



Edition 91 - February 2022
FREE - ALSO AVAILABLE ONLINE
www.manjimup.crc.net.au/cafe-bytes

Quote for February

"It is not how much we have, but how much we enjoy, that makes happiness" – Charles Spurgeon (1834 - 1892)

Chat subject for February

What's your favourite thing to do on weekends?

Welcome to our second 2022 Café Bytes newsletter. Term one has started for school teachers and students, and Christmas and the holiday season is becoming a memory.

The CRC staff have been very busy with the extra work of assisting people to download the vaccination app on mobile phones, not a quick task.

May we all stay safe from Covid infection when it reaches our community, grateful thanks to our health services on the ready to assist when necessary.

Enjoy the continuing warm weather February will hold, and perhaps find something special to do on 22.2.2022.

This month we are introducing Business Memberships—see inside for more details!

REACH FOR THE STARS

The early risers (and space nerds), among us are going to get a treat throughout the month of February when the sky will be full of planets. Mars and Venus will be visible early in the month low on the eastern horizon just before sunrise, then Saturn and Mercury will join them before the end of February. Ancient astronomers noted that there were five "stars" that moved in a predictable pattern across the night sky, Roman astronomers gave them the names of gods and goddesses, Mercury, Mars, Venus, Jupiter and Saturn and they are still visible to the naked eye, this month is going to give us a feast of planet spotting.

Another interesting bit of space trivia, due to occur in early March, a piece of space junk is set to crash land on the surface of the moon. Launched in 2015 by Space X, the rocket completed its mission to send a space weather satellite on a million-mile journey. There was not enough fuel for a return towards Earth and it has remained hurtling around in space, pulled by the different gravitational forces of the Earth, Moon and Sun, tracking its orbit has been somewhat chaotic but now it seems that it is on a collision course with the Moon. Weighing around four tonnes with a rocket engine on the back it is expected to be travelling at just over 8,000 kilometres an hour when it finally hits the moon's surface. We say a farewell to Falcon 9 but the memory will remain as our rocket will leave a small crater on the surface of the moon.

Did you know that sky gazing has actually been proven to reduce stress levels? So, breathe in that early morning air and take a look, you never know what else you might spot!

Liz Coley



SpaceX launch—photo NASA

CHUDITCH

The Chuditch, *Dasyurus geoffroii*, also known as the Western Quoll, is the largest carnivorous marsupial that occurs in Western Australia. Once found across 70% of the Australian continent, it was declared extinct in New South Wales in the 1940s, Victoria in the 1950s and in Queensland between 1880 and 1910. It is now mostly confined to the south-western corner of Western Australia, with small numbers in the Midwest, Wheatbelt and South Coast Regions.

The Chuditch is listed as fauna that is "likely to become extinct" (Specially Protected) under the Wildlife Conservation Act 1950. Nationally

the species is listed as Vulnerable under the Commonwealth Environment Protection and Biodiversity Conservation Act 1999.

The Chuditch has mostly brown fur with distinctive white spots, large rounded ears, a pointed muzzle and a black, brushy tail about three-quarters the length of its head and body. Head and body length is between 26-40cm and tail length 21-35cm, males weigh about 1.3kg, females are lighter weighing 0.9kg. Chuditch once inhabited a wide range of habitats, nowadays they are mostly found in Jarrah forests and woodlands, mallee shrublands and heathlands. Largely nocturnal, they are solitary animals with a home range extending up to 15km square for males and 3-4km square for females. Dens are located in hollow logs, tree limbs, rocky outcrops and burrows. Chuditch breed seasonally, mating between April and July. Litters of up to six young are born between May and September. The young stay in the



mother's pouch for approximately nine weeks, after which they are left in the den while the mother hunts for food. At 15 weeks the young are fully furred and beginning to eat solid food, and at 24 weeks they are fully weaned and begin to leave home. Both male and female Chuditch can breed from one year of age and their maximum lifespan is generally three to four years. They have a keen sense of sight, hearing and smell that they use to locate and

capture their prey, they feed on large invertebrates and any small animal they can catch, this includes lizards, birds, frogs, spiders, insects, and small mammals, the largest they

will eat is the size of a bandicoot or parrot.

Major threats to the species are land clearing with removal of suitable den logs and den sites, inappropriate fire regimes, use of pesticides by surrounding farmers, grazing by stock and feral herbivores, illegal shooting, accidental drowning in water tanks, being hit by motor vehicles, entanglement in barbed wire fencing, and poisoning are all responsible for their decline in numbers. They are also hunted by foxes and feral cats with whom they compete for food.

If you think you have seen a Chuditch, fill out a fauna report form and send it to the Department's Species and Communities Branch at fauna@dbca.wa.gov.au.

Liz Coley

CENTENARY QUILT



Patrons of the Manjimup Library may have noticed that the Centenary Quilt is no longer hanging in the foyer area. It was removed almost 18 months ago to protect it, as the sun's strong rays through the windows were starting to fade the beautiful work. The quilt, which was on display at the Library for over 10 years, has been carefully stored until a new, suitable location can be found.

Back in 2010 while Manjimup was celebrating its centenary in many different ways, a group of enthusiastic patchworkers decided the centenary would be well featured and remembered in stitchery, so they set to work.

Many hours of planning and stitching were needed before it could be proudly hung, the official presentation being on 24th May 2010, with Manjimup Shire CEO Jeremy Hubble officiating.



A Jarrah cabinet was later made to keep it safe from dust and handling, funded by the Shire and built by Bernie Kristoffersson. The crafters who worked so hard to produce the quilt were Susan Moore, Margaret Smith, Dorothy Edwards, Rose Moyle, Tracey Bingham, Chris Scroop, Eileen Gibellini, Fay Dunstan, Del Edwards, Keithlea McKenzie, Iris May, Kathy Hill, Geradine Ryan and Jill Learmonth.

CRAFTING FOR MENTAL HEALTH

If we go into lockdown again those who won't be working from home will need to fill the hours, and some online research stumbled over could bring the answer, claiming that developing creative hobbies can be extremely good for our mental health. British diver Tom Daley is obviously a master at diving, but he is also master of stitching and crochet. A week after he won his Olympic gold medal he was seen cheering on and supporting fellow Olympians at the women's 3-meter springboard diving final, and with his knitting in his hands. Among many craft productions he knitted a pouch to store his gold medal. "The one thing that has kept me sane throughout this whole process is my love for knitting and crochet and all things stitching," Daley was reported to have said.

Crafting, painting or gardening, aim to help participants manage anxiety, depression, and other mental health issues and the crafting practice has been endorsed by both the Royal Australian College of General Practitioners (RACGP) and the Consumers Health Forum of Australia. The Black Dog Institute is also conducting its own study on these benefits.

So, apparently being creative can increase positive emotions, lessen depressive symptoms, reduce stress, decrease anxiety and even improve immune system functioning. So maybe we better give it a go.

Kathy Hill

Liz's

Kitchen Rules



LIZ'S KITCHEN RULES

Cabbages, (*Brassica Oloracea*) are available most of the year, we can enjoy them in winter as part of a hot meal but they are just as delicious in summer salads. They belong to the brassica family and are closely related to broccoli, cauliflower and brussels sprouts. The original family name of brassicas was *Cruciferae*, which derived from the flower petal pattern thought by medieval Europeans to resemble a cruxifix. *Brassica* derives from *bresic*, a Celtic word for cabbage, they are a biennial plant but generally grown as an annual, they can be green, red or white with smooth firm leaves or curly leaves (savoy cabbage).

Most likely domesticated somewhere in Europe before 1000 BC, by the Middle Ages cabbage had become a prominent part of European cuisine, although savoy was not developed until the 16th century. Cabbage seeds arrived in Australia with the First Fleet in 1788, and were planted the same year on Norfolk Island. It became a favourite vegetable of Australians by the 1830s and was frequently sold at the Sydney Markets.

Cabbages love cool conditions, so grow best over autumn, winter and early spring. In cool climates, it's possible to grow cabbage year-round. Varieties like 'Sugarloaf' and 'Red Drumhead' are more tolerant of heat, so are ideal for growing in warmer areas. Choose a spot in full sun, with well-drained soil. Prepare the soil with plenty of organic matter like compost and well-aged manure prior to planting. Sow seeds, lightly, cover and water in well. Keep the soil moist throughout germination, spread an organic mulch to help conserve soil moisture. Apply a light dressing of a complete organic fertiliser every 3–4 weeks. Supplement with a weekly feed of liquid fertiliser that's suitable for leafy greens and vegies. Common varieties to try are Savoy, green cabbage, red or purple cabbage and Dutch White. The Guinness World record for the heaviest cabbage weighed 62.71 kg (138.25 lb) and was presented at the Alaska State Fair by Scott A. Robb in Palmer, Alaska, USA, on 31 August 2012. That record will take some beating!

Cabbage is a rich source of Vitamins K and C and contains dietary fibre. They can be pickled, fermented (Sauerkraut), steamed, stewed, braised, sauteed and roasted. They can also be eaten raw as in the following recipe.

WALDORF COLESLAW

Ingredients: 1 small white cabbage, shredded, 4 sticks celery, sliced, 2 green apples peeled and diced, 1 red onion, diced, handful of green grapes, halved, 1 tablespoon white wine vinegar, 50g walnuts roughly chopped, 6 tablespoon light mayonnaise or coleslaw dressing.

Method: In a large bowl, combine the cabbage, celery, apples and onion. Mix the mayo with the vinegar and season. Stir it into the vegetables so that they are well coated. Sprinkle on the walnuts and serve. Will keep in the fridge for up to 3 days.

Delicious served with cold meat such as ham or corned beef.



ROMANCE IS IN THE AIR

As February 14th is not far away, the romantic among us begin to start thinking about that special day for love which is of course, Valentine's Day.

It seems that we are not the only ones, 40 couples in Sydney chose that day to marry at Taronga Park Zoo in 2021. It seems that the weather was perfect, the views over Sydney Harbour stunning and some couples were photographed with the animals. That would certainly make for a wedding day to remember.

The most popular months for weddings in Australia last year were March and October, Saturday is still the most popular day to get married although Friday and Sunday were preferred by some. According to astrologers 2022 is a great year to find a life partner, I would give serious consideration to buying that Valentines Day card, you never know!

The Irish believe that New Year's Eve is the luckiest day of the year to get married, the thinking being that couples will start married life on the first day of the new year. Another reason may be that as New Year's Eve is already being celebrated the happy couple and wedding guests can party until the wee small hours. It is true that Saturday is the most popular day for a wedding but according to an old folk rhyme it seems that is not the best day to get hitched. "Monday for wealth, Tuesday for health, Wednesday the best day of all, Thursday for losses, Friday for crosses, and Saturday no luck at all."

However, the lovers among us are not going to worry about that, we will be too busy buying cards, chocolates and flowers for our special one, playing love songs and watching romantic chick flicks. As Charles M Schulz once said: "All you need is love. But a little chocolate now and then doesn't hurt." Happy Valentine's Day!

Liz Coley



MANJIMUP RESOURCE CENTRE VOLUNTEER REPORT

2022 has commenced with our Heart Foundation Walk group numbers growing, including pooches! If you would like to join us, we meet near the old 'Top Notch Café' building at the front of the Timber Park, leaving at 8.30am every Monday morning. All ages and fitness levels are catered for, so look forward to seeing you for the walk and morning tea afterwards.

- We will be starting our Anastasia readers group shortly. If interested, contact Sharon on 9777 2774.
- Days for Girls first sewing bee commences again on Monday 28th February.
- If you would like to improve your Computer skills, join our Free 'Be Connected' guided learning sessions on Tuesdays from 10am-12pm. To book, phone the CRC on 9777 2774
- Manji Pantry has re-commenced for 2022 and is held every second Thursday, the next one on 10th February at the Seventh Day Adventist Church

Recently, we put out a call to the Community for spare Guitars for our visiting Vanuatuan musicians to play during their down time from working for our local Farmers.

Below is pictures of our Volunteer Co-Ordinator, Sharon Rose presenting the Guitars to the group



SMILING IS INFECTIOUS

It seems that all the news lately is dominated by Corona Virus infections, in the words of Spike Milligan here's a happier infection we can all spread!

Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin.
When he smiled, I realized I'd passed it on to him.
I thought about that smile, then I realized its worth.
A single smile, just like mine could travel round the earth.
So, if you feel a smile begin, don't leave it undetected.
Let's start an epidemic quick, and get the world infected!

Liz Coley

**Lions Club of Manjimup**

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

"Having Fun, doing Good"

Phone Pat on 0419949173

NEW BUSINESS MEMBERSHIPS



45 Rose Street, Manjimup WA 6258
P: (08) 9777 2774
F: (08) 9771 2485
E: reception@manjimup.org.au
W: www.manjimup.crc.net.au

Business Membership

TAX INVOICE

ABN: 66 287 651 302

Surname: _____ First Name: _____

Business / Organisation: _____

Nominated Users (For business and organisations only)

#1: _____ #2: _____

Postal Address: _____

Suburb: _____ Postcode: _____

Email: _____

Phone: _____ Mobile: _____



DJERAN (JAIR-AN) \$50.00 PER FINANCIAL YEAR <\$150.00 VALUE

- Free Colour or B&W Printing to the value of \$15.00
- Discounted rates 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:

- | | |
|---|---|
| <input type="checkbox"/> Cash | - Please come in and pay at Reception. |
| <input type="checkbox"/> Eftpos | - Please contact the Manjimup CRC on 08 9777 2774 |
| <input type="checkbox"/> Cheque | - Please post your cheque to Manjimup CRC, PO Box 314, Manjimup WA 6258 |
| <input type="checkbox"/> 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)

Welcome to our new Business Members

**MANJIMUP
BRIDGETOWN**

**Precision
DRIVER TRAINING**
• Advanced • Learner
Doug Moyle 9772 4747
www.precisiondrivertraining.com.au
Email: doug@precisiondrivertraining.com.au

Menu
B.Y.O.

FISH 'N' CHIPS 1 Serve	\$12.50	KIDS FISH 'N' CHIPS	\$6.20
HAWAIIAN PUCK 1 Fish, 2 Pineapple Fritters, 82 Chips	\$16.50	FISHERMAN'S BASKET 1 Fish, Crab Stick, Prawn Cutlet, 2 Squid Rings, 82 Chips	\$18.00
MEAL FOR 2 2 Fish, 2 Pineapple Fritters, 1 Squid Ring, 82 Chips	\$31.50	FAMILY MEAL 3 Fish, 82 Chips, your choice of 3 Dm Gars, Pineapple Fritters or Crab Sticks	\$39.50
FISH		EXTRAS	
Fish	\$10.50	Spring Roll	\$4.20
Shopper	\$3.50	Onko Roll	\$4.20
Local Spanish Mackerel	\$9.50	Corn Jack	\$4.00
Gummy Shark or Branzey	\$9.50	Dm Sim	\$1.50
Grilled or Crumbed (per piece)	\$1.50	Pineapple Fritter	\$2.00
*All Fish subject to availability		Chicken Nuggets	\$10.00 each
SEA FOOD		Kiwi Hot Dog	\$4.20
Salt & Pepper Squid (6)	\$6.00	Potato Scallop (2)	\$3.00
Squid Rings (6)	\$5.50	Onion Rings (6)	\$5.50
Crab Stick	\$2.00	Gummy Sauce*	\$3.00
Solo Scallop	\$2.70	Mushy Peas*	\$3.00
Prawn Cutlet	\$2.00	Tartare Sauce*	\$2.50
King Prawn	\$2.00	Alici	\$2.50
Fish Cake	\$4.20	Homemade	
Kiwi Mussels NZ (6)	\$7.00		
Oysters (6)	\$15.00		

*Sally Prices may increase without notice

Manjimup 0429 598 228

Lunch: Wednesday - Friday 11.30am - 1.30pm
Dinner: Tuesday - Sunday 5pm - 8pm
Closed public holidays

Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an **INDEPENDENT** water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire survival plan: mybushfireplan.wa.gov.au. You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and

Environmental Regulation website: water.wa.gov.au/fireplanning.

Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.

The Emergency WA website emergency.wa.gov.au provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the SES **132 500** for emergency assistance.



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

Yarn spinners: Liz Coley & Kathy Hill

Design: Bree Isles

Contribute your story to us: manjicafeytes@gmail.com

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