



EDITION 103 - FEBRUARY 2023
FREE - ALSO AVAILABLE ONLINE

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

Quote for February

"True love stories never have endings." – Richard Bach (1936 –)

Word for February

LOCAVORE: Person whose main diet consists of locally grown food.

Welcome to our February news, as the sun beats down and warms our hearts – and everything else.

The main holiday season is now behind us, with the start of the school year meaning routine for families has returned.

Congratulations to all who were nominated for Australia Day Awards, our community benefits from those who contribute.

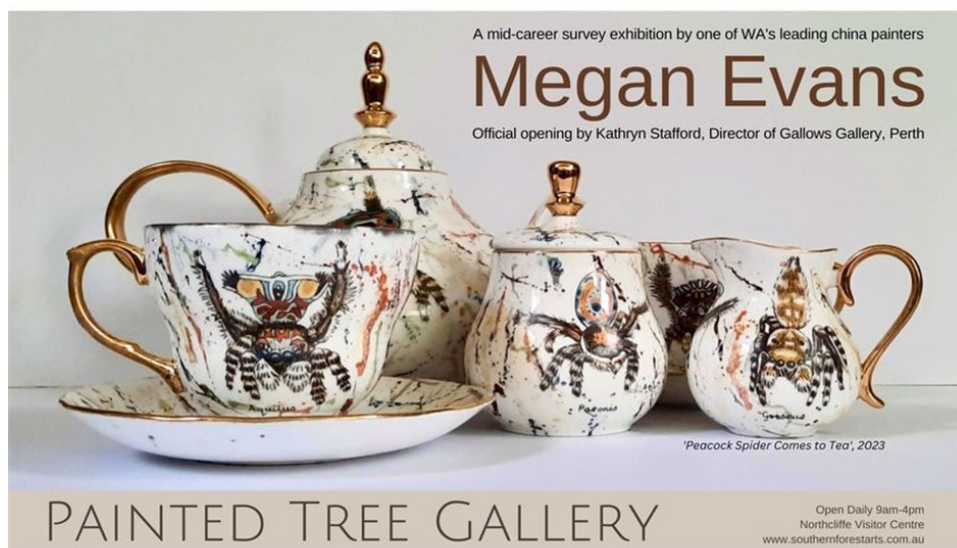
PEACOCK SPIDER COMES TO TEA

Artist Megan Evans has a local history - daughter of Hon Dave Evans, and Betty Evans, well known past community members. And now Megan is in our area with an exhibition of her China Painting art at Northcliffe, and a six week artist residency with Southern Forest Arts. Her latest works feature peacock spiders, a different image for china painting. The exhibition will be open for viewing until March 6th, at The Painted Tree Art Gallery, Northcliffe – in the Visitor Centre building.

During Megan's time back down south, as artist in residence she will be at the Painted Tree Gallery, Northcliffe, creating new work each weekend between 1-4pm, culminating in a sculptural installation along the Understory Art and Nature trail. And she will also be offering workshops at Northcliffe, and Manjimup, sharing her skills in China Painting, here's our chance to learn something new.

Invitations are out for the workshops, Northcliffe Saturday 11th, and 18th, and Manjimup Arts Hub Tuesday 14th and Wednesday 15th. Cost of workshop is \$120, all materials will be supplied.

Contact www.southernforestarts.com.



Kathy Hill. Information and photo supplied by Fiona Sinclair, Southern Forest Arts.

ROSES FOR MY VALENTINE

February 14th is Valentine's Day, it was back in the 3rd century that a romantic priest defied Emperor Claudius who believed that marriage and love distracted his soldiers. The emperor forbade all young and able men to marry, however Valentinus thought otherwise and married many young couples. Claudius wasn't at all happy and had him imprisoned. Legend says that during his time in prison he fell in love with the jailer's daughter and left her a final note signed "from your Valentine". He was named a saint in AD496 and by the Middle Ages had become a romantic hero and the patron saint of lovers.

People began to celebrate romance and love by exchanging cards and flowers, roses became a symbol of romance in the early 18th century when King Charles II of Sweden brought the language of flowers to his court. During the Victorian era it became popular to send a message to the object of your affection with a specific bunch of flowers. A bunch of red tulips represented a declaration of love, a single flower presented with the right hand meant "yes" while with the left hand meant "no". I wonder how many broken hearts received that one! A bouquet of assorted roses meant "you are everything to me".

Roses quickly became one of the most popular flowers to express love and devotion, a bunch of pink roses tells your loved one that you are happy with them, a bunch of red and white roses expresses unity and a single red rose says "I love you".

Why a red rose? It would seem it is all down to the Greek Goddess of love, Aphrodite was madly in love with Adonis, the most handsome young man in the world. She had a jealous lover Ares who transformed into a wild boar and attacked and mortally wounded Adonis. Aphrodite rushed to her young man's side, stepping on a white rose which pricked her foot sprinkling her blood on the white petals. As Adonis passed away the petals on the bush turned red and the first red rose began to grow. Of course, that is quite a story but roses are the most popular selling flower on Valentine's Day and a single red rose is still used to express love and affection.

Happy Valentine's Day everyone!

Liz Coley



Photo – Free image

MANJIMUP REPERTORY CLUB FEBRUARY ENTERTAINMENT

The Manjimup Repertory Club are a very busy team these days, offering regular top entertainment to the community.

Their next evening for us to enjoy will be on Saturday February 18th, 7.30 pm, with Episode 3 of Out Loud, when seven guest speakers will share their stories on the stage. These guests were not in the previous episodes. It is promoted as being true stories, entertaining, heartfelt and thought provoking. Those who attended the previous Out Loud episodes will hold the memories of listening to the guest speakers tell their stories and are sure to be keen to return for more of interest.

Tickets are available from trybooking.com.

DISCOMBOBULATION

I have a confession to make, I can't tell right from left!

It may not be noticeable to everyone but my family is well aware of it, particularly my dear husband who frequently tells me that waving my hands in the air and yelling turn here is not the way to give directions. Or the number of times I've said "turn left" and then said "no, not this left, the other one". Happily, the problem is solved now we have a GPS, she never gets it wrong.

It has led to some interesting deviations, I well remember the time I left the old Bunbury Hospital by the service entrance, an underground corridor with people pushing trollies giving me curious looks. Said husband was waiting outside the main entrance and it did give him a start when I appeared behind him.

For my companions on our Melbourne trip, you may have wondered why I took so long to visit the ladies at Federation Square, I found it ok, it was just that I emerged in a place I did not recognise, I am sure to this day I did not walk through a gift shop to get in but it was there on the way out so I bought a fridge magnet. Lemon, lime and bitters never tasted so good, I felt like I'd run a marathon.

There have been other occasions, like not being able to find the toilet on the Australind train, much to the amusement of the other passengers who were regarding me with some amazement, I can only assume that they had probably never seen anyone get lost in a rail carriage before.

Driving is ok, in case you were wondering, but that's if I know where I'm going, the few times I have been to Bunbury on my own I can state truthfully that I have taken a different road out of town every time. And of course, there is the time I tried to go to Northcliffe via Walpole, I know I was told to turn right at Quinninup, but I looked the other way and missed the sign.

Sometimes it's small things, like knowing which way to turn a tap, it's great if the tap has H or C on it, otherwise it's trial and error for me. I'm hopeless at anything synchronised, you can guarantee that everyone else will raise their right arm and I'll be raising the left and so on. Clockwise and counter clockwise, mirror images, I can work it out, just give me a minute or two.

I use my right hand for writing, my left hand to hold a cricket bat but bowl right-handed, when I was working in the packing shed, I graded apples right-handed and packed with my left. Out in the paddock I picked cauliflowers right-handed and planted left. No wonder I'm confused!

A little research says that this is more common among women than men, about 17% of women and 9% of men have left right confusion, apparently it is more often found in people who learn and think differently. It is also related to bad handwriting and difficulty with maths. That makes sense, I can't always read my own handwriting, I was a whiz at algebra but could never make head or tail of decimals, where to put the decimal point still remains a mystery to me. Interestingly it seems that we sometimes get our words mixed up, I have done that when speaking but luckily it never seems to happen when I'm writing.

It's simple really, I am not left-right confused, I'm just discombobulated!

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

Liz's



Kitchen Rules

CHOCOLATE

There are not many of us that don't like chocolate, I prefer dark chocolate but the most eaten varieties would be milk or white chocolate. Whichever is your preference you can be assured that chocolate has been around for a very long time.

Chocolate is made from roasted and ground cacao seed kernels and has been consumed in some form (mainly as a drink) for centuries. A chocolate drinking vessel found on the gulf coast of Mexico provides evidence of cocoa beverages prepared by early civilisations as early as 1750 BC. The Mayan civilisation grew cacao trees and used the seeds to make a frothy, bitter drink. By the early 15th century, the Aztecs were the ruling class but their home in the Mexican highlands proved unsuitable for growing cacao so they had to import it from the Mayans. People who lived in Aztec areas were required to pay their taxes in cocoa seeds and cocoa beans were used as currency. The Aztecs liked their chocolate cold and Mayans preferred it warm. Christopher Columbus returned from the Americas in the late 16th century and brought cocoa beans back to Spain. It made no impact at first until Spanish Friars introduced it to the Spanish court and it began to be imported into Europe. The Spanish added sugar and honey to sweeten their drinks, within a century it was well established all over Europe.

One of the most popular food types and flavours in the world it is used in many ways, apart from chocolate drinks it is used a lot in desserts, cakes, puddings and of course chocolate mousse. There are chocolate bars, all flavours, some have soft centres, others include nuts and fruit. The term "chocolatier", for a chocolate confection maker, is attested from 1888.

Dark chocolate is packed full of important minerals, including iron, magnesium, zinc, copper and phosphorus. In your body, these minerals are used to support factors such as immunity (zinc), can help keep your bones and teeth healthy (phosphorus), and contribute to better sleep quality (magnesium). This is good news but eat too much of it and you could be undoing all the good work, 1 or 2 squares of dark chocolate a day is the recommended amount.

This delicacy has been considered an aphrodisiac since the Aztecs. It is said to have elements that fuel desire and make your partner more open to romance, which may explain why a box of chocolates is still one of the most popular gifts for Valentine's Day. It is a centuries old tradition and long may it continue! Make this easy, yummy recipe for your love on Valentine's Day.

CHOCOLATE FUDGE



CHOCOLATE FUDGE RECIPE

Ingredients: 3 cups dark chocolate chips and 300ml can sweetened condensed milk

Method: Grease a square slice pan and line with baking paper or tinfoil. Mix together the condensed milk and chocolate chips in a microwave safe bowl. Heat in the microwave at medium power for 3 minutes, take out and stir occasionally until you the mixture is completely melted and combined. Pour into the prepared pan and refrigerate, check after an hour to see if the fudge has set. When it has set, cut the fudge into squares and store in an airtight container in the fridge.

Happy Valentine's Day!

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!



**JUSTIN BAXTER**
South West & Warren Districts
Level 14, 108 St Georges Terrace
Perth WA 6000
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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!

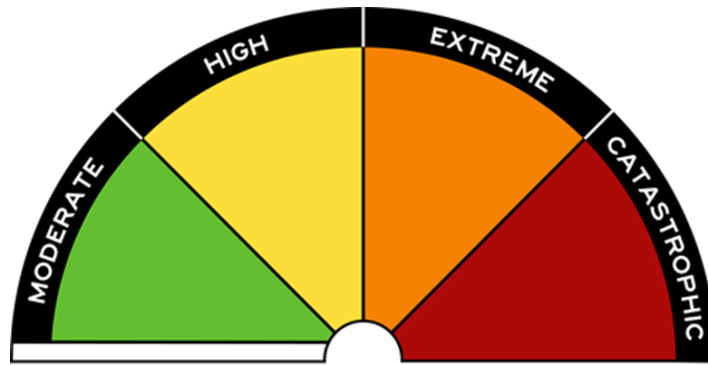
For any queries contact volunteer@svdnpwa.org.au

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



NEW BUSHFIRE WARNING SYSTEM

Fire Danger Warnings changed on 1st September 2022. Now that we are entering the hottest months of the year, fire danger increases. Check the fire ratings for your area and stay safe everyone.



There are four levels of fire danger in the new system:

Moderate: Plan and prepare.

High: Be ready to act.

Extreme: Take action now to protect your life and property.

Catastrophic: For your survival, leave bushfire risk areas.

Fire Danger Ratings will be issued on days when there is a fire risk. Each rating will have a clear set of messages, including the actions the community can take to reduce their risk.

Information from the DFES WA website.

Liz Coley

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.		B.Y.O.	
FISH 'N' CHIPS	\$12.50	KIDS FISH 'N' CHIPS	\$6.20
1 Serve			
FISHMAN PICK	\$16.50	FISHERMAN'S BASKET	\$18.00
1 Fish, 2 Pineapple Fritters,		1 Fish, Crab Stick, Prawn Cutlet,	
82 Chips		2 Squid Rings, 82 Chips	
MEAL FOR 2	\$31.50	FAMILY MEAL	\$39.50
2 Fish, 2 Pineapple Fritters,		3 Fish, 85 Chips, your choice of	
4 Squid Rings, 84 Chips		3 Den Gens, Pineapple Fritters	
		or Crispy Sticks	
SEA FOOD		EXTRAS	
Fish	\$10.50	Spring Roll	\$4.20
Shrimp	\$13.50	Onion Roll	\$4.20
Local Spanish Mackerel	\$14.50	Corn Jack	\$4.00
Gummy Shark or Branz	\$14.50	Dim Sim	\$1.50
Grilled or Crumbed (per piece)	\$1.50	Pineapple Fritter	\$2.00
*All fish subject to availability		Chicken Nuggets	\$10.00 each
SEA FOOD		Kiwi Hot Dog	\$4.20
Soft & Pepper Squid (6)	\$6.00	Potato Scallop (2)	\$3.00
Squid Rings (6)	\$5.50	Onion Rings (6)	\$5.50
Crab Stick	\$2.00	Curry Sauce	\$3.00
Sea Scallop	\$2.70	Mushy Peas	\$3.00
Prawn Cutlet	\$2.00	Tartare Sauce	\$2.50
King Prawn	\$2.00	Aoli	\$2.50
Fish Cake	\$4.20		
Kiwi Mussels NZ (6)	\$7.00		
Oysters (6)	\$15.00		

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

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BUSHFIRE SAFETY

After a long, cold winter the advent of warm, summer sun is very welcome but hot, windy weather brings a real risk of bushfires. Figures show that just 16% of us recognise our own bushfire risk, yet around 90% of our state is bushfire prone.

The Department of Fire and Emergency Services (DFES) is expecting an earlier start to bushfire season this year. Through the WA Government DFES is recruiting and training an additional 60 firefighters and supplying 42 new appliances to career and volunteer fire stations across Western Australia.

Bearing all this in mind Western Australians are being urged to create a bushfire plan, it only takes a few moments and knowing what to do should fire threaten your property will give you peace of mind.

Visit <https://mybushfireplan.wa.gov.au/>

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



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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:

☐ Cash

- Please come in and pay at Reception.

☐ Eftpos

- Please contact the Manjimup CRC on 08 9777 2774

☐ Cheque

- Please post your cheque to Manjimup CRC, PO Box 314, Manjimup WA 6258

☐ Direct Deposit

- Manjimup Community Resource Centre

BSB: 036-126

ACC: 151749 (Please use Surname as reference and email a copy of your confirmation of payment)

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BRIDGETOWN**



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Phone: 0429 133 125

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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)

WINDY HARBOUR BOAT OWNERS AIR THEIR TRACTORS

The last tractor parade at Windy Harbour, remembered as a very entertaining afternoon, was in 2017, so the Marine Rescue team thought it was time to have another parade, Fabio Renzullo was the contact, spreading the word.

On January 7th the settlement saw a trail of 23 tractors driving through, and gathering at the car park. Community spirit was high, everyone enjoying the event, with a well attended BBQ in the evening.

The Windy Harbour Marine Rescue has over 100 members, which is comforting to boat owners as they head off to sea - someone will be listening out if they contact.

It will be another few years before the next tractor parade will be held, and the memories of this fun event will definitely stay with those who attended.

Kathy Hill. Photos and information thanks to Fabio Renzullo, and Fiona Sinclair.



WINDY TRACTORS CONT'D



AN EXTRAORDINARY RETIREMENT GIFT

In nearly every religion and cosmology, paradise or heaven is described as a garden. Our ancestors, who worked the land, knew that plants sustain not only the body, but the mind and spirit. They understood the links between plants, medicine, food, shelter and the Gods. (Seed Leaf Flower Fruit, by Maryjo Koch, 1995)

On reflecting upon this opening statement, read in my latest Christmas gift, I found myself reflecting over the past busy years within our lives. COVID gave us time to think and use the items we had, without the "BUY BUY BUY" mentality of the early 2000's.

The above quote asked more questions. Were rosary beads made from seeds so that plants could be moved from place to place?

Beads and crosses have hung from waist bands and been used as meaning prayerful tactile objects for thousands of years. Not only by religious people, but in the fashion and artistic worlds.

A challenge, yet privilege, was set by a local school leadership team to construct a rosary, so that staff, teaching and non-teaching, could participate. Late night meetings with a colleague to run ideas together to remove pressure from the making process, little did I know that there was a personal satisfaction in the creation.

As the therapeutic rolling of brown card left glue drag marks on staff room tables, the ideas of how to construct such an individual piece grew in magnificent proportions. So too did the final product!

The woodwork department made a wonderful three layer cross to support the length of beads, a medallion to hold the cross was the next critical piece to construct. How and what size? this element of the rosary took three planned attempts sew remove rethink...

Colours, style, in one piece, elements, symbols, creativity (too much not enough,) to be hung, to be hidden...one never knows.

This finished extraordinary unique gift, made by many hands, crafted in one mind, created through conversation, altered numerous times through discussion, will become a memorabilia piece for an admired experienced and, now, retired principal.

Enjoy your travels CG.....



PEREGRINATIONS OF A CITIZEN BOTANIST EXHIBITION

Peregrinations of a Citizen Botanist is a wonderful, whimsical exhibition that charts the journey of the 18th Century French botanist, Jacques-Julien Houtou de Labillardière, who came to Western Australia in 1792 on the ship *Recherche*, captained by Rear Admiral Bruni d'Entrecasteaux.

The *Recherche* expedition included stops in Australia, New Zealand and the East Indies and collected botanical samples along the way. Labillardière is well-known for his collections and descriptions of flora of Southern Australia. Point D'Entrecasteaux is named for the Admiral who was the first European to site the point during his expedition in 1792.

The exhibition was born from the imagination of textile artist, Susie Vickery, who developed her skills as a costumier for theatre and film in Australia and the UK over two decades. She has exhibited her embroidered textile art, animations and automata in the UK, Australia, and Europe.

Vickery presents an alternative history of Labillardière's journey, with the botanist gradually shedding his preconceptions as he encounters a rich and ancient land where his language and assumptions about the world fall away. At a time of accelerating climate crisis, this exhibition invites viewers to reflect on our relationships with home, history, and the environment, and by imagining an alternative past, to think creatively about possible futures.

The exhibition is being toured by ART ON THE MOVE, a not-for-profit visual arts organisation who encourage connections and foster a sense of belonging, creativity and a greater understanding of ourselves and the world through visual art.

Peregrinations of a Citizen Botanist is a must-see, particularly due to its interesting links to our area. It is on display at the **Manjimup Town Hall** from 3 February until 8 March 2023. Opening hours are 10.00am-4.00pm from Monday to Friday (excluding public holidays).



Image credit: Susie Vickery, *Peregrinations of a Citizen Botanist* installed at Mundaring Arts Centre, 2019. Photo courtesy of the Artist and Jess Boyce.

The image shows the exterior of a shop named 'MANJIM-UPCYCLING'. The shop has a large orange sign above the entrance. The entrance is open, and various items like clothing and bicycles are visible inside. There are some items on display outside, including a red dress on a mannequin and some baskets.

1 Opening Hours
Monday-Friday
(see Facebook page)
Saturday: 10-3
Sunday: 10-2

COMMUNITY BYTE SIZED PIECES

- Remember, Saturday March 11th Manjimup Town Hall will be the venue for a fantastic night of entertainment, celebrating International Women's Day, an opportunity to once again hear our very own Grand Piano, played by expert pianists. Mark it on your calendar, not to be missed. More information in Café Bytes next month.
- For dog owners, there's a group formed to take pooches for a walk and have a social gathering. It's been organised by Alyssa, of Natural Dog, and held on last Friday of every month. Meet at Tall Timbers at 5 pm, head out for a walk around town, then an option of a drink and social time.
- On April 1st, which will be here before we know it, the Middlesex 100 Year Celebration will be held, starting with a Welcome at 1 pm. Anyone with a connection to the Middlesex area will enjoy the photos and the memories of tennis playing, old time dances, school and lots more, it's sure to be a very happy gathering. It would be appreciated if those wishing to participate would RSVP to middlesexsc@outlook.com.au, or phone 0407 722 374.
- Congratulations to Tyrepower Manjimup Speedway for 3 nights of action packed racing as Production Sedan drivers competed for their state title. At the conclusion of the 40-lap feature Kye Blight took the winner's trophy home, followed by Jason Batchelor and Jake Blight with Manjimup's Drew Ogle finishing a well deserved 4th.
- Jazz in the Jarrah is back on Saturday February 4th 5.00pm at the Heritage Park, Manjimup. Bring your own drinks, Bridgetown Lions hamburger van and Tracey's Treats will be there. This is a free concert, bring a blanket come along and listen to some great music from the Australian Army Band Perth and Skeleton Crew. Well done Lions Club for once again holding Jarrah music event, allowing the Sandra Donovan Sound Shell to show us its value.
- 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.

HEART FOUNDATION WALK GROUP

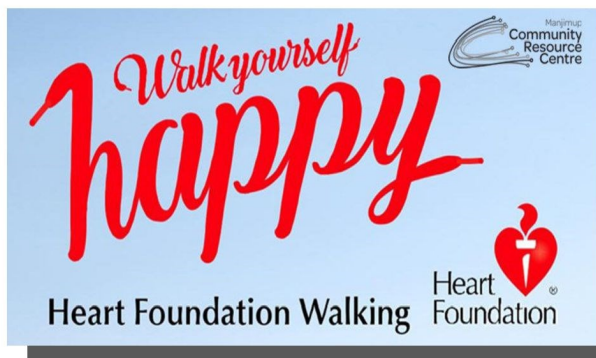
Free– Heart Foundation Walk Group

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

Fun True or False Questions

If you think you know fact from fiction, try to answer these true and false questions correctly.

1. Abraham Lincoln had no middle name.
2. Germany drinks the most beer in the world per person.
3. Ronald Reagan was a waiter during high school.
4. The kids' bathroom on *The Brady Bunch* didn't have a toilet.
5. Nemo is a puffer fish.
6. There was no World Series in 1994.
7. John Lennon's middle name was Edward.
8. Broccoli was once banned from the White House.
9. Japan has square watermelons.
10. "Pinocchio" was the first animated, full-color Walt Disney feature film.
11. In the *Star Wars* franchise movies, the voice of Yoda was played by the same person who did the voices of Miss Piggy, Grover, and Cookie Monster.
12. Porcupines can float.
13. There are 100 dimples on a golf ball.
14. Before becoming queen, Queen Elizabeth was a mechanic.
15. All the kings in a standard deck of cards have a mustache.
16. In some states, it's illegal to eat specific foods while walking backwards.
17. Mario of *Super Mario Bros.* fame was once a carpenter.

CANCER PATIENTS' ACCOMMODATION IN CITY

We country people usually like our lifestyle, very happy away from the city hustle and bustle, but there are times when the distance between peace and city are not great. One time when this is true is if the dreaded Cancer strikes, and treatment is in the medical world in Perth. If we don't have any family contacts in the city, it can be very costly and difficult finding somewhere to stay. But we are blessed to have the services of Crawford Lodge, Nedlands which has been available for over 20 years, and Milroy Lodge, Shenton Park, where there's accommodation for country patients and their carers, and families. Coping with having the treatment is enough stress without having the worry of costly and perhaps inconveniently located accommodation during that time, plus you will gain emotional support with the staff, and others sharing the Lodges.

Free transport services to appointments are also on offer, and also the added support of introducing exercise, meditation, tai chi, and yoga courses free of charge, thanks to the generosity of donations from the community.

So, if you have a dollar or two to spare and would like to offer it to a good cause, please remember Crawford and Milroy Lodge. They have been asking for donations during the holiday period. Visit their Web site Crawford lodge/health direct or phone Crawford on 13 11 20.

VOLUNTEER PROFILE– CHANAHA ROWE

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 months.

Where are you currently volunteering?

I volunteer at the Be Connected group, and I also volunteer at Ladies Day at the Manji Men's Shed.

What do you like about volunteering?

I enjoy being a part of the community and helping people. I also like being a mentor and sharing my skills.

What has been your favourite volunteering moment so far?

One of my favourite moments has been helping a person in the Be Connected group who had no prior experience using a mobile phone. For a number of weeks, I helped them to use their phone, and it was great watching their progress.

What would you tell people that are perhaps considering volunteering?

I'd tell them to go out and give it a go because it is really rewarding. You get to see how you've helped people in your own time and solely because you want to.

How has volunteering helped you in your day-to-day life?

It has given me the confidence to try new things, develop new skills and meet new people.



VOLUNTEER COORDINATOR ROUNDUP— JOELEN GREEN

January was a busy month for the CRC, with staff and volunteers settling back into their roles after a well-earned break over Christmas.

The first event kicked off on the 16th of January with the Free Coffee Voucher Walking Event, followed by two more walking events on the 23rd and 30th of the month. The events had a good turnout, and several new people signed up for the Heart Foundation Walk Group. The walking events were made possible thanks to a successful \$1000 grant application through the Heart Foundation.



Across Australia, Volunteering is continuing to decline. As part of an attempt to assist Volunteer organisations to promote the value of volunteers, the CRC was recently successful in their application for a Grant through Volunteering WA to assist with marketing of volunteering in the community. We are also keen to hear from you if you have any ideas about increasing volunteer participation. Contact Louise on 9777 2774.

The CRC was also successful through the Good Things Foundation to be able to purchase Digital Devices to assist over 50's to 'get online' and Be Connected. We have a number of smart phones Tablets with paid Data to loan to people interested As part of the loan, we also provide training and assistance. Contact Louise on 9777 2774 for more information.

QUIZ ANSWERS

1. **True.**
2. **False.** The Czech Republic drinks the most beer.
3. **False.** He was a lifeguard.
4. **True.**
5. **False.** He is a clown fish.
6. **True.** Baseball players were on strike that year.
7. **False.** His middle name was Winston.
8. **True.** In 1990, George H.W. Bush claimed broccoli would no longer be in the White House.
9. **True.**
10. **False.** It was Snow White and the Seven Dwarfs.
11. **True.** The voices were performed by Frank Oz.
12. **True.**
13. **False.** there are between 300 and 500 dimples.
14. **True.**
15. **False.** The King of Hearts does not have a moustache.
16. **True.** You may not eat doughnuts and walk backwards in Marion, Ohio; you may not eat peanuts and walk backwards during a concert in Green, New York, and you may not walk backwards while eating a hamburger in Oklahoma City, Oklahoma.
17. **True.** He was first introduced as a carpenter in the video game, Donkey Kong

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



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

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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