

NOMOPHOBIA: Fear of being without a mobile phone

Welcome to our bumper addition of December Café Bytes, and how has the year vanished so quickly we are wondering, but we think everyone else is wondering the same. This month we have changed our chat subject above to 'Word for the Month' and have another challenging quiz inside. Another wonder is, where has the Grape Stomper gone to. We featured his '21<sup>st</sup> birthday' in 2016 and now he has vanished.

Merry Christmas to all, enjoy the holidays and the Festive celebrations, listen out for Santa arriving on your roof on December 24<sup>th</sup>.

We wish all our readers a safe and happy holiday season, special family times and lots of fun. See you in 2023.

The CRC will be closed from Friday 23rd December, reopening on Tuesday 3rd January, allowing the Staff a much needed break after another challenging and busy year.

# **CHRISTMAS CARDS**

Like a lot of Christmas traditions, sending cards began in the Victorian era when Queen Victoria posted the first Christmas card in 1843, mass produced cards began to be sold at that time and it became a popular way of sending good wishes to family and friends.

We live in a digital age in 2022 and do almost everything on our computers, tablets and smartphones. Very few of us send letters anymore, most correspondence is by emails. And what about address books? Far easier to have a contact list in your emails with addresses and phone numbers. We can videocall on Messenger and chat too, send greetings via Facebook or send a quick text and there are digital e-cards to cover all occasions.

So why should we send Christmas cards? Receiving a hand written card is more personal than a message on the screen, cards are tactile, you can hold them, read a thoughtful greeting written by family or friends and save them to look back on and remember Christmases past. It's more meaningful to know that someone has taken the time to buy a card, purchase a stamp, address and post it. It seems that a lot of us agree and while the convenience of instant messaging is appealing for most of the year it would seem that Christmas is different.

Australians are sending fewer letters but most people still send Christmas cards. According to Australia Post as they prepare for Christmas deliveries, 2022 will be no exception, that tradition it would seem is here to stay. De la contraction de la contra

Liz Coley

# MANJIMUP CHERRY FESTIVAL ART COMPETITION EXHIBITION

Many thanks to Fay Dunstan for information on the fantastic current Manjimup Art Exhibition.

It was a fun Opening of the Manjimup Art Award, and the early Viewers' Comments suggests everyone will enjoy seeing the Exhibition, which is open until 4 pm 13<sup>th</sup> December. The Manjimup Art Gallery is host to this 2 and 3 dimensional Art Display, during normal Library and Gallery Hours.

Our 2D Judge was Clyde McGill, an eminent and many faceted Western Australian and National artist, whose works are in the National Gallery of Australia, many other Galleries and in private collections. He is often referred to as a Trans-disciplinary Visual Artist as he works across performance, print, drawing, sound, painting, video, photography, artist books and text. His interests include place, politics, the guest, national borders, citizenship and, most recently, speech, which have all featured in his Exhibitions. In his Awarded works for this Exhibition, we saw many of these facets, but the most enjoyable, perhaps for many of us, was his down to earth, humour and pure love of all art. Clyde co-judged with Jo Ipsen our Inaugural 3D Class, which was Sponsored by Southern Forest Avocado.

About 55 guests attended and were entertained by our Opening Speaker Clyde McGill, who enrolled them in some participation

He stated that he was impressed with the Gallery space and presentation, as well as the art works he had judged, despite the challenging Theme worked to – "What would YOU paint on YOUR Limb prosthesis?"

He had had the opportunity to look through the new Arts Hub also, and was impressed by the volume and standard of the work displayed for sale.

To accompany the beautiful Mountford's Wine and Cider served by Andrew and Sue there was a tasty "supper" table.

It seemed that the fun ambience was appreciated, as the last of the guests were being ushered out after 8.30.

Thanks go to Vanda and Rhiannon for their assistance during the Installation and the Opening Night.

A little about Clyde the Artist, extracted from the Fremantle Shipping News Interview: <u>"https://</u>fremantleshippingnews.com.au/2021/10/21/interview-with-clyde-mcgill-trans-disciplinary-visual-artist/.

Clyde has a BA (Honours) in Visual Art from Curtin University and a PhD from RMIT. He was chosen in 2008 as a Fulbright Scholar and spent 2009-10, as a Visiting Scholar at Parsons School of Fine Art in New York.

He has also been an Artist in Residence at the Holmes à Court Gallery and Fremantle Arts Centre. His works are held in the National Gallery of Australia and other significant collections."

## MANJIMUP CHERRY HARMONY FESTIVAL ART AWARD 2022

### **CLASSES, WINNERS & SPONSORS**

2D WORKS	OPEN CLASS	COMMUNITY SPONSOR		\$3,000
Everlyn	Sturges	6214	Thelymitra	

MANJIMUP SHIRE ARTIST AWARD MANJIMUP SHIRE GRANT \$1,500

Marilyn Barrington 6398 Stand Tall

### HIGHLY COMMENDED

BOOKALAAM OLIVE OIL \$100 CASH AND JACKSONS DRAWING ART PRIZE - Barbara Maumill

FRAME-IT Voucher and Fay Dunstan \$100 CASH- Elaine Steele

### 3D WORKS

SOUTHERN FOREST AVOCADOS AWARD \$500 - Holly Lamey

# MANJIMUP CHERRY FESTIVAL ART COMPETITION EXHIBITION

### **HIGHLY COMMENDED**

Tony Windberg Tuition Voucher and Fay Dunstan \$100 CASH

Karen Wiedemann

## ART ON THE WALL SPONSORSHIPS AND WINNERS

#### **IPSEN STREET DENTAL CLINIC**

Room List# 16. Artist Name Christine Blowfield

#### WILL GREEN AMBASSADORS PHARMACY

Room List #16. Artist Name Sharon Rose

## SAM WRIGHT MANJIMUP AND BLACKWOOD VETERNARY CLINICS

Room list # 11. Artist name Minni Karamfiles



Open winner Everlyn Sturges and Judge

Clyde McGill in deep discussion of the Work "Thelymitra". Photo Lyn Neal



Marilyn Barrington with her Manjimup Shire Artist award encaustic work, "Tall Stand". Photo: Bec Drake



3 dimensional co-judged Jo Ipsen (left) and Clyde

McGill (right), presenting the inaugural Southern Forest Avocado award to Holly Lamey. Photo: Lyn Neal



# **CHERRIES**

With cherries ripening in the south west from November until late January and the annual Cherry Harmony Festival in December, it is easy to see why cherries have become synonymous with Christmas around Manjimup, and really what could be nicer than a bowl full of these delicious red fruit over the festive season?

Cherries have a long history being native to most of Europe, Western Asia and parts of North Africa where the fruit has been eaten since prehistoric times. Most of our eating cherries today are derived from either *Prunus avium*, the sweet cherry, or *Prunus cerasus*, the sour cherry. Australian cultivation began about the late nineteenth century in South Australia. They have a short growing season and the temperate climate of the south west and our rich soils are ideal growing conditions. Cherries are mostly grown in Western Australia in a narrow area between Donnybrook and Pemberton, 85% of WA Cherries are produced here. Manjimup's cherries begin to ripen mid to late November, depending on the season and the fruit usually lasts until mid-January. Varieties grown include Sweetheart, Stella, Van, Bing, Lappin, Noir and the sweet, white fleshed Rainier.

The French word for cherry is *cerise*, *a* truly exotic name which describes them very well, cerise being a deep pinkish red just like a ripe cherry.

The deep red colour shows that they are a rich source of antioxidants and vitamin C and are anti-inflammatory as well so they have many health benefits, always a good excuse to eat a few more. Look for local cherries at the Farmer's Markets and at the Cherry Harmony Festival and try this delicious recipe.

### CHERRY AND ALMOND TART

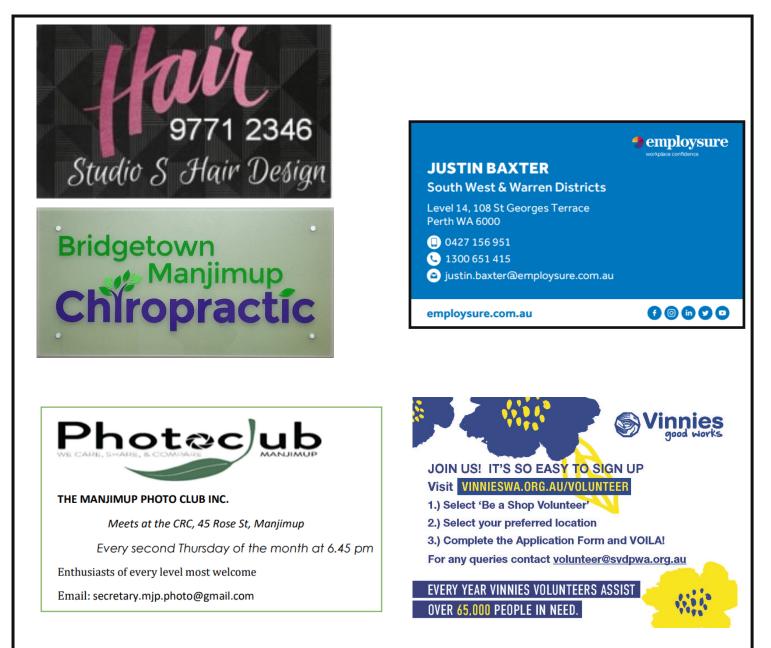
**Ingredients:** 350g shortcrust pastry, 60g unsalted butter softened, 2 eggs, 50g caster sugar, 50ml pouring cream, 100g almond meal, 600g pitted fresh cherries, icing sugar for dusting (optional) **Method:** Preheat oven to 180C. Lightly grease a 23cm tart tin with removable base. Roll out the pastry on a lightly floured work surface until about 3 mm-thick. Line the prepared tin with pastry and blind bake for 8-10 minutes with baking weights. Remove the weights and bake for a further 5 minutes. Meanwhile, using electric beaters, beat the butter, eggs, sugar, cream and almond meal until well combined. Spread the almond cream over the pastry, then scatter with the pitted cherries, pressing them slightly into the almond cream. Bake for 25 minutes or until the pastry is golden. Remove the tart from the oven and allow to cool, delicious with a dollop of cream.



## **THUMBS UP**

- Fantastic performance by the Manjimup Repertory Club with their Mamma Mia stage show, absolutely outstanding talent, thank you for the hours of rehearsals and performances needed to produce such a top show for the community to enjoy.
- Big thumbs up to the workers behind the Fun Concert presentation, two nights on offer with local talent, and all money raised – around \$17000 we hear - will stay in our community for cancer related support. Congratulations Concert Team.
- Thank you to the Apex Club for continuing to offer their annual pre Christmas free lunch for Seniors. A very generous volunteer effort.
- Southern Forest Steppers will be at the Cherry Harmony Festival raising funds for women's cancer with a variety of opportunities we can support. They will be located outside Toy World.
- Hearty thumbs up to the Seventh Day Adventist Church, providing locals once a month with Food Bank food necessities at the Manji Pantry. A big thumbs up to those who have organised the Christmas hamper donations appeal.
- Thank you Ayden Castlehow, pictured, who gathers straying shopping trolleys whenever he sees them and returns them to the supermarket.





# **COMMUNITY BYTE SIZED PIECES**

- Congratulations to Lisa Wiseman, her short story "Fences", is her first entry in a writing competition and gained a place in the Top 50 of The Best Australian Yarn competition.
- Manjimup Cherry Harmony festival celebrates its 21<sup>st</sup> birthday this year, join in the celebrations on the 10<sup>th</sup> December, there will be street entertainment, live music, the Grand Parade, wood chopping, 2022 Art Awards and lots of cherries!
- The combined Churches are holding free family events Christmas in the Park and Carols by Candlelight on Sunday18<sup>th</sup> December. Head down to the Heritage Park at 4.00pm for Christmas in the Park, loads of fun with the Lion's train, crazy hair colouring, face painting and much more. Carols by Candlelight at 7.00pm.
- Manjimup Farmer's Market is on every Saturday in December. Call in for a great range of local
  produce including fruit, vegetables, jams, chutneys and fresh bread. Grab a coffee and check it out.
- The Water Corporation is currently offering their free showerhead program. Change up to two of your inefficient showerheads for WELS4 star rated models. See Manjimup Community Resource Centre Facebook page for details.
- If you are on a low income, are you aware you may be eligible for generic medications, ask your Pharmacist for more information.
- The CRC recently held its AGM, with Liz Coley returning as President, Kathy Hill as Vice-President, Russell Candy as Secretary and John Hunter and Clare Quinn as Board Members. We are always seeking new Board Members, contact Louise on 9777 2774.



# **CAMPING IN THE SOUTH**

With the Christmas holidays drawing ever closer, many of us are thinking about spending some time visiting our national parks and campgrounds. We live in a beautiful part of Western Australia, tall trees, pristine rivers, great fishing spots and sandy beaches bring many visitors to our region during the summer months when the weather becomes hotter and drier and the risk of wildfires worsens.

If you are considering camping in one of our parks and campgrounds, be aware that there are strict regulations concerning campfires. Some do not permit fires at any time, at others there may be seasonal restrictions and provided fire pits must be used. Campfires are not permitted at any time, generally from December 1<sup>st</sup> to March 31<sup>st</sup> each year. In the event of a bushfire campgrounds and parks may be closed for visitor's safety, always check information on bushfires and prescribed burns before you set out.

It is all about getting the nature experience so be aware that most campgrounds will only have the basic facilities, a cleared space for you to camp in, a no flush pit toilet, no power, running water or mobile service so make sure you are well prepared.



Stirling Range National Park—photo Liz Coley

If that sounds perfect for you, got to: exploreparks.dbca.wa.gov.au to find out more.

Liz Coley



56 Rose Street (opposite the Backpackers) Open: Tuesday to Friday 10am till 3pm

Saturday 10am till 1pm

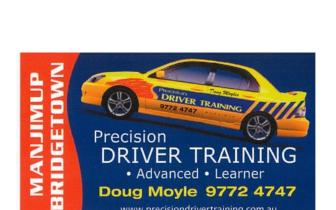
Donations of clothing, books, linen, bric a brac, toys and small household items gratefully received. PLEASE no furniture as we do not have the space. No electrical items.

## ALL FUNDS RAISED GIVEN BACK TO THE COMMUNITY





Community Resource Centre			45 Rose Street, Manjimup WA 6254 P: (08) 9777 2774 F: (08) 9771 2489 E: reception@manjimup.org.au W: www.manjimup.crc.net.au		
Busines	ss Membersh	nip	TAX INVOICE ABN: 66 287 651 302		
Surname:		First Name:			
Business / Organi	sation:				
Nominated Users	(For business and org	anisations only)			
#1:		#2:			
Postal Address: _					
Suburb:	Postcode:				
Email:					
Phone:		Mobile:			
	DJERAN (JAIR-AN)	\$50.00 PER FINANCIAL YEAR <\$150	.00 VALUE		
	<ul> <li>Free Colour or B&amp;W Printing to the value of \$15.00</li> </ul>				
	<ul> <li>Discounted rates as per CRC Price List (see Website for a list of our services)</li> <li>A Business Card sized Ad in each edition of Café Bytes</li> </ul>				
PAYMENT METHO	DD:				
🗆 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	BSB: 036-126	munity Resource Centre			
	ACC: 151749 (Pi	ease use Surname as reference and email a co	py of your confirmation of payment)		



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# **MEMBERSHIP PACKAGES**

Manjimup Community Resource Centre

## Membership Packages Noongar Seasons

## 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

## BUNUTU (BOON-OOT-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)

# CHRISTMAS QUIZ (BY JORDAN KINGSTON)

# **Christmas Quiz**

- 1. How do you say Merry Christmas in Spanish?
- 2. What do you hang on the door for Christmas?

3. What do you call a group of people who go door by door singing Christmas songs?

- 4. What gifts did the wise men give Jesus on his birthday?
- 5. What colour are the berries of the mistletoe plant?
- 6. What are the two most popular items people put on top of their Christmas tree?
- 7. What town was Jesus born?
- 8. After red and green what are the most popular Christmas colours?

# **ALL THINGS MARRON**

Marron are the largest freshwater crayfish in Western Australia, there are two closely related species: *Cherax tenuimanus* (Hairyback Marron) and *Cherax cainii* (Smooth Marron). They were considered a single species but now recognised as two different crayfish, sadly the Hairybacks are being outcompeted by the Smooth variety.

Endemic to our south west corner of WA, there has long been a tradition of fishing for these tasty crustaceans in our larger rivers and streams, it is believed that one of the largest ever caught weighed about 6kg!

Local man Adam Purdy has been researching all things marron for the last 20 years, his book 101 Ways to Cook Marron will be sold Australia wide. Published by Pickawoowoo Nannup and promoting our local area, if you love cooking with Marron this is the book you need. It seems that marron eaters like to experiment with different ways to cook their catch, Adam has his own recipes but there is quite a bit of local input too. Some of the recipes to tempt your tastebuds include: The Brave, the Bold & The Battered, The Un-droppable Falafel, Coconut Marron Tails, Traffic Stopper Macon Sticks, 'Mush'room left for Marron and many more. Adam's book includes his colourful graphic designs which make it a truly unique read.

You can catch up with Adam at the Cherry Harmony festival, he will have a stall where some of his awesome graphic designs will be on display, t shirts, hats, keyrings, stickers and bar mats available for purchase. Drop by and have a chat.

You can contact Adam on adam.swpd@gmail.com



By Kathy Hill & Liz Coley



# **CWA PHOTOS**

Many thanks to Susan Johnson for the information and photo.

In August 2021 Café Bytes featured Manjimup CWA's 90th celebrations, and we are now very pleased to bring an update on the group. It's good news, they are going strong with new members bringing some fresh ideas into the group's activities, and changes to the CWA club rooms.

Having heard of a little girl being taken in to see the photo of her great grandma on the wall, among the past presidents, and finding that the photos were no longer on view we thought this sounded rather sad, so we made some enquiries and have found the answer to their absence. Which apparently was only temporary, and there's a good result as a follow up to that absence.

The photo quality was starting to deteriorate and the ladies thought a new lease of life was definitely needed, so scanning and digitalising was done, then photos printed and set into groups in large frames, with the past president's name and period of office served beneath each photo. The originals are in a folder for preservation, and copies can be ordered if anyone wishes. With CWA's door open every day, a pop in to see the new frame work is recommended.



Their meetings are held on the fourth Tuesday morning of each month, followed by social time. Craft workshops are often held, and every Monday there's a social craft morning which quite a few attend. New members always welcome.

In 2018 long time member Maureen Barton published the history of Manjimup's CWA which holds very interesting information for history lovers, or descendants of previous members. Copies can be purchased by contacting Maureen. Well done CWA ladies, ninety one years and still going strong.

Kathy Hill





Phone Pat on 0419949173

# DON'T FEED THE FILL

Having recently secured an account with Containers for Change I thought perhaps some of the information they emailed could be shared, in case any readers are wondering what's what.

Becoming a member is very easy. Just head to Hastie Waste at 5 Margerison Street in the Industrial Area, and have a word with Paul, he will supply the info required to apply for account, it takes only a little time and your account number, and very soon the payment comes through to your bank. There's always a Charity of the Month you can donate your containers to, and suggestions welcomed for charity of the month. November it was Scouts, raising funds for a camp next year, and December will also be for Scouts.



Opening hours are Tuesday 8 - 3. Friday 8 - 12. Saturday 8 - 12. Once you have your account number you can leave containers there at any time with the number included if you wish a credit or without for a donation to charity of month.

There is a collection box in Manjimup CRC reception, where you can leave aluminium cans when you are heading in there, and have a few to discard.

Things to include:

Any plastic containers with the 10c marking, also most aluminium, steel and liquid paperboard drink containers that are between 150ml and 3L. Most single-serve water, juice boxes and fizzy drink containers. Most single-serve alcohol containers, like beer bottles and pre-mixed spirits. Any plastic water or fizzy drink containers up to 3 L. Make sure you remove the lids, these will be recycled separately.

What won't earn 10c: Plastic containers 3L and over; 1L and over flavoured milk, pure juices, cask wines or cask water. All white dairy or white plant based milk. Cordial. Food cans. Registered health tonics.

Put these in the yellow topped recycling collection bins.

**Containers for change say:** And remember... We can beat it — if we don't feed it. Don't feed the fill.

Kathy Hill



# Mobile Device Photography



# Introduction:

This course is designed for those who own a mobile device (either Apple or an Android Device) and would like to get the best out of it photographically, and to explore the broad capabilities of these devices, plus the best Apps to use...

We also look at other aspects of how to not only take the images more effectively, but what we can do with them.

The future of Mobile Device Photography is bright and more exciting apps and equipment are being released each year.

# Listed below the Course Topics:

- Camera Types DSLR's / Compact Cameras / Mobile Devices How does a Mobile Phone Camera fit into the image capturing arena - What are they capable of, their benefits and short-falls.
- 2. Best Apps Apps allow you to 'finish' the photo and be creative.
- 3. Additional Lighting Option / Accessories Macro / Stands etc.
- 4. How to take photos with impact taking and editing your images for social media.
- 5. Sharing Photos Social Media Good and Bad
- 6. Managing / Storing / Viewing Images / Video
- 7. Projects to keep you on track / useful applications of the images.

## When-Where:

Friday - 9th December 2022 - 5:30 - 8:00 pm (the Friday prior to the Cherry Festival) \$25 per head - includes Tea & Coffee Location to be confirmed Point of Contact - Carole Paterson - 0427 772 580 Manjimup Photo Club

Course Instructor: Kingsley Klau Instagram: kingsleyklau

# KING JARRAH SIGNAGE

The King Jarrah walk trails and picnic area provide a close to town, rather special spot for a bit of time out among the trees. You can have a BBQ in the picnic shelter, or perhaps wander around the trail, and maybe not stopping to read the signs in the information shelter, where we can learn of how fortunate it was that the big tree was saved from the saw. Plus, there's also some interesting history of the settlers' association with the first inhabitants, information on the tracking abilities of Noongar, which we thought we would like to share with those who haven't stopped to read as they head towards the King.

Information on the Interpretive DBCA sign: Tracking: Noongar people from this region possessed a remarkable gift for tracking, partly due to their sharply tuned perceptivity to the natural environment. Their tracking ability left many pioneers in awe. One pioneer said Noongars could 'track a dog over ironstone, especially the women .. they were clever people" (Scott 1995:3)

There are many accounts of settlers becoming lost and disoriented in the forest. One pioneer told the story of a Noongar man who tracked a lost settler's child near Bridgetown. Even though it was dark and the tracker only had the light of a lantern, he found the lost child.

Noongar people sometimes tracked fellow Noongars who had broken traditional laws. One day a Noongar man limped up to a homestead near Lake Muir with a spear through his leg. He had been speared once as punishment for breaking a Noongar law, but escaped before his punishment was complete. The pioneer's wife took out the spear and treated the wound. The Noongar man went quickly on his way. Shortly after, the group of Noongars who were tracking him arrived at the homestead. They said they had tracked him all the way from Mount Barker. They left the homestead in hot pursuit of the offender. It is not known whether they caught the runaway but it is highly likely they did and completed his punishment.

When settlers starter to explore this region around the1830s, they used aboriginal people from the local Noongar tribe to show them the way and help them to survive in the forest.

Noongars used traditional walk trails in their travels, some of which have become the roads and highways that we use today. These trails led to their traditional camping grounds – places where food and other resources were most plentiful. Some South West towns are built on these camping grounds. Not only did they share their traditional lands, they also demonstrated their hunting and survival techniques to these settlers, educating them about edible plants such as quandongs and emu plums. They shared their Cultural knowledge on how to process the nuts of the Zamia palm to remove the poisonous toxins. Another valuable skill that they passed on was how to prepare kangaroo and possum skins (Bookas) for use as warm clothes in winter.

Most importantly to the early settlers Noongars showed them the way to the best water sources. One such place was Taggerup, meaning "Big Water". It was later given the European name of Lake Muir after one of the families that settled in the area.

The following letter to the Editor from Thomas Muir appeared in the Blackwood Times on18th July 1914 and has been edited to highlight Noongar assistance in early Wadjella (white man) exploration: "I said to my brother, you take one of the Noongar boys and the pack horses and I will take the other boy and the horse and I will take the sheep to the west. I lost a few sheep and the Noongars found them half way to Forrest Hill on their way back....we came on a camp of Noongars to the east of Brookes Inlet. One old man came with us.

We came out of Brookes Inlet beach just opposite a point where the inlet is about <sup>3</sup>/<sub>4</sub> mile in width where the Noongars crossed in the olden time on their way to Albany. A short time ago, 2 men called me asking if I could show them a certain block ...I sent a Noongar boy to show them the right track.

Yours etc, A Settler.

Thanks to DBCA for installing these signs.





## MOSH—MANJIMUP OUT OF SCHOOL HOURS

### **Our Philosophy**

We are a play-based service providing outside of school hours care for primary school aged children from the Manjimup and surrounding area.

Our philosophy focuses on the child as an individual, who is at the centre of and as cocreator of our programs. We are inclusive and supportive of all children and the diverse cultures represented in our community including children of neurodiversity. We have a priority on sustainable practices, nature-based activities and instilling a sense of responsibility in caring for our environment. Our strength lies in respectful and positive relationships between staff, our children and families. We recognise each child as an individual with important skills and abilities. Each week a program is designed based on the children's ideas, prior experiences and the services philosophy. We like to provide the children with lots of opportunities to create, discover, improvise and imagine. We aim to develop the skills and strengths in all areas of child development including social, emotional, physical, cognitive and creative. Incorporating time and space for the children's choices and opportunities for rest and relaxation are a high priority for the children.

#### About us

Mosh opened February 2020, in Room 2 East Manjimup Primary School (EMPS). We provide before school, afterschool and vacation care sessions. Our license agreement with EMPS allows us to use many wonderful parts of the grounds, including the junior playground, basketball court, oval and Nature playground. Having these resources available opens a range of choices for the children. In recent years we are very grateful for the ongoing support from EMPS, and this arrangement has enabled us to maintain economic viability, remaining open for families with minimal disruption from Covid. Mosh is run under the Directorship of Kathryn Holland through Stepping Stones Childcare services based in Bridgetown. Mosh is fortunate to have administration support from the Bridgetown centre. Our staff in Manjimup are a team of childcare educators with Donna Henning as coordinator. Donna has been with the service from the opening in 2020 and is committed to providing the children with a positive, fun environment. Our team has a wide range of personal skills, life experiences and expertise that we value and incorporate as an asset in our service.

Children attending during school term are provided breakfast and afternoon tea which is now supplemented by Woolworths Manjimup. We provide a range of healthy options and encourage the children to make those choices for themselves. We involve the children in the decision-making process with what recipes we cook and initiate many discussions surrounding healthy foods and choices whilst following the Australian Healthy eating guidelines. To accommodate families from other schools we have a 10-seater bus for morning drop off as well as afternoon pick up from Manjimup Primary School and Kearnan College.

Vacation care is provided from 6:30am to 6pm during school holidays. Parents are welcome to choose between a short-day care or a long day care session and enables parents to maintain employment during this time period. Along with the school families, we have had enrolments from home school families and from families visiting the area.

We are venturing out now and beginning to explore options for excursions in the community. Our first excursion was to the Timber Park last school holidays and was a hit with children, staff and families. We use our bus for transport and now have a list of potential options. First up will be to the Community Garden in January, we are looking forward to exploring through their veggie gardens and learning from the team about insects!

To enquire about our services, you can pop in and see Donna for a visit at Room 2 EMPS, send an email to <u>Manjimosh1@outlook.com</u> or contact Kathryn Holland our Director in Bridgetown on 0408 135 080.



Article co written by Donna Henning and Eli Buchanan

# VOLUNTEER ROUNDUP—JOELEEN GREEN

It has been five weeks since I started working for the CRC, and it has been an interesting journey so far.

I have contacted all Volunteers we have on our database and updating it, which has been a mammoth job. The volunteer information has now all been streamlined and I am now working on connecting with community groups, discussing volunteer opportunities within these groups and match volunteers to these roles. If you are interested in Volunteering or looking for Volunteers, give me a call on 9777 2774—Monday or Tuesdays.

The CRC recently organised an event for "International Men's Day" in coordination with John Hunter one of our Board Members and fantastic Volunteer. We would like to sincerely thank local businesses who were very generous with Manjimup Meat Mart donating sausages, Manjimup Bakery donating the hot dog buns, Coles donating a \$50.00 gift card, and Woolworths donating condiments and onions. Despite the weather the turnout was excellent, with 42 men had attending. John was pivotal in making this event a success and a huge thank you must be extended to him.

John Hunter giving a speech at International Men's Day on Saturday, the 19th of November. It was a great chance for local men to catch up over a coffee and hot dog.



I'm currently organising our Volunteering Sundowner for International "Thank a Volunteer Day" on Monday, 5th December. See Poster on Page 18. We would love to see you there!

We were recently successful in obtaining two grants for our Be Connected program, through the Good Things Foundation. One will be to loan Digital Devices, Mobile Phones and Tablets (with \$300 prepaid data), and the second to expand our program to assist people learn how to use their Computers and Devices to one on one assistance. These will both commence on 1st December, so make an appointment to access a Device or undertake some training. At this time of the year, being in contact with family is so important and we can help you to be able to video call them, if you can't be with them!

# FAREWELL TO OUR TRAINEE—BREE ISLES

It is with great sadness we once again say goodbye to our Trainee. Bree has been an absolute ray of sunshine to work with and has not only completed her Certificate III in Business Administration, but undertaken Centrelink and Department of Transport training and excelled in all three. Having worked for Chicken Treat for many years, she possesses an excellent understanding of customer service and dealing with challenging situations, which we are continually faced with. She has risen to these challenges with ease and has made many worthwhile suggestions for a better operating and neat and tidy office. With the Staff, I would like to wish Bree every success in her future endeavours. Her next employer will be very lucky indeed. Our new trainee commences on 19th December, who happens to be by pure luck, Bree's sister Deena, so we are looking forward to Isles Mark II.



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# Volunteering Sundowner

The 5th of December is "Thank a Volunteer Day", so come and join us in celebrating some of the wonderful volunteers in our community and learn more about volunteering and what opportunities exist!

When : Monday 5th December 5:00pm-7:30pm

Where : The old Top Notch Cafe

BBQ & light

refreshments provided

For more information contact:

Volunteer@manjimup.org.au

1. Quiz answers (page 10.) Feliz Navidad 2. Wreath 3. Carolling Group 4. Gold, Frankincense and Myrrh 5. White 6. Star and angel 7/ Bethlehem 8. Silver and gold

Your local connecti

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# ALL ABOARD—DENNIS DICKERSON

They say families who play together stay together.

Having said that, with most of the blokes out camping and fishing on week-ends and leaving their wives home, the resentment was building. Deciding to change things, some of the wives got together and planned a trip of their own. Their plan was to hire a bus with driver and head off to Hopetoun, a popular spot often frequented by locals and tourists alike. It wasn't long before the blokes got wind of their plan and they were convinced to let them tag along. What could go wrong? Anyway, the day arrived and our friend Paul, the only one of us with a bus licence rocked up with a not so young school bus and trailer he had hired. Anyone who has been camping with young children would know how much gear is necessary for only a couple of days. Our group of thirteen adults and eleven kids were no different.

With some of the men already drinking, several arguments broke out between them and their wives, and that was before we had started loading the gear.

Two hours later with everything loaded and ready to go we all piled into the bus and found somewhere to sit. The kids thought it was Christmas as they clambered over the eskies and gear lined up between the seats. The men were happy having their supply of beer on board, however, the women weren't particularly amused with the way things were turning out. They always knew they would be caring for their kids without any help from their husbands, but seeing the amount of alcohol they had they knew they would be looking after their big kid as well.

Arriving at Hopetoun caravan park some time later, everyone piled out and began setting up their tents, something that would turn into a mammoth task for one of the men. It wasn't long before several of the blokes decided it was time to head to the local pub. Evidently, they were worried the supply of refreshments in their esky wasn't going to see the distance. By now a couple of the women were at the end of their tether and let fly at their husbands. This was when the manager of the park came over and suggested they tone down their language or we would be packing our gear and leaving. With the prospect of being evicted everyone cooled down and resumed setting up camp.

One of the blokes, Roger had purchased an enormous second-hand tent sometime before and had no idea how to erect it. After trying unsuccessfully for half an hour, he announced he was going to the pub for an hour and would finish it when he returned. Had his wife got her hands on him as he was leaving with the others, I doubt he would have survived to tell the tale. Anyway, those of us left at camp tried to erect the tent and soon discovered most of the poles were missing. Arriving back at camp at nine o'clock that night Roger discovered his wife had locked herself and their kids in the bus and set up beds for the night. After banging on the bus door, she informed him if he wanted somewhere to sleep, he could set up the tent. Spending some time staggering around the camp he found his tent, collapsed on top of it and fell asleep. Later that night, with everyone comfortable and sound asleep he woke to discover it was raining and he was soaked to the skin. Evidently, by what was said the next day, rattling on the bus door, waking his wife and kids in the middle of the night wasn't one of Roger's best ideas. He was sent on his way in no uncertain manner. After a cold uncomfortable night on the ground under his tent, he spent considerable time the next day trying to earn a few brownie points.

It had been an entertaining two days, but all too soon it was time to pack up.

Later, with everyone aboard we headed off home. Arriving at the small town of Munglinup, Paul informed us the old fuel gauge wasn't working. He was unsure how much fuel we had so he pulled up at the bowser. Everyone piled out, milled around and bought lollies, coffee and hot food. Half an hour later someone paid for fuel, we all climbed in and off we went. All was going well with everyone singing and carrying on when suddenly the engine spluttered and cut out. As we coasted to a stop someone suggested we unload our gear and set up camp there on the side of the road, something that wasn't well received by some of the women. Deciding it was up to me to fix the problem I climbed under the bus, found the fuel filter and disconnected the fuel line. With no fuel coming through I soon realised we were out of fuel. Turns out nobody put fuel in the tank. We paid for fuel we didn't get.

Terry, one of the blokes with us walked three kilometres down the road to a farmer he knew and returned with him some time later with a can of fuel.

Back home, after unloading our gear and cleaning the bus the blokes decided to get together each year with their wives for a camping trip. That was over forty years ago.

I am still waiting.



# **BE CONNECTED DIGITAL DEVICES ASSISTANCE**

If you need assistance with your Digital Device/s, contact us here at the CRC on 9777 2774. We have group classes (Tuesday's 10am-12pm) and now offer one on one assistance at a time that suits you. We also have Phones and Tablets available for loan (with a \$300 prepaid Sim Card). Enquire today!

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



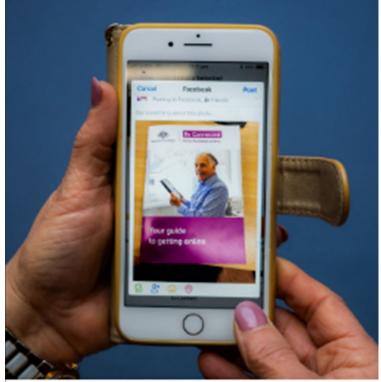
As a Be Connected Network Partner, we can help you discover how being online can add new skills and experiences to your life - for free. Tuesday's 10am-12pm Manjimup Community Resource Centre For enquiries, phone 9777 2774 Free classes, morning tea provided



Be Connected Every Australian online.

<u>www.beconnected.esafety.gov.au</u>

# Want to learn more about your smartphone or tablet?



Every Tuesday 10am-12pm Manjimup Community Resource Centre For enquiries, phone 9777 2774 Free classes, morning tea provided



# **Be Connected**

Every Australian online.

www.beconnected.esafety.gov.au



WHO ARE WE? The Bytes Team who bring you this publication are: Yarn Spinners, Liz Coley & Kathy Hill Contribute your story to us: manjicafebytes@gmail.com

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