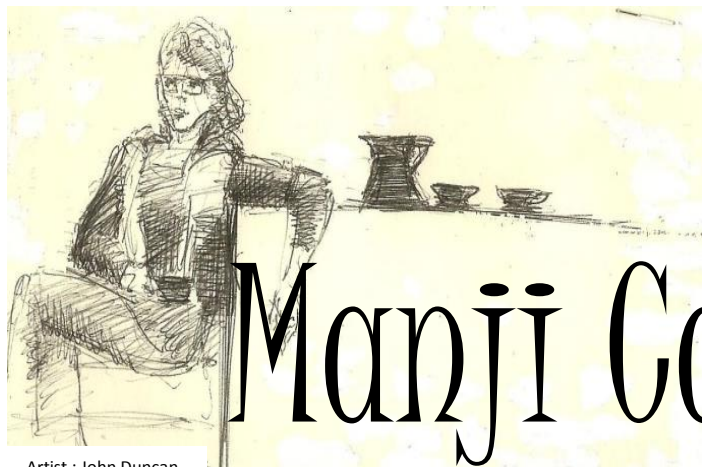


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FREE

Issue 6 - November 2014

Manji Cafe Bytes

Do you remember this Manji
business from c1979 ?



Bottlebrush (Callistemon) (L.Coley)

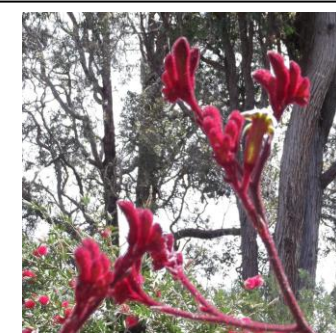
Welcome Manji Café Bytes readers to our offering for November and thanks to the people willing to share their stories.

We do try to bring forward tales about people in the community who you may see about town and wonder where they have come from and why they are here, so how about letting us know if there is anyone you think could be featured.

There's an up lift of spirits in town with the opening of three new businesses, it's great to see confidence returning with promise of going forward.

Next month will be the Christmas edition, and we would really welcome input to make it a special sparkly newsletter. You know the email address, manjicafeytes@gmail.com We look forward to your suggestions about anything festive!

And don't forget the newsletter is available online at <http://www.manjimup.crc.net.au/>



Kangaroo Paw (Anigozanthus) (L.Coley)



LOCAL FOLK INTRODUCING HSIEN HARPER

Hsien Harper performed the role of MC at the recent main event of the Manjimup Blue Grass & Old Time Music Weekend. She introduced herself as 'just one of the volunteers' but her entertaining performance and enigmatic stage presence had members of the audience asking the Manji Cafe Bytes Yarn Spinners, 'who is that woman?'. So, we've decided to introduce the Manjimup CRC Board Secretary and our guest legal editor for this edition.

Hsien has been one of our local folk for just over three years but her connection to Manjimup goes away back. She explains, "I was born in Sabah, in a Chinese-Malay village - that's where my Chinese name comes from - but as my folks were there teaching as volunteers we had to return to Australia after my birth". Hsien moved to Manjimup as a 3-month old infant and spent the first five years of her life on a farm in Smithbrook before her parents were transferred to a school in Perth. Thirty years later she came back.

"I was living in Perth and wanted a tree change". The Shire of Manjimup took Hsien on as a Community Development Officer in 2011. "I loved my role at the Shire. Because I love this place, this community, it was a real honour to contribute to it." Among other achievements working at the Shire, Hsien was responsible for the development and introduction of the Shire of Manjimup's first ever Arts & Culture Strategic Plan that details a comprehensive vision for events, heritage, tourism and the arts across the Shire.

Hsien ceased her role in Community Development a year ago and since then has been freelancing for work when she hasn't been freewheeling across Asia. "I wanted to take a year off from my career and see a bit of the world. It's been an energising experience but the year is over now and I'm looking forward to sinking my teeth into some significant local projects... like the Manjimup CRC". Hsien told us, "This is my second term on the Board and I've watched it go from strength to strength. I think the community is going to see some great initiatives coming out of the CRC in the near future".

MANJIMUP CITIZENS – TAKE A BOW

If you have ever wondered about the compassion in this community of ours, we can assure you that there's a fantastic bunch of caring, giving people amongst us. There's been plenty of evidence of this during the year but a fine example is the three Walks for Cancer that were held during October, and the great support these walks received. The warmth and generosity of our Manjimup community really shone forth.

- ❖ The Breast Cancer walk to Fontys on October 12th saw a happy bunch of around 150 people striding out the 9 km, everyone completing it in two hours with much chatting and chuckling along the way. \$3,600 was raised.
- ❖ It was a cold, stormy night when the Light the Night walk took place in Bunbury on the 18th October, however the inclement weather did not dampen the enthusiasm of the walkers who took part. Team Liebrechts participated in support of local man Steven Liebrechts who was diagnosed with multiple myeloma in September. Due to the generous support of their sponsors the Liebrechts family have currently raised \$8,488 for the Leukaemia Foundation. Donations will help fund research into finding better treatments for all blood cancers and hopefully find a cure.
- ❖ And on October 19th it was Steps for Stessy and once again the smiling faces of generous people were there to be seen, with 200 braving the unpleasant weather and walking on the new bike/walk track out to King Jarrah. This annual fund raiser is in memory of a beautiful little Manji girl, Stephanie (Stessie) Temptra, who lost her battle with cancer three years ago. This year the incredible sum of \$8,000 was raised. We all feel so helpless seeing families go through such tragedies, and to be able to help in any way, and show we care, is a wonderful feel good experience.

Congratulations to all the organisers, and participators, of these fund raisers. Well done!

And to continue our generous support during the month of December
Please get your kitchens clattering and **Bake a Cake or Slice** to donate for sale at
Manjimup Farmers' Market :: Saturday 8 DECEMBER
In support of Manjimup Community Resource Centre and Make A Wish Australia
To arrange : please contact Emily Bates on 9777 2774 or email emily@manjimup.org.au
Make A Wish Australia grants a wish every 38 minutes and brings much needed joy to many sick kids with life threatening illnesses.

COFFEE CHAT SUBJECT

If you could have a coffee
with your favourite singer
who would it be
and what would they serenade you with?

The Noongar word for this month is

KAMBARANG

October & November : the wildflower season
One of the six Noongar seasons

(Kaartdijin Noongar, Noongar Knowledge South West Aboriginal Land & Sea Council)

"Take time to be friendly – it is the road to
happiness,
take time to laugh – it is the music of the
soul"

(from an old English prayer)



Manjimup

Community Resource Centre

Your local connection

FERRETING ABOUT



Photo : WAFFS Photographer, Eric Robinson

Our Café Bytes team came across a message recently from someone wanting to start a ferret playgroup; as our previous experience of ferrets is limited to fierce little creatures used for hunting rabbits we were immediately intrigued and just had to find out more.

And there is a lot more to find out. Apparently ferrets make great pets, they are playful, intelligent, mischievous and loyal; they have a huge personality for such a small animal and their owners adore them.

Their ancestry is unclear, although it is believed they may be descended from the European or Steppe polecat. Ferrets are related to weasels, otters, stoats etc. but have been domesticated since about 300 years BC.

They are very inquisitive, like to climb and run and get into the smallest spaces, you would certainly need to ferret-proof any areas you don't want them to explore.

The average lifespan of a ferret is 7-10 years and their love of fun and games is guaranteed to keep a ferret owner on their toes right from babyhood when they are known as kits to adulthood.

The Western Australian Ferret and Ferreting Society, www.waffs.org.au holds an annual show in Perth where there are several categories for entrants including biggest ferret, smallest ferret, whitest ferret and the not-so-pretty face, there are certificates and prizes to be won, and it is an entertaining day and everyone has a great time.

Races are held in June/July each year. Ferrets sprint down PVC pipes: whoever emerges first is the winner and as they love running through small tunnels they have as much fun as their owners.

The WAFFS Society is the oldest and largest in Australia and was founded in 1981. They have a great newsletter "Ferreting Around" (issued quarterly) and the Ferret Necessities Shop has a growing range of products to help you care for your pet.

If you would like to find out more about these fascinating little creatures or are interested in adding one to your family, WAFFS has ferrets available for adoption, contact Ferret Rescue on 1300 133 323 or email rescue@waffs.org.au

BLUE GRASS SONG COMPETITION

Manjimup came alive to the sound of fiddles and dancing feet when the Blue Grass & Old Time Music Weekend came to town at the beginning of October. The Café Bytes team were delighted when one of our writers was proclaimed the winner of the "write a song competition" and received the \$400 first prize at the concert on Saturday night. Our warmest congratulations to Kathy Hill!

As the weekend was sponsored by Healthways livelighter the idea was to use the word pattern of one of the traditional songs supplied, refer to a livelighter recommendation and use the words livelighter and Manjimup.

Kathy chose "Will the Circle be Unbroken?" a popular Christian Hymn written in 1907 by Ada R. Habershon, and wrote her local version for the lyrics.

So strike up those fiddles, clear your throats and let's sing along!

I'll Live Lighter and Live Long

I was roamin' round West Aussie,
A little lost, and fancy free
When I heard about some bluegrass
Way down south among the trees

Chorus

So to Man-jim-up I'll wander
Find an active, healthy path
There'll be music through the village
Happiness will warm our hearts

I had passed my mid life crises
And was on that down hill roll
Could this bluegrass lift my spirits
That's the question in my soul

Zenith Music had some banjos
And as well, a cool guitar
I plucked those strings, and knocked a tune out
Hey, now this could take me far

I headed down the Harvest Highway
To those fertile fields so green
Found the Southern Forest Food Bowl
Where the arctic wind blows clean

So come on you Manji people
Join The Company, join the throng
You'll see me smiling, hear me singing
I'll live lighter and live long



MANJIMUP CHERRY HARMONY FESTIVAL

Manjimup will once again **paint the town red on the 12th, 13th and 14th of December** when the annual festival takes place. This is the thirteenth year for the event and if a look at the program for 2014 is anything to go by, it promises to be bigger and better than ever.

Friday is a smorgasbord for the culinary inclined, beginning with a Kids Masterclass with Emmanuel Mollois 3.30 – 5.00 pm at Bello Torta, the judging of the Dessert Competition and a Masterclass between 5.30 - 7.30 pm at Déjà Vu. Then you can make your way over to Imperials Clubrooms just in time for the Big HOO HAA Comedy Show at 8.00 pm.

Dress in your best red outfit for Saturday the 13th and watch the Pip Spitting Heats from 9.00am, the Vintage Vehicle procession at 10.00 am and Log Chops in Coronation Park from 11.00 am to 2.00 pm. The Official Opening takes place at 10.15 am on the main stage followed by the Cherry Blossoms at 10.20 am. There will be lots of children's activities, wagon rides, cooking demonstrations, fashion parade, wine tastings and a huge range of stalls. Relax down at Manjin Park from 6.30 pm with a free concert featuring DJ Rev and The Whole Shebang.

To finish off the weekend the Long Table Lunch at Newton's Orchard on Sunday 14th features a 5 course meal showcasing local produce and wines. Visit the web site at <http://www.cherryfestival.com.au/>

AVOCADOS

Avocado has an exotic ring about it, the name rolls off the tongue with the promise of flavor and richness that this mysterious fruit imparts.

It has an interesting history, being a native of an area stretching from the highlands of Mexico down to Guatemala and Ecuador, and there is evidence of its use stretching back over several thousand years.



The scientific name for avocado is Persea Americana, which gives us a clue as to its origin. The Spanish Conquistadores introduced the avocado to European society in the 15th century, California was one of the first areas to grow large quantities commercially but it didn't arrive in Australia until the late nineteenth century

The two most common varieties grown commercially in Australia are Hass and Fuerte, Hass being the most popular for its creamy flesh and rich nutty flavour. It has a knobbly like skin which turns black as the fruit matures whereas Fuerte has a distinct pear shape and a smooth skin.

Being a tropical fruit they are vulnerable to cold and frost and require some protection when young, spring and early summer being the best time to plant out trees allowing them to become established during the warmer weather. The higher rainfall and warm summers in our south west have proved to be an ideal growing area and there are several large commercial orchards producing this delicious berry, look for the local growers when you buy them.

When fully ripened an avocado should just give slightly when you press the skin, too soft and it's over ripe, too hard and you would need to leave it for a day or two.

We can use them for dips, spreads and salads but they are quite delicious in a breakfast smoothie whizzed around with a cup full of ice, a banana, cinnamon and ginger and a little honey, a good way to start your day or try this for lunch.

Liz's Kitchen Rules

AVOCADO, SPROUT & CHICKEN TOASTIE

Ingredients: 4 slices wholegrain bread, 8 slices roast chicken, 1 avocado, snow pea sprouts and 2 teaspoons sweet chilli sauce.

Method: Cut avocado flesh into slices, lay out 2 slices of bread, spread with sweet chilli sauce, place avocado, chicken and sprouts on top and cover with remaining bread slices, pop into sandwich maker and toast.

Despite what they say there is no cholesterol in avocados, they contain all the good oils so you can enjoy every mouthful and eat them to your heart's content!