



Quote for April

"Believe you can and you're halfway there." – Theodore Roosevelt (1858 – 1919)

Word for April

ZWODDER: A drowsy and stupid state of body and mind.



Welcome to our April newsletter. We are all anxiously awaiting the change of season, and some rain to dampen things down.

Perhaps we need things to take our minds off the lack of rain, hopefully we will distract readers for a while with our Bytes stories.

School staff will be enjoying their holiday, a break from the work routine, and families will be appreciating the change from the routine of up and away to school five days a week.

Please remember, Café Bytes team always welcome contributions from the community for our newsletter.

WEATHER DIFFERENCES ACROSS THE WORLD. One special part of Autumn is the beauty in our colourful trees around town. Here's the spectacular welcome to Manji that drivers receive on our southern entry. Colouring up beautifully.



Maybe these trees were imported from New York State, and here's a photo I just received from a friend who lives in New York State: the view from her window at this time. One of these cars is hers. Which weather would we prefer?

Kathy Hill



LONE PINE

The battle of Lone Pine began on the 6th August 1915 when the 1st Australian Infantry Division launched a major offensive in Gallipoli as a diversionary attack to draw Turkish troops away from British, Indian and New Zealand troops battling around Sari Bair, Chunuk Bair and Hill 971.

They managed to capture the main trench line in the first few hours of fighting from the two Turkish Battalions that were defending the hillside. Fighting continued over the next three days as Turkish reinforcements arrived to launch numerous attacks in an effort to regain the ground they had lost. The ANZAC forces were boosted by two fresh battalions and by 9th August the Turks had retreated leaving the Allies in control of the position. It is estimated that about 5 thousand Turkish and 2,277 Australian soldiers were killed.

Turkish Pines (*Pinus brutia*) are native to the Gallipoli Peninsula and grew across the hills. The Turkish soldiers cut down the trees for timber and branches to cover their trenches during the battle. The original Lone Pine was the sole survivor of a group of trees on the heavily fortified peninsula.

The Australian 23rd and 24th Battalions arrived in September, amongst the ruins of the battle Sergeant Keith McDowell picked up a pine cone where the tree had once stood and carried it back to Australia. Thomas Keith McDowell enlisted in Wonthaggi, Victoria in January 1915 at the age of 25. He was appointed to the 23rd Battalion and set sail from Melbourne on 10th May 1915. After seventeen weeks at Gallipoli, he served in France but was evacuated back to England suffering from tuberculosis. He returned to Australia in September 1916 obtaining the rank of Sergeant before a tuberculosis relapse which saw him declared as permanently unfit for duty.

He gave the pine cone to his wife's aunt Mrs Emma Gray in Grasmere, Victoria. After about ten years, Emma managed to successfully grow four young trees from the pine cone. One seedling was dedicated to Wattle Park, Burwood on 7th May 1933, a second at Melbourne's Shrine of Remembrance on 11th June 1933 and a third planted on a block owned by Emma's son Vern near an area close to a post WW1 soldier settlement. The fourth was planted in Warrnambool's Botanic Gardens with a dedication service held on 21st January 1934.

The pines in Warrnambool, Wattle Park and The Sisters still stand. The Shrine of Remembrance's lone pine was removed on 15 August 2012 after failed efforts to save it from a fungal infection. A replacement pine was propagated and planted nearby in 2006. The Lone Pine is of special significance to Warrnambool as a living link to ANZACs, Gallipoli and the battle of Lone Pine. It has been the centre of commemorative services for almost 100 years.

Liz Coley



The Lone Pine – photo Warrnambool Botanic Gardens



Lions Club of Manjimup

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

"Having Fun, doing Good"

Phone Pat on 0419949173

WARREN ARTS COUNCIL

APRIL 6th Join soprano sensations Rachelle Durkin and Dimity Shepherd on a musical journey as they open their hearts and voices in a celebration of friendship, storytelling and divine music accompanied by the legend that is Mark Coughlan. The evening will feature a mix of such favourites as the duet, *Barcarolle*, *Carmen*, *Habanera* and *O mio Babbino Caro*. This promises to be an unforgettable evening celebrating world class singing delivered with a big side of sass.

Rachelle and Dimity became firm friends in the 90s whilst studying at the Western Australian Academy of Performing Arts. Since then they have performed major roles in almost every opera company in Australia as well as the Symphony Orchestra in each state and the Australian Ballet.

Dimity has a reputation for performing in crossover repertoire such as *Threepenny Opera* and *The Black Rider* and as a vocalist in new Australian works, including *Summer of The Seventeenth Doll*, *The Ghost Wife* and more recently singing jazz in *How to Kill Your Husband*. She is a four time Green Room Award winner as well a recipient of a Churchill Fellowship.

After beginning her career in Australia Rachelle has gone on to become an established artist in New York. Since winning the prestigious Metropolitan Opera Award she has sung with Bryn Terfel, Jose Carreras and Placido Domingo. Do not miss this concert!

World class pianist, musical director and educator Mark Coughlan will accompany the divas ensuring this will be a [sensational evening encompassing a wide range of musical works](#).

No.... it's not all opera and yes.... it will feature all of those songs that you love and know and a few that you won't. Feel free to frock up or down as you please. Enjoy a complimentary glass of champagne on arrival and tea and coffee afterwards.

The Warren Arts Council is very grateful for a generous donation from a music loving local (who wishes to remain anonymous) which means this fabulous evening is only \$49. Doors Open 6.30 for a 7.00 concert. Brought to you by the Warren Arts Council as part of the **Manjimup Performance Series**.

[You can buy your tickets](#) now at The Manjimup Arts Hub, 39 Giblett St. Manjimup between 9.30 – 4.00pm Thursday to Monday [or online](#) at Trybooking. Small fee applies.

MANJIMUP REPERTORY CLUB EVENT

The Manjimup Repertory Club is presenting a season of short plays entitled "AllSorts" over the last weekend in April. The show begins with a number of comedy sketches followed by an original one act play directed by Catherine Bamess, who wrote the script in collaboration with Petrina Thomsett. The cast includes a wide range of ages with a few new members making their stage debut. Be prepared to look at some everyday situations in a different light - shopping, washing and cups of tea might never seem mundane again and your holiday tales may or may not match those featured. All in all, "AllSorts" promises to leave you smiling. Evening performances are at 7:30pm on Friday 26th and Saturday 27th April and there is a matinee on Sunday 28th April at 2pm. Tickets are available online at trybooking.com or via manjimuprepertoryclub.org and in person at the Manjimup public library.

Many thanks to Andrea Miolin for sharing with us what is sure to be great entertainment. A chance to see locals in a different role to how we see them in the community.

Liz's



Kitchen Rules

CHIA POT

Chia is the edible seed of *Salvia hispanica* and *Salvia columbariae*, natives of Central America and Mexico. The plant was widely cultivated by the Aztecs and was a staple food for early South Americans, 16th century texts state that it may have been as important as maize as a food crop, offerings to the Aztec priesthood were often paid in the seed. It is still used today for nutritious drinks and food, either ground or whole, in Argentina, Bolivia, Guatemala and Mexico.

These tiny oval seeds became popular worldwide in the 1980s, marketed as a superfood, however these health claims have not been proven conclusively. They add a delicious nutty texture when used as a topping, they can be whizzed into a smoothie or soaked in water or any kind of juice to make a gelatine like substance.

This ancient grain is now being grown commercially in Western Australia's Ord Irrigation Scheme where the sunnier days and sandy, fertile soils provide ideal growing conditions. After several trials, a new variety has emerged which is achieving a good quality crop with higher yields which is an exciting breakthrough for the Ord growers.

What about these superfood claims? Well, they are virtually tasteless, easy to digest and super nutrient dense, they are an excellent source of calcium, magnesium, iron, zinc, boron and niacin. They contain Vitamins B, D & E and more digestible protein than beans, soy or peas. Chia means strength in the Mayan language, Aztec warriors were known to use chia seeds to give them high energy and endurance, especially during battles. They were so highly valued for their medicinal properties and nutritional value that they were used as a form of currency. Maybe they are a superfood after all!

CHIA POT

Ingredients: 2 tablespoon Chia seeds, 125 ml almond milk (or dairy free milk of your choice), ½ teaspoon vanilla extract, ½ teaspoon ground cinnamon, 1 tablespoon fresh or frozen berries (I use blueberries). Serves 1

Method: Put all the ingredients except the berries in a jar or bowl and stir well, add half the berries and stir again. Cover with clingwrap and leave in the fridge overnight. Serve with remaining berries and ground almonds or flaxseed, a spoonful of yoghurt is nice too.

This is a delicious and satisfying breakfast, guaranteed to give a good start to your day.



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**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**.



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good works

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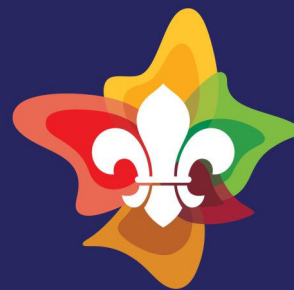
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WARREN ARTS COUNCIL ACCOUSTIC MUSIC

7.00 PM SATURDAY APRIL 13TH TALL TIMBERS BREWERY

2023 Winner International Acoustic Music Award Winner

International award winning

Gordie Tentrees & Jaxon Haldane have performed 1000 plus concerts together since their Texas stage debut in 2014. Tentrees and Haldane come armed with 10 instruments - banjo, mando, cigar box guitars, fiddle-saw, harmonica, resonator, acoustic, porch bass, snare - and brotherly harmonies.

From headlining Celtic Connections (Glasgow) to the Woody Guthrie Festival (Oklahoma) they juggle the dark with the light. Don't miss it.

Tentrees and Haldane were last in Manjimup in 2017 and the Warren Arts Council is very pleased to have been able to secure a date on their current tour.

Doors Open 6.30 for a 7.00 concert.

Early Bird Tickets only \$30.00 adults \$40 at the door.

You can buy your Early Bird tickets now online at

[Trybooking \(plus booking fee\)](#)

MANJIMUP FARMER'S MARKET

The Farmer's Markets are looking for a new market manager in order to ensure that stall holders have an outlet for local produce.

Market Manager Paula Benson said that the markets will go into recess at the end of April. After an emergency meeting held recently, the lack of stallholders and dwindling local support was the main factor for the decision. Secretary Rae Tuthill agreed and said that the markets had been a great outlet for local produce in the past, much of which is value added as locally grown fruit and vegetables are used in the jams and pickles available for sale.

Saturday markets will go into recess at the end of April until December when the Christmas Markets will be held. Fortnightly markets will be held until Easter next year when the viability of continuing will be reassessed.

The Market Manager is a paid position and mostly entails setting up stalls, liaising with stallholders and advertising via social media etc. If you think this is for you contact 0401172064 for further details.

Liz Coley



Photo Liz Coley



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MEMBER FOR WARREN-BLACKWOOD

Unit 5/78 Strickland Street, Denmark WA 6333

PO Box 327, Denmark WA 6333

(08) 9848 3171

jane.kelsbie@mp.wa.gov.au

JaneKelsbieWarrenBlackwood

Jane_Kelsbie_MP



Winter Trading Hours



Monday	Closed
Tuesday	5 - 8PM
Wednesday	11.30 -1.30 , 5 - 8PM
Thursday	11.30 -1.30 , 5 - 8PM
Friday	11.30 -1.30 , 5 - 9PM
Saturday	5 - 9PM
Sunday	11.30 -1.30 , 5 - 8PM

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CAREER PATHWAY

Many thanks to Bronwen Prinsloo for contributing this very interesting history of her career as piloting an aeroplane fire spotter.



My interest in aviation started when I was 11. I was watching helitaks fill up at Emu Lake in Ballajura in Perth and I turned to Mum and said, “I’m gonna do that!”.

I started learning to fly in 2014 while I was still in school. The school I attended in Perth offered Aviation as one of the elective subjects we could study in Years 10 – 12. In Years 11 and 12, flying lessons were included as part of studying Aviation. I was also a member of the Australian Air Force Cadets and was fortunate enough to be awarded a scholarship to assist with my flight training. I first learnt about the Department of Biodiversity, Conservation and Attractions’ Parks and Wildlife Service Fire Spotting job in 2014 when I attended an industry presentation at the Royal Aero Club of Western Australia (RACWA). I was immediately taken with the job and made it my goal for my entire flight training to become a Fire Spotter.

My first major achievements hold a special significance to me. I achieved my First Solo on 30 May 2015, my Mum’s birthday, while I was in Year 12. I achieved my Recreational Pilot Licence (RPL) on 4 January 2016, my late grandfather’s birthday. My grandfather was also my very first passenger I took flying. After school I attended the Western Australian Aviation College where I studied a Diploma of Aviation to get my Private Pilot Licence (PPL) and my Commercial Pilot Licence (CPL). I was very fortunate that my Dad took a job near Jandakot so he could drive me to school every day, as I did not have my driver’s licence yet. I achieved my CPL on 28 December 2016.

I started working in the Operations Department at RACWA in February 2017, saving up to get my Tailwheel Undercarriage Endorsement, which I needed to apply for the Fire Spotting job. I applied for and was successful in getting the Parks and Wildlife Service Fire Spotting job in 2017 at age 19. In 2021, I was appointed Manjimup Senior Base Pilot.

I thoroughly enjoy working as a Fire Spotter for Parks and Wildlife Service. We have two roles we fulfil, either detection or suppression. When rostered for detection, we receive our tasking daily which determines how many times we fly the predetermined surveillance routes for each district. We monitor prescribed and private burns as well as monitoring for any other smokes that may pop up. When rostered for suppression, we are on call to be dispatched with the Water Bombers to a fire. We take an Air Attack Supervisor with us, and they coordinate between the Ground Control and Water Bombers where drops are to be made and provide required intel to the Ground Control. We coordinate the aircraft above the fire; assigning aircraft which level to enter the airspace above the fire ground at and providing any additional information required.

I am grateful to be living in a place as wonderful as Manjimup doing a job I absolutely love.

COMMUNITY BYTE SIZED PIECES

- Thanks to the Warren District Agricultural Society for another great two day show held last month. The upgrade of the Cattle and Pavilion Show Ring is an excellent facility and we look forward to another great day out next year.
- Prohibited Burn period for Zone 8 (Manjimup, Pemberton and Quinninup) and Zone 6 (Northcliffe and Walpole) has been extended until midnight 12th April 2024.
- The hard waste collection for Manjimup is due in May, dates will be available April 2024, check out the Shire web page or the Antenno app for details.
- In our March Café Bytes Carol Hackett contributed a story on cancer recovery, and suggested a casual drop in support group, for a cuppa and a chat. Anyone interested can contact Carol via cuttingartstudio@gmail.com.
- The Anzac Day Service will be held at the War Memorial on Giblett Street on 25th April. Back to the RSL club rooms after for food and drinks.
- Men's Shed Manji, 2 Perup Rd are holding an open day and car boot sale. Paul Fontanini, artist will be there and Lions and Rotary Clubs. Any questions, phone Dennis 0407 426 611
- It's that time again! LSWFL fixtures are out for 2024. Round one features Colts (6th to 7th April) and Round 2 matches for League/Reserves (13th-14th April). Get out to the grounds and support our local boys, wishing everyone a successful 2024 season.



Looks like the Imperials oval is already occupied!

Photo Kathy Hill

Hon. Louise Kingston MLC
Member for the South West Region

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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

WARREN ART AND CRAFT GROUP

Thank you to Kay MacMillan for suggesting this article for our newsletter, and helping to compile.

The Warren Art and Craft Group have been functioning for a very long time in Manjimup, actually dating back to around 1970. The first meeting place recalled was in a building in Brockman Street, next to where the Repertory Club is now. The group moved from there after Cyclone Alby damaged the building in 1978, meeting in numerous other buildings until 1980 when a Bunning's building was bought for \$25, and relocated to Johnson Street, near Rea Park. This building was demolished in 2010, for safety reasons, as it had deteriorated over the years and had not been used for a long time.

In 1994, Dunreath Cottages were undergoing some changes and one of their five bedroom units, Sutton Cottage, was offered to the WACG. A grant of \$10,000 was generously provided by the Lotteries Commission for the relocation. Information sourced from the Art and Craft group states that Sutton Cottage was named in honour of the Sutton family who 'bequeathed land they owned at Quinninup', and the cottage was officially opened at Dunreath in 1954 by Mrs Jessie Coleman, representative of CWA. It has been recalled by early craft club members that Mrs Coleman was ready and willing to assist the Craft group ladies with instructions on mastering pottery, which was fired in the club's kiln. There will be celebrations later this year to mark the thirty year anniversary of Sutton Cottage being the meeting place, as the WACG continue meeting weekly at Sutton Cottage. If those walls could talk!

Having been a member of the Craft Group many years ago I was interested in touching base with the group of today, and I found twelve very happy ladies gathered, enjoying fellowship and sharing their skills. They meet every Wednesday from 9 am to noon. It's all about social, sharing, caring, no pressure or commitment, with a getting to know opportunity - new comers always welcome and children can find space for their fun. Annual membership fee is \$30.



Photo Kathy Hill

BAPTIST CARE MOONYA UPDATE

We have an autumn fair coming up on the 27th of April from 9am until 1pm, which is open to the public, we are having many stalls such as craft items made by the residents, plants, candles, clothing, a BBQ, and the coffee van.

We are raising funds for extra activities such as a zoo to come and bring along some Australian animals. We have outings every Friday, the residents go out on our bus to various places in the area. We have craft activities, reading groups, music evenings with groups such as the Ukulele group and sing Australia. Last week we had Julia Sykes School of Music students visit, and the children played the piano for the residents.

A Country Health Service South West hospitals volunteer roadshow

On Wednesday 4 April two Bunbury Regional Hospital staff, together with two volunteers, visited the Community Resource Centre in Manjimup – the first of 10 regional centre visits as part of a volunteer roadshow. The aim of the roadshow is to attract local community members to volunteer at their local hospital to visit patients or drive patients to and from hospital. Patient visitors – also known as inpatient connectors – provide companionship to patients. They are good listeners who can spend anywhere between 10 minutes to an hour with a patient. Approved volunteer drivers use vehicles provided by WA Country Health Service to take patients to and from hospital appointments or help them return home after a stay in hospital. WA Country Health Service is also in the process of establishing a therapy dog program – stay tuned for developments. Volunteering is a wonderful way to give back to your community. As a volunteer, you make a big difference to some of the most vulnerable people in our communities. Current WA Country Health Service volunteers say it is a fulfilling way to give back. “It is such a privilege to spend time with patients,” one said. “I have learnt so much about myself and humanity, with no expectations, and importantly, being a good listener. I experience such joy with volunteering,” said another. If you, your family or your friends would like to find out more about volunteering, please email Regional Volunteer Coordinator Cheryl at cheryl.jewsbury@health.wa.gov.au or call on 0459 462 885.

ACTIVE LIVING EXPO 2024



ACTIVE LIVING EXPO 2024

Hosted by Manjimup Home & Community Care and the Shire of Manjimup



Gain information on services and groups that can support you in living a healthy, happy, and active lifestyle.

Exhibitors include:

- Act Belong Commit
- Carers WA
- GP Down South
- WA Country Health Service
- Advocacy WA and more!

Refreshments available

FREE transport service provided:

- Northcliffe at 9.00am
- Pemberton at 8.30am
- Quinninup at 9.30am
- Walpole at 8.00am
- Manjimup home pickup available from 9.00am

Transport bookings are essential. Please phone Manjimup Home & Community Care on 9771 6900 by 12 April 2024.

Date: Friday 19 April 2024

Time: 10.00am—2.00pm

Venue: Wellness & Respite Community Centre
1A Edwards Street, Manjimup





Are YOU interested in Volunteering?

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UNDERSTAND EMBER ATTACK

An ember attack is when fragments of burning leaves, bark or twigs become airborne and carried by wind.

Embers can travel up to 40km, starting spot fires ahead of the fire, all depending on wind speeds and direction.

Are you prepared for an ember attack?



For more information about bushfires visit dfes.wa.gov.au/bushfire



April 2024 PROGRAM

Be Connected -

digital literacy for Seniors:

Tuesdays 10am - 12pm at the CRC

9th - Saving and Printing Photos

16th - Updates

23th- Passwords

30th- Microsoft Word



Be Connected

Every Australian online.



Knitting/crochet and Craft Group:

Tuesdays 1pm-3pm at the CRC

Manjimup Walking Group:

Mondays at 9am

Meet at the Round House car park at the

Timber Park



SAVE THE DATE:

**Volunteer Meet and Greet Sundowner
Wednesday 3rd April 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

WHILE THE CAT'S AWAY

Catriona looked through the window, she couldn't believe her eyes, what a mess!

One of the expensive cushions her mother-in-law had bought the day before lay ripped upon the grass, little bits of white fluff were strewn all over the lawn, the scene resembled a bizarre hailstorm. She glanced at the clock, Katerina was due back in about half an hour, something had to be done and quickly before this turned into a catastrophe of cataclysmic proportions. Catriona wished she hadn't offered to babysit Marmalade while Katerina was away, he was truly a fat cat, spoilt rotten. He sat within a paw stretch of the cushion, gazing at her with his big green cat's eyes, ready to pounce and kill it again.

Catriona ran outside, the lawn wasn't that big, barely room to swing a cat really, she grabbed the cushion and knelt on the lawn frantically scooping up the stuffing with both hands. Marmalade watched the proceedings with interest, his smug expression that of the cat who had just swallowed the canary.

She heard a sound from next door, a snowy white head appeared as Mrs Catto looked over the fence, grinning like a Cheshire cat, Catriona pretended she hadn't seen her and concentrated on her task. That's let the cat out of the bag now, she thought, Mrs Catto would tell half the street that she had spied her scabbling around the lawn like a cat on a hot tin roof.

A few spots of rain began to fall, Mrs Catto looked up at the sky, "It will be raining cats and dogs any minute, what on earth are you doing". "Curiosity killed the cat" Catriona muttered under her breath cattily, Mrs Catto retreated to her back veranda and settled down for a catnap.

Catriona shook her head, she was such a scaredy cat where Katerina was concerned, really all she had to do was tell her the truth, pretty silly really, it was enough to make a cat laugh, crawling around in the mud like this. She gave up and went inside, catching a glimpse of her reflection in the mirror as she passed, her wet hair was plastered to her head, her clothes were soaked and her knees covered in mud and grass, she looked like something the cat had dragged in, she hurried to the bathroom to clean up.

Oh no, that had set the cat among the pigeons, Katerina had arrived early, she tiptoed to the window to check, feeling trapped in a game of cat and mouse. Katerina was fumbling in her bag for the key, Catriona opened the door and stood there, she was speechless.

"What's the matter" Katerina asked, "Cat got your tongue"?

Catriona looked at her, a cat may look at a king and she didn't want to get into a catfight with Katerina, that would be like getting a flogging with a cat o' nine tails. Well, there was more than one way to skin a cat she reasoned, a cat has nine lives and I have only one, taking a deep breath, she led Katerina to the back door, "while you were away....."

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



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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://www.x.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

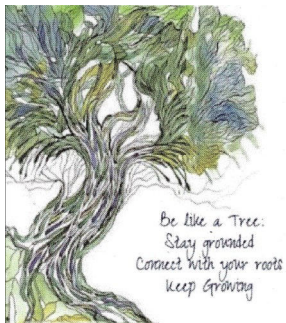
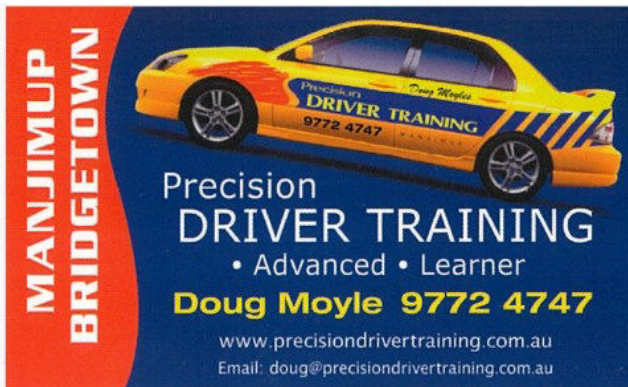
ACC: 151749

(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. 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 9am, which leaves from the Carpark at the Heritage Park, opposite the Wellness Centre, then enjoy a free cuppa afterwards.
- On Tuesday afternoons, our Knitting and craft 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.



ASTROLOGY COLLECTIVE

Inviting you to grow in love and wisdom with astrology

www.astrologycollective.org



Opening Hours

Monday-Friday (see Facebook page)

Saturday: 10-3

Sunday: 10-2



Be Connected
Every Australian online.



Need help with your Digital Technology?

Come along to the Manjimup CRC classes so we can assist you with using your digital device. You can also go to the [Be Connected](#) website to find out more [Be Connected | Free Online Course | Be Connected \(esafety.gov.au\)](#)

Sessions run every **TUESDAY from 10am to 12pm** at 45 Rose Street, Manjimup (next to Chicken Treat). No bookings are necessary for the classes, just rock up.

We also offer a limited number of 30 minute one-on-one sessions on Mondays and Tuesdays between 1.30pm and 3.30pm. Please call 9777 2774 or come into the Centre to enquire about these. Bookings required, limit of 2 sessions per year.



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

Funded and Printed by The Manjimup Community Resource Centre