



EDITION 105 - APRIL 2023
FREE - ALSO AVAILABLE ONLINE

<http://www.manjimup.crc.net.au/cafe-bytes.html>

Quote for April

"The only way to survive is to have a sense of humour." – Bob Newhart (1929 –)

Word for April

RHINOTILLEXOMANIA: *Obsessive nose picking*

Welcome to April, the year is pacing away rather fast, it's almost time to bring out our warm winter clothing and turn on the heating. Easter and school holidays are upon us, the school terms seem to go by quickly.

April 25th is approaching, the day of Remembrance and gratitude, and our local RSL are busy organising their Anzac Day events. Everyone welcome. See story inside.

We hope our readers enjoy the selection of stories we have on offer this month, we continue to do our best to feature information on local events and groups, and a little bit of history. If you have a story to contribute, you can contact us manjicafeytes@gmail.com or the CRC reception@manjimup.org.au

Enjoy these lovely Autumn days, we hope everyone stays safe and well during the holiday season.

ANZAC DAY

*They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

Laurence Binyon (1869–1943).



ANZAC DAY



ANZAC was the name given to a combined force of First Australian Imperial Force and New Zealand Army troops who landed on the Gallipoli Peninsula in Turkey at dawn on Sunday, the 25th of April, 1915, barely nine months after the outbreak of World War I.

It was the start of a campaign that lasted eight months and resulted in some 25,000 Australian casualties, including 8,700 who were killed or died of wounds or disease.

The men who served on the Gallipoli Peninsula created a legend, adding the word ANZAC to our vocabulary and creating the notion of the ANZAC spirit. It was with this landing that there began to emerge the tradition of ANZAC with the ideals of mateship and sacrifice that distinguish and unite all Australians irrespective of their origins.

In 1916, the first anniversary of the landing was observed in Australia, New Zealand and England and by troops in Egypt. That year, 25 April was officially named ANZAC Day by the Acting Prime Minister, George Pearce.

By the 1920s, ANZAC Day ceremonies were held throughout Australia. All States had designated ANZAC Day as a public holiday.

ANZAC Day is the day Australia commemorates with services and marches in cities and towns and throughout the world where servicemen, servicewomen and peacekeepers are stationed, to remember all those who lost their lives in service to their country, in all wars.

Excerpt from: History RSLWA

2023 marks the 50th Anniversary Vietnam War - end of Australia's Vietnam War involvement (1973) and 70th Anniversary Korean War – Commemorating Korean War Armistice (1953).

The Anzac Day tribute in Manjimup will commence with the 6.00 am Dawn Service – War Memorial Giblett Street, 7.00 am Gunfire Breakfast – RSL Brockman Street, 10.45am March to Memorial begins at Memorial Gates – junction Brockman and Moore Streets, 10.45am Morning Memorial Service – War Memorial Giblett Street, 12.00 noon RSL for drinks, 13.30pm Traditional Two Up – RSL.

Liz Coley



Lions Club of Manjimup

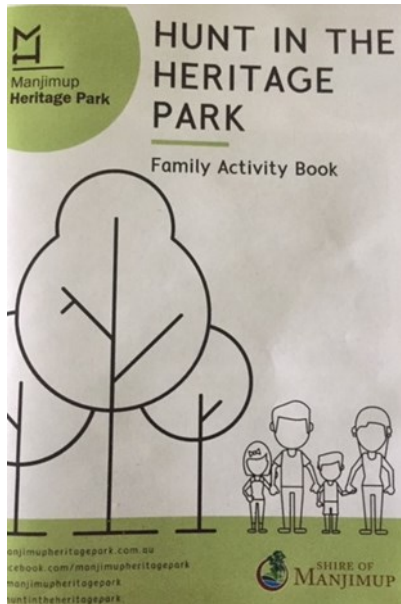
Always seeking new members to join us in our
Community Activities.

"Having Fun, doing Good"

Phone Pat on 0419949173

SCHOOL HOLIDAY FUN

Our Heritage Park is well known as a place to have fun while getting some exercise, and here's another suggestion that could entertain on a Park visit and perhaps a good idea for during the holidays. Call at the Visitor Centre and you can collect a Family Activity brochure, which will keep the kids busy for a while around the park. You may need to take a pencil along with you.



A surveyor's mark made long ago

And then, on Easter Monday, April 10th, the park will be holding a Positive Choices Inflatable Day. Free Fun! **Free** - what a great word that is. From 11 am to 2 pm, there will be monster inflatables, giant games and positive choice packs. Certainly sounds like fun.

And don't forget the fantastic play the Manjimup Repertory Club will be presenting as holiday entertainment, for young and old.

A baked beanstalk? Well, that title certainly fed the imagination, and here's what the play is about: Jack and the Baked Beanstalk is a pantomime written by Judith Prior starring Jack and Dame Dreadlocks. The Dame has lost her job at the local factory which has shut down. The bank manager and factory owner, Mr Heinz is threatening to sell the Dame's house because the mortgage payments are overdue. Jack sets out to sell their cow to get some money to buy food and help pay the debt but ends up being tricked into swapping the cow for a bag of beans. Jack and his friends journey through an adventure where they meet fairies, gypsies and a mean witch and her joke telling assistants.

We wonder who will be acting the role of the mean witch?

Dates: April 14 and 15, 7.30 pm. April 16, 1.30 pm. And perfect school holiday times: April 19, 1.30 pm. April 20, 10 am.

Children (up to 18 yrs) \$15. Adult \$20, Concession \$18

Trybooking.com. or Manjimup Public Library.

Kathy Hill



Liz's



Kitchen Rules

PUMPKIN

Technically a fruit, pumpkins are one of the world's oldest domesticated plants having been used as early as 7,500BC. They are members of the cucurbit family (*Cucurbitaceae*) which also includes cucumbers, gourds, melon, squash and zucchinis and are believed to have originated in North America. The term pumpkin has no agreed scientific or botanical meaning, North America and the United Kingdom call them winter squash, with only certain round orange varieties known as pumpkin. Australia and New Zealand refer to all varieties as pumpkins.

Most parts of the pumpkin are edible, including the skin, leaves and even flowers, the seeds known as pepitas make a tasty and nutritious snack. When ripe pumpkins can be boiled, steamed or roasted, pumpkin pie is a traditional part of Thanksgiving meals in Canada and the United States. The Middle East uses pumpkin in sweet dishes, China cooks the leaves in soups and Thailand steams small pumpkins with custard inside as a dessert. The Italians use it with cheese as a stuffing for ravioli while Australia likes it baked with other vegetables as part of a traditional Sunday roast

Pumpkins are a vigorous, prostrate, annual vine with an extensive root system. They are able to put down peg roots to support the plant and their tendrils twine around other plants to prevent them from being blown around. Pumpkins have separate male and female flowers on the same plant. A rich, loamy soil is ideal, the large seeds need warmer weather for germination and take about 4 – 5 months to mature which makes them just right for the cooler days of autumn and winter. The most popular varieties in Western Australia are Kent, Jarrahdale, Queensland Blue and Butternut.

Pumpkin is a great source of potassium, calcium and magnesium, as well as vitamins E, C and some B vitamins. The bright orange flesh of the blue varieties is rich in beta-carotene which is converted by our bodies to vitamin A, good for your eyesight!

CHEESY PUMPKIN BAKE

Ingredients: 400g can diced tomatoes, 2 cloves garlic crushed, 1 tsp sugar, 1 table-spoon balsamic vinegar, 600g pumpkin, 600g Chicken thigh fillets, 200g bacon slices, 1 tablespoon olive oil, ½ cup grated tasty cheese, ½ cup grated mozzarella,

Method: Preheat oven to 180°C. Combine tomatoes, garlic, sugar, balsamic vinegar and season with salt and pepper in a large ovenproof baking dish, Peel pumpkin and cut into 3cm cubes. Add to the tomatoes and bake for 20 minutes until just starting to soften. Cut chicken thighs in half (or quarters if they are very large), arrange on top of the pumpkin with the bacon. Drizzle with oil, and bake for 30 minutes. Sprinkle over the cheese and return to the oven for 10 minutes to melt





Keep an eye on the Autumn colours, which will be spectacular soon!



MANJIMUP SCOUTS

Thanks to the dedication of volunteers, Manjimup Scouts have started 2023 meetings at the Scout Hall, Collier Street.

Joeys 5-7 years Thursday 4 -5 pm.

Cubs 8-10 years Wednesday 5.30-7.30pm

Scouts 11 years plus. Thursdays 5.30-7.30 pm

See our Facebook page for all our latest News!






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THE MANJIMUP PHOTO CLUB INC.

Meets at the CRC, 45 Rose St, Manjimup

Every second Thursday of the month at 6.45 pm

Enthusiasts of every level most welcome

Email: secretary.mjp.photo@gmail.com



JOIN US! IT'S SO EASY TO SIGN UP
 Visit VINNIESWA.ORG.AU/VOLUNTEER

- 1.) Select 'Be a Shop Volunteer'
- 2.) Select your preferred location
- 3.) Complete the Application Form and VOILA!

For any queries contact volunteer@sudpwa.org.au

EVERY YEAR VINNIES VOLUNTEERS ASSIST
OVER 65,000 PEOPLE IN NEED.

FOCUS ON NEW BUSINESS MEMBER

“Sunrise Counselling and Psychotherapy” is partnering with Redefine Life Low Cost Counselling from now through June to offer counselling at a fraction of the usual cost. Based in Manjimup, Sunrise Counselling and Psychotherapy provides quality, trained, evidence-based care for individuals and couples. Bethany holds a Bachelor's degree in Psychology and is in the practicum final stage of a Master's degree in Counselling. The Australian Counselling Association is Sunrise Counselling's registration body, demanding a high level of ethics, education and supervision. With training in EMDR, DBT, EFT and IFS, Bethany uses an integrative person-centred approach to tailor therapy to your needs. Positive Psychology methods are used as we move toward therapy goals. Sunrise has a trauma-informed approach, taking into account how trauma affects the brain, the body and the everyday lived experience of individuals. Visit Sunrisecps.my.canva.site to learn more and see what is happening with Sunrise today. Contact Bethany to find out if this therapy is right for you.”



Jane Kelsbie

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



| Fish Chips Menu | |
|--|--------------|
| B.Y.O. | |
| FISH 'N' CHIPS | \$12.50 |
| 1 Serve | |
| FISHMAN PICK | \$16.50 |
| 1 Fish, 2 Pineapple Fritters, 82 Chips | |
| MEAL FOR 2 | \$31.50 |
| 2 Fish, 2 Pineapple Fritters, 4 Squid Rings, 84 Chips | |
| SEA FOOD | |
| Fish | \$10.50 |
| Shopper | \$13.50 |
| Local Spanish Mackerel | \$14.50 |
| Gummy Shark or Branzey | \$14.50 |
| Grilled or Crumbed (per piece) | \$1.50 |
| *All fish subject to availability | |
| SEA FOOD | |
| Soft & Pepper Squid (6) | \$6.00 |
| Squid Rings (6) | \$5.50 |
| Crab Stick | \$2.00 |
| Sea Scallop | \$2.70 |
| Prawn Cutlet* | \$2.00 |
| King Prawn | \$2.00 |
| Fish Cake | \$4.20 |
| Kiwi Mussels NZ (6) | \$7.00 |
| Oysters (6) | \$15.00 |
| KIDS FISH 'N' CHIPS | \$6.20 |
| FISHERMAN'S BASKET | \$18.00 |
| 1 Fish, Crab Stick, Prawn Cutlet, 2 Squid Rings, 82 Chips | |
| FAMILY MEAL | \$39.50 |
| 3 Fish, 85 Chips, your choice of 3 Den Gars, Pineapple Fritters or Crisb Sticks | |
| EXTRAS | |
| Spring Roll | \$4.20 |
| Chiko Roll | \$4.20 |
| Corn Jack | \$4.00 |
| Dim Sim | \$1.50 |
| Pineapple Fritter | \$2.00 |
| Chicken Nuggets | \$10.00 each |
| Kiwi Hot Dog | \$4.20 |
| Potato Scallop (2x) | \$3.00 |
| Onion Rings (6) | \$5.50 |
| Curry Sauce* | \$3.00 |
| Mushy Peas* | \$3.00 |
| Tartare Sauce* | \$2.50 |
| Aidli | \$2.50 |
| *Homemade | |
| Manjimup 0429 598 228 | |
| Lunch Wednesday - Friday 11:30am - 1:30pm Dinner Tuesday - Sunday 5pm - 8pm Closed public holidays | |

MANJIMUP MEN'S SHED

FRANCIS HULL
President

RUSSELL CANDY
Secretary

2 Perup Road
Po Box 177
Manjimup, WA 6258
FRANCIS 0409 115 784
RUSSELL 0414 254 963

FRAME-IT
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info@frame-itmanjimup.com.au

Thomo's
Kanga
Contracting

COMMUNITY BYTE SIZED PIECES

- Thanks to the Warren District Agricultural Show Committee for a great day out. The show was back bigger and better this year with lots of stalls and exhibitions to browse, we are looking forward to Show Day 2024.
- Tyrepower Manjimup Speedway held their final meeting for the season on the 11th March. If you didn't get to see our local boys battle it out on the track with visiting drivers, you won't have long to wait, 2023/2024 season will be back before Christmas.
- Manjimup Basketball Association held their 2023 Grand Finals recently, congratulations to all the winning teams and to all the volunteers who put in time and effort to ensure another great season out on the court.
- With summer behind us, winter approaching, we are extremely grateful to have not had the fear and destruction of wild fires, a true blessing. Thanks to Manjimup Fire and SES for continuing support. They would welcome new members if anyone is able to join, and step forward to help protect our community.
- Congratulations Southern Forest Stepper for your fantastic fund raising events, their long walk is this month, there's still time for us to donate and show our support.
- Saturday May 13th is the date scheduled for the Grand Piano entertainment evening, which is sure to be very memorable. Mark the date on your calendars.



SOUTH WEST
COMMUNITY LEGAL CENTRE INC

April dates in Manjimup:

12th April & 26th April

Contact Us

Opening Hours:

9am - 4pm Monday to Friday

Address 14 Plaza Street, South Bunbury 6230

Phone (08) 9791 3206

Free Call: 1800 999 727

Email info@swclc.org.au

Website www.swclc.org.au

Follow us on Facebook:

www.facebook.com/SWCLegal



56 Rose Street (opposite the Backpackers)

Open:

Tuesday to Friday 10am till 3pm

Saturday 10am till 1pm

Donations of clothing, books, linen, bric a brac, toys and small household items gratefully received. PLEASE no furniture as we do not have the space. No electrical items.

ALL FUNDS RAISED GIVEN BACK TO THE COMMUNITY



The Natural Dog

WWW.THENATURALDOG.COM.AU



- Dog classes
- 1 to 1 lessons
- Truffle hunting and training
- Online course
- Pet Treats
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West Aussie
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Alyssa Sadlo
Dog Trainer

Servicing Pemberton, Manjimup, Bridgetown and surrounds.

alyssa@thenaturaldog.com.au

www.facebook.com/ThenaturaldogAus



ROTTNEST CHANNEL SWIM 2023

Former Manjimup girls and long-time friends, Heather Liebrechts and Katherine MacKenzie, braved the waters off Cottesloe Beach to take part in this year's Rottnest Channel Swim held on the 25th February. Heather and Katherine entered as a duo and completed their swim in a creditable 7 hours 46 minutes. Thanks to Heather for the story and photos. Liz Coley

Two years ago, my school friend Katherine MacKenzie and I began meeting for weekly early morning swims at Cottesloe beach. Determined not to be fair-weather swimmers we braved cold winter swims with wetsuits – and the lure of post-swim coffees! We noticed other members of the early-morning ocean swimming crowd proudly wearing Rottnest Channel Swim shirts, signifying that they had swum in arguably Perth's most iconic event. Held annually at the end of summer, swimmers brave the impressive 19.7km swim from Cottesloe beach to Rottnest Island either in teams of 4, as a duo or as a solo swimmer. It was an ocean-swimmer's rite of passage and come November we had snagged ourselves a competitive registration for the swim as a duo. Panic set in. We needed to swim about 10km each to cross the channel – a step up from our leisurely 1-2km morning swims! We trained hard in pools and in the ocean. As we upped our distances we practiced "fuelling" our swims, tucking carb gels into our swimsuits for consuming out in the water. We hired a boat, got a mate to kayak, my brother-in-law Rhys to skipper and my husband Olaf as support crew. We were set. On the morning, I joined the other swimmers at the shore, each of us coated in lanolin to prevent swimsuit chafing. I was full of nerves and excitement as loud music played and my parents cheered me on. The sun was rising, and wind conditions were favourable. I even saw dolphins dance by! I set off from land in a frenzy of arms and legs, and kept swimming out, which went against all my instincts. I felt relieved to find our kayaker Liz and together we found our boat where the others were waiting. That first high-five with Kat as she jumped into the water felt amazing. It was surreal getting on the boat and seeing how far I had already swum. It was a huge moment for Kat too as she has a strong fear of sharks – jumping into the dark ocean 1.5km from shore was a brave move! We took turns swimming at intervals, and on the boat, we'd rug up with Ugg boots and a dressing gown to prevent hypothermia. Somewhere in the middle of the channel seasickness set in, despite taking preventative tablets. I became pale and threw up over the side of the boat. Not ideal, however my stomach felt better afterwards so on I swam. Further up the channel nausea returned and my hands went numb. I heard over the VHF radio that swimmers had retired from the race with seasickness. Not me, I thought. It was my turn to swim, so I dug deep and jumped in. The water felt excruciatingly cold at this point, and all I wanted was to be warm and on land. I felt dizzy and our kayaker asked if I was okay before I promptly threw up in the water. I could see worried looks from other teams cruising past on their boats. I convinced my team that I was fine to keep swimming, and somehow made my body do freestyle. The swell was rising, it felt like swimming in a washing machine. I'd swum in worse conditions but never while nauseous. It was tough! Seeing Kat ploughing through the swell kept me motivated. I knew I had to keep carbohydrates and hydration down if I was going to finish this swim, so I abandoned food and sipped on a sports drink. Closer to the island the water became calmer, and my seasickness disappeared. Now I could really enjoy the swimming! My stroke became stronger and faster, and we were all excited to see the island looming much larger now. There were a few hairy moments and near-collisions as the channel became congested with boats, kayaks and swimmers. Our amazing support crew navigated the channel safely until the significant milestone when our boat and kayaker peeled off for the safety of the swimmers. Kat and I were both in the water now and swimming the final stretch together. I had a grin on my face as I could see Kat's smooth strokes next to me. This is the moment I'd imagined for months. When our feet touched land for the first time in nearly 8 hours I felt overcome with joy. Puffy-faced, salty and tired, we arrived at Rottnest Island elated. We both overcame our own challenges – Kat's intense fear of sharks, and my seasickness. We actually did it! Being greeted by our proud, cheering families felt amazing, it was all worth it!



Heather Liebrechts

SUDOKU—BY JORDAN KINGSTON

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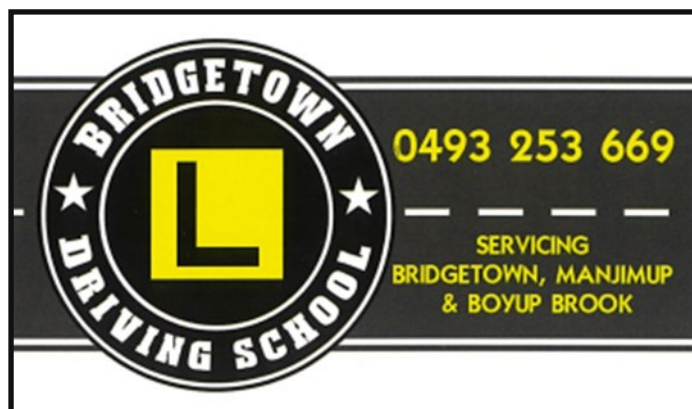


Opening Hours

Monday-Friday
(see Facebook
page)

Saturday: 10-3

Sunday: 10-2



BLACKWOOD YOUTH ACTION (BYA)—MANJIMUP

Growing up in today's society has many challenges, in so many different ways. Not all young people can cope with the reality of the 21st century and we are delighted to be sharing with our readers a group in town who are out there offering a helping hand to our youth.

Around April 1st you may notice the empty shop in Brockman Street will no longer be vacant. BYA are moving in. So, what is BYA? It's the Blackwood Youth Action. You may have seen their colourful little car around town. Their aim is to assist young people aged between 12 to 25 who may be looking for support, or their families feel they need some caring assistance. They work with WA Country Health Services and last year were finalists in the WA Rural Health Excellence Awards. Well done team!

And yes, Blackwood means Bridgetown, but they provide support in Boyup Brook, Bridgetown-Greenbushes, Balingup, Nannup, Northcliffe, Pemberton and Manjimup. Donna Masters is at the helm in Manjimup and we have asked her to share some information on their aims with us.

BYA started in 2012 when a group of interested parents, recognising the need for support for young people, got together to form Blackwood Youth Action. They established an Op Shop in Bridgetown, which funded activities aimed at improving mental health and wellbeing, and until recently was the principal funding source for BYA.

A practical support service, funded by Warren Health, started in Manjimup in June 2022, to complement the already existing psychological support services here. BYA want to increase connection, belonging and linkages to community via a Hub on Brockman St where young people can participate in workshops and activities, like art, independent living skills, cooking, music sessions etc.

If you have a skill or passion and would like to facilitate a workshop/activity with young people in Manjimup, Lisa, the CEO of BYA, would love to hear from you. A working with Children's Check is required, but BYA will cover all costs.

If you know of a young person who you think may benefit from assistance with school, Centrelink, health, counselling, independent living, training - anything to improve how they're feeling – we urge you to be in touch with BYA or support them to contact us.

Donna Masters

Lisa Burgess manager@blackwoodyouthaction.com.au or 0483322216

Thanks to Donna and Lisa for photos and story



YOUTH FOCUS

Congratulations to Colby Bosley, Tyrepower Manjimup Speedway Junior Vice President who recently raised over \$23,000 for youth mental health. Manjimup Gateway Hotel held one of the larger events, a dinner fundraiser with an auction. Many businesses and community members became involved donating items to be auctioned. Youth Focus was chosen by Colby as he wanted to increase awareness of youth mental health issues in rural communities within Western Australia.

Youth Focus is a youth mental health service in WA, working to prevent youth suicide and improve the mental health and wellbeing of young people aged between 12 and 25.

Youth Focus provides evidence-based counselling and groups, education and community engagement, postvention, and employment programs.

Youth Focus operates from eight metropolitan and regional offices, in Burswood, Bunbury, Peel, Albany and Meekatharra and as the lead agency at headspace sites in Albany, Midland, Geraldton and Northam. It delivers services in schools throughout the South West, including Manjimup, Bridgetown, Nannup, Pemberton, Northcliffe and Boyup Brook, and in some community settings

If you know a young person who would benefit from their services, contact number is 08 6266 4333 between 9am and 5pm Monday to Friday to make an appointment or visit youthfocus.com.au

Liz Coley

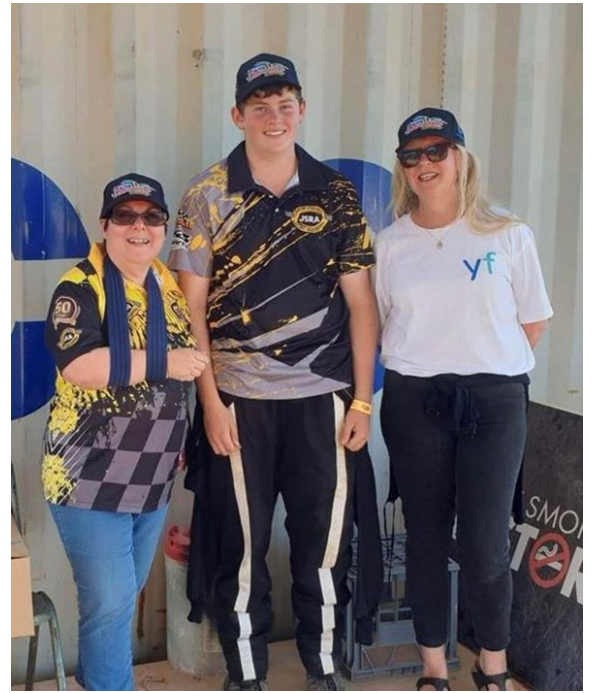


Photo supplied by the Bosley Family

LIBRARY BOOK CLUB

If you're a booklover looking to engage with likeminded people, the Manjimup Library has not one, but two book clubs that you can join.

The library book clubs aim to provide those who love reading the opportunity to make new friends, explore different ideas, and of course, indulge in plenty of book chat. Each month book club members are offered a curated title that forms the basis of discussion at the next meeting, with the style and genre of book changing from month to month. Copies of the book are available to members to borrow.

The daytime book club meets the first Wednesday of the month from 11am-12noon in the library study hub, and the after-hours book club meets the second Wednesday of the month from 5:30pm-6:30pm in the main library space. The book clubs are free to join and there's no requirement to register your attendance.

If you would like to join one (or both!) of the library book clubs, contact Manjimup Library on 97716940 or via manjilib@manjimup.wa.gov.au for more information.



Manjimup Library

Manjimup Library
Shire of Manjimup
PO Box 1 /37-39 Rose St,
Manjimup WA 6258
T: (08) 9771 7777
F: (08) 9771 7771
D: (08) 9771 6940

E: manjilib@manjimup.wa.gov.au

REPAIR CAFE

Having purchased a pair of sandals early in the summer that had quickly decided they didn't want to walk anywhere without the sole flapping away from the top, I decided to give Repair Café a try!

The Manji community is very fortunate to have the opportunity to save land fill, and our financial budgets, with the offer of repairs on items that are in need of a little attention, but too good to cast aside. Consumerism is a common trend these days, so helping avoid that is a positive thought.

Once a month we are invited to take any items that need a bit of work to the Repair Café, to recover their usefulness, and in so doing you will find a true feeling of community fellowship. The range of possible repairs vary, and all that is asked in return is a gold coin donation. Plus, you are offered a free cup of coffee/tea, with scones donated by Park Café.

And yes, my sandals are now perfectly glued back together. I am extremely grateful.

Repair Cafés originated in the Netherlands, when Martina Postma, journalist/publicist, hit on the idea in 2009, and the very first being held in Amsterdam on 18 October 2009. It was such a success that the Repair Café Foundation was formed and spread world wide. They comment that it teaches people to see their possessions in a new light, and to appreciate their value. Thus, kindling enthusiasm for a sustainable society.

Thanks to the Manjimup Family Centre for organising Repair Café opportunities, the next will be held on Monday May 8th, 10 am to 12.30 pm at Wellness and Respite Community Centre, 1A Edwards Street. Further information: 97711653.

Spread the word, items needing repair will be willingly attended to.

Kathy Hill



EASTER

Dates for Easter in 2023 are April 7th Good Friday, April 9th Easter Sunday and April 10th Easter Monday.

The celebration of Easter begins on Good Friday commemorating the crucifixion of Jesus Christ and his death at Calvary. Easter Sunday is celebrated as the day Jesus rose from the dead (resurrection) with Easter Monday being the second day of Eastertide in the Christian calendar. Easter is usually celebrated on the first Sunday after the full moon following the autumn equinox on March 21st. Saint Bede (673-735) tells us that April was originally called Eosturmonath, "Easter month", because the month was originally dedicated to Eostre, an Anglo-Saxon goddess of spring. When Christian beliefs spread throughout England, Easter month lent its name to the new April festival.

Eggs have always been a traditional symbol of fertility and rebirth and that is thought to be the origin of giving and receiving of Easter eggs. They signify the empty tomb of Jesus after the resurrection and originally were stained red to symbolise the blood of Christ. Paschal eggs were dyed or painted chicken eggs, in modern times these have been replaced with chocolate eggs wrapped in foil.

We wish everyone a safe and happy Easter.

Liz Coley



Happy Easter

SUDOKU SOLUTION

Answer

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BLACKWOOD YOUTH ACTION (BYA) - DRIVER SUPPORT PROGRAM



Transport services are a big issue across the Warren-Blackwood region. For young people getting employment, spending time with friends and in some cases getting to training facilities is extremely difficult. Being able to get their Drivers Licence gives them an opportunity to explore other options with fewer restrictions. BYA identified that young people across the Warren-Blackwood region can have limited access to a suitable vehicle or someone with the necessary experience to accompany them in achieving the required 'logbook' hours. The BYA Driver Support Program was created so that the issue of getting their license was addressed, and young people can complete the 50 hours of supervised 'logbook' experience with one of our

Volunteer Driving Mentors. BYA has partnered with RYDE (Regional Youth Driving Education) to create the Warren-Blackwood RYDE program. This program provides software specifically for RYDE which allows BYA Driver Support Program to book, coordinate and link with young people with mentors, and allows service providers and support workers or case managers to connect young people with our program.

BYA has two vehicles, a manual and an auto and the ability to deliver the sessions in Bridgetown and in Manjimup. These vehicles were purchased in 2022 and are fully insured and well maintained through this program.

This program has already had great support from people interested in mentoring but there is always a need for more. Each session is 90 minutes long and there is no minimum or maximum number of sessions a mentor must do. Our mentors are the key to the success of this program, helping young people to become more responsible and independent. The mentor role can be a rewarding experience as they support young people with their hours, share knowledge about negotiating roads, and build supportive relationships with the young person.

There is a cost to the young person of \$15.00 per session which goes towards the running of the program.

Anyone wishing further information on this great program, or anyone interested in becoming a Volunteer Driving Mentor Contact Program Manager on 97993364 or ry-

VOLUNTEER PROFILE– TAMMY REEVE

Volunteering is not only a great way to help others in the community, but it can also help with self-development, acquiring new skills to get you job-ready or allow you to continue to utilise and share skills after you have retired. If you are interested in Volunteering, here at the CRC we have a Volunteer Coordinator, who can assist you with finding the right position, as well as training. If your organisation is looking for Volunteers, give us a call on 9777 2774 and we can add your details to our list. If you have a Volunteer you would like featured in next months edition of Café Bytes, give us a call.

How long have you been volunteering?

I have been volunteering for around six years.

Where are you currently volunteering?

I come to the CRC every month to do the paper shredding

Tammy and support
worker Cathy Robinson



VOLUNTEER COORDINATOR—ANDREA MCMAHON

My name is Andrea McMahon, I recently commenced the role of Volunteer Coordinator at the Manjimup Community Resource Centre. I am excited to begin to understand the community here in Manjimup through the position. I have been asked to give you a quick bio on who I am and what brought me to Manjimup.

I had no idea what I wanted to do when I left school, so my Mum put me in a clerical typists course. Working in an office was never my thing but with the way the world has taken to computers these skills were invaluable as I moved into helping family with business startups in publishing and nutritional supplements.



In recent years I have a passion for improving my health and the health of others through lifestyle. I had many health concerns in my early 30 and this triggered a journey to gain knowledge and understanding to improve health. To cap off this knowledge I went back to school to complete a Bachelor of Science degree in Nutrition at Curtin university six years ago.

On my journey to a healthier lifestyle, I have realised health isn't just what we put in our mouths it's also where you live so I wanted to get back to the country. I was willing to go anywhere from Geraldton to Albany when my Son said it needs to be a place we can walk to so I started looking at properties close to the Bibbulmun Track. I found five acres ten kilometres out of Manjimup and ran down to have a look. The drive to the property sold it to me. Beautiful fruit trees on the left and amazing avocados on the right then dams full of crystal-clear waters then a stand of karri trees on the side of the road clinched the deal before I even saw the property. The property is a fixer upper, but it is coming along.

I have been in Perth with a family crisis for quite a few months and had a phone call from a friend in Manjimup telling me of a possible job with the Resource Centre. This news came at a perfect time, and I must say this job as the Volunteer Coordinator is perfect for me. I hope I can offer my skills and experience to the community through this position.

I am looking forward to helping you and your community groups in the future and I am looking forward to meeting you. I am in the office on Monday and Tuesday and my door is open.

VOLUNTEER



Knitting & Sewing Club



When: Tuesday 1:00pm-3:30pm

Where: Manjimup CRC

- Mentoring available
- Gold coin donation to cover afternoon tea
- Donations of knitting and sewing items welcome



For further information contact the Manjimup CRC on:

Phone: 9777 2774 **Email:** volunteer@manjimup.org.au

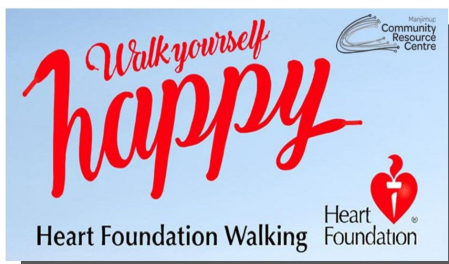
Free– Heart Foundation Walk Group

Looking to improve your health in 2023?

A healthy heart is a great place to start!

Meet: Monday 8:30am

Where: Outside the roundhouse at the Manjimup Heritage Park



- All abilities catered for
- Please bring a hat
- Free cuppa provided after walk
- Friendly dogs welcome

For further information contact the Manjimup CRC on:

Phone: 9777 2774

Email: volunteer@manjimup.org.au



Are YOU interested in Volunteering?

Don't know where to start?

**Make an appointment today with our
Volunteer Coordinator.**

Get everything you need;

**Training, support and be connected
with Groups that
suit you!**



Funded by:



Government of Western Australia
Department of Communities



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

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TAX INVOICE

ABN: 66 287 651 302

Surname: _____ First Name: _____

Business / Organisation: _____

Nominated Users (For business and organisations only)

#1: _____ #2: _____

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- 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

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LOCAL HISTORY—APPLE FESTIVALS

Thanks to Donnybrook CRC for providing the photo, and information from their records relating to the history of Apple Festivals, and Apple Festival Queens.

The first South West Easter Apple Festival was suggested by Allan Frost, Preston Road Board Donnybrook, in October 1953, relating to similar festivals that were held very successfully in Tasmania. The concept was to provide weekend entertainment to encourage visitors to the area.



In those days apple production was high in Manjimup, so it was appropriate for this area to participate which happened in 1956 and that year Manjimup hosted the Festival, with a full weekend's entertainment, a train from Perth brought many visitors down. Every year there would be a 'float' parade, with the queen entrants each on their own float. First event was on Good Friday night, with two religious films being shown. Saturday afternoon the South West Motor Cycle Handicap was held, with motor cycling demonstrations, also four bass bands and marching girls, plus the Fremantle Girls Highland Pipe Band took part. With an estimated 3000 spectators. Saturday night the Repertory Club provided a comedy play, "Count Your Blessings" in the Town Hall.

On Sunday over 1000 people saw the opening stages of the South West Band Contest at Fonty's Pool. Monday was the main day and 6000 patrons saw the Fremantle Ladies' Pipe Band, with a display of Highland Dancing. An apple box derby was held with a large number of excited youths in "hill trolleys". State apple packing competitions were held in the apple packing sheds. Then after lunch the floats paraded down the main street, led by the pipe band and four brass bands, and into Brockman Street, to the Recreation Grounds, which is now Imperials Home. Manjimup Queen contestant entrants Yvonne Muir and Dot Wootton were paraded on floats, and Esther Udell followed, carried on a decorated motor cycle, as she was the Motor Cycle Queen Contestant. Yvonne Muir, (Yvonne Phillips) was declared the winner, the only successful Manjimup entrant to become Queen throughout all the Festival years. Ceremonial crowning was in Manjimup Town Hall, then an hour or so later the ceremony was repeated at Dingup Hall, where a very well attended ball was held. Then Yvonne returned to Manjimup Town Hall to continue the celebrations. As her prize, Yvonne received a return flight to Adelaide, an outfit to wear on her travels, a gold watch and a cheque for 50 pounds. Yvonne has warm memories of the occasion, so long ago, she recalls a lot of fund raising prior to Easter Festival weekend, the money raised going to local community needs. The Festival was held annually in either Donnybrook, Bridgetown or Manjimup and in 1960 Mt Barker joined the festivals and held the event in their town in 1961.

An item of interest in the records is that in 1955 when Bridgetown would have been hosting, the festival was cancelled because of the risks of public gatherings with Polio epidemic.

Manjimup dropped out in 1967 and the last festival held between the towns was in 1968. Ten years later Donnybrook started again, and have continued to do so, on a smaller basis, without Festival Queens.

Kathy Hill

Do you need a hand to use your digital device?

Whether you want to learn how to video call your family and friends, stay connected with up-to-date news, watch entertainment or order groceries, we are here to help!



Come along to our FREE Be Connected Group!

When: Tuesday 10:00am-12:00pm

Where: Manjimup Community Resource Centre

- Morning tea provided
- One-on-one mentoring available



Be Connected
Every Australian online.

**Network
Partner**



For further information contact the Manjimup CRC on:

Phone: 9777 2774 **Email:** volunteer@manjimup.org.au



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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