



EDITION 104 - MARCH 2023
FREE - ALSO AVAILABLE ONLINE

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

Quote for March

"Autumn is a second spring when every leaf is a flower." – Albert Camus (1913 – 1960)

Word for March

FITSPIRATION: *Something serving as motivation to improve health and fitness.*

Welcome to our March edition as Summer is drawing to a close and hasn't it been a mild one, but very dry. Lets hope March sees some decent rainfall to start the season off.

We hope you enjoy this edition, once again packed full of interesting local information and stories. If you have a story to tell, get in touch with us by sending to reception@manjimup.org.au or dropping it into the Community Resource Centre.

INTERNATIONAL WOMEN'S DAY

In 1908, against a backdrop of terrible working conditions and exploitation, 15,000 women took to the streets in New York protesting for shorter hours, better pay and voting rights.

The next year the Socialist Party of America announced a National Women's Day to honour the strikers, and in 1910 it went global – the Socialist International voted for the creation of a Women's Day to advocate for suffrage. The first International Women's Day was held in 1911, and more than a million people turned out to rallies in Europe.

For most of the 20th century International Women's Day was acknowledged and celebrated by people at the grassroots level, a rallying point for social justice. It wasn't until 1975 – International Women's Year – that the United Nations adopted International Women's Day on 8 March, when it is still held.

The theme for International Women's Day 2023 is "Embracing Equity"

Based on the UN 67th Commission on the Status of Women, "Cracking the Code" aspires to highlight the role that transformative ideas, inclusive technologies and accessible education can play in combatting discrimination and marginalisation of women. By ensuring equal access in education for women and girls particularly in STEM subjects (science, technology, engineering and mathematics) which are critical to cracking the code for gender equality.

The Manjimup Community Resource Centre will be holding a morning tea to celebrate the women in our Community on Wednesday 8th March from 10.30AM. We look forward to seeing you then!

Liz Coley



International
Women's Day

#EmbraceEquity

MIDDLESEX REMEMBERS

Memories of Middlesex will come alive on April 1st when the 100 year Celebration is held.

It was back in 1921 that the first Group Settlers "Groupies" moved to the Manjimup area and then in 1922 Groups 21, 25 and 31 arrived, mostly from England, being enticed by the promise they would each have farms, but the reality was tents to live in and extremely hard work to clear land to farm. Each Group consisted of about 15 families, who worked together before they were allotted their own block and a house was built. And making it even harder, each family was expected to repay the bank. Many left after just a few weeks.

There's so much interesting history from that era, and the celebrations will be a very special tribute to those who took on the challenge and battled through.

Margaret Jacob and members of the Middlesex Social Club have been very busy organising the event, Margaret informs that entry to the Middlesex Hall will be at 12.30 pm on April 1st with official welcome and speeches at 2 pm. Afternoon tea will be available ALL afternoon and there will be plenty of sheltered seating. There will be ample parking with reserved bays for disabled visitors and a drop off zone for easy access to the hall.

Come and join us if you have a connection (new or old) to the area, or an interest in the history and stories of those early days. There will be displays of photographs and memorabilia including maps of the original settlers' farm block allocations. Some items will be for sale at cost (please bring cash).

You may like to take a drive following the Middlesex Heritage Trail and return for another cuppa or a BYO barbeque in the evening.

Please RSVP to middlesexsc@outlook.com.au.



Many thanks to Margaret Jacob for information and photo

Kathy Hill

ABOUT THE WARREN AREA

If we were ever to wonder about the English naming of the area we live in, with number plates bearing the initials WA, thanks to Hon H D Evans in his book Southern Sketches, here is the answer.

The Warren District takes its name from the Warren River, the mouth of which was discovered by Lieutenant Preston R.N. in 1831, but first recorded in Arrowsmith's map of 1833. The river was probably named after John Borlase Warren R.N. who was engaged in naval activity off the North American coast when James Stirling R.N. was there in 1813. Warren was promoted to Admiral in 1810 because of his services during the Napoleonic Wars. The area surrounding Manjimup and Pemberton is often loosely described as the Warren District. However, the Warren is but part of the old Nelson location named after Admiral Viscount Horatio Nelson R.N., the hero of the Battle of Trafalgar, 21 October 1805 and the Lanark location named after Lanarkshire, Scotland where James Stirling was born in 1791. Warren is also the name given to a State electoral district.

Kathy Hill

COMMUNITY BYTE SIZED PIECES

- Thanks to the Manjimup Lion's Club for another excellent night of entertainment at Jazz in the Jarrah, held recently at the Heritage Park.
- Warren District Agricultural Show will be held on Saturday March 18th at Rea Park, Manjimup starting 9.00am. There will be Cattle and Horse Breed Classes, Poultry Classes and Pet Show, Exhibition Hall, Entertainment from members of our community, Trade Stalls showcasing local products, Food Stalls with local produce, Displays, Side Show Alley, Fireworks and much more.
- Tyrepower Manjimup Speedway bring the Street Stock Month of Madness on Saturday 11th March to their track out on Middlesex Road. There will be plenty of action in this one, supported by Production Sedans and Juniors. Come along and support your local drivers.
- 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.
- The Grand Piano performance that was scheduled for March 11th at the Town Hall has had to be unfortunately postponed. Keep an eye out for the new date.
- Thumbs up to the Manjimup Repertory Club for episode three of their 'out loud' performance, showcasing local people sharing their stories. Episode four is currently being planned and the Club are looking for suggestions for speakers. Contact the Repertory Club.

NORTHCLIFFE EVENT—THE STARS DESCEND

The Stars Descend' is a contemporary story about climate, hope and connection – an odyssey of dance and sound performances unfolding in five spectacular outdoor locations. Each location will be a chapter of our story that has been co-created by professional artists and local community members. These five teams will rehearse and perform in the splendour of their outdoor location, delivering five visually stunning, immersive experiences of movement and sound. Each chapter takes place in a regional location that is situated along the Gondwana Link, a natural corridor of land that runs from Margaret River to Kalgoorlie. The audience can choose to experience The Stars Descend as a 15-day odyssey or as stand-alone chapters in single locations. An experience like no other – a once in a lifetime opportunity to soak up beautiful, powerful contemporary dance and sound design in extraordinary outdoor settings. Inspiration, connection, creativity. For more information, see the Southern Forest Arts Website. Buy tickets here: <https://heartlandjourneys.com.au/the-stars-descend/> Fiona Sinclair



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

EGGPLANTS

Eggplants stand out in the vegetable section when we are shopping, their dark purple skin tempting amongst the greens and reds.

Solanum melongena is a species from the nightshade family *Solanaceae*, and as such is related to the tomato and potato. Most often used as a vegetable, by botanical definition a berry, it is known as eggplant in Australia and New Zealand, aubergine in the UK and Ireland and brinjal in South East Asia and Africa. Originally domesticated from the wild nightshade species thorn or bitter apple, it is believed to have originated in India where it grows wild. It was grown throughout the Mediterranean area during the middle ages, introduced to England in the 16th century where a botanical book described it as the “madde or raging apple”. In Italian folklore it is believed to cause insanity and the Egyptians thought that insanity was more common and violent when eggplant was in season. Being a member of the nightshade family, the flowers and leaves can be poisonous if consumed in large quantities but the delicious berries are not. Used in cuisine in many countries it is sometimes used as a meat substitute in vegetarian dishes, it can be steamed, fried, barbecued, roasted, stewed, curried or pickled and delicious mashed and made into a sauce.

If you have a sunny position and fertile, well drained soil, eggplants will grow well in our temperate climate. Being semi-tropical they won't tolerate frost so best to plant out in October/November when the danger has passed and the weather is warmer. Space your plants 40cm apart, give them a liquid feed once a fortnight in summer, stake your plants when they become heavy with fruit and for companion planting, they love being next to beans and tarragon.

Eggplant is a great source of vitamins C, K and B6, thiamine, niacin, magnesium, potassium, folic acid, fibre and more. All good news for us eggplant lovers and a good reason to try out our March recipe.

EGGPLANT PASTA SALAD

Ingredients: 1 medium eggplant cut into small cubes (about 6 cups), 1 cup pitted drained kalamata olives, 6 tablespoons olive oil, 230g penne or any short pasta, 2 tablespoons red wine vinegar, 1 teaspoon salt, ¼ teaspoon black pepper, 1 tablespoon chopped fresh mint, feta cheese, crumbled (about ½ cup) 1 ½ cups cherry tomatoes, halved.

Method: Preheat oven to 200°C, toss eggplant and olives with 3 tablespoons of the oil in a roasting dish. Roast in a single layer until eggplant is tender, 25 to 35 minutes approximately. Cook pasta according to package directions, drain well. Whisk together vinegar, salt, pepper, chopped mint, and remaining 3 tablespoons oil in a small bowl. Toss together pasta, eggplant and olive mixture, feta, tomatoes, and dressing. Garnish with fresh mint.



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



**JUSTIN BAXTER**
South West & Warren Districts
Level 14, 108 St Georges Terrace
Perth WA 6000
📞 0427 156 951
☎ 1300 651 415
✉ justin.baxter@employsure.com.au
employsure.com.au

**Photocub**
WE CARE, SHARE, & COMPARE
MANJIMUP

THE MANJIMUP PHOTO CLUB INC.

Meets at the CRC, 45 Rose St, Manjimup

Every second Thursday of the month at 6.30pm

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@svdpwa.org.au

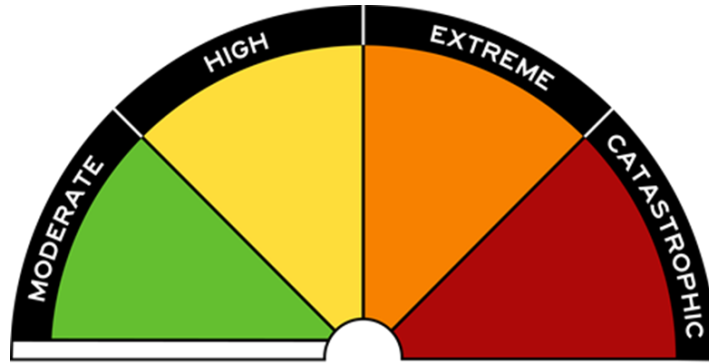
EVERY YEAR VINNIES VOLUNTEERS ASSIST

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



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



PICTURE
FRAMING

photo & canvas prints

97724995

info@frame-itmanjimup.com.au

Fish & Chips TRADING HOURS		
	LUNCH	DINNER
MONDAY		CLOSED
TUESDAY		5.00 - 8PM
WEDNESDAY	11.30 - 1.30	5.00 - 8PM
THURSDAY	11.30 - 1.30	5.00 - 8PM
FRIDAY	11.30 - 1.30	5.00 - 10 PM
SATURDAY		5.00 - 10 PM
SUNDAY		5.00 - 8PM

Thomo's
Kanga
Contracting

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





**MANJIMUP
COMMUNITY
OP-SHOP**

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



**MANJIMUP
CHERRY
Harmony
FESTIVAL**



PRESENTED BY 

The Natural Dog
WWW.THENATURALDOG.COM.AU



- Dog classes
- 1 to 1 lessons
- Truffle hunting and training
- Online course
- Pet Treats

*Single protein
West Aussie
Natural*

Alyssa Sadlo
Dog Trainer

Servicing Pemberton, Manjimup, Bridgetown and surrounds.

alyssa@thenaturaldog.com.au

www.facebook.com/ThenaturaldogAus





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 / 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

☐ Eftpos

☐ Cheque

☐ Direct Deposit

- Please come in and pay at Reception.

- Please contact the Manjimup CRC on 08 9777 2774

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

- Manjimup Community Resource Centre

BSB: 036-126

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

**MANJIMUP
BRIDGETOWN**



Precision
DRIVER TRAINING
• Advanced • Learner
Doug Moyle 9772 4747
www.precisiondrivertraining.com.au
Email: doug@precisiondrivertraining.com.au



Joblife
A job for everybody

Email: wendy.maddams@joblifeemployment.com.au
Phone: 0429 133 125

joblifeemployment.com.au

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)

SNAKES ALIVE

So here we are in the height of snake season, they are out and about as we travel through the country, some not managing to make it safely across the road on our drives. So, what do we know about these scary creatures we wondered, and decided to do a little research.

Do they sleep during the winter? When do they breed? Do they have babies, or lay eggs? Are they really all that scary? Just a few wonderings.

After a bit of investigation this is what can be shared. Snakes are a necessary part of the wildlife ecosystem, they assist in controlling the amount of vermin and pests in our environment.

They are ready to reproduce at around 2 to 3 years of age, some producing eggs, and others up to 30 baby snakes. Fertilisation takes up to a month in the various species, producing few, or many eggs, once eggs are delivered the mother may stay curled around or there are some that leave. The different local snake species life spans vary, up to 20 years.

We have quite a few snake breeds in the South West, more than most of us realise, it isn't just dugites and tigers that slide around, and frighten us, but they are the most dangerous so we are more aware of them. We have Southern Death Adders, a very scary name, which are greyish mottled in colour, blending in more with nature, not as lengthy as Tigers, not as thin and not as venomous. Research informs that death adders produce baby snakes, not eggs.

What we need to accept is that unless we harass a snake, tread on it, try to kill it, appear as an enemy, they will leave us alone. They are not like lions and tigers, waiting alongside the path to leap out and attack. So, we don't need to go on the defence as soon as one is seen, just step back and leave them alone. And always remember we have willing snake handlers who will come and relocate them.

Winter is their hibernation period, they snuggle down in the bush, finding a sheltered space where they can wait for the sun to shine again, they use very little energy during this time so require little food. They do relish a frog or two, so are often in swampy wet areas during winter, plus they are keen on birds, rats and mice, and they love eggs.

When the sun brings warmth snakes are ready to move, and to breed. They produce eggs which hatch very quickly.

Warnings to observe: be very wary when walking through grass or scrub. Wear boots and long trousers in those areas, totally covering legs. If a snake is seen, keep away from it. And remember, they are always active at night so take a torch if walking outside in the dark.

Kathy Hill

IT'S NOT EASY BEING GREEN

I caught this little fellow enjoying the sunshine the other morning, he is one of the most common species in our south west. Motorbike Frogs (*Litoria moorei*), can be quite large, up to about 10cm, one fascinating fact their colour changes after a sunbake from dark brown or olive to green with gold mottling. You will often find them in your garden as they live mainly on the ground, they can climb up to about 2 metres, especially if they can find a sunny spot. Tadpoles and adults need to sunbathe for an hour or two each day for healthy growth.

Why are they called Motorbike frogs? It's the sound they make – like a motorbike changing gears, followed by some growls and croaks. You can find them in streams, swamps, dams and ponds all around the south west. Females lay their eggs in clumps on floating vegetation, the tadpoles grow up to 8 cm long, and swim in schools when small. They are usually a translucent yellow colour with some darker areas, but become darker with deep fins and pointed tails as they grow. They can be hard to spot as they hide amongst plants and roots. They mainly eat algae and then around March to April, the tadpoles turn into frogs.

These frogs eat other smaller frogs and insects, so they are good to have in the garden to keep your insect population in check. A good way to attract them to your garden is to build a simple frog pond. All you need is a suitable container that holds water, some odds and ends of pipe, assorted pebbles and maybe an aquatic plant or two. Start by gathering your pipe together at the height you require, (different

IT'S NOT EASY BEING GREEN (CONT'D0

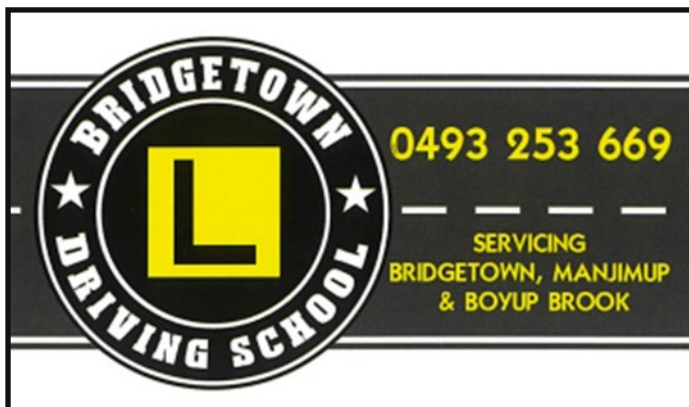
Sizes of pipe are good), wire the pipes together with cable ties. Place inside your container and backfill with pebbles, fill with rainwater if you have it and place your plant, (if using) - see photo below.

The frogs will find their new home and rest during the day from predators and the hot summer sun, you will be rewarded by a nightly serenade and a bug free garden!

Liz Coley



Photos—Liz Coley





Julie Rose
Regional Education Officer – South West
Cancer Council Western Australia
Julie.Rose@cancerwa.asn.au

Be Skin Aware this Summer

Cancer Council WA is encouraging adults in the South West region to familiarise themselves with the common symptoms of skin cancer, with the majority (55-70%) of melanoma's detected by themselves or their partners. South West Regional Education Officer, Julie Rose, said it was important to know your skin and what is normal for you, particularly if you are over 40 year of age. "Skin cancers (including melanoma) account for the largest number of cancers diagnosed in Australia each year," Ms Rose said.

"Our latest data reveals that in 2019, 1587 people in WA were diagnosed with melanoma and sadly 145 people died from it. In the SW region in 2019, 162 people were diagnosed with melanoma, with 14 deaths."

"We know people living in regional Australia have lower rates of five year survival, compared with people living in our larger cities, so we urge anyone in the SW experiencing a skin cancer symptom to visit their doctor, clinic nurse or Aboriginal health worker."

Common symptoms of skin cancer include:

- A new spot or mole on your skin
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape over a period of weeks to months.

If you notice any of these symptoms or any unusual changes, tell your doctor, clinic nurse or aboriginal health worker.

"It doesn't mean you've got skin cancer – often it turns out to be something less serious. But it is important to get checked. Getting our symptoms checked out and treated early means we can get back to the people we love and the things we enjoy doing."

Melanoma champion Di Steward from Busselton knows all too well how important it is to react quickly to unusual skin changes.

"Get it checked immediately. Don't wait like I did." she said.

For more information about skin cancer symptoms visit

<https://www.findcancerearly.com.au/cancer-symptoms/skin-cancer/>



HOT off the Press....

SunSmart's new global UV app brings innovation & the latest technology to combat Australia's high skin cancer rates.

It is time to upgrade your SunSmart app to the **new SunSmart Global UV app** on your phones! This free new app provides UV levels and sun protection advice around the globe, available in 8 languages. Whether you are staying in

Australia in summer or escaping winter to travel abroad, use the app to check the UV rating every day and ensure you are protecting your skin from harm.

Learn more and download the app today www.sunsmart.com.au/resources/sunsmart-app

For Cancer information and support call 13 11 20

A HEART WARMING STORY—SOUTHERN FOREST STEPPERS

We love good stories for Café Bytes, and top of the list must be The Southern Forest Steppers with their volunteer events to raise such valuable funds to go to research into beating cancer.

Recently this very special team held a big day at Pemberton, and raised a huge amount, \$32,228.20. Now that's a super big day out.

The team are so very grateful to all the volunteers who stepped forward to help them for this fun day and they have a long list of businesses to thank, for the generosity extended. It's always fantastic to hear of the wonderful things our community can achieve.

To quote the Steppers:

"We could not have had such a great fundraising event without all the generous donations and sponsorship. Much love to Tiny Holly for donating his time and MC'ing the day and auctions. Your cheeky and engaging banter managed to empty the wallets of many but still with smiles on our dials and warmth in our hearts.

Thanks to the resource centre in Manjimup for printing and laminating our thank you sponsor boards and other display items.

Thanks to Toni Dearle at Pemberton Discovery Tours, Ampersand Estate, Hoopz, Silkwood Estate and TreenBrook Cottages for the sensation Legends Corporate Box Package x 4 adults!

Words are simply not enough, our Stepper Team extends the most heartfelt thanks. Massive shout out to our community, with your support we were able to not only host an event to promote raising awareness into Cancer, but to help us to become many steps closer to a cancer free world.

New Steppers are welcome to join us, reach out and come pound the pavement with us all."

Their 35k New Town Toyota Walk will be in April, and before that they will be busy with more fund raising including a Pop Up Shop in Manji, 31st March to 2nd April. And they are seeking support in stocking the racks, and who amongst us doesn't have a few things they could well do without for a good cause. They would love to receive clothing, shoes, or donations of items for raffle prizes. These can be dropped to the RSM office and Johnson Food Services in Manjimup or to the Pemberton Medical Centre.

Contact numbers for information: Debi 0429 728 884 or Hannah 0477 556 690

And here's an easy way to help, if you have any empties for containers for change, the registration number for Southern Forest Steppers is C10987364. Hastie Waste, 5 Margerison Street, Tuesday, Friday, Saturday 8 am to 12 noon.

Kathy Hill



1 Opening Hours

Monday-Friday
(see Facebook page)

Saturday: 10-3

Sunday: 10-2

CONFESSIONS OF A CHOCAHOLIC

I thought I saw a chocolate bar appear in front of me
Somehow, I think that's hardly fair as I've vowed to be choc free
I only gave you up because I thought that it was right
But now I'm dreaming chocolate bars morning, noon and night
It was but one short month ago, life is full of these surprises
I tried to get my best jeans on, and they had shrunk two sizes

*I can only blame you chocolate, so delicious on my lips
If I had eaten less of you, there'd be no problem with my zips*

I didn't think it would have that effect, one Mars Bar a day
It's supposed to give you energy, at least that's what they say
I'll swear it wasn't king size, just a little mini bar
The perfect shape for munching on when I am in the car
Yes, I promise I have stopped that now, the last wrapper is in the bin
Get thee behind me Mars Bar, don't tempt me to give in

*Oh, but how I love you chocolate, so delicious on my lips
But I know where you're going, downwards to my hips*

Because I have my breakfast early, time drags until my lunch
So round about 10.30, I need that extra crunch
Of a Snickers or a Picnic, or my favourite Violet Crumble
A fine selection there I know, I really shouldn't grumble
I've given up on that at last, although I found out pretty quick
There's not much consolation munching on a carrot stick

*Oh, how I need you chocolate, so delicious on my lips
I'd love a great big slice of mud cake or even tiny chocolate chips*

They say confessing is good for you and I feel so much better now
Hey what was that just floated past, could it be the choc milk cow?
I thought I saw a Cherry Ripe I'm not getting any better
I'll just give in, and you know what I'm going to write a letter
To Mr Cadbury or Mr Nestle wherever you may be
If you'll let me be your chocolate tester, then you're the man for me!

Liz Coley



MARCH SUDOKU—JORDAN KINGSTON

		7	8	4				
			2	1				
					6			
				9			3	8
			3		2	6		
		3	6		7	2		
2	4		7					
	3	9					8	
1		6				7		4

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 Crawfordlodge/healthdirect or phone Crawford on 13 11 20.

WARREN AGRICULTURAL SHOW 107 YEARS DOWN THE TRACK

It was back in 1916 that the first Agricultural Show was held in Manjimup, and through the years has continued to be an annual highlight for the local community. Last year in respect of rampant Covid infections, the committee at last minute very regretfully abandoned holding the Show, but this year it's back.

With WW1 raging in 1916 perhaps the first was an attempt to lift everyone's spirits, but during WW1 the show was not held, starting up again in 1947. Back in those days the event was in November, being altered in 1975 to March.

This year the committee are featuring dairying as a topic of interest and are asking locals to contribute any memorabilia, equipment, etc they may have for a display.



This is a peaceful cow yard scene, a property at Balbarrup, going back many years when our milk supplies were catered for by different farming methods to today's large dairies. This photo would be around 1930s when milking was done by many individual farmers with herds numbering 40 or thereabouts, only milked for around ten months of the year, with a drying off season late summer. A truck used to call by the farms and pick up the milk in large cans, or the cream would be separated from milk by rather simple equipment in the farmer's "cow shed" and sent to market, the 'skim' milk used to feed pigs. Back in the really early days cows would be milked by hand, then large diesel engines came along, which would echo around the paddocks, powering the milking and separating equipment.

The milk and cream would be taken to Sunnywest Butter Factory, on Woolworths site of today, or Peters Creamery, where Johnson's food supplies are located.

March 18th is the date set for this year's show, well done to the dedicated committee for putting it all together, it's a rather awesome task to have everything running smoothly for the community to enjoy. Here's an encouraging message from the Committee: "Get involved Young or old and get your display and produce ready to enter the 2023 display and exhibition sections! Including, Fruits and Veg, Animals, Flowers and floral art, Plants, cooking, eggs, Italian sausage, home industries, Photography, FREE Kids art section, Cattle and Horse competitions and more! For more info and updates visit Warrenagsociety.com.au. Or Facebook."

MANJIMUP ART GALLERY NEWS

Moments Made in Italy - an exhibition by Silvia Busetto

Moments made in Italy highlights the vivacity of everyday scenes of Italian life. Across all seasons daily activities like zooming around on a Vespa, making way for elegant nonnas hauling their groceries home or enjoying a relaxed prosecco at the local bar are beautifully reflected in Silvia Busetto's effervescent watercolours. Her images entice viewers to enter the scene and get to know the locals.

Originally from the small town of Pieve di Soligo, located at the foot of the Alps in northern Italy, Silvia spent her younger years reading, drawing, painting, photographing and volunteering at a local community cinema. The merging of these passions resulted in Silvia opening Shion, a comic shop which she ran until she emigrated to Australia in 2013.

Although Silvia paints primarily in water colours, she works across a wide range of media so her artistic style is in constant evolution as she explores new ideas, subjects and techniques.

Moments made in Italy is full of scenes that inspire a sense of fun and joy that any visitor to Italy would have experienced.



Summer fun by Silvia Busetto

The exhibition is on display at the Manjimup Art Gallery from 4 March to 22 April 2023.

SUDOKU ANSWERS

5	2	7	8	4	9	3	6	1
9	6	4	2	1	3	8	7	5
3	8	1	5	7	6	4	9	2
6	7	2	1	9	4	5	3	8
4	9	5	3	8	2	6	1	7
8	1	3	6	5	7	2	4	9
2	4	8	7	6	1	9	5	3
7	3	9	4	2	5	1	8	6
1	5	6	9	3	8	7	2	4

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

Funded and Printed by The Manjimup Community Resource Centre