



EDITION 111 - OCTOBER 2023
FREE - ALSO AVAILABLE ONLINE

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

Quote for October

"No matter how chaotic it is, wildflowers will still spring up in the middle of nowhere" – Sheryl Crow (1962 -)

Word for October

CAKEAGE: *Fee charged by a restaurant for serving cake brought in from outside.*

A warm welcome to October's edition of CRC Newsletter. We feel sure everyone will be enjoying the sunshine and warmth, a pleasant change from the chilly winter we have gone through over the last months.

Thank you to the contributors for our 111th edition, we are always very happy to hear, and share, community news. And we look forward to continuing to receive suggestions for items of interest in the future.

See you in November.

TRICK OR TREAT

If you open your door on Halloween to Batman, a small Goblin, Superman or a Witch or any other oddly dressed character yelling trick or treat, chances are it is local children out trick or treating. This has been a regular occurrence on the 31st October since the late 1920s in America and around the 1980s in Australia. Would it surprise you to know that the origins go back a lot further than that? All the way back to the Celtic festival of Samhain in fact, this was held on the 31st October - 1st November to mark the beginning of winter. The Celts believed that on that night the souls of the dead came into our earthly world to be appeased with gifts of food and drink. It was believed that impersonating the souls of the dead and receiving offerings brought good fortune and protection from the spirits.

Poor people in Middle Ages Britain and Ireland would go "Souling" on the first of November, this was going from door to door and asking for food in return for saying prayers for the dead on All Souls Day (November 2nd). "Guising", the custom of wearing costumes, masks and other forms of disguise began in Scotland in the late 19th century. This was a belief that by dressing like evil spirits it prevented them from doing harm, they carried lanterns made of hollowed out turnips and would ask at various homes for treats, such as fruit, cakes or money.

Immigrants brought these customs to North America and now it appears to be a world-wide phenomenon and certainly big business for the Confectionary and Costume makers. Halloween colours are green, orange, grey and black, symbols include black cats, bats and spiders, popular costumes include ghosts, skeletons, witches and wizards.

It is traditional to leave a pumpkin or Halloween decoration outside if you wish to reward the trick or treaters or simply leave your offerings at the door for your scary visitors, otherwise risk a trick, it's up to you!

Liz Coley



MANJIMUP ARTS HUB LATEST UPDATE

The Manjimup Arts Hub is now 12 months old, celebrating the first birthday on Sunday 10 September. It has been a very busy year growing the business and we are very happy with the growth that has taken place in this time. Our artists are very special and very talented. We have a large range of art and crafts for sale, and something for everyone.

The support of the Manjimup community has added to the success of this business. There are many people that have given their time to making this business what it is today. Our thanks need to go to the Rumenos family as our Patrons, John Neal for painting the inside of the display rooms and he has also painted the workshop that is in the process of being set up, and with that, our thanks to Mitre 10 for their sponsorship in supplying our paint requirements.

We have also been very fortunate to have received the recently announced Native Forest Transition Plan Community Small Grant Fund with these monies being used to purchase the requirements for the workshop area. We also have our Signage. Our thanks to the Rotary Club of Manjimup for their support in making this happen. Thank you to Wiseman Signs for their designs and installation. The Manjimup Arts Hub Committee need to be acknowledged. Without the dedication of the Inaugural Committee and the contributing artists this wonderful project, Manjimup Arts Hub would not be, what it is today.

Pamela Bodsworth Chairperson Manjimup Arts Hub



Inaugural Committee with Patron Paul celebrating hub's first birthday

Fay Dunstan, Paula Benson, Robyn Bowles, Paul Rumenos – Patron, Franzine Karamfiles, Pam Bodsworth. Absent Nicole Adams, Carol Hackett.



Native Forest Transition Fund Grant presentation at Manjimup Speedway.

Liz Lockyear, Fay Dunstan, Hon Jackie Jarvis Minister for Agriculture and Food, Forestry and Small Business, Jane Kelsbie Member for Warren Blackwood, Franzine Karamfiles, Beth Shorthouse



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

- Manjimup Repertory are preparing for their Christmas Musical - The Shoemaker and the Elves something for us all to look forward to!
- An art exhibition well worth seeing will be on display at Northcliffe Painted Tree Gallery during October.
- Manjimup's Kerry Trease's talents can be viewed in the gallery until October 22nd. Well done Kerry.
- Congratulations to Tyrepower Manjimup Speedway for receiving \$100,000 from the Native Forestry Transition Community Small Grants Fund, The committee will use the money to upgrade lighting at the track over the next two years. The first event of the 2023/24 season will be held on October 14th featuring Legend Cars, Super Sedan Summer Series, Production Sedan Feature, Street Stocks and Juniors. Head out to Middlesex Road for an action packed night of racing!
- The Australian Government Mobile Service Centre will at the Manjimup Community Resource Centre car park on Tuesday, 17th October. Call in and see them about government payments and services or get help to create a myGov account.
- The Manjimup Family Centre are holding FREE information sessions with WA Child Safety Services. Suitable for parents & carers of school aged children on Tuesday, 24 Oct from 5:30 – 8:00 pm. Read more on Parenting Connection WA
- 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.

DRIVING SAFELY — TRUE STORY

Here's a good reason why driving safely is a good idea, Thanks John Hunter for contributing this story

GREG – (Names have been changed to protect the guilty)

So it's a hot summer's day, and I'm hitchhiking from Melbourne down to Geelong, to meet up with some friends, I'm hot, thirsty, and getting agro, cos I've walked a couple of kilometres, and despite heavy traffic, nobody has picked me up until... ahh thank goodness, a green Torana slows down, and stops right next to me .

I get in, gushing my appreciation, driver is a guy about 25 years old, nice bloke, good looking guy, sort of guy that would be 'popular', easy to like, we do the usual 'hot day 'ey'. I spill my woe about nobody picks up hitchhikers any more, and off we go.... slowly.... here's me, hanging to get to my friends, and my good Samaritan is driving in the slow lane, on a freeway at 80kms an hour. After about 5 minutes, I can't hold it in any longer, I say "You don't drive very fast mate" There is a silence for maybe 10

seconds, then he looks at me and in a sober, sad, low voice. "I killed my best friend a couple of years ago, we weren't drunk, no drugs, just young, stupid, mucking around, not paying attention, hit a tree, totalled my car, Greg dead.....I don't drive fast anymore".

As he turned to me, his long hair blew back a bit in the breeze and I noticed 3 long scars, running from his ear to his shoulder.

I said to him "Did you get banged up pretty bad yourself?"

"No" he said "just a few bruises".

I had to ask "What's the story with your neck then"

"These" he said "Greg's sister did this to me, when I tried to go to his funeral, Jenny was her name.....we were supposed to be getting married. "

"I don't drive fast anymore.

Liz's



Kitchen Rules

CAPSICUMS

Capsicums are exotic looking, smooth skinned with attractive jewel colours and have a distinctive flavour that most of us love.

The species are a genus of flowering plant from the nightshade family *Solanaceae* and are native to South and Central America where they have been cultivated for thousands of years. Australia, New Zealand, Singapore and India refer to them as capsicum but they are known as bell peppers in North America and the United Kingdom. The green variety is actually the immature state of *C. annuum*, they can be yellow, orange and red when ripe.

Peru is thought to have the highest cultivated Capsicum diversity with five varieties sold in markets, Bolivia consumes the largest amounts of wild peppers. Capsicums can be used in salads, baked and stuffed dishes, stews, stir fries, salsas and pizzas making them a very versatile ingredient in the kitchen. They can be grown in the south west providing they are grown through the warmer months. They need warm conditions over five months to produce the highest yields. Prepare the ground by digging in plenty of compost and animal manure to the depth of a shovel to create a light fluffy soil. Plant them in furrows about 30 – 40 centimetres apart, once they grow and start to bear fruit, they made need staking and protection from the sun if the temperature reaches the high thirties. Water regularly and add a little seaweed emulsion to the water to give them a boost and they will reward you with a bumper crop.

There are many varieties to choose from, it is up to you.

Capsicums are an excellent source of Vitamins A and C (red contains more antioxidants. They are also a good source of dietary fibre, vitamin E, B6 and folate.

STOVE TOP CASSEROLE

Ingredients: 6 pork sausages, a tablespoon olive oil, 100g chopped bacon, 1 large onion thinly sliced, ½ red capsicum thinly sliced, 1 clove garlic minced, 1 x 400g diced tomatoes, 1 x 400g Cannellini Beans, 1 teaspoon Italian seasoning dried herbs, salt and pepper.

Method: Heat the oil in a wide base pan add sausages, cook, turning often until lightly browned (about 5 minutes) remove from the pan and place on a chopping board. Add onion, capsicum, bacon and garlic to pan and cook for about 5 minutes, stirring often. Cut the sausages into 4 chunks and return to pan, then add beans, tomatoes and herbs. Add about 150 ml water and bring pan to a gentle simmer. Place lid on pan and simmer for about 30-35 minutes stirring occasionally, if sauce thickens too much add a little water. Season to taste.

Served with a slice of sourdough to mop up the sauce, this makes a hearty filling meal, perfect for spring days that somehow feel a lot like winter is still here!





Photoclub
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- 3.) Complete the Application Form and VOILA!

For any queries contact volunteer@svdpwa.org.au

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Scouts
WA
Manjimup

THUMBS UP

- Warren Valley Church continue to provide blankets for those who are in need, in a cupboard outside their entry. Donations of warm bedding are always welcome.
- Seventh Day Adventist Manji Pantry volunteers operate the food pantry every 2nd and 4th Thursday of the month, 10 am to 11.30. Cash only. And their Op Shop will have bargains in clothing available at these times.
- Keep an eye out for the Containers for Change bins in Manjimup, a great initiative by the Shire to save land fill with cash to be gained.
- The local Rural Bush Fire Brigades are meeting and preparing for the fire season ahead. Well done to all the volunteers.
- The Warren District Agricultural Society have announced that in 2024 they will be holding a two day show once again, which will include an additional day event, Field Day Friday. This will be aiming to connect farmers to trade and networking/educational opportunities. Friday night there will be sideshows, fireworks and live bands. Saturday will be the regular family Show Day out. 15-16th March 2020. Well done to the committee and volunteers.
- Our August Bytes told the story of how Franzine and Sam Karamfiles will be hitting the road soon for their fund raising event, and they are continuing to achieve fantastic support from sponsors. Manjimup Rotary Club, Cutts Transport, Rural Building Co, and many others are getting behind Car 25. Anyone wishing to add to their fundraising tally can donate by contacting either Franzine or Sam – 0418 919 168 or 0417 963 133. franzine@westnet.com.au or click into their web page <https://www.sbrc.net.au/fundraisers/TheGriswolds>.

GREAT AUSSIE BIRD COUNT

Bird Life Australia are celebrating their 10th year with the Great Aussie Bird Count for 2023 which will be held on the 16th to 22nd October.

BirdLife Australia has been a leader in bird conservation for more than a century. One of their most popular initiatives is the annual bird count, which takes place across the country each October during National Bird Week. It doesn't matter if you are a newcomer or a twitcher, your contribution collects valuable data on species diversity and distribution which BirdLife Australia uses to monitor birds to ascertain which species are thriving or declining. Nearly four million birds were counted in 2022, the three most common bird species which topped the list at the national level were the Rainbow Lorikeet, Noisy Miner and Australian Magpie. Australia Post has released a series of stamps to celebrate the tenth anniversary, you may be lucky to receive one in the mail or buy the set at the Post office.

If you want to participate in this year's Aussie Bird Count you need to register as a counter via the Aussie Bird Count website <https://aussiebirdcount.org.au> download the app on Apple Store or Google Play, enter your bird count location in the app and begin counting by recording the number of species over a 20 minute period, then submit your count via the app or web form.

All it requires is a sharp pair of eyes, pen and paper and a cuppa, what could be easier than that. Submit your count and be in the running to win some great prizes!

Liz Coley



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Website www.swclc.org.au

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Jane Kelsbie

MEMBER FOR WARREN-BLACKWOOD

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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

Winter Trading Hours



Monday	Closed
Tuesday	5 - 8PM
Wednesday	11.30 - 1.30, 5 - 8PM
Thursday	11.30 - 1.30, 5 - 8PM
Friday	11.30 - 1.30, 5 - 9PM
Saturday	5 - 9PM
Sunday	11.30 - 1.30, 5 - 8PM

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manjimupcommunityopshop@gmail.com

MANJIMUP CHERRY Harmony FESTIVAL



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MANJIMUP MARKETS & MORE

Proudly presented by Manjimup Cherry Harmony Festival | cherryfestival.com.au | PO Box 806 Manjimup WA 6258

EVENT DESCRIPTION : Manjimup Markets and More presented by the Manjimup Cherry Harmony Festival, Saturday 9 December 2023, 9am to 4pm Manjimup Central Business District. The new Manjimup Markets and More [MM&M] event to replace the very popular Manjimup Cherry Harmony Festival [MCHF] will be featuring market stalls, local produce, local entertainment, cooking demonstrations and the very popular log chop events.

The committee will be encouraging and cross promoting local satellite events to support the market day event. > The Manjimup Photography Club will be holding their annual competition and display in the Town Hall. > The Manjimup Art Festival competition will be hosted for the fifth year at the Manjimup Art Gallery, which is opened from the middle of November for a month, including the MM&M event on 09/12/23. > The Manjimup Chamber of Commerce are planning an event on Friday evening 08/12/23, > The Seventh Day Adventist Church will be hosting a "Very Cherry Brekkie" on Sunday 10 December in the Town Hall. > Two Little Blackbirds Cafe will hold their annual Cherry Degustation dinner on both evenings Friday 8 December and Saturday 9 December. > Cilantro Restaurant and Tall Timbers will be hosting events. > Gatsby's Skyline will have entertainment over the weekend. > We hope all of our local cafés will be presenting local product meals, giving visitors to the area a wide range of venues to attend. > Guadagnino Orchards – host many visitors showcasing their cherry orchards and local products.

The MM&M working group are approaching local businesses to host satellite events and collaborate to expand the event over the whole weekend. To date we have more than 90 market stall placements booked. The event will be hosted in Manjin Park, Johnson Street, Coronation Park and Brockman Street, Manjimup. The main street (Giblett Street) will not be closed as per the traditional cherry festival. Events not taking place [events intrinsic to the traditional Cherry Harmony Festival]: - The Main Parade, street theatre, second stage entertainment, display of vintage vehicles, Cherry Blossom competition, children's art competition and display, cherry pips spitting competition (now an avocado lob competition), fashion parade, static displays, art deco walk, corn hole, Long Table Lunch (held on Sunday).

MANJIMUP MARKETS & MORE Proudly presented by Manjimup Cherry Harmony Festival | cherryfestival.com.au | PO Box 806 Manjimup WA 6258 Proposed event running sheet for Manjimup Markets and More Saturday 9 December 2023 – 9am to 4pm 9am All markets to be in place, trading until 4pm. 9am Entertainment - Local musicians playing continually through the day. 10am Official Opening - Acknowledgement to Country by Wayne Herdigan. 10am Roving entertainer, and Festival favourite, Gertrude Wellese to interact with event goers throughout the day. 10.15am Commencement of Log Chops - events throughout the day. 10.15am Cooking Demonstrations – Don Hancey WA Food Ambassador - three cooking demonstrations throughout the day and interaction with local food producers. Saturday 9 December 2023 – 9am to 4pm Manjimup Town Hall Photography exhibition and display. Manjimup Gallery Manjimup Art Festival Competition.

Sunday 10 December 2023 Very Cherry Brekkie, run by Seventh Day Adventist Church. Anticipated attendance : We anticipate attendance to be more than 4,000 people during the day. Market stalls are very popular and our current Strategic Plan, the Pre and Post Surveys have shown this. We trust the foregoing information gives you a good outline of the new Manjimup Markets and More market stall event. The working group is operating under the guidance of the Manjimup Cherry Harmony Festival Inc. committee and are working to bring this to fruition. We believe it is important to host an event of a similar type, and on the traditional festival weekend, to ease the return of the full festival in 2024. We have really streamlined the event by utilising as much local content as possible and focusing on market stalls which inject attendance fees into the event.

The working group is in discussion with several groups who will volunteer their services to entertain the crowds during the MM&M Day programme. www.marketsandmore.com.au Franzine Karamfiles Pamela Bodsworth MM&M Treasurer Manjimup Markets and More Committee Cherry Festival Committee Treasurer Manjimup Cherry Festival Committee Associate treasurer@cherryharmonyfestival.com.au bodsy@wn.com.au 0417 963 133 0409 118 296

MANJIMUP HERITAGE PARK

Thanks to Samantha Cleveland for supplying this information about an extremely valuable service, offered by Manjimup Shire.

The Manjimup Heritage Park now even more accessible!

To increase the accessibility of the Manjimup Heritage Park for all visitors and residents in our Shire, we are delighted to report the Shire of Manjimup have made available a Unicare Tourer wheelchair to loan, free of charge to explore the Park.

To make use of the wheelchair, you simply need to visit the Manjimup Visitor Centre team to read and complete the conditions of use and agreement form, provide identification and then you are free to explore the Heritage Park at your leisure.

Users and/or carers utilising the free service must ensure they take into consideration any special needs or limitations the user of the chair may have, as it is not fitted with a seatbelt.

This initiative was raised at the Shire of Manjimup's Access and Inclusion Advisory Committee and then a recommendation was made to Council, who approved the purchase of the wheelchair for mobility impaired visitors to utilise whilst visiting the Manjimup Heritage Park.

Please share this exciting addition to the Manjimup Heritage Park with anyone you feel who could benefit from its use .



WHERE IN MANJI IS THIS?



Opening Hours

Monday-Friday
(see Facebook page)

Saturday: 10-3

Sunday: 10-2

INTRODUCING AUSTRALIAN AUTHOR SASHA WASLEY

WELL KNOWN WRITER COMING TO TOWN

On Wednesday 11 October, 5.30 pm to 7.30 pm, our community will be fortunate to have the opportunity to attend the Manjimup Public Library and meet Sasha Wasley, a highly successful Australian Author.

Sasha will be introducing us to her latest book, Snapshots from Home, "inspired by true stories from the Australian Home Front. Hope can win a war".

Please register for attendance at art.gallery@manjimup.wa.gov.au by 6 October 2023.

For more information contact the Library on (08) 9771 6940. Or call in to Library, Cnr Rose & Mount Streets, Manjimup.

BEYOND BLUE

Thank you to Kim Starkie for sharing information regarding a very important initiative.

"On Saturday 7th October from 12.30 pm I will be holding a sausage sizzle in support of Mental Health. We all have moments when we struggle, some a little, some a lot, and ongoing. I just want to share a snag with local community and provide an opportunity to be with others.

You are never alone. It's OK to not be OK and need help.

Dr Paul and Jayde Darin have kindly offered to support the sausage sizzle so there will be no charge to come along and have some lunch in an event supporting mental health. There will be sides too. You can also bring a plate to share if you like. This is very much everyone's event.

And wearing blue would be a good idea.

Beyond Blue official bunting will be up .

There will be a donations tin or please donate online



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MANY THANKS TO JESS WATT FOR SHARING HER POETRY

THE WATTLE'S PLIGHT

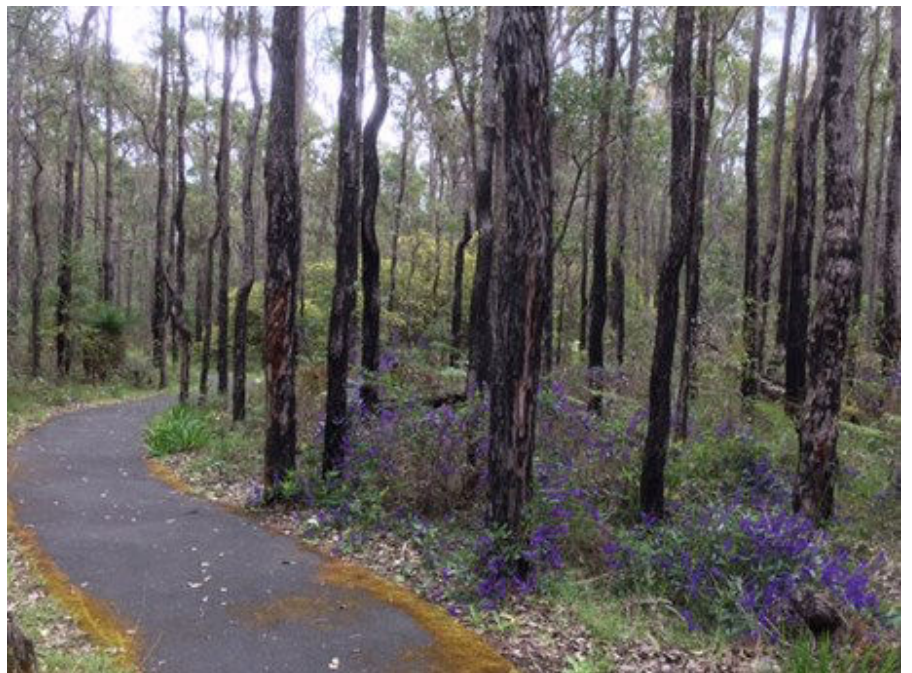
In winter's icy grasp
Behold the wattle's plight
It's faded blooms once blazing,
Now a faded sight.
But hark! A glimmer of hope
Amidst the frosty air.
For deep within its branches
Life still lingers there.
The sun may hide behind a gloomy veil of grey
Yet you stand tall and steadfast
For whatever comes your way
With every gust of wind that blows
The rain that shakes your form
You dance in silent beauty
Defying winter's storm.
As winter fades and spring returns
Your blooms now shining bright
I cannot recall the dark for there was never any plight.

Jess Watt




KING JARRAH WALK TRAIL

A Spring stroll around the King Jarrah walk trail, a delightful place at any time but especially at this time of the year.




TAX HELP SYLVIA BAKER

The October 31st deadline for lodging your tax return is fast approaching. If you are on a low income (\$60,000 or less) and have simple tax affairs, contact Manjimup Community Resource Centre on 9777 2774 to find out if you're eligible for Free Tax Help and make an appointment.



Australian Government
Australian Taxation Office



**Get free help with
your tax return from
a Tax Help volunteer**

- > Are your tax affairs simple?
- > Do you earn around \$60,000 or less?

Manjimup Community Resource Centre
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Ph: (08)9777 2774

or visit ato.gov.au/taxhelp

myTax

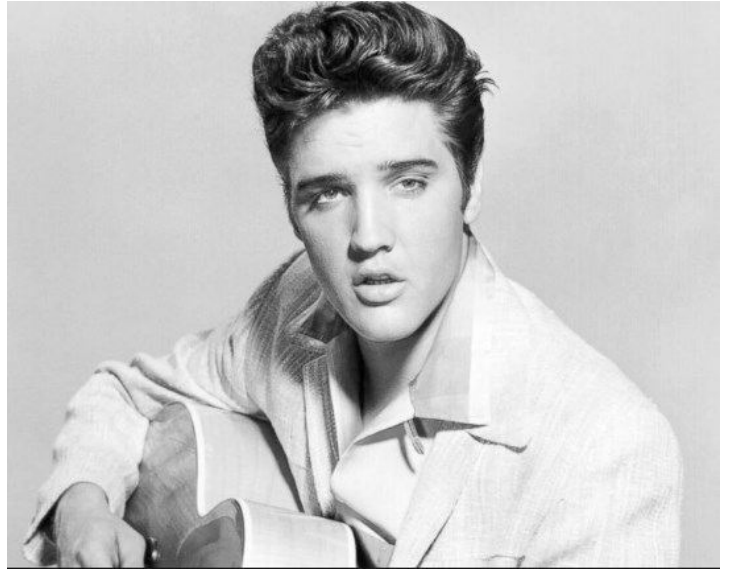
SUDOKO

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ABC OF ELVIS

All shook up, he sang at the start
Blue suede shoes, and he'd captured my heart
Could I fall in love, in a single night
Don't think twice, it's all right
Edge of reality, I'm leaving it fast
Fools fall in love, how long will it last
Good luck charm, I wish I'd brought you
Heartbreak Hotel, making me blue
It's now or never, did I say that out loud
Jailhouse rock, I'm lost in the crowd
King Creole, with your jet black hair
Let me be your teddy bear
Moody blue, that's how I feel
Night life, is this for real
Out of sight, out of mind
Pink Cadillac, leave it behind
Que sera, sera, what will be, will be
Rock around the clock, are you looking at me
Shake, rattle and roll, my heart starts to pound
Tennessee Waltz, dance round and round
Unchained melody, I sing every line
Viva Las Vegas, it's going to be fine
Wooden heart, I know that's not you
X-ray photos *My wish came true*
Young love is fickle and misunderstood
Zip out the door with *Johnny B Goode*

Liz Coley



WELCOME TO OUR CENTRE MANAGER JENNIFER ROSS

After moving to Bridgetown in 2021 Jenny began working at Manjimup CRC as Finance and Admin officer, so is a familiar face around our centre.

Since Louise Kingston left to take up an opportunity to represent the people of the south west region in the Legislative Council Jenny has taken on the role as centre manager.

We wish Jenny all the best as she transitions into her new role at the Manjimup CRC.





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

Be breast aware this October!



October is Breast Cancer Awareness Month

so, it's an important time to shine a light on the impact that breast cancer has on many Australians. It's also important for people to get to know common breast cancer symptoms.

Women from regional Western Australia (WA) are known to delay going to a medical clinic when they were experiencing symptoms, with many experiencing self-doubt about the existence of the symptom. In 2019, 1,899 women in WA were diagnosed with breast cancer, and 259 women lost their lives to it.

If you are unsure about a possible symptom, you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible. This is particularly important if it's been more than four weeks since you first noticed the change. Cancer treatments have improved in recent years, and it is much easier to successfully treat breast cancer if it is found early. The more it spreads, the harder it is to treat. So, we must **Find Cancer Early**.

Everyone's breasts are different. It is important that you get to know what your breasts look and feel like, so you know what is normal for you. There is no right or wrong way to check your breasts.

Common symptoms of breast cancer:

- A lump or hard area in your breast or underarm, especially if it is only on one side
- A change in the size, shape or feel of your breast
- Change in the look of your breast, including redness, rash, or your skin looks like the skin of an orange, or is wrinkling in small folds
- Changes to the nipple, like it's pulled inwards, leaking, itchy or has a sore that won't heal
- Breast pain or discomfort, especially if it is only on one side
- An area of the breast that feels different to the rest

You can give yourself the best chance to **Find Cancer Early**, by going to see a doctor, clinic nurse or Aboriginal health worker straight away if you have any of the symptoms above. The benefits to **Finding Cancer Early** is that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

Breast cancer screening:

Breast cancer can also occur with no symptoms, so for Australian women 50 to 74 years NOT experiencing the symptoms above, it's important to take part in breast screening every two years with *BreastScreen WA*. Screening mammograms are designed for people who are NOT experiencing symptoms. Waiting to participate in screening when you have a symptom could delay your diagnosis and risk a worse outcome. So, if you have a symptom, see your doctor.

For more information about breast cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.



Government of Western Australia
Department of Health

Call us on 13 11 20
findcancerearly.com.au



Manjimup
Community Resource Centre



Friendly dogs welcome



COME WALK WITH US

VOLUNTEER@MANJIMUP.COM.AU
9777 2774



All you need is a hat, some water and a smile

When: Monday 9:00am Winter
Where: Outside the roundhouse at the
Manjimup Heritage Park



Join with us for a cuppa
on us

Tuesdays 1:00 pm—3:00 pm

Manjimup Community Resource Centre

45 Rose St, Manjimup WA 6258



Do you know how to
work with Yarn?

Are you wanting to
enjoy a new hobby?

Do you want to be
involved in charity
work?

Would you like to pass
on your yarn skills to
others?

Donations of knitting
and sewing items
thankfully received

Knitting &
Sewing Club



Manjimup
Community Resource Centre



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:



0493 253 669

SERVICING
BRIDGETOWN, MANJIMUP
& BOYUP BROOK



MOTORCYCLE TRAINING

MOPED, R-E-(LAMS), R
SERVICING THE SOUTHWEST
LICENCE NUMBER 9047

CALL RICHARD:
0493 253 669



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

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

Membership

TAX INVOICE

ABN: 66 287 651 302

Surname _____ First Name _____

Business / Organisation _____

Nominated Users (For Businesses and Organisations)

#1 _____ #2 _____

Postal Address _____

Suburb _____ Postcode _____

Email _____

Phone _____ Mobile _____

- ☐ **SINGLE** **\$10.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services – excludes Room Hire)
- ☐ **Family** **\$20.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services – excludes Room Hire)
- ☐ **Business** **\$50.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services)
A Business Card sized Ad in each edition of Café Bytes

PAYMENT METHOD

- ☐ Cash - Please come in and pay at Reception.
- ☐ Eftpos - Please contact the Manjimup CRC on 08 9777 2774
- ☐ Cheque - Please post your cheque to Manjimup CRC, PO Box 314, Manjimup WA 6258
- ☐ Direct Deposit - Manjimup Community Resource Centre

BSB: 036-126

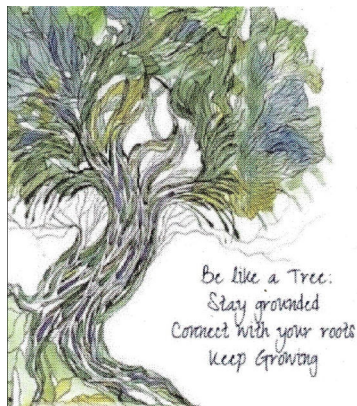
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(Please use Surname as reference and email a copy of your confirmation of payment)

OFFICE USE ONLY	Initial		Initial
Payment Method:		Receipt Issued: Yes / No	
Date Paid:		Date Entered into Database:	
Member Number:		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 9am, 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.




ASTROLOGY COLLECTIVE

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in love and wisdom
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**MANJIMUP
BRIDGETOWN**



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SUDOKU SOLUTION

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

Are You Over 50?

NEED HELP WITH TECHNOLOGY?



Amber Can Help

Tuesday Classes

10 am to 12 pm

or One on One Sessions

Make an
appointment
today

Amber and our
volunteers are
here
to assist



Come For Two Sessions and its
Free

Bought to you by:



Manjimup
Community Resource Centre
Tel: 9777 2774



Be Connected
Every Australian online.

Network
Partner



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

Yarn Spinners, Liz Coley & Kathy Hill

Contribute your story to us: manjicafeytes@gmail.com

(08) 9777 2774 or volunteer@manjimup.org.au

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