



EDITION 86 - SEPTEMBER 2021  
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<http://www.manjimup.crc.net.au/cafe-bytes.html>

### *Quote for September*

"Spring is nature's way of saying, Let's party" – Robin Williams (1952–2014)

### *Chat subject for September*

*Which spring cleaning job most definitely needs doing at your house?*

Welcome to our September Café Bytes, and September means it's time for a warm welcome to the Spring season, we've made it through that awfully cold wet winter. The sun will soon be visiting more regularly.

We hope you find some interest in our yarns for this month, there's a bit of a variety from op shops to wattle and a fair bit in between. This is our 86<sup>th</sup> edition of local news snippets - on a count down to 100. Don't forget to contact us if you have any ideas for stories, or would like to write your own, we always welcome contributions.

## MANJI MEN'S SHED SCULPTURE WEEKEND

There's a big day coming up in October, organised by Southern Forest Arts. Registrations are open for Manjimup's Scrap to Sculpture weekend workshop with artist, Neil Elliott (Neil Elliott Events Open Studio, Workshops, Exhibitions) on October 2nd and 3rd at the Manji Men's Shed. Learn how to apply woodworking and metal working techniques to sculpture in a fun, safe and supportive environment.

For more info email: [info@southernforestarts.com.au](mailto:info@southernforestarts.com.au), call on 0418754704 or visit our website:

<https://southernforestarts.com.au/.../workshop-scrap-to.../>  
purchase a Full Price registration (\$100) visit:

[https://southernforestarts.com.au/pro.../scrap\\_to\\_sculpture/](https://southernforestarts.com.au/pro.../scrap_to_sculpture/)  
To purchase a Concession/SFA Members registration visit:  
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Kathy Hill



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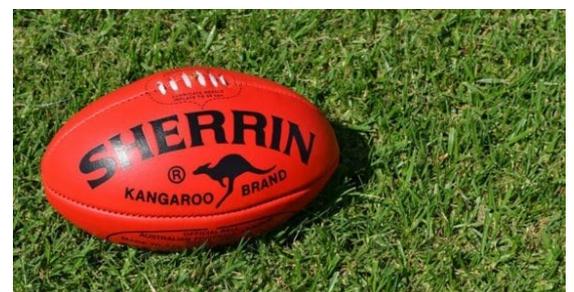
## FOOTY FINALS

September is here, and what does that mean for us down in the beautiful lower southwest? Well, warmer weather, wildflowers, longer days and that buzz around town that means footy finals time again. Those of us looking forward to the rivalry that only small town football can bring will be wearing our team jackets and scarves, you'll find us out at the footy oval supporting our boys and hoping that our team makes it through to the grand final.

Good luck to all the teams!

Preliminary Final Sunday 5th September: Kojonup

Grand Final Saturday 11<sup>th</sup> September: Tigers



Liz Coley

## COMMUNITY OP SHOP

Manjimup Community Op Shop opened its doors on December 14<sup>th</sup> 2019. It just happened to be Cherry Harmony Festival Day and the Op Shop ladies were delighted to receive a special Cherry visitor, Miss Gertrude resplendent in her bright red gown popped in to say hello, perhaps she was looking for a new red outfit. If she was, I'm sure the Op Shop would have been able to find something suitable.

Look for the White House at 56, Rose Street, Manjimup, opening times are 10am – 3pm, Tuesday, Wednesday, Thursday and Friday, Saturday 10am to 1.00pm.

When I visited on Wednesday morning there was a steady stream of eager shoppers all searching for bargains among their extensive range of clothes and jewelry. They have a great supply of books for the readers among us to browse through, crockery, cutlery and assorted bric-a-brac, the list goes on.

When they opened their doors for the first time, everyone wondered how the business would be received by the community, after all this was a new venture that had not been trialed before.



The concept being that money made from donated items would be returned to local Not for Profit groups in the form of donations, and it has proved to be very successful. There are many organisations within our Shire that have benefitted from their generosity, among them Schools, Hospitals, Manjimup CWA, Scouts Group, Men's Shed, Manjimup Rovers Soccer Club and many more.

Our Op Shop is staffed by a dedicated group of volunteers who appreciate the amazing support from our community and the good news is that with our backing they will be able to continue opening their doors for the foreseeable future.

Spring is on its way, go and check out the bargains, the perfect outfit may be waiting for you, if it isn't, well, you'll get a warm welcome and you're sure to have a lot of fun browsing!

Liz Coley



## HISTORIC HAMLET – HELP WANTED

The Manjimup Historical Society are looking for volunteers to help clean the Hamlet Buildings in Manjimup Heritage Park. A few hours are needed to clean windows, floors, dust shelves etc. This is a great opportunity for people interested in joining the Historical society and learning more about local history while volunteering for community.

For further information please contact Lee Fontanini – Phone: 97771105 or email: [lfontanini@westnet.com.au](mailto:lfontanini@westnet.com.au)

Liz Coley

## BLACK SWANS

With all the rainfall we have had lately, rivers and dams are overflowing and because water and food is in plentiful supply there are a lot of Western Australia's most well-known birds, black swans, making their homes on our waterways.

The first European sighting of black swans was documented in 1697 when Willem de Vlamingh's expedition explored the Swan River. The black swan is featured on the West Australian flag, and is both the state bird and state emblem. A stamp featuring the black swan was the sole postage stamp of Western Australia from 1854 to 1902. The Noongar People of the South-West call these birds *Kooldjak*.

Black swans' pair for life and nest in the winter months, their nest is usually a large heap or mound of reeds, grasses and weeds between 1 to 5 metres in diameter and up to a metre high in shallow water or on an island. Nests are reused every year, rebuilt as necessary and 4 to 8 eggs are laid, both male and female take care of the eggs and they are incubated for 35 to 40 days. They defend their nests aggressively with their wings and beaks, young cygnets are tended by

their parents for about 9 months until they are fully fledged. These beautiful birds are almost exclusively herbivorous and dine on marshland and aquatic plants.

They are a large bird with mostly black plumage except for broad white wing tips which are visible in flight, a bright red bill and a long neck. The males are slightly larger than the females and young birds are grayish brown. When in flight, a wedge of black swans will form as a line or a V, with the individual birds flying strongly with undulating long necks, making whistling sounds with their wings and bugling or trumpeting calls, instantly recognisable.

Black swans were introduced to various countries as an ornamental bird in the 1800s, many escaped and formed stable populations. The south west English town of Dawlish, Devon has adopted the black swan as a regional symbol. They may call other parts of the world home, but for us, these beautiful birds will always be West Australian.

Liz Coley



# Liz's



## Kitchen Rules

Halloumi is a semi-hard unripened cheese made from a mixture of goat and ewe milk, it is a salty cheese perfect for frying or grilling.

The English name *halloumi* is derived from modern Greek, although methods of making it likely originated sometime in the



medieval Byzantine period 395-1191. A traditional method for making it by brining was found in a 14<sup>th</sup> century Egyptian cookbook. Descriptions of Cypriot halloumi were recorded in the 16<sup>th</sup> century by Italian visitors to Cyprus, where it is said to originate, however halloumi or similar hard cheeses can be found in various areas of the Eastern Mediterranean and Turkey.

The name halloumi may change, it seems the Australian dairy industry is set to challenge a European Union ruling that stops cheesemakers from outside of Cyprus from marketing their product as halloumi. A family of Syrian refugees in Yorkshire, England make a cheese just like halloumi. They are unable to use that name as Cyprus has trademarked it, so they are calling it Squeaky Cheese instead. It will be interesting to see what Australian cheese producers come up with!

Halloumi was made by traditional methods using unpasteurised sheep, goat and ewe milk but as demand grew and cows were brought to Cyprus, manufacturers began using a little more cow's milk which was cheaper and more plentiful. Traditional halloumi is a semicircular shape, about a large wallet size and has a firm texture, aged halloumi kept in its brine is much drier, saltier and stronger.

A 28gram serving of halloumi contains 7g of protein, 9g of fat, 25% calcium and 15% sodium, as halloumi provides a good amount of protein and calcium in each serving, adding it to your diet could be beneficial, just don't eat too much of it!

There are many recipes for halloumi, it is excellent for frying or grilling as being a hard cheese it doesn't melt and keeps its shape. It is delicious cooked that way and added to salads or served with vegetables. I love it and have used it to stuff peppers, added it to omelettes or just fried a couple of slices to have with a simple salad. The following recipe is one of my favourites and I make it often and freeze it for a quick lunch.

## HALLOUMI BAKE

**Ingredients:** 400g tin diced tomatoes, 400g tin drained and rinsed cannellini beans, 2 cloves garlic crushed, ½ teaspoon dried oregano or Tuscan herbs, 2 capsicums (any colour or combination), deseeded and cut into 2cm pieces, eggplant (around 250g) cut into 2cm pieces, 1 med onion cut into 12 wedges, 225g block of halloumi cut into approx. 8 slices.

**Method:** Preheat oven to 200C. Place capsicum, eggplant and onion into a shallow baking dish with 2 tablespoons olive oil, ground black pepper and dried herbs, mix well together, bake in oven for 25 minutes. Remove and turn the vegetables, bake for another 10 minutes until softened and lightly browned. Remove from oven, stir in garlic, tomatoes and beans. Arrange halloumi on top and drizzle with remaining tablespoon of olive oil. Season with ground black pepper and salt if required. Return to oven for 15 to 20 minutes or until halloumi is nicely browned.

Can be served hot or cold, tasty and filling.



## MUSIC TO SET YOUR HEART AGLOW

Once again, the Warren Arts Council will be hosting the Manjimup Blue Grass and Old Time Music Weekend. Covid lockdown and border closures have caused some changes to the original plans but there's a great line up of West Aussie toe tapping musicians coming to town.

Saturday morning September 25<sup>th</sup> there will be a Gospel SingOut warmup at Tall Timbers from 9:30am until 10:30am. Saturday night there will be a concert at Manjimup Repertory Club Rooms, music by Bluegrass Parkway who have been to town a few times already and proved very popular. For musicians there will be workshops on Saturday, Sunday and Monday morning. Everyone welcome at the Blackboard Concert, Tall Timbers on Sunday night. Sunday morning the Gospel SingOut will once again be held at 9:30am at the Anglican Church, Moore Street Manjimup. This will be a free event.

More info: [www.manjimupbluegrass.com](http://www.manjimupbluegrass.com) or via Facebook

Kathy Hill



## HAPPY WATTLE DAY

National Wattle Day, September 1. Our beautiful yellow blossoms, heralding in Spring, is a day to celebrate. But here comes a spoiler, not all wattles are worthy of the honour. Unfortunately, some of our much loved wattle plants have become a pest, when out of their natural environment. In our local area the main Acacia pest is *Acacia Longifolia*, Sydney Golden Wattle. It would have been introduced and planted in gardens, but has been escaping into bushlands, causing problems with our own natural native plants, forming dense stands in disturbed and bare sites, and preventing native species from establishing. It takes over, altering the soil, forming dense stands, fixing nitrogen and affecting growth of our local native bush, including our much loved orchids.

Research informed that since 1912 wattle has been in a prominent place on the Commonwealth Coat of Arms. In 1984 the Governor General declared Australia's National colours to be green and gold, then in 1988 Wattle was officially gazetted as Australia's National Floral Emblem. In 1992 September 1 was proclaimed as our National Wattle Day throughout Australia. Australian sporting teams have been wearing green and gold as their uniforms since late 1800s and Queen Elizabeth II wore golden wattle on her official coronation gown when she was crowned.

There are around 1350 species of *Acacia* (Wattle) found throughout the world and close to 1000 of these are in Australia. During WW1 wattle sprigs were sold by Red Cross to raise money for troops overseas and returned injured soldiers. It became tradition to send pressed wattles in letters to wounded soldiers in Europe, and fallen diggers were often buried with a sprig of wattle.

So yes, although it is beautiful, it needs to be culled. It multiplies profusely. So, sorry to say, when we see those small plants we need to pull them out.

Wattle often gets the blame for hay fever, but researched medical opinion does not confirm this, it is believed the pollen is too heavy to travel far into the atmosphere. This pest wattle is easily

distinguished, it has prominent parallel leaf veins and long cylindrical flowering spikes. Beautiful, but not welcome here. Here is an example of the Sydney Golden Wattle.

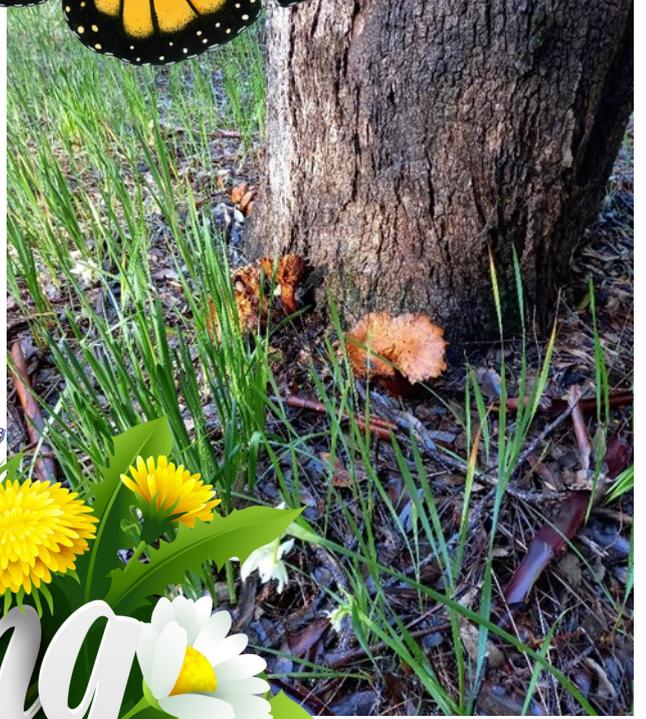


Other acacia in the South West that are causing take over problems are the Flinders Range Wattle. Cootamundra Wattle. Silver Wattle. Queensland Silver wattle. Yes they are indeed beautiful, but they do not belong here. And surprisingly, we are not the only country that wattle species have become a pest - in South Africa, Tanzania, Italy, Portugal, Sardinia, India, Indonesia and New Zealand wattle competes with native vegetation. There are many wattles we need to propagate here, such as *Acacia Myrtifolia*, *Extensa*, *Drummondii*, *Brownie*, *Lateriticola*. Many of these can be found in our Heritage Park. Perhaps a stroll through the park would be a great way to become familiar with what really belongs here. Here is an example of a Heritage Park Wattle.



Kathy Hill

SPRING IS IN THE AIR – LIZ



Spring



## BYTE SIZED PIECES

- Ladies Day at the Men's Shed inaugural meeting was attended by 4 women, who were given an induction to the shed and outlined and planned projects they want to work on. Manji Men's Shed have kindly offered to drop membership for women to \$30 which covers insurance and have decided to run the Ladies Day incentive as a trial for 3 months, then revisit the long-term plans. If there is enough community support it will be ongoing and the remainder paid then. The first meeting was on Friday 27<sup>th</sup> August and the next scheduled for two weeks' time.
- Sundowner Wednesday September 1<sup>st</sup>, Dot Jacobs from Manjimup Lions speaking about the formation of a Manji Leos group to engage, upskill and provide opportunities for youths aged 13-18.
- Beconnected start up Computer courses begin September 7<sup>th</sup> at 1000. Please RSVP the MCRC on 9777 2774. Beconnected courses are a great opportunity to upskill computer literacy.
- Days for Girls sewing bee is on 20<sup>th</sup> September. World Vision Canada has set a target for Australia to have ready as many Days for Girls kits as possible to get them to the refugee camps of Sudan and Somalia. Due to the world pandemic, it has not been possible to have them distributed to the camps last year. Sadly it is unlikely that the kits are able to be distributed to the refugee camps in Afghanistan.
- Next Manji Pantry is on September 9<sup>th</sup>.
- Are you looking to volunteer or are new to the district and looking to engage with the community? The MCRC is always looking for volunteers to support community groups and incentives. Volunteering provides a sense of belonging and community, can give opportunities for skill development and an employment pathway.
- Heritage Park lunch sausage sizzle BBQ for "R U OK" day on the 09/09/2021



**1. Ask**



**2. Listen**



**3. Encourage  
action**



**4. Check in**



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