



EDITION 97 - AUGUST 2022
FREE - ALSO AVAILABLE ONLINE

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

Quote for August

"Winter is in my head, but eternal spring is in my heart." – Victor Hugo (1802 – 1885)

Chat subject for August

What's your idea of a perfect day?

Welcome to our August Newsletter, our 97th Edition. November will be our 100th Edition and we are in the planning stages for some exciting offers.

We are halfway through the year already, we will be counting down to Christmas before we know it.

Thank you to all our Contributors for this month, an interesting collection of stories to enjoy, so make yourself a hot cuppa, sit beside a warm fire and enjoy the last month of Winter. Hopefully more rainy days to come to meet our average rainfall target!

LUCAS MEETS THE NAVY BLUES

Hi, my name is Lucas and I'm 9 Years old. I love football, and I met my dream team Carlton over the school holidays.

This is what happened. My family and I planned a trip to Perth to stay in a hotel and go watch the Carlton V's Eagles game at Optus Stadium. We booked a hotel, but little did we know that the Carlton Football Club were staying there too. I heard whispers they were coming, so the afternoon they arrived my brother and I waited outside for soooooo long hoping I would see my favorite players. A bus arrived and I was so excited, the first player off was Charlie Curnow. I asked him to sign my jumper and he was happy to. Next, I met Patrick Cripps and Harry McKay, who both had a photo with me and signed my jumper. It was the best day of my life. We stayed in the hotel reception a little longer wishing them all good luck for their game the next day.

The next day, my Dad, brother and I all went to the Carlton game. After the first quarter, Eagles didn't have a score. At half & 3 quarter time the game was close. However, in the end, Carlton took a big lead and won by 63 points! After the game we sang the team song and headed down to Carlton's runway to try and hi-five the players. Sadly, I didn't, but it didn't matter because I already had plenty of good times with them.

It was really good seeing them all in real life, they were all so nice and very tall. I wanted to thank Adam Cerra for making an extra special effort with me and helping me get Jesse Motlop's signature. I'm looking forward to the day I get to see them all play live again.

Lucas Fall



Lucas and Patrick with Adam Cerra

WARREN FAMILY HISTORY GROUP



**MANJIMUP
OPEN DAY**



SATURDAY 6TH AUGUST 2022

11AM-2PM

MANJIMUP COMMUNITY RESOURCE

CENTRE

45 ROSE

STREET

MANJIMUP

computers & programs

microfiche & readers

assistance with research

please bring pen, paper & USB

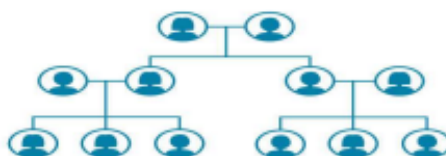
\$5.00 PER PERSON

LIGHT REFRESHMENTS AVAILABLE

RSVP CONTACT:

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GOINGS ON AT THE NORTHCLIFFE UNDERSTOREY

Over the past five months Northcliffe artist Peter Hill has visited ten schools, in five towns throughout the Shire, and also Bridgetown, working with over 200 students to bring awareness of the effects of climate change on small bush animals. Ages of students involved ranged from 10 years to 15 years, with a few younger participants. As a result, more than 200 native animal shelter homes/sculptures were constructed and can now be seen along the Understory Sculpture Trail at Northcliffe. Southern Forest Arts express their gratitude for the wide range of funding support which came from many sources, and the community groups and businesses who were so generous with their time and contributions. Grateful thanks also to the teachers and admin staff of the schools. The official opening was on August 24th, with Kim Skoss, Shire Councillor, doing the honours.

A visit to the Northcliffe Understory Sculpture Trail to check out the work of our local students is highly recommended, it's a leisurely 1.2 k walk with lots of art surprises along the way.



Peter Hill installing houses



Emmy and Riley Hobbs

Kathy Hill

MANJIMUP ARTS HUB

The Rumours are correct! Manjimup Arts Hub is opening in September. For more exciting information contact Carol Hackett (Manager) manjimupartshub@gmail.com or 0438 866 212.

Read all about it in September Manji Café Bytes.



Lions Club of Manjimup

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

"Having Fun, doing Good"

Phone Pat on 0419949173



Liz's



Kitchen Rules

CANNELLINI BEANS

Cannellini Beans are a variety of the common kidney bean (*Phaseolus vulgaris*), so called because the bean resembles the shape of a human kidney.

A legume native to Mexico and Central America, beans have been widespread for centuries throughout the Mediterranean areas and were part of the diet of ancient Greeks and Romans. Interestingly, it was the African species *Vigna unguiculata* (cowpea) that was most often consumed. The Cannellini bean, imported into Europe by Spanish explorers probably from Peru or Argentina, has easily adapted to the Mediterranean. So much so that it has become a symbol of typical Italian beans. Very popular in central and southern Italy, especially in Tuscany where the inhabitants have been jokingly nicknamed "bean eaters". Historically in Italy, the combination with cereals, the classic pasta and beans, represented a protein substitute for meat. Today, Cannellini beans are widely consumed products in Italy and used in a variety of popular dishes.

Known as a high quality and inexpensive source of protein, beans have become a staple food in many cultures, and today their production ranges from Asia to Europe and of course South and North America. The majority of fresh beans in Australia are grown in Queensland, with most of the remaining production coming from Tasmania and Victoria. They have often been used in crop rotation, to enrich the soil with nitrogen: legumes, in fact, live in symbiosis with the bacteria that fix nitrogen from atmosphere to the ground.

Beans like Cannellini beans are part of a healthy diet, because they provide a high content of protein and fibre, they are an excellent source of iron, magnesium and folate. A single serving of Cannellini beans provides over 20% of the recommended daily values of these nutrients. They can promote weight loss, one of the reasons being that they have a beneficial effect on metabolism as they have a very low-calorie count, a good reason to eat more of them!



JUSTIN BAXTER

South West & Warren Districts

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Perth WA 6000

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employsure.com.au



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

BEAN & SAUSAGE CASSEROLE

Ingredients: 500g pork sausages, 1 red onion sliced, 2 garlic cloves crushed, 2 teaspoons smoked paprika, ½ teaspoon each cumin, ground coriander, 1 green capsicum sliced, 100g button mushrooms halved, 400g can diced tomatoes, 400g cannellini beans drained and rinsed, 1 cup beef stock, ½ cup red wine. (Pork sausages can be substituted with beef or any of your choice).

Method: Heat a large frying pan on high, cook sausages 3-5 minutes, turning until golden, remove from pan and chop into bite sized pieces. In the same pan cook onion and garlic 2-3 minutes or until tender. Stir in spices and cook for 1 minute, add capsicum and mushroom, cook stirring 2-3 minutes. Add beans, tomatoes, stock and wine and return sausages to pan. Bring to the boil, simmer for 20-25 minutes or until cooked through and thickened. Serve sprinkled with chopped parsley and crusty bread.

This is a tasty, filling dish for a cold winter day, enjoy!



ARE YOU INTERESTED IN JOINING THE CRC BOARD

The Board sets the strategic direction for the CRC and is made up of community members from a wide range of backgrounds. The CRC delivers a broad range of services to the Community, including access to all Government services, are Centrelink and Department of Transport Agents, offer printing, laminating, copying, emailing, binding and other secretarial services, hire rooms and have a dedicated volunteer service.

Requirements are minimal, with a monthly meeting on the fourth Tuesday of each month lasting for around an hour. Membership of the CRC is a requirement and training is provided

If you are interested, contact the Chairperson, Liz Coley on 0409 292 435.

TIME FOR A WALK

Thanks to Alyssa Sadlo for helping with successfully walking your dog, Alyssa is a professional, with truffle hunting dogs, and advice on general ownership and care of our beloved pets.

Is walking stressing you and your dog out?

As a dog trainer I am consistently asked how can I get my dog to walk better and my answer may surprise you. Stop walking. I know right! Now this isn't a forever thing just a let's learn some basics first. First let's ditch the routine. Does your dog anticipate every step of the walk before you even get out of the door? Predictability creates anticipation; anticipation quickly becomes anxiety and behaviours which can show in many ways. Use your daily food for training. When trying to reshape behaviour the easiest way is normally food and lots of it. You might think my dog is going to get fat. Good news, most of us give a whole bowl of food at least once or twice a day. We are going to use this daily food and now we have plenty of training treats which we can use to reinforce good choices which we can spread out over the day.

First let's ditch the routine. Does your dog anticipate every step of the walk before you even get out of the door? Predictability creates anticipation; anticipation quickly becomes anxiety and behaviours which can show in many ways. Use your daily food for training. When trying to reshape behaviour the easiest way is normally food and lots of it. You might think my dog is going to get fat. Good news, most of us give a whole bowl of food at least once or twice a day. We are going to use this daily food and now we have plenty of training treats which we can use to reinforce good choices which we can spread out over the day.

Leash Skills. Let's start from the beginning. Find yourself a quiet area like a room or backyard with no distraction and teach how to follow lead pressure. Once you have consistency layer in difficulty and distractions. Using patterns like figure of 8 s and zig zag will allow you to practice directions, different techniques and confidence in an environment you can control so when you are ready to head off in to the world you know exactly what you are going to do. Train for the situation not in it.



Fish 'n' Chips Menu	
FISH 'N' CHIPS	\$12.50
1 Serve	
HAWAIIAN PICK	\$16.50
1 Fish, 2 Pineapple Fritters, 82 Chips	
MEAL FOR 2	\$31.50
2 Fish, 2 Pineapple Fritters, 4 Squid Rings, 81 Chips	
SEA FOOD	
Fish	\$10.50
Shopper	\$13.50
Local Spanish Mackerel	\$14.50
Gummy Shark or Bronzoy	\$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 Cakes	\$4.20
Kwai Mussell 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	\$34.50
3 Fish, 85 Chips, your choice of 3 Dim Sims, Pineapple Fritters or Crab Sticks	
EXTRAS	
Spring Roll	\$4.20
Chiko Roll	\$4.20
Corn Stack	\$4.00
Dim Sim	\$1.50
Pineapple Fritter	\$2.00
Chicken Nuggets	\$10.00 each
Kwai Hot Dog	\$4.20
Potato Scallop (2*)	\$3.00
Crab Rings (6)	\$5.50
Curry Sauce*	\$3.00
Mushy Peas*	\$3.00
Tartare Sauce*	\$2.50
Alici	\$2.50
*Homemade	
Manjimup 0429 598 228	
Lunch: Wednesday - Friday 11:30am - 1:30pm Dinner: Tuesday - Sunday 5pm - 8pm Closed public holidays	

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Thomo's
Kanga
Contracting

TIME FOR A WALK (CONT'D)

Get clear why you are walking your dog. Why do you take your dog for a walk? If it's for exercise you can do loads of things at home that work on fitness, flexibility, cardio etc. Think indoor gym for a dog. Is it for the dog? Let go of lead a bit, let them smell, break it up with lots of little games that they enjoy. Start making walks joyful again instead of nagging them all the time. Is it because you want to walk and think you have to take the dog? If I go for walk to just enjoy myself and unwind, I often don't take any dogs. It's me time and I will be a better trainer if I take some time out.

Start slow and be flexible. Don't rush the process. Become confident with your dog's abilities and choices they will make. Have a plan for if things go wrong. You can use line of sight to help limit your dog's view, having different value rewards or using the environment to provide or minimise distraction.

Now I'm pretty sure we all know there are quite a few loose dogs about at the moment, unfortunately once on a walk with your dog there is no point getting upset with the situation. It only makes for bad choices and a frustrated outlook. One thing I have found helpful for those who say "Don't worry my dog is friendly" I simply turn them and say, awesome, my dog won't enjoy that though. This prevents me from coming off like I have the unruly dog and saying something like "my dogs not" etc. I suddenly put the onus on them putting my dog in an uncomfortable position while not being argumentative. Also being prepared for loose dogs that have no owner is empowering. I now walk around with chews and treats etc so that if I run into over aroused dogs I throw them out distracting the other dog and allowing me to get out there. I'll even use front yards with gates if I need to. Protect yourself and your dog first. **Make sure you ring the ranger** after an incident. The shire can't do anything about it if it's not reported and you just might save someone else's dog in the process.

Once you are out and about again walking don't forget to practice different skills to make life easier. Having happy, confident dogs sometimes takes work and will look different for everyone. Don't be afraid to go back and practice things they know. It gives both you and your dog confidence. Make time for classes. Dog classes give you an opportunity to practice skills in safe environment with guidance from someone who has been through similar experiences. I hold classes weekly in Manjimup with a focus on games to play at home so are training for a potential situation, even just making it once a month can make a huge difference.

Invest in yourself. Try and make time each week to learn something new. Teaching and doing things with your dog will not only improve their behaviour you will start to form a better relationship with them. Then you will start to enjoy the process and if you are having fun you will do it more often. Want to learn more about games and training? We have **weekly** classes in Manjimup and fortnightly classes in Bridgetown. You can book online www.thenaturaldog.com.au/dogtraining We post videos on training and truffling on our Facebook page www.facebook.com/ThenaturaldogAus



Birak (Beer-ok) Hot & Dry Season (Dec - Jan)

- Discounted rates as per CRC Price List.
- 1/2 Hour FREE Internet per month.
- 10 FREE Colour pages printed or
10 FREE Colour double-sided pages printed per year

\$10.00 Per Year <\$70.00 Value

Bunuru (Boon-oor-oo) Fruiting Season (Feb - Mar)

- Discounted rates as per CRC Price List.
- 1 Hour FREE Internet per month.
- 20 FREE Colour pages printed or
10 FREE Colour double-sided pages printed per year.

\$20.00 Per Year <\$100.00 Value

Djeran (Jair-an) First Rain Season (Apr - May)

- Free Colour or B&W Printing to the value of \$15.00
- Discounted rates as per CRC Price List.
- A Business Card sized Ad in each monthly edition of our Newsletter, Café Bytes
- 10% discount off Training & Workshops

\$50.00 Per Year <\$150.00 Value

Makuru (Muck-oor-oo) The Cold and Wet Season (Jun - July)

- Free Colour or B&W printing to the value of \$20.00
- Discounted rates as per CRC Price list
- A Business Card sized Ad in each monthly edition of our Newsletter, Café Bytes
- 3 Hours Standard Room Hire (Office hours, additional rates apply after hours)
- 2 Hours FREE Secretarial support i.e. typing, folding, editing (excludes materials i.e. paper, Binding, accessories, etc.)
- 15% discount off Training & Workshops

\$80.00 Per Year <\$230.00 Value

Djilba (Jill-bar) Warming Season (Aug - Sept)

- Free Colour or B&W printing to the value of \$30.00
- Discounted rates as per CRC Price List
- A Business Card sized Ad in each monthly edition of our Newsletter, Café Bytes
- 4 FREE Hours Standard Room Hire (Office hours, additional rates apply after hours)
- 4 Hours FREE Secretarial support i.e. typing, folding, editing (excludes materials i.e. paper, Binding, accessories, etc.)
- 15% discount off Training & Workshops

\$100.00 Per Year <\$320.00 Value

Kambarang (Gam-bar-ang) The Flowering Season (Oct - Dec)

Yearly Membership - FREE

FREE TO ALL MEMBERS – 15% DISCOUNT OVER \$100.00 SPENT ON PRINTING, SCANNING, ETC & SECRETARIAL SUPPORT i.e. TYPING, FOLDING, EDITING, BINDING, ETC (excludes paper & materials)



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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) |

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Phone: 0429 133 125
joblifeemployment.com.au

DENNIS DICKERSON—SCARRED FOR LIFE

My wife Nikki and I had only been together for three weeks when she decided to drop into one of the hairdressers in Tasmania to get her hair trimmed. My hair didn't need cutting, I had recently given myself a number four with my clippers, something I had been doing for some time.

Anyway, I went in with her and after waiting a while a busty woman called her up to the chair while looking in my direction.

"Who's the fella with you?"

Nikki smiled proudly. "That's Dennis my new man."

"Isn't he gorgeous." The lady said giving me another glance.

After cutting Nikki's hair she asked who does her man's hair?

When told I did it myself, she wanted to know if Nikki trimmed the back and around my ears. With her shrugging and telling the lady she wasn't confident enough to do it her eyes lit up.

"I'll show you," she said, beckoning me to come over and sit in the chair. Slowly rising from where I was sitting, I stepped up to the chair and sat with Nikki standing close by ready for the demonstration.

Well, suddenly the busty lady stepped in front and straddled me ready for the job at hand. Standing as close as possible she reached around to the back of my head and started showing Nikki how to trim my hair and at the same time pressing her ample bosom into my face. There was no doubt she was putting more effort into rubbing her breasts on my face than trimming my hair.

I have to admit there was a time when I thought I was going to suffocate. (What a way to go)....

Where was I?

Oh! yes, anyway while this was happening, I was unable to see Nikki and was willing her to see the funny side of it all when it was over.

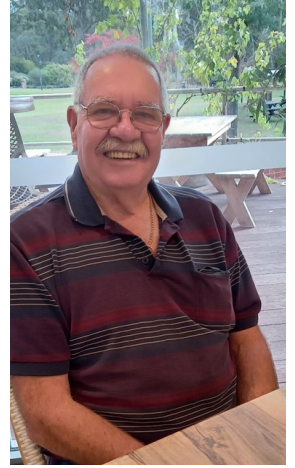
Well, she didn't think it was at all amusing and as we stepped out the door, I had the feeling she was ready to go back and show the lady how she felt about her brazen behaviour. That was when I assured her I had been permanently scarred by the woman's uncouth actions.

I don't think she believed me but there wasn't much else I could do but stick to my story any time it was ever mentioned.

Don't tell her, but between you and I the experience was quite enjoyable.

Several years later when we lived in Tasmania and were driving through that town, I casually asked Nikki if she remembered where the lady was that taught her to trim my hair.

I can't write here what she said. I'll just leave you guessing!



BYTE SIZED PIECES

- Congratulations to **Abby Garrett** who received State Government arts grant recently. Abby has written the script for a short film titled "Paradise Valley" which will be filmed at historical and heritage locations around Manjimup.
- **Warren Arts Council** will be holding their AGM Friday August 5th at 3.00pm in the side room at Tall Timbers with a **Bluegrass** update to follow. The WAC are seeking volunteers to help with this annual event which will be held on the long weekend in September.
- **Manjimup Photo Club** are holding their Fantastic Fungi 2022 photo exhibition on Thursday night August 4th 6.00pm at the Manjimup Art Gallery. Prepared to be amazed by some fabulous photos of these special organisms that inhabit our forests and gardens.

ABBY'S STORY

My name is Abby Garratt, I was recently selected as a recipient of the Next Level Regional Arts Grant, the funds from which will go towards production of a short film titled *Paradise Valley*, which I wrote and will be directing.

I was born and raised in Manjimup and lived on the same property out in Dingup all my life until I eventually went to university in 2019. I feel like I know that corner of the country - the bush tracks, hills and rivers around my childhood home - like the back of my hand. A country upbringing has definitely informed most of my writing and the films I have written thus far tend to all lead back to the bush somehow.

At Edith Cowan University I studied Film and Video. I tried to convince my tutors to let me make a film down south while doing my degree but was never successful. After graduation earlier this year I resolved that I was going to make it happen – and here we are. I know how beautiful the South West is and I know the natural landscape around where I grew up will look stunning on the screen. In addition, with this narrative being set in the 19th century, I'll have the chance to bring historic locations in the area to life.

I've loved history as long as I can remember, and though it wasn't on purpose, I can see traces of that, especially my ten year old self who was, somewhat weirdly for my generation, obsessed with *Little House on the Prairie* – in the short film I'm now making.

It's an ambitious story, fitting two overlapping narratives into what will hopefully be a 25 minute run time, that investigates oppression, the 'righteousness' of the law, abuses of power, and the things desperate people will do to get ahead.

Set within the framework of pioneer Australia in the late 1800s, inspiration for the script came from several places – early drafts were almost John Steinbeck inclined, but it soon took on a life of its own after a few dozen edits and rewrites. Research into seminal feminist Australian texts - especially *Women and the Bush* by Kay Schafer and *Damned Whores and God's Police* by Anne Summers - pivoted my attention and shaped what eventually became the current version of the story.

We'll start filming in early November, it's a short film so it should only take about a week to film. The main location is an old farmhouse built in 1883 by early Giblett settlers; not Dingup House, a smaller, nameless one that's sitting forgotten on private property.

I'd love for locals to get involved, anyone who's interested can like our Facebook page, 'Paradise Valley - Short Film' for updates on what's going on. In particular we'll need keen locals for some extra roles, so we hope to hear from residents with acting chops who'd be willing to hop in front of the camera.

It's still early days at the moment, but things are moving quickly, more updates to come!



Photo by Abby Garrett of the house which will be featuring in her film

FANTASTIC FUNGI

The Manjimup Photography Club is holding its Fantastic Fungi Photography Exhibition commencing on 5th August at the Manjimup Art Gallery, located in the Community Centre, next to the Library. It is open every day Monday-Friday 10am-5pm and Saturdays 9am-12pm. The Exhibition will be open until the 3rd September.

The Photography Club
Ladies hard at work at
the CRC,
preparing for the
Exhibition.

Photo: Liz Coley



Curving by Jill Harrison

MANJIMUP PHOTO CLUB INC PRESENTS

FANTASTIC FUNGI

Photography Exhibition
Manjimup Art Gallery
5 August - 3 September 2022

Proudly supported by:



SHIRE OF
MANJIMUP



WOODGATE
MANJIMUP VILLAGE

WHEN A DREAM IS REALISED

Growing up in Manjimup Nicole Fisher always had a love for horses. Nicole and her older sister Caitlin would take every opportunity to have “pony rides” and lessons on other peoples’ equine. When Nicole was 11 years old her uncle gifted her and her sister a horse each. Nicole a 11.2hh Welsh Pony “Pippy” and Caitlin a Standardbred “Betty”. This is when Nicole’s passion for these graceful animals really grew.

Initially the plan was to ride only on the property the horses were agisted. But this soon changed. Week long riding camps. More riding lessons with local coaches in English and Western style riding. Hacking, Hunting and Showjumping at local Agricultural Shows. Joining the local riding Clubs over the next few years – Pony Club, Camp Drafting, Adult Riders’, Working Horse, Endurance and Polocrosse. A horse float and vehicle to tow the float were required. Camping gear. Numerous types of saddles, bridles, rugs, and clothing were purchased. Lots of treats for the 4-legged family members, of carrots and apples. Lots of questions and online searching to learn about horse care and horse competition.

As one grows in height and competence the equine herd also grew. Two horses soon grew to five with the addition of a Quarter Horse “Tuff” and two Off the Track Thoroughbreds “Stormy” and “Flash”. A massive thank you is to be inserted here to the Foley Family in Manjimup who permitted this exponential growth of the herd and providing this life-long opportunity in the equine industry.

Fast forward a few more years and the opportunities in the equine industry grew. Active riding, gymkhanas, and vaulting. Participating in local and state events in showjumping, eventing and hicksteads. Riding on the Bunbury Racecourse with a Pony Club opportunity called ‘Speed to Safety’. Obtaining Nationally Accredited Pony Club Certificates up to C* and working towards B. More recently introducing retired Off the Track Thoroughbred mounts “Wilson”, “Milo” and “Allan” to being part of the Fisher Family and the Pony Club as well as Equine Australia competition world of show jumping, dressage, eventing and hicksteads. Trail rides and beach trips are also frequent and well-loved family activities.

The opportunities in the equine world are amazing. The memories created brilliant. Nicole and her family have been on an incredible journey over the past 9 years, and it looks to have a bright future. Nicole was working as a stable hand for a few months when she secured a position as a Track Work Rider with Fitz-Gerald Racing in Capel December 2021. Nicole applied and was formally accepted into the Racing and Wagering Western Australia (RWAA) WA Apprentice Jockey Training Program starting August 2022 with full support of her employer Fitz-Gerald Racing – Brendon & Nikki.

Nicole would like to take this opportunity to thank everyone who has assisted her on her equine journey. Her family, friends, coaches, employers, Clubs, and sponsors. Especially Brendon and Nikki who have complete faith in her abilities and are helping her flourish in her chosen career path. We wish Nicole all the best with her jockey apprenticeship - which takes 48 months to complete. Look out for her progress on the RWWA site. She will be wearing the jockey silks soon enough. And remember to follow your passion. That is when your dreams become reality.



Nicole helping Fitz-Gerald racing at a try out.

Photo Fitz-Gerald Racing

Thanks to Diana Fisher for this exciting story of Nicole’s future, the Café Bytes team wish Nicole every success.

LET'S DANCE



Artwork by Michelle Frantom

Act Belong Commit *Let's Dance*

We're reaching for the stars with an immense story of climate action and hope. Now's your chance to be part of it! The Stars Descend, by Annette Carmichael Projects, is a vast trail of dance performances about climate action and hope. It explores our shared responsibility to care for each other and the natural world, and unfolds over five regional locations.

The project is inspired and informed by consultation with First Nations Elders, scientists and ecological groups. It is co-created by some of Western Australia's most impactful artists, together with local community.

Performances take place in spectacular outdoor settings and celebrate the rich biodiversity and ongoing restoration of a 1000km wildlife pathway, supported by the environmental program called Gondwana Link. In Margaret River (Wooditjup), Northcliffe, Porongurup, Fitzgerald and Kalgoorlie (Galgula/Karlkurla), dedicated teams of professional artists are working together with community, to produce stunning outdoor performances...a sound and dance experience that celebrates diversity and biodiversity across the Gondwana Link.

Everybody from the age of 14 upwards is invited to dance in this project. No dance experience necessary. Come along to our FREE community dance sessions to find out more.

FREE - attend one or all workshops to join the cast of local performers for Northcliffe performance

Southern Stage Performing Arts Studio
59 Giblett Street, Manjimup

Sunday 28 August 2022, 1pm - 3pm

Northcliffe Town Hall, 56 Zamia Street

Monday 29 August 2022, 6.30pm – 8.30pm

Tuesday 30 August 2022, 9.30am – 11.30am

Workshop facilitated by Chrissie Parrott and Annette Carmichael

REGISTER HERE: <https://forms.gle/vvh2MsPcpVjJCEJZ8>

'The Stars Descend' performances unfold from 17 March - 1 April 2023.

Chapter 2 Northcliffe will be performed on Sunday 19 March 2023.

Find out more www.distributed15.com.au

Contact Northcliffe Local Producer, Diana Moss, northcliffe@distributed15.com.au.

The Stars Descend is produced by Annette Carmichael Projects and presented in partnership with Gondwana Link. It has received significant support from the Minderoo Foundation with additional contributions from STRUT Dance, Circuitwest, Regional Arts Fund administered by Regional Arts WA, Department of Local Government, Sport and Cultural Industries, Creative Partnerships Australia through the Australian Cultural Fund and Arts Impact WA.

KNITTING PATHWAY TO GOOD HEALTH

Many of us have had knitters in our family and before the chain stores opened our warm clothing would all have been made at home. Knitters sitting beside the fire with needles clicking as the garment grew. And now online research reveals there is evidence which strongly suggests knitting is beneficial to a healthy mind and body, being highly effective in treating depression and chronic pain associated with meditation and yoga and can lower heart rate and blood pressure, reducing harmful blood levels of the stress hormone cortisol. It seems the rhythmical repetitive motions could enhance the release of serotonin, a hormone that regulates mood, learning and sleep. It can also help arthritic fingers remain more flexible.

A Cardiff University survey of 3,500 knitters found that the more frequently people knitted, the happier and calmer they believed they felt. Knit to Quit helps smokers give up the habit and Knit to Heal is beneficial for people coping with health crises. Such as cancer diagnosis. An exciting concept in research also suggests that crafts such as knitting and crocheting may help to stave off aging decline in brain function. Another positive is that knitting gifts or for charity, give self esteem a further boost and there are quite a few avenues where knitting can be donated for good causes. Apparently, there's a resurgence of interest in handicrafts and men and school children are swelling these ranks. Fancy that now! So, it's needles and yarn time.

You may like to join the CRC knitting session on Thursdays, 10 am to 2 pm where you can learn to knit, or just join the knitters for some social, productive time.

Come along and help us knit scarves and beanies for 'Comfort Quilts Against Cancer' (see story inside), and share some delicious Soup—gold coin donation!

Kathy Hill



VOLUNTEER REPORT

- Our Volunteer Coordinator, Sharon is away in Tasmania on a much needed holiday catching up with one of her daughters who lives in Queensland.
- The Pollinators Aplenty project will host its next presentation on 17th August with a full day workshop "Building a Cohesive, Collaborative and Caring Community" with Rural Resilience specialist, Peter Kenyon. It will be held in the Conference Room at the Wellness Centre from 9.00am-4pm. To book, email Sharon-volunteer@manjimup.org.au
- The Knitting group continues to grow, we'd love to see you join in, young or old, every Thursday from 10am.
- Are you interested in Volunteering and don't know where to start. Our Volunteer service has everything you need, including Training and all the information to find the group or activity you are looking for!
- The Heart Foundation Walk group meets every Monday at 9am in the carpark opposite the Wellness Centre in Edward Street. All ages and abilities are welcome to join the group, with a range of walks and distances. Pets on leashes are most welcome. Morning tea provided.
- Volunteers have been increasing at the Manji Pantry. If you are interested, contact Sharon at the CRC or email her on volunteer@manjimup.org.au
- Do you struggle with your electronic devices? Join our Be Connected group on Tuesdays from 10am-12pm at the CRC. See back page for more details.

EVERY TUESDAY 10AM-12PM AT THE CRC



Be Connected

Every Australian online.

**There's never been a
better time to get online.**



**As a Be Connected Network Partner, we can
help you discover how being online can add new
skills and experiences to your life - for free.**

Manjimup Community Resource Centre

Tuesday's 10am-12pm

Phone: 9777 2774 to book a place

 www.beconnected.esafety.gov.au



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

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