

FREE - ALSO AVAILABLE ONLINE

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

Quote for June

"No winter lasts forever; no spring skips its turn." – Hal Borland (1900 – 1978)

Chat subject for June What made you smile today?

Welcome to our June Café Bytes, our pages certainly are increasing, along with the memberships. Warm thanks to our contributors, and please remember to keep the stories flowing in. We are always grateful to receive community articles. Covid has changed our lives in many ways, it's simply a time to keep soldiering on as best we can. Enjoy the winter season, dams filling, short days and cosy homes. Our thoughts go to those who are homeless.

Our Business Memberships are continuing to grow—see inside for details of our newest Members. If you would like to add your Business, complete the Form inside, see our Website www.maniimup.crc.net.au or contact Louise on 9777 2774

FROM OUR FIRST CAFÉ BYTES NEWSLETTER IN JUNE 2014

Welcome to the first edition of the Manji Café Bytes. In recent months, conversations over coffee have often led to how our town could do with a regular "bits and pieces", light hearted publication that will show what a thriving happy bunch we are. Those feel good stories that share just what our community has to offer outside of our front doors. So we are giving it a go, to do a bit of community binding, with little things that happen in our area which may not meet the general public eye. Thanks to the Manjimup Volunteer and Resource Centre for temporarily funding the printing. Manjimup has many interesting and productive activities going on, and many interesting, and generous people in our midst. We are hoping enough of you share our interest, enjoy a quick read with your coffee and maybe share your stories with us, to make this venture worthwhile.

And here we are 8 years later!

SOME GREAT NEWS ABOUT THE UPPER WARREN NUMBATS

PhD candidate Sian Thorn, from UWA's School of Biological Sciences has found that the population of Numbats in the Upper Warren area in Western Australia could be as high as 1,900 individuals. With this area covering approximately 140,000 hectares it is fantastic news for Numbat conservation efforts and highlights the area's importance in Numbat conservation. We now have the Upper Warren, Dryandra Woodland National Park and Boyagin Nature Reserves Numbat populations all doing well which is very pleasing to hear.

However, it's not good news everywhere and now is not the time to be thinking everything is great. In the last ten years the Tutanning Nature Reserve population has been lost, and the Batalling State Forest and Dragon Rocks Nature Reserve Numbats are struggling to hold on. It's not the time to put the cue in the rack thinking the game has been won, every population is important to securing the future for the species in the wild within Western Australia.



Article and photo from Internet research

BAUDIN'S BLACK COCKATOO

Baudin's cockatoo (Calyptorhynchus baudinii) is a white-tailed black cockatoo known as ngolak or ngoolya by the First Nations people, it is most often observed in small groups at dawn or dusk leaving or returning to a roost site. Now classed as an endangered species it is believed that there are only about 10,000 of these beautiful birds left in the wild with a declining trend. Named after the French explorer Nicholas Baudin, the Baudin's

black cockatoo is endemic to



Western Australia. It is listed as endangered by both the West Australian and Federal Governments and the International Union for the Conservation of Nature.

Similar in appearance to Carnaby's cockatoo but a slightly smaller sized bird, Baudin's cockatoo is mostly a dull black with rectangular white panels on the tail feathers, white cheek patches and a longer upper mandible bill. Average length is 50-60cm and birds generally weigh 560-770g. Distribution ranges from Albany in the south to Gidgegannup in the north, most are found in the dense forests of the south west. Pairs of Baudin's cockatoos form strong, monogamous bonds and will mate for life, starting from four years of age. It is thought that approximately only 10% of the population breeds each year. In years when Marri seed production is poor, the population may fail to raise any young. For nesting they require large natural hollows that form in old Karri, Marri, Wandoo and Tuart trees.

Photo—dpaw.wa.gov.au

Habitat loss due to vegetation clearing, reduced food and water availability due to climate change and illegal shooting by pear and apple orchardists has contributed to their decline. Killing of Baudin's to protect fruit crops has been considered an offence since 1989 under the provisions of the Western Australian Wildlife Conservation Act 1950. The Forest Black Cockatoo Recovery Team for Baudin's cockatoo and the Red tail Black cockatoo led by the Department of Biodiversity, Conservation and Attractions has been assisting in a recovery plan since 2005. DBCA, Birdlife Australia and the WA Museum have been involved in installing artificial nest hollows and repairing damaged nests. Perth Zoo, Kaarakin Black Cockatoo Conservation Centre, Native Animal Rescue, and Jamarri Black Cockatoo Sanctuary are involved in rehabilitating injured black cockatoos for release back into the wild and educating the community about the conservation of these species.

The Great Cocky Count is a survey that monitors known roost sites of Carnaby's cockatoos, but also takes note of Baudin's and forest red-tailed cockatoos. Volunteers can participate in the one-night survey every autumn across the south-west. If you think you have seen a Baudin's cockatoo, fill out a fauna report form and send it to the Department's Species and Communities Branch at fauna@dbca.wa.gov.au.

Liz Coley

VALE GORDON NORRIS (17/8/1934-19/4/2022)

The Manjimup Repertory Club recently farewelled a beloved and extremely talented club member. Gordon Norris was undoubtedly the face of repertory in Manjimup over several decades. Audiences flocked to watch him perform in countless shows and he was a crowd pleaser!

Gordon was born in Bristol, England and migrated to Australia with his family as a "Ten Pound Pom" arriving in Fremantle on Boxing Day 1964. In 1976 the Norris's left their family home in the suburb of Lynwood to move to Manjimup. Gordon took over Lou's Drapery in Giblett Street and established G&M Norris Fashion and Fabrics. Many Manjimup residents will recall visiting this store for all their sewing needs, curtain fabrics and clothing including school uniforms and lingerie. In later years the business specialized in curtains and blinds and eventually became known as Curtains of Oz. This name was a direct reference to Gordon's love of theatre. He relished the chance to stand on stage ready and waiting for the curtains to open so that he could entertain.

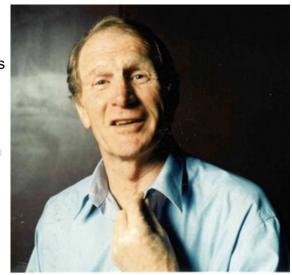
Surprisingly, although Gordon enjoyed dancing and had a beautiful baritone voice, he did not begin to perform on stage until he was in his forties. He joined both the Manjimup and Bridgetown Repertory Clubs in the late 1970's and certainly found his niche. Gordon was well known for his starring roles in musicals. His real charm and respectful and kind nature made him the perfect choice to play the male protagonist and hero of many of those popular romantic shows.

Gordon's youngest daughter Sherilee fondly recalls spending endless hours helping her Dad learn his lines and signalling from the rehearsal floor if he got them wrong. One of the gems of watching live theatre is that no two performances are the same because actors sometimes miss cues or forget lines. Gordon was no exception and he liked to recount the story of the "Shortest Scene in the History of Oklahoma". He was on stage with another actor to begin a scene of the show at Bridgetown and a group of minor characters were waiting in the wings to enter for their small part mid-scene. Gordon suddenly skipped almost the entire scene, delivered the closing lines and promptly exited. Of course, the show must go on and Gordon felt terrible that the other characters missed their moment in the spotlight because of his mistake.

Gordon was a long serving President of the Manjimup Repertory Club and heavily involved in the club's move from a shed in the laneway behind Bath Street to its current redeveloped premises on Brockman Street. The club was like his second home. Many young repertory members have had the privilege of watching and learning from Gordon who was always a positive and encouraging mentor.

His dedication and hard work were acknowledged with a life membership and the naming of the green room/dressing room area "The Gordon Norris Room" in his honour.

It was absolutely fitting that Gordon's children chose to hold his funeral at the Manjimup Repertory Club. His family made a wonderful display of memorabilia including all the programs from Gordon's performances. It was heartening to see that Gordon was honoured with a full house and a standing ovation as he made his final exit. Gordon gave his heart and soul to the club and will be greatly missed. The booming sound of his voice, his singing and laughter will echo on.



Many thanks to Andrea Miolin for writing these memories of Gordon, on behalf of the Manjimup Repertory Club. Gordon certainly will be missed by the Manjimup community



SPINACH—Spinacia oleracea

Spinach (*Spinacia oleracea*) is a leafy green plant, originally from Persian *aspānāk*, the English word spinach dates to the late 14th century from French *espinache*.

Spinach is thought to have had its origins in ancient Persia, from there it was introduced to China in 647 AD as the "Persian vegetable", the Saracens took it to Sicily in about 827 AD. It became a popular vegetable in the Mediterranean area arriving in Spain in the 12th century, from there it travelled to England and France and became popular as it appeared in early spring when not many fresh vegetables were available. Wine fortified with spinach was given to injured French soldiers in WW1, with the intent of stemming bleeding from wounds.

Popeye the Sailor Man is well known for his love of spinach (mostly the canned variety), which makes him stronger immediately after emptying a can, I can't vouch for that but it certainly impresses Olive Oyl! Spinach can be grown on a wide range of soils, providing they are well-drained. It is very sensitive to acid conditions so add a little lime to sweeten the soil.

Spinach can be planted all year but March to August will produce the best quality spinach. Sow seeds 1 to 2 cm deep for baby leaf spinach, harvest leaves at about 5 to 6 weeks, if you want mature leaves thin plants out and pick at about 10 to 12 weeks.

Spinach is rich in many nutrients, including Vitamin A, Vitamin C, Vitamin K, iron, folate, and potassium. Spinach is rich in oxalate, a naturally occurring substance found in almost all plants.

If it's good enough for Popeye, that's good enough for me!





SPINACH AND BEAN SOUP

Ingredients: 1 tablespoon olive oil, 1 onion peeled and finely chopped, 1 large garlic clove peeled and crushed, 1 teaspoon ground cumin, 1 teaspoon harissa spice blend, 1 400g can diced tomatoes, 1 400g can cannellini beans drained and rinsed, I vegetable stock cube, 1 tablespoon tomato puree, 250g packet frozen spinach, 2 bacon rashers chopped.

Method: Heat the oil in a large non-stick pan, add onions and fry gently until softened, add garlic, cumin and harissa and stir for a few seconds more. Tip the tomatoes and beans into the pan, crumble in stock cube, add tomato puree, chopped bacon and 500 ml water, stir in frozen spinach, bring to a simmer, cook for 15 minutes, stirring regularly.

If you want a vegetarian option omit the bacon.

Serve with crusty bread, perfect on a cold day.

NEW 'TOTAL TRAILS' WEBSITE

The Warren Blackwood Alliance of Councils (WBAC) are delighted to announce the official launch of their new regional trails website www.totaltrails.com.au

The Total Trails website has a wide range of trails, and you can search the site by destination, trail type or explore the interactive map. Trails feature on the website from the whole region: Balingup, Boyup Brook, Bridgetown, Donnybrook, Greenbushes, Manjimup, Nannup, Northcliffe, Pemberton, and Walpole.

The Southern Forests and Valleys region is an adventure playground of national parks, state forests, wide sandy beaches, pretty picnic spots, rolling hills, tranquil rivers and pictures landscapes.

Our region is home of some of the most amazing trails for you to explore, no matter what your mode of transport. Walk, cycle, drive, paddle or horse trail through our stunning nature.

There's an experience waiting for you.

<u>www.totaltrails.com.au</u> #totaltrails #southernforestsandvalleys



OUR NEW BUSINESS MEMBERS





PEGGY JOHNSTONE—WINDING BACK THE YEARS

The recent Café Bytes articles about National Service in days gone by has certainly evoked many happy, and funny memories. I wish the Government would initiate a similar plan, suitable to these times. During the early 1950s I was employed at an insurance office in St George's Tce, Perth. A call was put out for girls to join the CMF (Citizen's Military Forces).

I enrolled in the nursing section – RAANC (Royal Australian Army Nursing Corp), a wonderful, interesting opportunity. We had to don our smart uniform and turn up at Francis Street Barracks to get instruction on marching. With very limited nursing experience for a fortnight each year our group was seconded to Northam, so we could work. We enjoyed caring for the sick "nashos", also the social life in that part of the state.



Once again, I will say that our nursing skills were limited. A patient asked me for a bottle, so I turned to the Sergeant to ask where to find one. Off she went and returned with a bottle of lemonade!!

1953 was very exciting as we were on parade when Queen Elizabeth was driven along the terrace, with strict instructions to look straight ahead as the cavalcade passed by. There was an instant whish of heads turning as the Queen moved along. What a wonderful memorable occasion. I also will never forget my brother's loud call from the crowd, "Hi Ya Chick". My brothers always called me Chick. I was in the CMF for three years and then travelled in the Eastern States for the next three years, returning to Perth in 1956 and started nursing training. I loved my nursing career, retiring from hospital nursing in 1990.

Thank you Peg for sharing your CMF memories



Lions Club of Manjimup

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

"Having Fun, doing Good"

Phone Pat on 0419949173





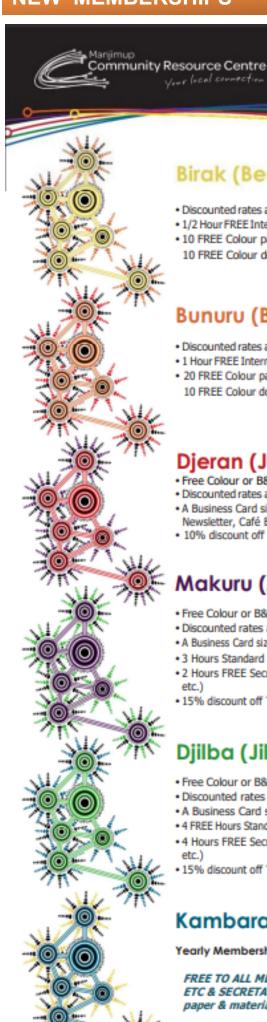


COMMUNITY BYTE SIZED PIECES

- The Manjimup 15,000 Motocross (hosted by Dirt High Promotions) will be held June 3rd/ June 5th at the Cosy Creek motocross circuit. Australia's biggest Motocross event will be featuring the best of West Australia's riders versus the best of the Eastern States riders, three days of fantastic Dirt Bike action for the fans.
- Tyrepower Manjimup Speedway held their presentation evening recently. Life membership of the club was presented to local speedway identity Shane Whild. Shane has been involved with local speedway since 1997/98 both as a driver and volunteer at the track. Congratulations Shane, well deserved.
- We extend a warm welcome to Marie Reeves who recently commenced working with our customer service team at Manjimup CRC. Marie is undertaking Services Australia and Department of Transport training and will be happy to help with your enquiries.
- Interested in photography? Manjimup Photo Club welcomes new members. Meetings are held on the second Thursday of each month at the Manjimup CRC, 45 Rose Street, Manjimup. Check them out on Facebook: Manjimup Photo Club Inc.
- Probus Clubs offer a range of activities including trips and outings for members to enjoy. Manjimup
 Probus Club welcomes new members, meetings are held on the third Wednesday of the month at
 the RSL Hall, 9.30am for 10.00am start. Contact Dorothy on 97718040 for information.
- Have you considered becoming a member of Manjimup Community Resource Centre? We have several packages available, including our \$50 Djeran for businesses which will give you a business card sized ad each month in Café Bytes. Ask our friendly reception staff for details.
- Following the unfortunate cancellation of the Truffle Kerfuffle this year, they will be holding a Truffle & Wine Festival from 24-26 June. Check their Facebook page for more details.
- 'Knit yourself out of the Covid blues' will be held at the CRC every Thursday morning commencing at 10am. Warm up with Knitting, hearty soup and a chat!.
- 'Women's Day at the Men's shed' has been so successful it is moving to a full day once a fortnight on the 2nd and 4th Friday of the month.
- Our new Memberhsips at the CRC are finalised. The price stays the same, commencing at \$10 a year, with some fabulous new offers! See next Page for details.
- The Pollinators aplenty project will be holding the next workshop will be on 'frog habitats' with 'The Frog Doctor', Johnny Prefumo on the 11th June at the old Top Notch Café. Registration at 0945 for a 1000 start, finishing at 2.30 pm.







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

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,
- 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,
- 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)



45 Rose Street, Manjimup WA 6258 P: (08) 9777 2774 F: (08) 9771 2485

E: reception@manjimup.org.au W: www.manjimup.crc.net.au

Business Membership

TAX INVOICE ABN: 66 287 651 302

Surname:	First Name:
Business / Organis	sation:
Nominated Users (For business and organisations only)	
#1:	#2:
Postal Address:	
	Postcode:
Email:	
	Mobile:
PAYMENT METHO	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

- Please come in and pay at Reception.

- Manjimup Community Resource Centre

BSB: 036-126

- Please contact the Manjimup CRC on 08 9777 2774

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

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



☐ Cash

□ Eftpos

☐ Cheque

☐ Direct Deposit



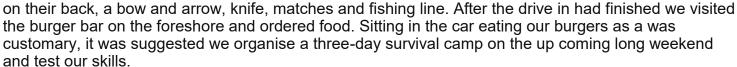
DENNIS DICKERSON—MY FIRST AND LAST SURVIVAL CAMP

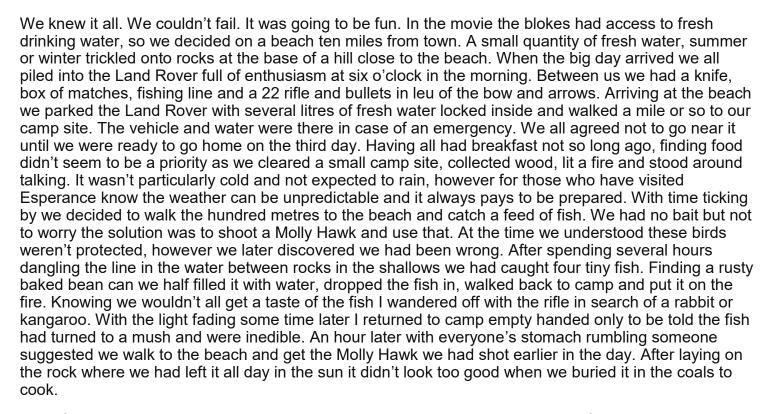
Our May issue introduced us to writer Dennis Dickerson who sent us this entertaining short story, many thanks for your contribution Dennis. Liz Coley

With us Baby Boomers spending more time than we care to admit driving ourselves to near insanity with our devices and the nonsense on the internet, most of us admit we couldn't get by without it. The truth is, before any of it was thought of we got by just fine.

As a seventeen-year-old growing up in 1970 in Esperance if we weren't working to support ourselves we were busy amusing ourselves outdoors.

We can all remember the drive-in theatres and the shenanigans that happened there. Not me of course. I was there to watch the movie. Anyway, this particular night two mates and I went along and watched a movie about three blokes stranded in a jungle, using their knowledge and wit to survive. All they had were the clothes





It's safe to say we were lucky it was completely incinerated when we dug it out of the coals some time later. Food poisoning was all we needed.

At around nine o'clock we decided to get a few bushes and make ourselves beds. After building up the fire we did our best to make ourselves comfortable in the makeshift beds for the night when out of the blue the rain started.

With everyone starving and the uncomfortable beds it was the last straw.

Half an hour later with everyone soaked to the skin it only took one suggestion to go and get food before we were throwing sand over the fire. Had it not been for the moonlight filtering through the clouds we may well have lost our way back to the vehicle. Not a good prospect considering our survival skills.

Climbing into the Land Rover we headed to the burger bar. Between us we ate six burgers and three large bags of chips.

That was our last ever survival camp, however it never stopped us from engaging in more adventures in the future.

MANJIMUP COMMUNITY CHURCH

Thanks to Kristin Grainger for sharing her Manjimup news.

Mother Theresa wrote "Where does love begin? In our own homes. When does it begin? When we pray together."

What is Church? Some say it is a building used for public Christian worship, but for me, Church is about the people of God, the true body of Christians, coming together to worship God, pray, sing and worship the triune God. Church is made up of God's people to read, learn and be grounded in biblical doctrine, so that we can be grounded in our faith, and our journey to eternal life. Within that community called church; fellowship, trust, faith and hope and most importantly love, is promoted. It is with this in mind that Kristin Grainger (the former Pastor of the Uniting Churches of Manjimup, Pemberton, Northcliffe, Greenbushes and Boyup Brook) is reestablishing a Methodist/Presbyterian Tradition in opening the Manjimup Community Church. This Church is an offshoot of the Pemberton Community Church which established itself from the former Pemberton Uniting Church two years ago. The Manjimup Community Church is a conservative church, embracing home style fellowship which invites those like minded people who want to be part of a family of God without being controlled or influenced by ordinance, but by the Grace of God, through His Son, Jesus Christ.

MANJIMUP COMMUNITY CHURCH



Non-denominational

A<u>LL</u> Welcome

Held at the CWA
Monthly

Contact: Pr Kristin Grainger 0427 711598

For those many people who were saddened at the closure

of the Uniting Church in Manjimup, this is an opportunity to reconnect with God in familiar routines, with familiar people and to grow in your faith journey.

The Church Service will be held monthly on the 4th Sunday of each month from the Manjimup CWA Centre, commencing at 4 pm. For further information, Kristin can be contacted on Facebook/messenger, email – kgrainger66@gmail.com and phone –0427 711598

CAFÉ BYTES OUT AND ABOUT—WHERE AM I?



EARLY SETTLERS IN OUR AREA

Following a suggestion from a Bytes reader, that we record the history of a well known family, the Angels, I visited Mary Rose, nee Angel, and we feel sure readers will enjoy hearing Mary's memories. The first Angels to arrive in Manjimup were Alfred John Stewart Angel, and his wife Nellie, in 1923. Alf was from Middlesex and Nellie from Essex, UK. At the age of 14, during WW1 Alf put his age up to go to war. Fourteen, and willingly going to war, sounds like an adventurous and brave person so it isn't surprising that he decided to migrate to Australia, soon after marrying Nellie Gee in 1923. At that time Alf was working for an Insurance Company, and must have heard about the Land of Milk and Honey, with post war in England a difficult time and the Government was encouraging people to come to Australia and take up Group Settlement blocks. Alf and Nellie's families were not happy with their decision, which would be expected. Australia was a very long journey by boat in those days, and it was not likely they would be making a return journey very often. Alfred's mother and Nellie's brother visited here but were the only family who braved the ocean adventure and Alf and Nellie did not make a return visit to their homeland. How welcome letters would have been when found in their mailbox.

Nellie and Alfred travelled straight down to Jardee (Jarnadup), by the mill train, to take up land near Diamond Tree. They would have been excited about their future, but when they arrived they would surely have been considerably overawed. And it is no surprise to hear Mary say her mother was very homesick, living in a tent without any family around, living so rough would not have been her dream. They would have brought very little from home, just some basic belongings. It would have been a Horse and Cart trip to town for supplies, the Manjimup Trading Company most likely their major shopping opportunity. Doreen Owens' book, Jardee, informs there were dances and gatherings in the mill town at that time but think of the hard work clearing the land with horses and cross cut saws, to start running cattle. There wouldn't have been much time or energy for social life, and little money to spare. Tobacco growing had started in this area, some of their neighbours were venturing into this. Mary was their first born, in 1925, so yes that means Mary Rose will soon be 97. Another three fol-

lowed, Wally, Anne and Ronnie. The extensive Angel family are mourning the loss of Wally who died recently, aged 95. He had retained the family farm and added to it so the property is quite large.

Nellie was a keen chicken breeder. Alfred and Nellie used to saddle up their horse and with spring cart head out locally selling home made butter, eggs and roasting fowls. The depression years were difficult, everyone experiencing extremely tough times. In the 1950s Wally and Ronnie did a milk run through Manjimup, when containers, and money, would be left on residents' front porch and the Angels would dash in with their billy and dipper, fill the container, and collect the payment. No matter how bleak the weather. In time they graduated to a motorbike and side car, and then a utility. Alfred died aged 87 and Nellie at age 89, having lived hard working, very interesting lives, so vastly different to how it would have been if they had stayed in the UK.

There are quite a few descendants of Alfred and Nellie still living in our area, and next year will be a celebration of one hundred years since their adventurous journey down under began, and endurance of the tough life that awaited.



Alf & Nellie on their wedding day





South West Rural Respite Services Centre-Based Respite

Tel: 08 9751 1077



THE FRIENDSHIP CLUB

For further information please contact:

Phone: 08 9751 1077

Email:
swreception@carealot.com.au
Website:

www.carealot.com.au



The SWRRS "Friendship Club" is a division of Carealot Home Health Services and provides services through the Commonwealth Home Support Program (CHSP) which is subsidised by the Australian Government Department of Social Services. Visit the Department of Social Services whether (www.dss.gov.au) for more information.

The Friendship Club MANJIMUP

From 10.00am every Wednesday



Welcome to "The Friendship Club"



The South West Rural Respite Services (SWRRS) Friendship Club is a centre-based respite program designed to give the Primary Carers of people aged 65yrs and over (or 50 years and over for Aboriginal and Torres Strait Islander people) a break from their important caring role, as well as giving the person a safe place away from their home to meet with others in friendship.

The Friendship Club is flexible in that it can be tailored for the Primary Carer's needs. It gives the Primary Carer the opportunity to go shopping, attend Doctors' appointments, visit the hairdresser, go on social outings or just spend time at home rather than having to go out.

Support Workers or Volunteers may be able to assist by providing transport for the people who become club members both to and from the Friendship Club.



Our Support Workers are trained to attend to the specific needs of the person who is being cared for. SWRRS maintains a high ratio of staff to Clients, thus enabling us to cater for special needs and to be

able to give a lot of individual attention to each person.

The Friendship Club aims to provide people with the opportunity to:

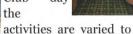
- * Enjoy friendship and companionship
- Undertake stimulating activities
- Enter a different environment which is friendly and

non-threatening

 Enjoy morning tea and lunch



Each Friendship Club day the



suit. These may include:

- Games such as quoits, skittles, darts, boulés
 - Participating in topical events e.g. Melbourne Cup ,
 - Anzac day etc.

 * Word games/Crafts
 - Word games/Crafts
 Local & world news

The

Friendship Club also holds regular outings which may include visiting galleries, local events, browsing

shops, walks in parks etc. They always include either lunch in



restaurant/ cafe or simply a picnic or BBQ in the park.



FANTASTIC FUNGI PHOTO COMPETITION

The Manjimup Photo Club Inc. is holding a photographic competition focusing on fungi. The south-west of Western Australia is recognised as a biodiversity hotspot both Nationally and Internationally and in this regard, we have a wide repertoire of fungal species. We are therefore celebrating this diversity by holding a photographic competition centred on fungi found in Australia.

The object of this competition is to enable people to appreciate this cryptic lesser known and understood life form which often goes unnoticed as we focus on the more flamboyant of our biota. Fungi are a critical element in the functioning of a healthy ecosystem and without them many of the flora and fauna we know and love could not exist. This competition has evolved from a former Fantastic Fungi competition conducted in 2018 where entries were lodged as printed and mounted images by the contestants. In 2020 an exhibition called Nature that Nurtures was held as an alternative due to COVID 19 restrictions and involved submitting a physical image to be displayed at the Manjimup Art Gallery. However, in 2021 the Manjimup Photo club



Interested in NATURE? Interested in PHOTOGRAPHY?

The Manjimup Photography Club Inc. invite you to enter our photo competition FANTASTIC FUNGI 2022

Entries will be submitted and initially judged digitally with the top 35 photos selected to go onto final judging. These will be printed, framed and hung in the Manjimup Art Gallery for the final judging and open for viewing for up to 4 weeks.

Entries close 5pm Friday 15th July 2022. \$20 gets you 3 entries.

[see Manjimup Photo Club Inc on Facebook] or contact manjimup.photo.competitions@gmail.com







decided to hold the competition using a digital format for entry to minimise personal contact due to current COVID 19 restrictions. We had never done this before, and so embarked on a stressful learning curve. The photographs were judged in two rounds. Initially digitally, where 35 of the best images were selected, then again physically after the selected 35 images were printed and framed at the club's expense. The second judging took place in the Manjimup Art Gallery where they were subsequently exhibited for 5 weeks, something we had also never done before. All entries not framed and hung could be viewed on a digital rolling display in the gallery. There were 21 entrants who submitted 93 images including the 35 framed and hung pictures. These included images for three classes: open age; primary school and high school. First prize for the open class was \$300; and for the juvenile classes of primary and high school first prizes of \$50 each. The prize money was generously donated by Allan Blakers of Manjimup Truffles. The exhibition was a resounding success and included the sale of 11 pictures. This year the Manjimup Photo Club is repeating the competition and exhibition and details can be found on our Facebook page. The exhibition will be available for viewing from August 4 – September 3 and entries close July 15.

The Manjimup Photo Club is affiliated with the WAPF (Western Australian Photographic Federation).

SOUTHERN FOREST ARCHERS

How fortunate we are to live in such a glorious part of the country, surrounded by forest, greenery and fresh air.

At Southern Forests Archers we have various field targets set at different distances incorporating hazards and obstructions in a beautiful natural bush setting which is suitable for recurve, longbow and compound bows. We also offer a practice range for members to fine tune their skills and equipment

Archery is a great sport for the whole family, all ages and abilities which is not too expensive nor is it physically challenging.

Perhaps you would like to join a bunch of friendly locals who get together every second Sunday for a couple of hours to shoot a few arrows.

Equipment is available for the use of beginners in an initial training session of which prior booking is required (fees apply). The first club shooting session with our club members is free to newcomers to decide if they wish to continue.

At various times during the year there is the opportunity to travel to other Archery Clubs in the State. These interclub events are great fun, very social and will give you the chance to compete with others, make new archery friends and see different kinds of archery equipment.

WHEN – we meet Sunday fortnightly at 9.30am for set up and practice for a 10am shoot start.

WHERE – Southern Forests Archers are located at the Manjimup Rifle Range just opposite Cosy Creek Road at 27306 South Western Highway. Shoot dates for June will be on 12th and 26th. For more information www.southernforestsarc.wixsite.com/archery, phone 0487 208 491, email southernforestsarchers@gmail.com or look us up on Facebook









DEPTH OF FIELD—EXPLORING MINDS, HEARTS & VOICE

The **Depth of Field: Exploring Minds, Hearts & Voice** exhibition is a series of powerful visual portraits by photographer, Steve Wise and Health Humanities researcher, Associate Professor Gabrielle Brand. Co-produced with six Western Australian mental health consumers and their families, it recounts the honest and raw reality of living and recovering from mental health issues.

Depth of Field is a growing body of Health Humanities research that uses art (photography, fine art, music and literature), MRI and patient narratives to educate health professionals. It is a new, consumer-driven, reflective learning resource that recognises consumers as experts of their own lives and recovery experiences. It encourages new learning opportunities for healthcare professionals underpinned by stories of strength and possibility.

Steve Wise is a medical and creative portrait photographer who feeds his personal love of art, creativity and visual narrative through his fine-art portraiture. He holds an R.B.I. Accreditation (Registered Biomedical Illustrator) with the Australian Institute of Medical and Biological Illustrators (AIMBI), in line with his work as a Medical Photographer at Royal Perth Hospital.

Manjimup Art Gallery 4-24 June 2022 Kathy Hill



EVERY TUESDAY 10AM-12PM AT THE CRC



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