONIAN COMMUNITY

This article was first published in our second edition of Manji café bytes in 2014 and we have included the recent funding allocation.

Manjimup has an interesting history, well probably all country towns have varying pasts, but perhaps our town has seen more ups and downs than many others. One very colourful, but little documented local industry was the rise and fall of tobacco growing, between 1928 and 1961. Those interested in preserving history feel it's a shame this isn't being recorded, while some who lived through it are still here to share their stories. Hopefully this will happen and perhaps someone reading this might like to step forward? Most of the growers were European migrants, the majority being Macedonian, who worked extremely hard and reaped the reward of their labours, but then had their dreams dashed when the market failed, tobacco from other areas was in demand and our locals had to just "get over it" and move on to other sources of income. Well, that's how it was reported back then, but maybe there's another side to that story which should really be told. These were tough days for both the growers and the community also. Local businesses really felt the pinch when the cashed up growers lost their income.

The question being asked in relation to this article is : how many of you have noticed a pattern in the paving on the corner of Peace Park, opposite the Court House ? If you have seen it, do you know what it is? The MCB team has done a little investigating, and Nick Markovski has come forward with its story. It represents the Republic of Macedonia flag. The design was set into the footpath around 1995 while Nick was President of the local Macedonian Community by local paver of that time, Tony Ducker. At the same time as the paving being installed, there was also an attempt to relocate a tobacco drying kiln into the Timber and Heritage Park, to take its place in local history.



Apparently the installation of the kiln met many obstacles, and didn't happen. The Manjimup Historical Society installed a commemorative plaque to the Tobacco Industry at the Timber Park in 1995. The Macedonian flag, which is red and yellow, was changed in 1991 and what we have in our pavement depicts the current flag. So if you are on foot around that area, perhaps you might check it out and spare a thought for those hard working migrants who contributed so much to what our town is today. Thanks to Nick Markovski for the photos showing : On the left, left to right : an as yet unidentified lady on the left holding a model of the tobacco kiln, with Nick Vellios, Nick Markovski and John Engelev On the right , left to right : Nick Vellios, Macedonian Ambassador to Australia Victor Gabor, Wade de Campo, Tom Markovski, Nick Markovski. children : Ashby Fardella and Liam Markovski

Kathy Hill

Macedonian Community of Manjimup
60th Anniversary Celebration
Welcome Back To

SATURDAY
2ND MARCH 2024
5PM ONWARDS

Food Provided throughout Celebration
Under 17 Free
Licensed Bar

Tickets \$45
Scan QR Code or go to
[Trybooking.com/COM11](https://trybooking.com/COM11)
Tickets Non Refundable
RSVP Essential for Catering Purposes by 23rd February

Quotes: The President Vick Grozotis - 0409 834 844
Or: The Secretary Maria Vellios - 0427 836 287
Email: manjimaceocommunity@gmail.com

MACEDONIAN HALL
407 IPSEN STREET, MANJIMUP
Kindly Sponsored by **TALISON LITHIUM**





MARCH 2024 PROGRAM

Be Connected - digital literacy for Seniors:



Be Connected
Every Australian online.

Tuesdays 10am - 12pm at the CRC

12th - Cloud storage and OneDrive

19th - Emails

26th - Keeping safe online



Knitting/crochet and Craft Group: *Tuesdays 1pm-3pm at the CRC*

Manjimup Walking Group:

Mondays at 8.30am

Meet at the Round House car park at the
Timber Park



SAVE THE DATE:

Volunteer Meet and Greet Sundowner
*Wednesday 6th March at 3.30pm at
the CRC*

For more info on any of our exiting events or programs contact Andrea or Amber on
9777 2774, email reception@manjimup.org.au or check out our Facebook page

45 Rose Street Manjimup

MY ADDICTION

Addiction: the fact or condition of being addicted to a particular substance or activity.

For instance, I love red wine or any other colour wine, but I don't drink it every day so I can't say I'm addicted to wine.

What about chocolate? I love chocolate and have never been known to refuse chocolate, whether it's a Mars bar, a box of chocolates or a slice of chocolate cake. A couple of weeks ago I met youngest daughter in Bunbury and she took me to Eaton Fair for afternoon tea. We went to San Churro Chokolateria and I am still drooling over the large slice of cake we had, it was a dream, chocolate, caramel, choc chips, you name it, it was in there. I wonder if there is some entrepreneur around Manjimup that wants to bring San Churro to our town? I guarantee I'll be there at afternoon tea for a coffee as I work my way through the chocolate menu.

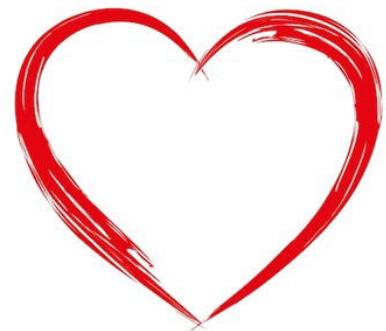
My family would say that I am addicted to my garden. I do love my garden, for me it's a place where I can lose myself for hours, just pottering, pruning, weeding, planting, watering and sitting. I am out in the garden every day, even if it's only ten minutes in the shade house or to check on the asparagus bed and of course talk to my banana ever hopeful that it will produce a bunch for me by the end of summer. I will admit that when I am not in the garden I think about the garden. I subscribe to Gardening Australia and Organic Gardening every month, read the articles and save them for further reading. I am one of those people who can't refuse a cutting or a plant, I go to the Garden Centre regularly and always buy something, there is always room for one more plant! I do spend a lot of time in my garden, but if I get the chance of a day out, I am not so addicted that I refuse because I have to water the garden.

Wait a minute, I've just read this again and I can see a reoccurring theme throughout, it's love! so just like the song says.....

You know you're gonna have to face it, you're addicted to love

Might as well face it, you're addicted to love

Liz Coley



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Australian Master Tree Grower Course

Commencing 19th April

At the Pemberton Sports Club

The Australian Master Tree Grower Program is coming to the Southern Forests.

The highly acclaimed and long running Australian Master Tree Grower (MTG) program will be hosted in the Southern Forests region during 2024.

Warren Catchments Council Inc. has received funding to host two MTG programs, the first in Pemberton during April and May and the second in Bridgetown during August and September. The programs will be held over seven consecutive Fridays and will consist of classroom style seminars and expert presentations in the mornings with field trips to various sites during the afternoons.

The MTG program will include topics such as the principles of multi-purpose farm forestry design and management, tree growth, management and measurement, markets and products, the roles of trees on farms, aesthetics and farm forestry economics. MTG program developer, Rowan Reid, will attend the first and last day of each course. He is an engaging and knowledgeable presenter, a forest scientist and co-owner of Bambra Agroforestry Farm in the Otways region of Victoria, as well as managing director of the Australian Agroforestry Foundation.

This is a fabulous opportunity for farmers and land managers interested in farm forestry for profit and conservation to gain valuable insights, skills, support, mentoring and building networks for a resilient and rewarding local farm based forestry industry.

Please contact MTG Project Manager Julian Sharp for further information and to register your interest in attending jsharp@wn.com.au



Proudly supported by



Southern Forests Community Landcare



Department of
Jobs, Tourism, Science
and Innovation

MOVE MORE CONNECT MORE



LiveLighter® Move More Campaign

Being active is great for the body & mind

If you are ready to get a little more movement into your day, we are here to help!

Move More encourages people to discover what motivates them to move, aiming to encourage West Australians to be more active. The campaign highlights the positive and immediate benefits of being more physically active such as:

- Improving mental health
- Having more energy
- Boosting our mood
- Helping us sleep better
- Connecting with others
- Feeling stronger to do everyday tasks with ease

Move More was launched in January 2023 and the latest phase of this campaign has just been launched, and shows members of the public telling their movement stories. These **'Move More Champions'** aim to inspire us all to find our movement passions through short online videos as well as activities via the **LiveLighter®** website.

Free workout guides & plans

There are so many different ways we can move our bodies.

The key is to find something we enjoy doing that fits in to our schedule and lifestyle.

To assist you in rediscovering the joy of movement **LiveLighter®** have developed various resources to suit everybody. These include:

- A free workout builder – get your free custom video workout!
- Workout plans
- Workout playlists – with our range of Spotify playlists helping get you in the zone
- How to videos
- Physical activity calculator – to find out if you are meeting Australia's current physical activity guidelines

To find out more: livelighter.com.au/being-active



This Wave of the campaign will run from **21 January – 9 March 2024** on social media and digital channels (including digital video, digital audio and online)



[@LiveLighterCampaign](https://www.facebook.com/LiveLighterCampaign)



[@Live_Lighter](https://twitter.com/Live_Lighter)



[@livelightercampaign](https://www.tiktok.com/@livelightercampaign)



[@livelightercampaign](https://www.instagram.com/livelightercampaign)



[@LiveLighterCampaign](https://www.pinterest.com/LiveLighterCampaign)

For more information about cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.



45 Rose Street, Manjimup WA 6258
P: (08) 9777 2774

E: reception@manjimup.org.au
W: www.manjimup.crc.net.au

Membership

TAX INVOICE

ABN: 66 287 651 302

Surname _____ First Name _____

Business / Organisation _____

Nominated Users (For Businesses and Organisations)

#1 _____ #2 _____

Postal Address _____

Suburb _____ Postcode _____

Email _____

Phone _____ Mobile _____

- ☐ **SINGLE** **\$10.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services – excludes Room Hire)
- ☐ **Family** **\$20.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services – excludes Room Hire)
- ☐ **Business** **\$50.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services)
A Business Card sized Ad in each edition of Café Bytes

PAYMENT METHOD

- ☐ Cash - Please come in and pay at Reception.
- ☐ Eftpos - Please contact the Manjimup CRC on 08 9777 2774
- ☐ Cheque - Please post your cheque to Manjimup CRC, PO Box 314, Manjimup WA 6258
- ☐ Direct Deposit - Manjimup Community Resource Centre

BSB: 036-126

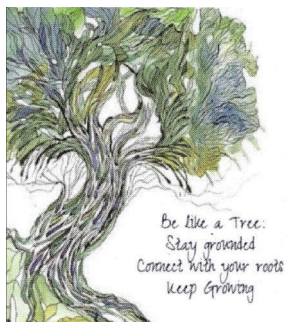
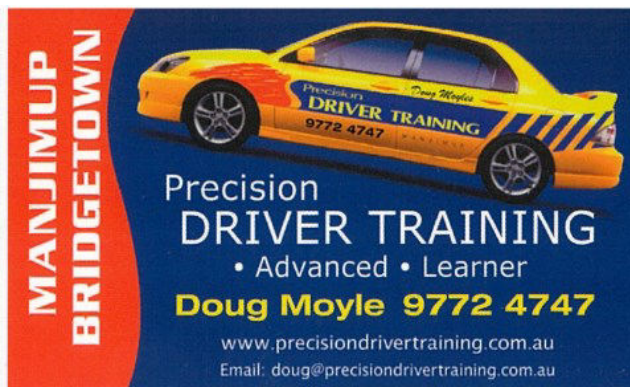
ACC: 151749

(Please use Surname as reference and email a copy of your confirmation of payment)

OFFICE USE ONLY	Initial		Initial
Payment Method:		Receipt Issued: Yes / No	
Date Paid:		Date Entered into Database:	
Member Number:		Date Membership Card Issued:	

VOLUNTEER ROUNDUP

- Are you struggling with your Digital Device. We hold group classes on a Tuesday morning from 10am-12pm or you can book in for a 'one on one' with Amber. We are also introducing classes on specific topics, the first one being 'My Gov' on Wednesday 6th September from 5pm-7pm at the CRC. Phone Reception on 9777 2774 to book.
- Our Volunteer Directory is well underway and will be in print form and online soon. If you would like your organisation included, give Andrea a call on Monday or Tuesday at the CRC on 9777 2774.
- If you are looking for Volunteers, or are wanting to do Volunteering we can assist.
- Wanting to make new friends and get some exercise at the same time? Join our Walk Group on Mondays from 8.30am, which leaves from the Carpark at the Heritage Park, opposite the Wellness Centre, then enjoy a free cuppa afterwards.
- On Tuesday afternoons, our Sewing and Knitting group is held and everyone is welcome to come along to learn how to sew or knit, or just for the lovely companionship! The group creates "Care Bears" for the Ambulance service when children are suffering trauma.



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www.astrologycollective.org



Opening Hours

Monday-Friday (see Facebook page)

Saturday: 10-3

Sunday: 10-2

Are You Over 50?

NEED HELP WITH TECHNOLOGY?



Amber Can Help

Tuesday Classes

10 am to 12 pm

or One on One Sessions

Make an
appointment
today

Amber and our
volunteers are
here
to assist



Come For Two Sessions and its

Free

Bought to you by:



Manjimup
Community Resource Centre
Tel: 9777 2774



Be Connected
Every Australian online.

Network
Partner



WHO ARE WE? The Bytes Team who bring you this publication are:

Yarn Spinners, Liz Coley & Kathy Hill

Contribute your story to us: manjicafeytes@gmail.com

(08) 9777 2774 or volunteer@manjimup.org.au

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