

EDITION 112 - NOVEMBER 2023 FREE - ALSO AVAILABLE ONLINE

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

Quote for November

""Where there is no struggle, there is no strength" – Oprah Winfrey (1954 Word for November

SUPERDODGER: Anyone who remains uninfected after repeated exposure to a contagious virus

Welcome to our November newsletter, the eleventh month of the year already. How quickly the weeks race away. Maybe what we don't need to remind anyone of is, it will soon be Christmas, it's nearly time to start preparing for the festive season.

Thanks to those who have contributed such interesting articles, we are always extremely grateful for community input.

FOUND IN HERITAGE PARK

The Manjimup Heritage Park holds an amazing variety of trees and plants, most are labelled with their botanical name. I noticed this plaque recently, in front of a small tree, and thought I would share just in case other Park visitors haven't seen it. What an amazing tree from World War II to have in our Manjimup Park.

It can be found on the left of the path that leads to the Community Gardens.





PROBUS MONTH

October 2023 was Probus month with the theme Good Friends, Great Times, New Adventures sure to bring celebrations and activities until 31st October. Over 70 landmarks all over Australia and New Zealand were lit up in October 2022 in blue and yellow to celebrate Probus Month, the Shire of Manjimup are lighting up Brockman Street to celebrate throughout October 2023.

Manjimup Probus held their monthly meeting on the 18th October at the RSL Hall, The meeting was opened at 10.00am by President Beth Shorthouse, Maurie Masters celebrated his 90th birthday, members sang a rousing rendition of Happy Birthday with ice cream cake to follow. Probus began 15 years ago in Manjimup and they currently have 52 members. Members from the Leeming Club were welcomed and their President Anna Rennie informed us that their club was established in 2008 and has a thriving membership. Guest Speaker for this month was author Alan Wills, his book "Reading Country" is about the life of Tommy Windich. Tommy was born near Mount Stirling about 1840 and by the 1860's was working as a Native assistant to the Police Force at York. Among the many criminals he tracked and helped recapture was Joseph Johns, also known as notorious bushranger Moondyne Joe. Tommy Windich took part in many expeditions with John and Alexander Forrest and it was the Forrests who had his memorial gravestone erected after his death near Esperance Bay in 1876. Steganography is the practice of concealing messages or information within non secret text or data and Alan's book presents an interesting hypothesis on Tommy's Gravestone. Is there a concealed message? You will have to get a copy of Alan's book to find out!

Studies have shown that interacting with others in a social way is so important for good mental and physical health. Many who retire have had many years of experience working within their local community and by joining Probus they can make new friends and enrich their retirement. Manjimup Probus Club has trips and outings for members, meets monthly and membership is open to anyone who is retired or semi-retired. Did I mention there are raffles and a delicious morning tea to enjoy? Another great reason to go along to one of their monthly meetings and become a member and join the fun.

Liz Coley





Maurie Masters – photo Ian Jones





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 RSL are holding Poppy Day on the 8th November, the Remembrance Day Service will be held at the War Memorial on Giblett Street on the 11th November at 11.00am.
- Tyrepower Manjimup Speedway held a great opening night of racing last month, if you missed that
 one, the next meeting will be held on Saturday, November 18th featuring the Supermod Country
 Round, Super Six sedans and Club divisions. Head on out to the Middlesex track and support our
 local boys and girls.
- Tuesday 7th November is the day that a race stops the nation, Melbourne Cup is on again, book early for a Melbourne Cup Luncheon at one of the venues around town and we hope you pick the winner!
- Tickets are on sale for the Repertory Play, The Shoemaker and The Elves, November 24th 26th and December 1st to 3rd. Tickets are available on line at www.manjimuprepertoryclub.org or in person at the Manjimup Library. Well done Repertory members for bringing us some great pre Christmas entertainment.
- The Manjimup Cherry Harmony committee will be hard at work until the Markets and More event comes around, December 9th. Something for the community, and visitors, to look forward to. The first festival was in 2002, and has built up in popularity continuously since that time.

WOW! PALINDROMES

CRC Board Member John Hunter, our regular contributor has set a challenge this month, for readers to go searching for more of these:

In praise of Palindromes....

A Palindrome is a word, phrase, or sentence that reads the same when read backwards...
.....common, well known ones range from....kayak.......Hannah....racecar....PA's a sap.....madam I'm
Adam....to sentences that sometimes make sense,....but mostly don't.......'never odd or even'......too
hot to hoot.....was it a car or a cat I saw.......a Toyota's a Toyota.....not a banana baton.......
But now let's get serious.....

......draw putrid dirt upward......do nine men interpret nine men I nod.....a man a plan a canal Panama......Dennis and Edna sinned......straw no too stupid a fad I put soot on warts.....a dog a panic in a pagoda.....

Niagara O roar again.....Lew Otto has a hot towel.....if I had a hi fi.....no lemons no melonrats live on no evil star.....ma is as selfless as I am......now I see bees I won.....we panic in a pew....oozy rat in a sanitary zoo......go hang a salami I'm a lasagna hog.......

Well, we'll stop it right there I think.....can you make one up yourself?....maybe get some family or friends together and see how you go.





MISO

Miso is a traditional Japanese seasoning and is a thick paste made by fermenting soybeans with salt and koji. It is believed that Grain and Fish Miso has been manufactured in Japan from about 300BC. Originating in China it seems likely that soy based foods were introduced in Japan about the same time as Buddhism in 6th century AD. Buddhist Monks discovered that soybeans could be ground into a paste which brought new methods of flavouring food with Miso. Miso production is relatively simple so many home versions spread throughout Japan, nowadays it is produced commercially in large quantities so traditional home made Miso has become a rarity.

Miso can be salty, sweet, earthy, fruity and savoury depending on the ingredients and fermentation process. Common flavours are White Miso, Red Miso and Mixed Miso. It most commonly appears as the main ingredient of Miso Soup, plain rice and Miso Soup is the traditional breakfast for many Japanese. Miso glazed sweet treats, are strongly associated with Japanese festivals. Soybean Miso is also used for pickling Cucumber, Daikon, Napa Cabbage or Eggplant and is sweeter than a traditional Salt Pickle.

Miso is high in protein and rich in vitamins and minerals and improves digestion. Having a healthy gut flora is extremely important as it helps to defend your body against toxins and harmful bacteria.

VEGETABLE MISO SOUP

Ingredients: 2 tablespoons Canola or Olive Oil, 4 cups water (approx.), 4 tablespoons Miso Paste, I Onion, 2 potatoes, 1-2 Carrots, about the same amount of Pumpkin, 1-2 large Mushrooms, small quantity Leeks or Spring Onions. Dice vegetables into bite sized pieces. Place oil in a large pan and cook onions until translucent, add all other vegetables and cook for another 3 to 5 minutes over a low heat. Add water and cook until vegetables are soft. Reduce heat to a simmer and add the Miso Paste to a small amount of the soup stock and then pour back into the pan for easier mixing. Garnish with chopped Parsley, serves 4. Any Miso paste can be used, I used Red as I like the saltier flavour.

This is a great way to use up seasonal vegetables, comforting and warming, it makes a perfect lunch dish.







THE MANJIMUP PHOTO CLUB INC.

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



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BURNING SEASON



KING'S SKINK

King's Skink (*Egernia kingii*) is a large dark coloured lizard (*family Scincidae*) native to Western Australia. *Kingii* is in honour of Phillip Parker King (1791-1856) who was an early explorer of the Australian coastline while serving as an officer in the Royal Navy. The first European to draw a King's Skink was artist and naturalist Ferdinand Bauer in 1801.

This large, heavy bodied black skink can reach a total length of 55 centimetres and is common and widespread throughout the South West and Perth region. A traditional Noongar name for King's skink is wandy. Male skinks have larger heads than the females and are sexually mature at 190mm, females produce small litters in the autumn after a gestation period of 20-22 weeks. Young offspring mortality is high and growth to adult size is slow so mature King's Skinks can be quite long lived. They are omnivorous and eat mostly softer plant matter, insects and snails. They are prey for tiger snakes and attacks by cats and foxes.

They like to shelter under fallen logs, large rocks and rockeries and will visit your garden if you have the right conditions. This particular skink has lived around my garden for a few years, he has some old clay pipes to hide in during the winter, he also enjoys a night or two under the back deck, he has rocks to bask on in summer and plenty of undergrowth to hide in. I put out a shallow dish of water for him in hot weather, it's a mutual thing as he keeps the snail population at bay. Liz Coley



Photo—Liz Coley



Contact Us

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9am - 4pm Monday to Friday

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Tuesday to Friday 10am till 3pm Saturday 10am till 1pm

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-Dog classes

-1 to 1 lessons

-Truffle hunting and training

-Online course

-Pet Treats

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WARREN HEALTH AUXILARY UPDATE

At the Heart of Community Wellness: Celebrating 85 Years of the Warren Health Auxiliary.

Thank you to Jayde Darin, Shire Councillor, who has managed to find time in her very busy life to contribute this information about a caring community group.

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This spring marks a special milestone for a local beacon of care, the Warren Health Auxiliary, as it celebrates 85 years dedicated to enhancing comfort at our local hospital. Established in 1938, this tireless group has made significant strides in supporting patients and healthcare professionals, embodying the community spirit of Manjimup.

From fundraising to hands-on help, the Auxiliary's contributions are tangible and heartfelt. Their recent acquisitions include a much-appreciated double sofa bed for the hospital's palliative care room, allowing relatives a comforting overnight stay, and a new birthing pool for the Warren Blackwood Midwifery Group Practice. This essential addition means both Bridgetown and Manjimup sites can now offer improved services for expectant mothers.

While the cherished tradition of the Auxiliary Trolley, with its lollies and warm cuppas, has been paused due to Covid-19, the group's dedication hasn't faltered. They continue to provide daily newspapers and emergency toiletry packs for patients, ensuring unexpected stays are a little more like home.

The committee is excited about the annual pre-Christmas raffle on November 30th at the Manjimup Newsagency. Head down to get your ticket for a chance to win vouchers and hamper items that might make your Christmas planning a little easier!

The Auxiliary recently bid farewell to its long-standing executive committee members — Belinda Wintergreene, Helen Quaife, and Yvonne Pegrum. New president Jayde Darin, alongside the continuing vice-president Carol Steele, and new faces Sharni Harris (secretary) and Maree Rooney (treasurer), is poised to usher in a new era of community service.

As we bask in the warmth of the upcoming summer, the Warren Health Auxiliary extends a warm, open invitation to new members. Joining this group of community heroes could be your next step in making a real difference right here in Manjimup. Reach out at warrenhealthauxiliary@gmail.com and become a part of a legacy of local support.



Photo-Warren Health Services

BE CONNECTED - KARAOKE

In a heartening commemoration of Get Online Week, community members of all ages convened to partake in a jubilant karaoke event, transformed into a lively sing-along under the guidance of the effervescent hosts, Amber and Andrea. The event was held on th 17th of October, underscored the unifying power of music and technology, transcending generational boundaries and fostering a sense of communal joy and connectivity.

The spotlight shone on the standout performances of the day, courtesy of Louie and Sue, whose dynamic renditions of classic hits captivated the audience, ultimately earning Louie the top spot, closely trailed by Sue's soulful delivery. What began as a showcase of technological advancements through YouTube evolved into a spirited celebration of the profound bonds fostered by the digital world and the magic of music.

"It was truly remarkable to witness the harmony between technology and the joy of music, bringing people together from diverse backgrounds and age groups," shared one of the event's attendees, emphasizing the significance of inclusivity and digital engagement.

The lively ambiance, guided by the infectious energy of hosts Amber and Andrea, kindled a spirit of unity and camaraderie, illustrating the transformative potential of online platforms in nurturing social Interaction and shared experiences. The event not only highlighted the participants' musical talents but also underscored the pivotal role of technology in facilitating meaningful connections within the community.

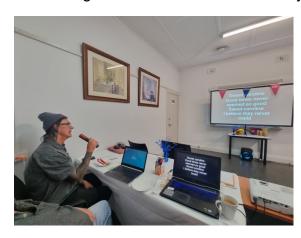
Encouraged by the resounding success of the event, organizers are contemplating transforming this spirited karaoke gathering into a monthly tradition, providing a recurring opportunity for individuals of all ages to convene, revel in their shared love for music, and explore the limitless possibilities offered by the online world.

"The event wasn't just about singing; it was about embracing the digital realm and the sense of belonging it fosters. Witnessing different generations connecting over shared interests and experiences was truly heartwarming," expressed another attendee, echoing the sentiment of unity and camaraderie prevalent throughout the gathering.

As the curtains closed on this momentous celebration, the echoes of laughter and the resonance of timeless melodies lingered, serving as a poignant reminder of the enduring influence of music and the limitless potential of the digital realm in fostering unity, connectivity, and shared jubilation.

With the promise of more musical gatherings in the pipeline, the karaoke extravaganza during Get Online Week is poised to become a cherished tradition, embodying the synergy between the love for music and the digital landscape, transcending barriers and nurturing a vibrant sense of community spirit.





PRISONERS OF WAR HISTORY

Recently we informed readers of the quilt generously donated to our local RSL, by Barbara Bachos, in commemoration of the Vietnam War.

And trawling through war records has revealed some interesting quilt history, which we would like to share with readers in this month of Remembrance.

In February 1942, Singapore was taken over by the Japanese army, and thousands of allied troops stationed there surrendered, to save their lives, which meant they were taken to Changi Prison. Civilians connected to the allies, who had not been able to make their escape, were also interned. Some had made the decision not to leave. The majority of these were associated with the British colonial administration of Malaya and Singapore or with the colonial administration of plantations and tin mines. Many had wives and children living with them, and although most had been evacuated by the time Singapore fell, a group of about 400 women and children remained.

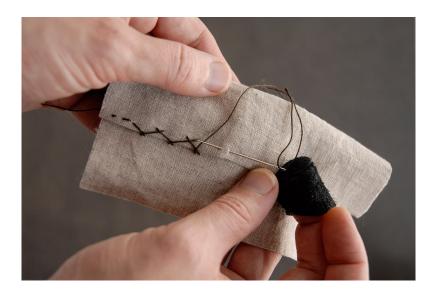
The allied troops, with the civilian men, women and children were crowded into Changi Prison, which was designed to hold about 600 inmates, and now had to accommodate about 2,400. The women and children occupied one wing of Changi, until 1944 when they were moved to another Singapore camp.

Many of the prisoners were put to work on the construction of the Burma-Thailand railway, on airfields and dockyards, and were later shipped to Japan to work in the mines and ship-building. Their diets were inadequate with little medical supplies, a third of prisoners of war died in captivity, the main causes of death were disease and starvation.

The men were not permitted to have any contact with their families. During 1942 the interned women made three signature guilts, to be taken to the male prisoners. These were recorded as the British, Australian, and Japanese guilts. The making of these was the idea of a Canadian internee, Mrs Ethel Mulvany, wife of a British soldier, and was intended to alleviate boredom, and to boost morale. They had gained approval for these guilts to be given to the male prisoners, and this enabled the women to pass secret information to men in the other camps, via the embroidery on the guilts. Informing them that their women and children were alive. Mrs Mulvany's initial idea was that only the wives of soldiers should contribute squares, because their husbands did not have contact with the civilian men, so had no knowledge of the fate of their families after they had been taken prisoner. However, there proved to be too few military wives in the prison to make up enough squares for even one quilt and so it seems that all the women were given the opportunity to contribute a fabric square, some contributing more than one. By also making a quilt for wounded Japanese, Mrs Mulvany gained permission from the Japanese commandant to pass the guilts to Changi hospitals. The Japanese guilt also contained the signatures of the women who had made it, and was passed with the other two to the hospitals and eventually given to an Australian medical officer. Some of the embroidered messages would have been private, only comprehensible to the couples themselves. Squares showing small children and children's toys such as bears probably refer to children in the camp.

The Changi quilts are on display at the Australian War Memorial, Canberra.

Kathy Hill



DEAD MAN'S PENNY

There was a framed picture on the wall when I was a child, a commemorative scroll from King George V, a medal and what appeared to be a large penny. I was told it was in memory of my grandfather who died in the Battle of Arras during the last few weeks of the First World War.

The scroll was a commemoration of his passing, his name in red underneath and his regiment, the Welsh Guards, below this was the British WWI medal and the large penny which was a Memorial Plaque made of bronze, years later I found out that they were popularly known as the "Dead Man's Penny", "Death Penny" or the "Widow's Penny".

The Memorial Plaque was issued to the next of kin of all British Empire service personnel who were killed as a result of the war. About 120 mm in diameter, they were cast in Bronze, initially at the Memorial Plaque Factory in Acton, London from about 1919. Then manufacture was moved to the Royal Arsenal, Woolwich in December 1920, in total 1,355,000 plaques were issued, which used a total of 450 tons of bronze. Manufacture continued until the 1930s.

A public competition was held with over 800 entries submitted, sculptor and medallist Edward Carter Preston's winning design included an image of Brittania holding a trident and standing with a growling lion, two dolphins swim around Brittania, symbolising Britain's Navy and there is a smaller lion under her feet biting the German Imperial Eagle. The name of the deceased is engraved on the right-hand side of the plaque but not the rank as there was to be no difference in sacrifices made by different individuals. Around the picture it reads "He died for freedom and honour." 600 plaques were issued to commemorate women and the wording was changed to "She" to reflect that.

Some of these Pennies have been passed down through families, some are held in collections, some lost over the years and some never collected due to the difficulty in tracing next of kin. The scroll and plaque were usually framed, some were placed on the walls of Parish Churches or added to memorials.

It is over a century since WW1 ended, and the "Dead Man's Penny" symbolises all the sadness and sacrifice of so many that gave their lives. "Lest we forget".

Liz Coley





Photo—Liz Coley

MANJIMUP PHOTO CLUB

For all the keen photographers out there, get your cameras and start clicking, the Manjimup Markets & More 2023 Photography Competition is now open.

Deadline for entries is 5th December, Exhibition opening at the Town Hall will be held on Saturday 9th December 9.00am, prize presentation at 12.00 noon.

Class 1: Red, Main subject must be red

Class 2: All the Scapes

Class 3: Mono Portrait, 2 or more people

Class 4: Macro or Close up

Class 5: Our Amazing Pets

Class 6: Agriculture or Industry of WA

Class 7: Australian Native Flora

Class 8: Australian Native Fauna

Class 9: Creative

Class 10: Primary School Any Subject

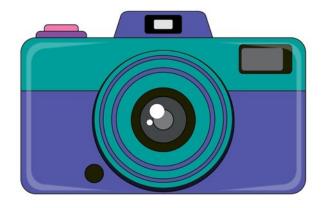
Class 11: High School Any Subject

\$3 per entry - Classes 10-11 Free

Information pamplets, entry forms and matts for mounting are available from the Manjimup Community Resource Centre.

The Photo Club meet every 2nd Thursday of the month at the Manjimup CRC at 6,30pm. If you would like to become a member of the club email secretary.mjp.photo@gmail.com

Liz Coley





Travel Photography

With

Alex Cearns - AOM

Professional animal photographer Alex Cearns has travelled the globe for over fifteen years and has photographed wildlife on all 7 continents.

An author, tour guide and photographically awarded, Alex will share her seven essential factors to elevate your animal portraits, regardless of environment, conditions and distractions. This presentation is a must who want to get the best from their wildlife photography.



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Kingsley Klau

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Learn the latest in this increasing world of phone technology - the pro's and con's, settings, apps and approach.

Both Presentations NOT to be missed...

Saturday - 9th December, 2023 - 1:30-4:30 pm **Cost:**

Only \$45.00

Final Bookings by 5th December 2023
To Book - Call Carole Paterson - 0427 772 580

Part of the:

BOLGHINUP COASTAL CATTLE GRAZING LEASE

Many thanks to Doug Moyle for supplying this extremely interesting farming history. Bolghinup Coastal Cattle Grazing Lease

During the very early pioneer farming years of the South-West developing enough pastured paddocks to feed cattle all year around was a struggle, limited choice of seed to plant productive grasses and no mechanical means to reap the hay and extend the feeding season for cattle to reproduce and produce milk. Constant cattle feed supply was not available, farmers were forced to use horses and drove the mob to the coastal plains where there was a ready source of native grass suitable to graze cattle when home paddocks were bare.

At the age of 32 and 23 John and Ann Giblett arrived in the district about 1841 and raised a family of 10 children, established different farm properties with one son operating the Balbarrup Post Office for some years, other pioneering families took up farms throughout larger district very soon after, Manjimup town was started many years later in 1910.

Starting in the 1860-70's when horses or horse and cart were the only means of transport many farmers throughout the Manjimup and Bridgetown Districts forged a path through the bush to get the cattle to greener pastures. Not all but many pioneer farmers had their own patch of coast to go to, in the very beginning the WA State did not have a Government controlling all matters, so nobody outside the SW area had a clear understanding of the need for farmers to utilise coastal native grasses to keep cattle alive ready for next calving season, sometime after a Government was formed in WA during 1890's Government land officials and surveyors came to the South West to help identify suitable parcels of land and leases were offered to the landholders, Gibletts first lease was formalised in 1908.

Bolghinup Hut was the coastal home base for many years of cattle grazing the native grasses along the south coast for brothers George (1853-1939) and Jessie Giblett (1848-1925) the Hut built in 1876 with mortise and tenon joints on upright posts to top-plate (round pole), and hand forged nails. All other wall timber and roof timber are original axe hewn local jarrah wood. The hut has stood the test of time, stabilised by support braces on the eastern side of the building. Original roof was wooden shingles then a tar covered membrane was used to keep out the water, during 1940-50s galvanised corrugated iron was more readily available.

After the second World War reaping hay was a possibility and the next generation of Giblett farmers had less need for the coastal lease, so it was offered to the Scott family of Peerabeelup district to graze their cattle, sometimes in conjunction with the Waugh farmers of Glenoran then the Waughs on their own. I can remember the cattle driven by men on horseback to the coast past our Family farm on Graphite Road. Some Friends of Hut want to move the 140 year old Hut into Manjimup due to the fear building may be lost to neglect and wildfire, over the last 4 years Parks and Wildlife staff have reduced the dry vegetation matter giving a better chance for fire control, improved the track assess, and together we have raised the awareness of community concerns for the loss of historical value if Hut is not protected. At a recent meeting with about 50 Friends of Bolghinup Hut and another 56 apologies, all registered friends had a chance to vote to move Hut into Manjimup, 76 voted no, 11 voted yes, now plans are underway to replace the posts and stand the Hut straight upright in original built location, as part of this

process the next generation of connected locals to the hut have developed a clear understanding of the history and significance of the building and yards.

The Hut and old leasehold land is located between the western end of Yeagarup Sand Dunes and the Donnelly River, and now part of the D'Entrecasteau National Park.



Photo-Lee Fontanini

What's on at the



November



1st

Volunteer Meet & Greet Sundowner 3:30 pm Wednesday the 1st. all Welcome.



5th, 12th, 19th & 26th **MONDAY** WALKING GROUP 8:30 AM FROM THE ROUND HOUSE CAR PARK [AT] TIMBER PARK

Tuesday Technology

Workshops 10am

7 th EMAILS 14th VIDEO CALLING 21st Podcasts/Music 28th Google Maps



knitting crochet 1pm every tuesday AND OTHER CRAFTS







KEEP 10am on 12TH DECEMBER FREE FOR

Christmas Sing Along



FOR MORE INFORMATION PLEASE CONTACT 9777 2774



Total Containers Southwest are located Lot 2/6 Pedretti Road Picton East WA 6229

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MANJIMUP SHS — ART EXHIBITION

Many thanks to Rebecca Drake for supplying the article

Manjimup Senior Highschool has been busy prepping for the end of year showcase. It is shaping up to be a dynamic demonstration of talent in the school's Creative Industries. While every year there is an outstanding display of work, this year has seen many new and exciting developments in The Arts. The Visual Arts department has expanded its reach with additional classes facilitated by two teachers, Tara Brooks and Rebecca Drake, working side by side. It is also the first year MSHS has graced the walls of The Manjimup Shire Gallery in the solo exhibition, 'Stepping into the Spotlight'. The Shire display is made up of a selection of year 11 and 12 portraits and can be viewed in the Library space until Tuesday October 31. Those pieces will then be brought back to MSHS for the annual Exhibition at the Technology and Enterprise Centre on November 1st. All community members are welcome to enjoy the vast and vibrant collection from 5pm to 8pm.





Opening Hours

Monday-Friday (see Facebook page)

Saturday: 10-3

Sunday: 10-2





Are <u>YOU</u> 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!



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Date Paid:			Date Entered into Database:	1 1	

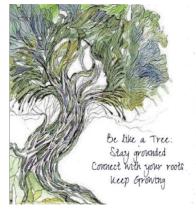
Date Membership Card Issued:

VOLUNTEER ROUNDUP

- Are you struggling with your Digital Device. We hold group classes on a Tuesday morning from 10am-12pm or you can book in for a 'one on one' with Amber. We are also introducing classes on specific topics, the first one being 'My Gov' on Wednesday 6th September from 5pm-7pm at the CRC. Phone Reception on 9777 2774 to book.
- Our Volunteer Directory is well underway and will be in print form and online soon. If you would like your organisation included, give Andrea a call on Monday or Tuesday at the CRC on 9777 2774.
- If you are looking for Volunteers, or are wanting to do Volunteering we can assist.
- Wanting to make new friends and get some exercise at the same time? Join our Walk Group on Mondays from 8.30am, which leaves from the Carpark at the Heritage Park, opposite the Wellness Centre, then enjoy a free cuppa afterwards.
- On Tuesday afternoons, our Sewing and Knitting group is held and everyone is welcome to come
 along to learn how to sew or knit, or just for the lovely companionship! The group creates "Care
 Bears' for the Ambulance service when children are suffering trauma.





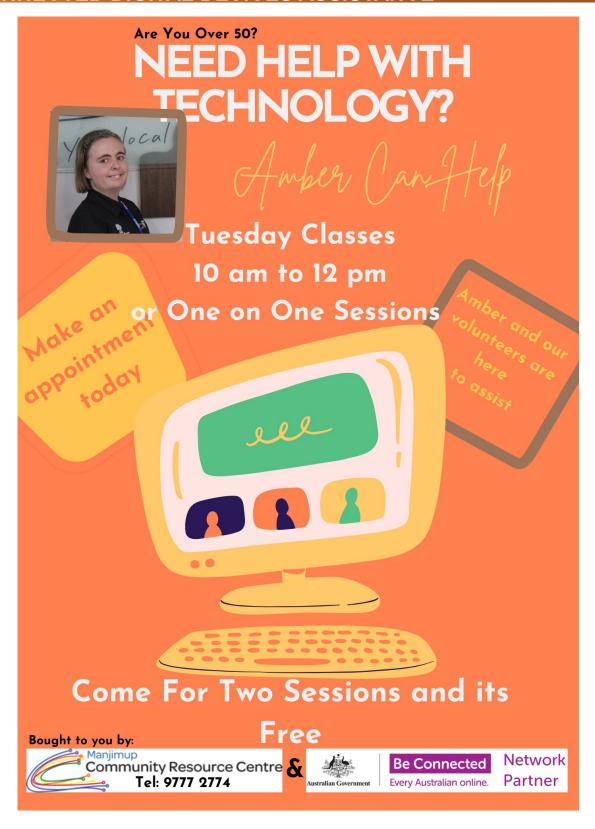


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WHO ARE WE? The Bytes Team who bring you this publication are:

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