



EDITION 98 - SEPTEMBER 2022
FREE - ALSO AVAILABLE ONLINE

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

Quote for September

"The secret of getting ahead is getting started." – Mark Twain (1835 – 1910)

Chat subject for September

Spring is officially here, what do you like most about this time of year?

Welcome to our September newsletter, it's time to welcome Spring into our lives and say farewell to Winter. Warm thanks to Darcie and Bridie for sharing their Mum's story and their big effort towards funds for Cancer treatments. Thanks to all our other contributors for this month's stories
..... Keep those stories flowing in, we love community input.

NATIONAL WATTLE DAY



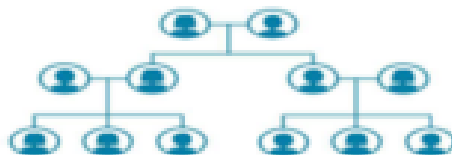
September 1 is National Wattle Day, and with a little online research we have discovered that Aboriginals have been using the seeds of many of the wattles, either cooked while green, or dried and ground into flour to make bread loaves for over 1,000 years. Findings from the oldest archaeological site on Martu Country in the Western Desert detail how wattle, and other Acacias, were used as food, medicine and tools by Indigenous people .

After British colonisation Australia's wattle trees were soon found useful for firewood, tannin, tool making and medicines. As early as 1814, Australian *Acacia* species were recognized for their tannin content and developed into plantation crops across the British Empire. Several species are maintained for their wattle seed in Niger and South Africa. Also, it is said acacia seed flour is currently gaining in popularity because of its high nutritional content and low toxicity.

Kathy Hill

WARREN FAMILY HISTORY GROUP

The Group meets monthly at the Warren Craft Group Rooms. When not involved in Meetings an ongoing project is to photograph the headstones of the three cemeteries in Manjimup. In August the Group conducted an Open History Session at the Manjimup CRC which involved using databases namely Ancestry-World, My Heritage, and Find my Past. It was well attended and more sessions will be planned. Earlier in the year the Group visited the Walpole Historical Society and gave their members a description of our Group's function and how we may be able to lend assistance.



Meetings are held 1st Thursday of a month 7.30pm, Secretary Judy Murphy can be contacted on 0458 616 338 or leave message.

QUENDA CROSSING

Quenda (Southern Brown Bandicoot) *Isodon fusciventor* is endemic to South Western Australia. Previously thought to be the Southern Brown Bandicoot it has been reclassified as a separate species and known as the Quenda (from Noongar kwindi), these delightful little animals are threatened by habitat loss due to land clearing, predation from foxes, cats and dogs, and collisions with vehicles.

The Shire of Manjimup has recently installed signs on Blackbutt Drive warning that there is a population in the area, if you are on the road, please slow down and look out for them crossing, especially at night time.

These small marsupials have a long, pointed nose and strong stocky limbs, they are great diggers, their diet consists of seeds, fungi, insects, earthworms and a variety of plant material. They are 28-36cm in body length with a short stiff tail 9-12cm long, they can weigh up to 2kg. Their fur is short and usually a dark grey-brown with a creamy white belly, their tails are dark brown. Quenda build nests using a pile of sticks and leaves in a shallow depression under bushes. They breed mostly in spring but when conditions are right can breed at other times of the year. They can carry up to six babies in the pouch but most often have two to four babies in a litter, pouches open backwards, which stops soil getting in when the mother is digging for food. The Quenda mother's milk is one of the richest in the animal world which enables their young to grow quickly and mature in 2-3 months. Their lifespan is around 3-4 years.

If you are lucky enough to have one visit your garden, you can spot their presence by the cone shaped holes they dig while searching for food. They are mostly nocturnal, but can be active during the day especially in winter and are commonly seen at dawn or dusk. **Photo—dpaw.wa.gov.au**

Quenda are on the Threatened and Priority Fauna List, if you wish to report a sighting, download a fauna report form from: fauna@dbca.wa.gov.au.

Liz Coley



Photo—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
f JaneKelsbieWarrenBlackwood
📷 Jane_Kelsbie_MP



VALE DR. JAMES HENRY HUTCHISON BOWIE

Dr Bowie dedicated over forty years of his life to caring for the health of Manjimup residents. He retired in September 2018, spending a relatively short time enjoying retirement with his wife Elizabeth, on their farming property near Bridgetown. After several months of ill health, on July 27th Dr Bowie passed away. In 2021 he was officially awarded Order of Australia, highly deserved recognition of his dedicated service. Rest in Peace Dr Bowie, and thank you for all your years with the Manjimup Community. You will not be forgotten.



Kathy Hill

COMMUNITY BYTE SIZED PIECES

- Congratulations to all the prize winners of the Manjimup Photo Club Fantastic Fungi exhibition, a brilliant collection of photos on display until 3rd September at the Art Gallery. If you missed this one, the Photo Club will be holding their annual competition in conjunction with Manjimup Cherry Harmony Festival. The Photo Club meet on the second Thursday of each month at Manjimup CRC, 45 Rose Street, Manjimup. Check Facebook Manjimup Photo Club Inc for updates.
- Tyrepower Manjimup Speedway will be revving up for a great season of racing for 2022/23 with their first meeting on November 5th. Street Stocks Month of Madness enters its 3rd year of quality action on the track with Manjimup hosting round three on March 11th. If you would like to support the club new members are always welcome contact: manjimup_speedway@live.com
- Park Run: Despite some of the terrible weather we have experienced this winter, the Park Run enthusiasts haven't let the rain and wind stop them. So, if you are looking for a bit of healthy exercise, the meeting place is King Jarrah, 8 am every Saturday morning for a run into town and back. And then there's the option of some social time to complete the outing.



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

LIZ'S KITCHEN RULES

There are not many of us that don't like chocolate, I prefer dark chocolate but the most eaten varieties would be milk or white chocolate. Whichever is your preference you can be assured that chocolate has been around for a very long time.

Chocolate is made from roasted and ground cacao seed kernels and has been consumed in some form (mainly as a drink) for centuries. A chocolate drinking vessel found on the gulf coast of Mexico provides evidence of cocoa beverages prepared by early civilisations as early as 1750 BC. The Mayan civilisation grew cacao trees and used the seeds to make a frothy, bitter drink. By the early 15th century, the Aztecs were the ruling class but their home in the Mexican highlands proved unsuitable for growing cacao so they had to import it from the Mayans. People who lived in Aztec areas were required to pay their taxes in cocoa seeds and cocoa beans were used as currency. The Aztecs liked their chocolate cold and Mayans preferred it warm. Christopher Columbus returned from the Americas in the late 16th century and brought cocoa beans back to Spain. It made no impact at first until Spanish Friars introduced it to the Spanish court and it began to be imported into Europe. The Spanish added sugar and honey to sweeten their drinks, within a century it was well established all over Europe.

One of the most popular food types and flavours in the world it is used in many ways, apart from chocolate drinks it is used a lot in desserts, cakes, puddings and of course chocolate mousse. There are chocolate bars, all flavours, some have soft centres, others include nuts and fruit. There are easter eggs, chocolates for Valentine's Day and boxes of chocolates given as gifts. The term "chocolatier", for a chocolate confection maker, is attested from 1888.

Dark chocolate is packed full of important minerals, including iron, magnesium, zinc, copper and phosphorus. In your body, these minerals are used to support factors such as immunity (zinc), can help keep your bones and teeth healthy (phosphorus), and contribute to better sleep quality (magnesium). This is good news but eat too much of it and you could be undoing all the good work, 1 or 2 squares of dark chocolate a day is the recommended amount.

If you like granola for breakfast and are a chocolate lover this is the ideal breakfast and it's so easy to prepare.



JUSTIN BAXTER

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justin.baxter@employsure.com.au

employsure.com.au



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

CHOCOLATE GRANOLA

Ingredients: 4 cups rolled oats, 1 cup mixed nuts chopped, 1/2 cup maple syrup, 1/2 cup virgin coconut oil, 2 tsp vanilla extract, 1/2 tsp of cinnamon, 1/2 a tsp of sea salt, 1/2 cup of dark chocolate chips, 1/2 cup of shredded coconut, 1/2 cup of cocoa

Method: Preheat the oven to 200C. Mix all the dry ingredients in a bowl. Mix the wet ingredients and then blend together, spread the mixture in a thin layer on a baking sheet lined with baking paper and bake for 10 - 15 minutes, or until golden brown.

I like the nuts chunky so I just put them between 2 sheets of baking paper and bash them with a rolling pin. If you prefer them finer, whiz them in a food processor.

Serve with fruit and yoghurt of your choice.



ARE YOU INTERESTED IN JOINING THE CRC BOARD

The Board sets the strategic direction for the CRC and is made up of community members from a wide range of backgrounds. The CRC delivers a broad range of services to the Community, including access to all Government services, are Centrelink and Department of Transport Agents, offer printing, laminating, copying, emailing, binding and other secretarial services, hire rooms and have a dedicated volunteer service.

Requirements are minimal, with a monthly meeting on the fourth Tuesday of each month lasting for around an hour. Membership of the CRC is a requirement and training is provided

If you are interested, contact the Chairperson, Liz Coley on 0409 292 435.

MANJIMUP BLUEGRASS AND OLD TIME MUSIC

That toe tapping music weekend is on again this year, over the long weekend in September, 23-26th. Five professional musicians will be here to entertain us for what will be the eleventh year of Manjimup Bluegrass & Old Time Music weekend fun.

Tutors Jeremy Marcotte, claw hammer banjo, Tom Kendall, guitar, and Craig Woodward, fiddle, will be flying in from the east and Ian Simpson, banjo and Adam Gare, mandolin will be driving down from Perth. They'll be running instrument workshops and jams and two singing workshops, and performing at the two night time concerts and the usual Sunday Gospel SingOut. Keep an eye out for the venues and times of these.

Anyone who would like to be part of the event, as a participant or a volunteer would be very welcome. Check out the website: Manjimupbluegrass.com for details and how to book or contact Mary Nixon: info@manjimupbluegrass.com



Mary Nixon



Fish & Chips Menu		Menu	
FISH 'N' CHIPS		B.Y.O.	
1 Serve	\$12.50	KIDS FISH 'N' CHIPS	\$6.20
HAWAIIAN PICK	\$16.50	FISHERMAN'S BASKET	\$18.00
1 Fish, 2 Pineapple Fritters, 82 Chips		1 Fish, Crab Stick, Prawn Cutlet, 2 Squid Rings, 82 Chips	
MEAL FOR 2	\$31.50	FAMILY MEAL	\$34.50
2 Fish, 2 Pineapple Fritters, 4 Squid Rings, 84 Chips		3 Fish, 85 Chips, your choice of 3 Dim Sims, Pineapple Fritters or Crab Sticks	
SEA FOOD		EXTRAS	
Fish	\$10.50	Spring Roll	\$4.20
Shopper	\$13.50	Chiko Roll	\$4.20
Local Spanish Mackerel	\$14.50	Corn Stack	\$4.00
Gummy Shark or Bronzy	\$14.50	Dim Sim	\$1.50
Grilled or Crumbed (per piece)	\$1.50	Pineapple Fritter	\$2.00
*all fish subject to availability		Chicken Nuggets	\$10.00 each
SEA FOOD		Kwai Hot Dog	\$4.20
Soft & Pepper Squid (6)	\$6.00	Potato Scallops (2*)	\$3.00
Squid Rings (6)	\$5.50	Onion Rings (6)	\$5.50
Crab Stick	\$2.00	Curry Sauce*	\$3.00
Sea Scallops	\$2.70	Mushy Peas*	\$3.00
Prawn Cutlet	\$2.00	Tartare Sauce*	\$2.50
King Prawn	\$2.00	Alohi	\$2.50
Fish Cakes	\$4.20	Homemade	
Kwai Mussels NZ (6)	\$7.00		
Oysters (6)	\$15.00		

Manjimup 0429 598 228

Lunch: Wednesday - Friday 11:30am - 1:30pm
Dinner: Tuesday - Sunday 5pm - 8pm
Closed public holidays

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MANJIMUP ARTS HUB

Thanks to Jane Muir's book *From Just a Hole in the Forest*, we learn that it was way back, 57 years ago in 1965 when Lou Rumenos moved Lou's Drapery from the small shop he had been occupying, opposite the Manjimup Hotel to his new premises at 9a Giblett Street. This new building was spacious, catering for family clothing, manchester, curtains, clothing fabrics, wool, school uniforms. Lou remained in business until 1976, and was sadly missed when the doors closed. Over the following years the shop has remained quiet, with only a few businesses occupying the space.

But now there's a new venture about to open those doors again. The Manjimup Arts Hub. So, what is the meaning of Hub? The main definition is, a centre around which other things revolve or from which they radiate; a focus of activity. And that is what will be inside those doors after the opening on September 10th. Local artisans who have been feeling the need for an outlet in our community, have gathered together and are working hard to make a place of interest to one and all.

We were offered a preview of the hub and at first sight it is apparent a lot of time and thought has gone into creating a large and airy space to showcase our local talent. There is a well lit workspace behind the gallery which will be dedicated to artists and creators, who will each have a 2m x 2m site to work in. Benchtops and gallery rails line the walls, there are cabinets available to display collectables and the lighting is excellent. The gallery is another great space and we look forward to seeing what our creative artisans come up with, sure to be plenty of talent on display.

The Manjimup Arts Hub Committee would like to thank all volunteers who have been working and giving their time to bring this project to fruition. The Committee also thank the Rumenos family for their patronage and support.

The proposed opening hours are 9.30am – 4.30pm Thursday to Monday inclusive (closed Tues, Wed).

If you want to be a participant of the Manjimup Arts Hub Inc. Memberships are \$60 for 12 months, 1st September to 31st August.

Contact details are: Carol Hackett – Manager ManjimupArtsHub@gmail.com 0438866212

Liz Coley and Kathy Hill



Photos: Liz Coley

Fay Dunstan, Carol Hackett, Robyn Bowles & Paula Benson



Paula Benson, Pam Bodsworth, Fay Dunstan, Carol Hackett & Robyn Bowles



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

- 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

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

MANJIMUP
BRIDGETOWN



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Email: doug@precisiondrivertraining.com.au



Joblife
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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)

BLACKBERRY CONTROL IMPROVES KNOW-HOW

Standing in shoulder-height blackberry thickets on the banks of the Upper Warren River provoked a new awareness of the challenges for its control. Local farmers have been dealing with the problem on their land for years, but the density and scale of it on public land made clear the reasons why re-invasion is so prevalent.

As one of two events to raise awareness and share capacity-building information under the project, the May 21st event covered the importance of the river and its riparian zone, blackberry growth habits, biological control, mapping as a tool and revegetation matters.

Guests ranged in age from eighty (something) to 3 years and relaxed with delicious scones in hand listening to DBCA's Madison Read. She said the project site is within the Tone State Forest and is protected from timber harvesting. Water from this catchment passes through a national park and supplies valuable water for farms and other land users.



Southern Forests Community Landcare's (SFCL) Lee Fontanini then showed everyone how to identify the species and described plant parts using a freshly picked sample. She has considerable experience with CSIRO and university researchers on biological control using a fungal rust specific to blackberry, and a triad of other fungi which caused dieback of large tracts of the weed along the Warren River. "More research is desperately needed before these biological controls can safely be used" she said. In the meantime, Lee indicated that existing methods of control, such as herbicides, goats and manual removal can be very effective when informed by mapping and a solid long term plan.

As a useful tool in weed control, creating maps using hand held GPS or mobile phone apps was a practical component of the day's activity. SFCL's Josephine Mead and Manjimup Weed Action Group's Ann Bentley took breakaway groups through the bush to demonstrate how easy they are to use. Maps prepared earlier showed how GPS tracks can delimit an infestation and help with planning targeted control in the next season. The phone apps are part of a statewide or nationwide data collection.

As if that wasn't enough fun the group made simple seed bombs using eco-sourced seeds. These bombs are to be distributed in one hectare of treated blackberry during the second event. Revegetating a bush site after weed control is one method of suppressing weed regrowth, and seed bombs are a cheap and low labour method, suitable for the bush at this site.

Bringing this project together was a true collaboration, with substantial contribution from DBCA who cleared tracks for vehicle access. Support was also given by DPIRD who supplied handouts, while Shire of Manjimup supported the work with access and transport. Neighbouring farmers provided seating and hot water while contractor, Dean Perry provided 4WD transport from Cutting Road for those less agile among us and gave one-on-one technical advice regarding effective and safe chemical use.

Networking was an informative aspect of the event. During lunch, Pemberton couple Simon and Petula Holland asked how the project might be repeated at sites near Pemberton for the protection of freshwater fisheries.

An organic farmer talked to a mulcher operator from Collie about manual reduction of blackberry in certain types of terrain or topography.

The next project event in October will focus on assessing and monitoring previous work, throwing the seed bombs on site and expanding the mapping component. For more information or a copy of the report, contact Josephine Mead by emailing biosecurity@warrenc.org.au or phone 0426 233 310.

GRAND NEWS

Julia Sykes Music has achieved a grand response from the local community which has enabled her dream to come true. Manjimup will have a Grand Piano, permanently in the Town Hall.

Julia's comment:

The support from our community towards buying the Grand Piano for Manjimup has been overwhelming. We 'sold' all of the keys, and now have more people wanting to purchase keys, therefore we have decided to start a "and more supporters" section under the keyboard for those that would still like to support the Grand Piano for Manjimup, even though there are no more keys left for 'sale'. The cost of piano and delivery is \$27,000. We also need funds to change the castors on the piano and make the protective cover. So far we have raised \$22,471.18 which is incredible. Thank you so much! Thank you Shire of Manjimup for giving the Grand Piano for Manjimup a community grant of \$5000! The Piano will be coming soon...

If you are a facebook member, you can check Julia Sykes site, where one of Julia's students are playing a piano the same as our community will be gaining.

On October 15th there will be a Celebration Concert when you can hear 'our' grand piano on its 'maiden voyage'. Early bookings will be available, keep an eye out for this on Julia's facebook page.



FANTASTIC FUNGI PHOTO COMPETITION WINNER

Meet Harrison Barry who recently won the youth category in the Fantastic Fungi Photography Exhibition. Harrison lives in Northcliffe and is a year 8 student at Manjimup Senior High School. He has had an interest in photography for the last few years and has gained a lot of knowledge and experience thanks to Wendy Eiby who runs a Youth Photography group in Northcliffe. We are looking forward to seeing more from him in the future.

The Fantastic Fungi Photography Exhibition is open until 3rd September at the Manjimup Art Gallery.

Maree Reeve



BAPTISTCARE REALLY DO CARE

A relative recently passed away after spending her last 5 years at Baptist Care, Moonya, and the family's gratitude for the care of their mother, and the care the family received as they sat by her side in her last days, is something I thought most definitely worthy of sharing with the community.

Quoting my relatives, "We have nothing but the most wonderful gratitude for everyone at Moonya. They were truly amazing, so caring and helpful, nothing was too much trouble. Nicole, the manager, and Sue the Nurse Manager are the most genuine loving people."


Manjimup's Moonya Lodge opened in 1971, after the founding committee did a great deal of fundraising in the community. Some of us remember a walkathon, to One Tree Bridge and back raising funds. Then, around the year 2000 Moonya was handed over to Baptistcare management.

From Baptistcare Website: Baptistcare providers, formed over fifty years ago by members of Baptist Churches, has now grown to encompass twelve residential aged care facilities in Perth metropolitan, and regional areas, employing over 1,400, plus a significant number of dedicated volunteers caring for the residents.

Our Manjimup Baptistcare accommodation comprises single rooms with either a shared bathroom or ensuite. There are 65 beds and 15 dementia specific beds. Respite care is available. Rooms include an adjustable bed, windows fitted with flyscreens and security screens, curtains for maximum privacy, built-in-robe, lockable cupboard, chair, over-bed table and reverse-cycle air-conditioning. Residents are encouraged to decorate their room according to their own personal taste with favourite mementos and adornments.

Additional amenities include access to homelike kitchens, separate dining areas, dedicated hand and foot massage rooms, hairdressing salon, onsite chaplain and visiting health professionals. Sincere thanks to the diligent staff who ensure Moonya is such a caring, and safe from covid infection, residence.

Kathy Hill



Quality residential respite care

Everyone deserves a break now and then – which is why a respite stay with us can be a great option for you and your carers.

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A short-term stay with Baptistcare can be a great way to experience life in our facilities while offering your carer a break at the same time.

Our respite care is designed to be flexible and responsive - when you need support, we're here for you.

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Our respite care is provided at select residential aged care facilities, usually for between four to six weeks.

We realise that asking for a little extra help can be daunting. Know that we will strive to understand what matters most to you and work together to deliver on this every day.

Call **1300 660 640** or visit **baptistcare.com.au** to find out more.

To be eligible for respite in one of our facilities, you will need to be assessed by an Aged Care Assessment Team (ACAT).

If approved by an ACAT, you can access up to 63 days of subsidised care in a financial year.

RC006-2207

RELAY FOR LIFE

Sincere thanks to Darcie and Bridie Bowden for this story of their epic 24 hour relay on October 1 and 2, in honour of their mother Michelle Ryan and her battle with cancer. Relay For Life began in the USA in May 1985 when a colorectal surgeon, Dr Gordy Klatt, wanted to raise cancer awareness and boost the income of his local cancer charity. Since then, Relay For Life has become the world's largest fundraising event for cancer. Celebrated by over 4 million people in over 20 countries, this inspirational overnight event empowers and unites local communities to make strides toward our ultimate vision - a cancer-free future.

Every dollar raised from Relays in Australia funds the Cancer Council's vital research, prevention and support programs. Support from events like Relay For Life has saved more than 61,000 Australian lives over the last 20 years. Improvements in cancer prevention and screening mean that fewer people will hear the words, "you have cancer", a phrase that literally flipped our family's life upside down.

For those who don't know, our mum, Michelle Ryan, was diagnosed with stage 4 metastatic bowel cancer and stage 1 breast cancer late last year. The cancer had spread to her bladder, right and left ovaries, resulting in a malignant growth the size of an AFL football growing from her ovarian epithelial tissue.

From the surgeries, appointments, PET scans, CTs, ultrasounds, blood tests, tears, and chemotherapy, to the hours travelling to and from Perth, the many specialists, worst-case scenarios, the sitting in a waiting room and below-average hospital food; the impact it all has had on our whole family is unmeasurable.

We would never wish this kind of pain upon anyone or their family, and we are so grateful to everyone who has supported our family in the last ten months. The endless meals, messages, early morning tomato picking, help with Bella and Bryn's stall, ramming posts with Matt, fuel money, fundraisers, babysitting- the list goes on and on. You all know who you are, and no words will ever express our gratitude for your generosity.

We are so in awe of modern medicine, which has given Mum a great chance of survival. But this would not be possible without the generous donations of everyday Australians to causes like the Cancer Council. It would mean the world to us if you could contribute to our cause, Relay for Life, to help people like our mum and our family. Last year, I (Darcie) dedicated it to Sherril Chapman. This year, from October 1st to 2nd, we are doing it for our mum. The Relay is a 24 hour event in which one or more members of a team must be running/ walking on a designated track the entire time- yes that includes 3am! The more laps the team/ individual completes the better. The relay we are partaking in is at the University of Western Australia, Crawley Campus.

So, if you could, please dig deep and donate. Every dollar counts. Scan the links below to find our fundraising page, or you could deposit, with a little note perhaps, into the collection box at Bella and Bryn's Cosy Creek Stall.

Darcie and Bridie Bowden xxx



SCAN ME



DETECTING THE DELICACY—THE BLACK TRUFFLE

I have been working as a truffle hunter for a little over 10 years now and I'm lucky enough to spend 3 months of the year hunting out the extraordinary fungus *Tuber melanosporum*, the Black Winter Truffle. I accidentally fell into the job when I was a chef and a friend asked me to come and help them with a large job they had and they would pay me in truffle. Perfect, I was in. I loooooove truffle. Nugget, my original truffle dog who at that time was doing some work with search and rescue and was generally a busy young lad, was definitely up for the challenge. I wasn't quite sure what I was doing at first - I even used truffle oil to train, oops. Side note did you know truffle oil doesn't actually have any truffle in it. It's normally a synthetic called truffle aroma. Truffle oil isn't self-stable. With a bit of help from the friend and doggy mentor Marina, we found our first truffle and from there we were off and racing. I absolutely loved it. I was soon asking to borrow my mums 2 Labradors Ramsay and Toby and was gifted a beautiful Kelpie, Maddie, who I tragically lost at a really young age to a terrible cancer. Truffle hunting was awesome. It fitted in perfectly with my chef job as winter in Pemberton is a quieter time.

Fast forward 12 years, Nugget now 17 and Mia my Husky cross are now enjoying the retired life with Macca and Calypso being my main hunters along with a special guest star Harley, whose parents allow me to borrow him for bigger jobs. No more Cheffing; we hunt professionally now 7 days a week during the peak of the season and the industry still fascinates me. I am constantly trying to learn more about dog behaviour, dog nutrition, well anything "dog" to be honest and keeping up to date with truffle farming practices.

Truffle detecting isn't actually that hard for the dog as truffle has a very strong aroma that on a warm still day you can actually smell yourself. The weakest link in the team is always the trainer. We have to teach our dogs to leave still ripening and rotten truffle which does smell to the untrained dog quite a bit like a ripe truffle, and to teach them the variety of aromas of ripe truffles which are all underground as we certainly don't have the ability to be as discerning with our sense of smell as our dogs!.

I use a series of games and food rewards to start to put a picture together for them to help them figure out what I need them to do. That's why our dogs get better with age as they start to identify (generalise) the differences in aroma which leads to a good outcome.

When training truffle dog there are a few main concepts that I work on:-

Grit-Truffling is sometimes long work with young trufferies where you can go rows without finding any truffles, with steep hills to climb, and challenging conditions like gusty winds or extremes of temperature. You need a dog that won't give up when things get a bit tough.

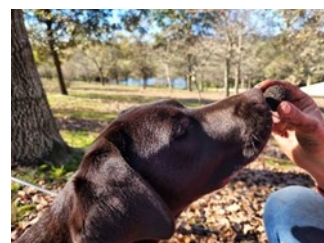
Focus- For effective truffling you need your dog to have focus on both the you and the job. It's a bit of a balancing act to keep them keen on finding the truffle but just not so much that they start digging it up, or continue on without you. You don't want so much focus on the handler that they won't think forward enough to detect the truffle in the first place.

Disengagement- Lots is going on in a trufferie; other truffle teams, vehicles of various sizes, people digging the truffle and distracting noises. I like my dogs to be aware of their surroundings for safety reasons, however I need them to disengage straightway and head straight back to work.

I often get asked what breeds make the best truffle dogs and the short answer in any breed. The rapport between dog and handler is so much more important than the breed. I personally prefer Labradors as they are super food motivated, but as long as you have some good natural drive a lot of the rest can be taught. I have worked with Lagottos, Kelpies, Spaniels, Huskies, even bites and all can be good and terrible at truffling. Some of the things I look for are intelligence, alertness, a pleasing nature and keen to work. A good food drive will make your life a lot easier. Guess what all these qualities add up to-the naughty dog. The dog who is always trying to get into cupboards, the dog that won't leave you alone and always wants to be doing something. I semi jokingly say it's the naughty dogs I want. They are the ones who are begging to do more, who want to work and want to spend time doing something fun with you.

If you want to see truffle dogs in action, there are a number of places like Timeless Hill Estate that do farm tours with truffle tastings, you can also see videos and pictures of our dog's truffling on our Facebook page <https://www.facebook.com/ThenaturaldogAus>

Alyssa Sadlo, Truffle dog hunter and trainer



VOLUNTEER REPORT

September and a welcome to Spring, the warmer weather, and the emerging busy season of things to do. However, the current cool weather still requires the gloves, beanie's and scarves (or umbrellas and wet weather gear as modelled by our Heart Foundation walk group). Walking whatever the weather!



Still at the Heritage Park, I assisted Sam Cleveland (Manjimup Shire) to supply volunteers for the next stage of the Reconciliation planting last week. Members of the Special Ed unit from MSHS attended and together we planted out native plants supplied by Erica Shedley in the area landscaped by Vicki Winfield. Talking while planting, I learned that the Heritage Park has a volunteer program on-site there, so have another potential partnership to provide volunteers for. Networking; the best community connection.

The MCRC Be Connected program just received notification that the \$1,000 Get On Line Week grant application was successful. This grant is to enthuse and inspire new recruits to digital literacy this October, 17-23, so a campaign will be launched closer to the time, retargeting the key strategies of the Be Connected program. Keep an eye on the CRC's Facebook page for more details.

The MCRC Knitting group is going from strength to strength. Providing the opportunity of meeting, engaging and talking with other people of a similar interest. Yarning while at yarn play. Special thanks to Chanaha Rowe who has brought 6 participants to the knitting group, is a mentor for our Be Connected group and attends Ladies Days at the Men's Shed.



My contact with Indigenous groups originating from the Southern Forest Community Landcare's, 'Land Art in Manjimup Sculpture' in 2018, continues to bear fruit. Last year using the experience and contacts gained through writing up the 'Pollinators Aplenty' grant for the SFCL, I assisted Miranda Kelleher from GP Down South, achieve a successful outcome with her NAIDOC Day planting at the Heritage Park. We teamed up again for R U Ok Day last year and she approached me to partner again this September, together with SWAMS and the SFCL. Miranda was also an attendee at the Community Forum held last week, facilitated by Peter Kenyon and funded by the state NRM under the 'Pollinators Aplenty' grant at the SFCL. This event (Building a cohesive, collaborative, and caring community', so pollinating Community with new ideas); was a wonderful opportunity to network and discuss community issues. The biggest teaching for the day was the need to give back the power to the people. Instead of treating citizens as 'clients and customers' doing things **for** them; we need to work **with** them. That will be my challenge now as Volunteer Coordinator, to make lasting changes.



Speaking of the need to make change and empower people with the challenge of rising costs of living, the Manjimup library was a support partner in advertising this years 'International Gardeners Day' event with a display. We forget that lawns and supermarkets have taken over the backyard vege garden. Food for thought...

If you're interested in Volunteering, make an appointment today. All training and assistance is provided through our Volunteer program supported by the Department of Communities!

EVERY TUESDAY 10AM-12PM AT THE CRC



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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

Editorial Responsibility: Sharon Rose

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

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