



EDITION 110 - SEPTEMBER 2023
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<http://www.manjimup.crc.net.au/cafe-bytes.html>

Quote for September

*"If you change the way you look at things, the things you look at change" –
Wayne Dyer (1940 - 2015)*

Word for September

JOMO: Joy of missing out, a refreshing take on FOMO (fear of missing out)

Welcome to our September edition!

Spring is in the air, we feel sure everyone will be enjoying the change in the weather, the chill of winter has left, and the Spring flowers are blooming beautifully. A feast for our eyes.

We hope you enjoy this month's newsletter and thank you to those who have contributed interesting stories. We always welcome community input to our pages.

You will notice some changes in the CRC as we say goodbye to our Centre Manager, Louise who due to a vacancy in the Legislative Council will be awaiting the results of the WA Electoral Commission's recount. Our Finance Officer, Jenny Ross will be filling in while the Board advertises for a replacement.

WAR ON SYDNEY WATTLE

After all the cold wet weather we have been experiencing lately yellow wattle flowers are a welcome sight, bringing a much needed hint of warmth and the promise of Spring. The Floral Emblem of Australia proclaimed on the 1st September 1988 is the Golden Wattle (*Acacia pycnantha*), the green and gold of Australia's sporting teams was inspired by the colour, wattle sprigs and badges were sold during the First World War to raise money for the war effort and the Golden Wattle Cookery Book was first published in 1924.

Australian's affection for our wattle is longstanding, First Nation's people used the wood to produce spears, boomerangs, spear throwers, clubs, shields, handles for axes and chisels, coolamons, digging sticks, clap sticks and fire drills. Many bush tucker recipes use wattle seeds.

Sadly, we are now discovering that not all wattles can be regarded as a bright, beautiful welcome to spring, the advent of the Sydney Golden Wattle is becoming a problem in bushland areas around our South West. A native of the east coast of Australia it was introduced into WA as a horticultural plant. It is considered a major pest as it is beginning to choke out our native wattle species and is proving difficult to eradicate. Mature trees can reach 10 metres in height, seeds are easily spread by animals and birds, these germinate rapidly as winter rain arrives and will soon take over undisturbed bushland reducing our unique flora by smothering orchids and wildflowers. The difficulty in eradication is that seeds can last in the soil for at least 10 years which means that areas need to be checked repeatedly and plants pulled up before they reach maturity.

The Shire of Manjimup in partnership with Southern Forests Community Landcare, Main Roads WA, Department of Biodiversity Conservation Attractions and the Manjimup Weed Action Group is undertaking control over many areas within our shire. Contact the Shire of Manjimup's Environmental Sustainability



VIETNAM VETERANS VIGIL

The Manjimup RSL commemorated Vietnam Veterans Vigil on Thursday, August 3rd with a service held at the War Memorial on Giblett Street.

During the service the RSL were honoured to have a special flag donated to them by the Aldersea family. The flag was presented by the Federal Government to the family, following Richard Alfred Aldersea being killed in action at the Battle of Long Tan. Richard was just 20 years old and one of 18 Australian soldiers killed during the brutal battle in the Long Tan rubber plantation on August 18th 1966. Jim Aldersea (now deceased) received the flag in Canberra following Richard's death. Shortly before Jim's death he passed the flag to Colin Aldersea. Colin discussed it with the rest of the family and they agreed that they would like to donate it to the Manjimup RSL who are now custodians of the flag which will still be considered the property of the Aldersea family.

Manjimup RSL President Wayne Hughes made the following speech at the service.

Today we join with thousands of Australians across the country to honour those who made the supreme sacrifice during the War in Vietnam.

At 11am today, in every state and territory of Australia, veterans, ex-servicemen and family members are assembling at the graves or plaques of the 523 sailors, soldiers and airmen who were killed in action during the Vietnam War. We do this as a mark of respect for the service rendered, and the sacrifice made by these 523 young men. It is also our way of letting the families of these young men know that we mourn with them, and that their loved ones have not been forgotten.

Today our thoughts are particularly with the families of Richard Alfred Aldersea, killed in action on the 18th of August 1966 at the Battle of Long Tan, and Vincent John Tobin, who was killed in action on the 22nd of March 1968 in Phouc Tuy Province. Richard and Vincent, you made as great a sacrifice as any soldier sailor or airman can make.

On the 3rd of October 1987 those of us who served in Vietnam and returned home took part in the Welcome Home Parade. We were cheered on by tens of thousands of supporters. 523 flags were carried, one for each of those who lost their lives in the service of their country. There was no such parade or welcome home for you. The very least that we as members of the Manjimup RSL can do, is to ensure that you, your service and your sacrifice, and the service and sacrifice of the others who did not live to come home, are never forgotten.



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

- Congratulations to talented Manjimup artist Paul Fontanini for winning the people's choice award at the Jury Art Prize in Port Hedland recently. His work Casting with Nature – Red Morrel Burl is the eleventh prize he has won over the last three years.
- Northcliffe recently celebrated the 25th anniversary of the Bibbulmun Track Walk. 27 photographs were chosen for the Bibbulmun Track Exhibition organised by Northcliffe CRC. Phillip Jarre was awarded the top photograph of the competition with his stunning depiction of Mount Cooke, Lex Porebski was awarded second with Northcliffe, Bibbulmun Track and Chris Tate third with Deep River Suspension Bridge.
- The Lower South West Football League held the Tyrepower Medal Presentation at Manjimup Country Club recently. Congratulations to all the trophy and medal winners.
- 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.
- Congratulations to the Manjimup Agricultural show committee for proposing a two day show for March 2024

TRUE STORY—THANKS TO JOHN HUNTER

Lennie the legend.

Lennie Gwyther was born 18th April 1922 in Leongatha, country Victoria. In 1932, Australia is in the grip of the great depression.

Living on the family farm was a tough life in those days, very little money, outlook grim, especially for farmers who were working 7 days a week, and in debt.....no room for error in life.

One day Lennie's dad breaks his leg.....badly, and can't work, and it looks like they're gonna lose everything. Up steps 9 year old Lennie, he drops out of school, hitches up his horse 'Ginger Mick', the pony he was given on his 2nd birthday, and goes to work, he ploughs the farms 24 paddocks, fixes fences, feeds chooks etc till his dad is well again.....what a legend.....9 years old!!

But that's not the end of the story!

His mum and dad are so proud of their boy, they want to reward him.....what does he ask for?.....Well, outside of keeping the farm going 7days a week, Lennie has been following the progress of the building of the Sydney Harbour bridge in the newspapers.....and he asks if he can go to the grand opening.

There is no way that was possible for the family to go to Sydney.....so, with his parent's permission, Lennie packs a bag with toothbrush, water bottle, change of clothes, and not much else, and sets out on a 1000+ kilometre trek to Sydney, on his beloved horse. He sleeps rough, survives bushfires, ...is attacked by a 'vagabond', and endures rain and cold and biting winds.

Word spreads about this boy riding to Sydney, and he is greeted and cheered on by ever increasing crowds in towns he passes through. When he gets to Canberra, Prime Minister Joseph Lyons invites him to Parliament house for tea.

When he finally reaches Sydney, more than 10,000 people line the streets to greet him. The Sydney mayor takes him into his own home.....for a month.

Lennie and Ginger Mick make a starring appearance at the royal show.

Don Bradman gives him a signed cricket bat.

Lennie and Ginger Mick are part of the opening of the Sydney Harbour bridge.....

After all that, Lennie and his faithful mount make the journey back to Leongatha, and Lennie returns to school..... he's not long turned 10 years old.

.....A true story about a true legend!!!!.....this really is one of those cases where 'your great grandparents are way cooler than you '.

You can google more about Lennie the legend,.....and if you're ever in Leongatha Victoria..... there's a bronze statue of Lennie and Ginger Mick in the main street.



Liz's



Kitchen Rules

COUSCOUS

Many people think couscous is a grain, but actually it's made of semolina flour so more of a pasta. Couscous is traditionally served with some sort of stew. A staple throughout North Africa, the classic choice for Moroccan dishes like tagine, just pour over hot liquid, leave to soak for 10 minutes, then fluff it with a fork, magical!

It is unclear when couscous originated, although it seems to have been a long time ago as traces of it in cooking vessels have been found in graves from the 3rd century BC in present day Algeria. Couscous is believed to have been spread by the Berber dynasties of the thirteenth century through most of the Iberian Peninsula, it has been used in French recipes since the sixteenth century.

Couscous is traditionally made from semolina, the hardest part of the grain of durum wheat which resists the grinding of the millstone. The semolina is sprinkled with water and rolled with the hands to form small pellets, sprinkled with dry flour to keep them separate, and then sieved. In some regions Couscous is made from farina, coarsely ground barley or pearl millet. Nowadays production is largely mechanized, and the product is sold worldwide. The couscous that we buy today is usually pre-steamed and dried.

Couscous contains selenium which can help boost your immune system and reduce your risk of some diseases like cancer, research suggests it may help improve levels of beneficial bacteria in the gut. However, while couscous has health and nutrition benefits, it may not be the best choice for everyone

SPICY APRICOT CHICKEN

Ingredients: 2 tablespoons plain flour, 2 teaspoons ground cumin, 2 teaspoons ground coriander, salt and pepper to season, 2kg chicken drumsticks, 2 onions halved and thinly sliced, 225g packet of dried apricots, 1/3 cup apricot jam, 1/2 cup soy sauce, 2 tablespoons Dijon mustard, 1/2 cup water.

Method: Combine flour and spices and seasoning in a large bowl, dust chicken drumsticks in the mixture shaking off excess. Heat an oiled, large frypan over a medium high heat. Add chicken in batches turning occasionally until browned all over (add more oil if needed). Place in the bottom of a 5-6 litre slow cooker, add onions and apricots, combine jam, soy sauce, mustard in 1/2 cup water and add to the slow cooker. Cook on low for about 4-5 hours or until the chicken is cooked. Prepare couscous by placing 1/2 cup in a bowl add 1/2 cup boiling water and a little stock from the slow cooker. Cover and stand for at least 5 minutes (I usually leave it for about 10 minutes). Remove cover and fluff with a fork to separate the grains. Stir through a knob of butter to taste.

Makes enough for 4-6 servings, just what's needed on a cold wet day!





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INTRODUCTION TO ALAN RASMUSSEN—ANGLICARE FINANCIAL COUNSELLOR



Hello Manjimup (and surrounds)!!!!

Introducing our new Financial Counsellor, Alan Rasmussen, who started on 3 July.

Alan is a qualified financial counsellor, and has a background in counselling and advocacy, lived experience with Aboriginal and diverse communities, and experience in the civil and mining sector.

Alan is part of an amazing team at Anglicare WA Great Southern and we have extensive knowledge of all things financial ranging from establishing budgets to negotiating with creditors. If there are things that fall outside the scope of our service appropriate referrals can be offered.

Alan will be working from our existing Manjimup office, located in the library building. To book an appointment please call our regional office 9845-6666. Alan works Monday – Wednesday each week, and will also be visiting neighbouring towns such as Nannup, Boyup Brook and Bridgetown.

Financial Counselling is free, confidential and non-judgemental. (We don't do taxation and we're not lawyers).

Financial Counsellors are not therapeutic counsellors, but what is happening in your world is still important and affecting the financial side of your life. We can't counsel you on your emotional situation, but we can help with the stress of your finances.

Sometimes just a financial assessment is sufficient for a person; having clarity to identify where their money is going. Sometimes, more help and advocacy is needed from us. It costs you nothing to ask us if we can help. We look forward to working with your community – a problem shared is a problem halved.



FATHER'S DAY

Father's Day will be celebrated on the 3rd of September and for millions of Aussie families it's a day to celebrate, perhaps a barbecue (if the weather is good) or a nice roast meal for all the family. Children will be busy making homemade cards while Mums head to Bunnings for that special gadget Dad has been dropping hints about for the last couple of weeks.

The Newcastle Sun was one of the first to include an article about Father's Day in Australia on September 4th 1936. This was a promotion for a Father's Day meeting at the Newcastle Baptist Tabernacle with hopes that it would become as popular as Mother's Day.

What was described as the worst mining disaster in America's history occurred on December 6th 1907 at Monongah, West Virginia after a huge explosion which blew apart the Fairmont Coal Company's No 6 and No 8 mines, 362 miners lost their lives on that day. Grace Golden Clayton of Fairmont suggested to her local pastor that a service be held to honour all fathers, especially those that had died. Grace chose July 5th 1908 when the first service was held as it was the Sunday closest to her father's birthday.

The third Sunday in June is the most common choice worldwide with over 70 countries celebrating on that date. Australia is one of four countries where Father's Day occurs on the first Sunday in September. The others are New Zealand, Fiji and Papua New Guinea.

Amazon recently released its annual list of customer's favourite gifts which includes the most popular gifts for Father's Day. Top of the list is the Ninja Air Fryer for the dad who loves to cook, a personal putting green to tee off and practise his golf strokes and finally for the handyman a magnetic wristband to hold all his tools.

Finally, wherever you are and however you choose to celebrate, have a very happy Father's Day!

Liz Coley



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MANJIMUP BLUEGRASS & OLD TIME MUSIC WEEKEND

SEPTEMBER FRIDAY SEPTEMBER 22ND TO SUNDAY 24TH.

A fabulous weekend of bluegrass and old-time music with an emphasis on making friends and making music!

Starts with registration check from 4.30 on Friday afternoon. Then it's catching up with friends, meeting new people, getting out your instruments and into the welcome jam/s - or just eating and relaxing to the music!

Saturday there'll be instruments workshops (real workshops where you take your instrument and participate!) and jam sessions led by experienced musicians. These sessions will be held in venues at Manjimup Heritage Park.

The Saturday feature concert will be held in the Tall Timbers Brewery. The Lost Followers (Perth) will headline, supported by Boodji Creek (Vasse) and The Whispering Kites, (Albany).

Sunday there'll be an all-in gospel themed bluegrass jam on the Sandra Donovan Sound Shell in Manjimup Heritage Park and more instrument workshops and jams.

The Sunday evening Blackboard Concert at Tall Timbers Brewery sees weekend participants taking the stage - it's a great way to finish the weekend's 'formal' programme. After that it's jam on till the bar closes!

Always a great weekend of music and music making - don't miss it!

WORKSHOP INFORMATION

Bluegrass Fiddle (Dave Clarke):

This workshop will use the well-known Bluegrass tune Angeline the Baker to concentrate on rhythmic shuffle bowing. Other techniques looked at will be double stops & slurs to get that fiddle crying.

Bluegrass Rhythm Guitar – The boom chuck and beyond (Joey Gibson):

This workshop will focus on important right hand techniques that will develop drive, feel and nuance in your bluegrass guitar playing. We will delve into picking patterns and practice tips that will allow you to build a solid base for bluegrass guitar.

Mandolin (Dave Clarke):

This workshop will look at how to achieve good volume from your instrument, the use of rhythm picking and how to use chords to drive a tune along when backing.

Old Time Fiddle (Ella Vervest)

In this workshop you will learn old time fiddle techniques with a focus on bowing. You'll learn a simple tune and add flourishes to give you that 'old time sound'. You'll also gain some tips on how to keep learning and motivated to continuously improve your playing.

Old Time Clawhammer Banjo Your Way (Finn Jekabsons)

In this workshop you'll learn a classic old time tune in the key of D. How to develop a personal style, playing on your technical strengths. We'll also look at self guided learning strategies. — 😊 feeling excited.



Opening Hours

Monday-Friday
(see Facebook
page)

Saturday: 10-3

Sunday: 10-2

MANJIMUP LANDCARE REUNION

Manjimup LCDC Reunion – 13th September

LANDCARE turns 40 this year, a time to celebrate the foundation work of our local group. Paul Fowler has generously offered to host a reunion afternoon tea at the Gateway Hotel from 2pm Wednesday 13th September.

Hunting through the archive boxes, dating back to 1989 when the Manjimup Land Conservation District Committee was formed, reveals an enormous degree of commitment by landholders – not just farmers – to modify practices that unwittingly led to land degradation.

“For many horticulturalists it was a shock to learn what damage we were creating with current management practices,” recalled Keith Liddelow, a former MLCDC Chair. “Over-working shallow soils and problems with irrigation systems caused major erosion in some cases.”

Having joined Warren Catchments Council, now Southern Forests Community Landcare, in 2010, some years after Manjimup LCDC morphed into a more expansive community governed natural resource management organisation, I was aware of the group’s origins but not the extent of its activities.

Unfortunately, one of the consequences of the restructure, driven by changes in state and federal governments’ directions, has been the lack of capacity to provide the ongoing support to the agricultural sector in transferring research outcomes to implementing farm practice. It has coincided with key issues: salinity and water quality dropping off government priority lists.

So it was with some envy I have pored through files describing trials, particularly in horticulture (cauliflowers and potatoes mainly) of minimum tillage, green manures, biofumigation, raised beds, grader built diversion banks and grassed waterways, whole farm planning using aerial photography and GIS mapping and implemented and so much more.



being trialled
mented and so

A WORD FROM ANNE MARTIN

I was very privileged when Kathy Hill asked me to write an article in Cafe Bytes a few months ago. I chose to write a childhood memory of moving to Western Australia. Because I came with my sister and my parents, I asked my sister to write her memories, which were published in June’s Cafe Bytes.

My sister passed away on the 13th of August and the family were wanting to speak about her childhood in her eulogy. The words she wrote for Cafe Bytes were read out at the funeral so I would like to thank

MANJIMUP REPERTORY COLLABORATION

MANY THANKS GARETH EVANS :

A Tale from 2 Towns is a special collaborative event between the Manjimup Repertory Club and Bridgetown Repertory Club.

Returning after it a successful season in 2021,

both clubs are back presenting two one act plays for your enjoyment.

Bridgetown Repertory Club presents "Devils Apple" an original play written and directed by Rob Snelling.

Two long-suffering daughters and their ageing, overbearing mother embark on a tour of Tasmania in a motor home. A family holiday that's a bit horrible but very humorous.

Manjimup Repertory Club presents "The Mistress of Wholesome" by Jacob Appel, directed by Jennifer Birkhead.

A mistress smashes her way into the house of her lover to speak to his wife. She is concerned that her lover may be falling back in love with his wife. A complicated and queer conversation becomes more complicated as a visitor arrives at the house.

Performing in Bridgetown September 1st - 3rd.

Manjimup Evenings September 8th, 9th - Sunday 10th matinee 2 pm.



A special collaborative event by the
Bridgetown Repertory Club & Manjimup Repertory Club

Devil's Apple
Written and Directed by Rob Snelling

THE MISTRESS OF WHOLESOME
By Jacob M. Appel Directed by Jennifer Birkhead

Bridgetown
SEPT 1st - 3rd

Tickets thru:
[Trybooking.com/CKMHE](https://trybooking.com/CKMHE)

Manjimup
SEPT 8th - 10th

Tickets thru:
[Trybooking.com/CKJZF](https://trybooking.com/CKJZF)
and the Manjimup Public Library

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OUT ON THE TRACK

To celebrate the Bibbulmun Track anniversary, a team of ten walkers are tackling end to end of the track, Kalamunda to Albany, joined at times by some short section walkers. They have been greeted by locals in the towns they pass on their 1000 km journey, and many thanks to Michael Smith, Principal of the East Manjimup Primary School for sharing his track story address at the Northcliffe stop over.

.....

This year is the 25th anniversary of the Bibbulmun Track (in its current configuration) and a celebration event was held on Monday 21 August at the Northcliffe Visitor Centre. Because I have walked the whole Bibbulmun Track and am a local resident, I was asked to give a few words about the Track. Just to be clear – I probably hold the record for taking the longest time to complete the Track. I did it in sections and parts from 2023 to 2022.

A family relative, who is British, said to me years ago there were many people who lived in England who had never visited London. This amazed me. I lived in the small town of Cranbrook (1.5 hr drive east of Manjimup) for many years and often visited the nearby Stirling Ranges, especially to climb Bluff Knoll. Once again, it amazed me the number of Cranbrook people who had lived their whole lives in the area who had never visited the Stirlings, let alone climbed Bluff Knoll. I have lived in Manjimup for six years and it is apparent most locals have never stepped foot on the Bibbulmun Track, yet the nearest access point to the Track from the town of Manjimup, is One Tree Bridge, only 21km away.

The Bibbulmun Track is not only a 'jewel' of WA, it is of world-class standard. It stretches about 1000km from Perth to Albany and winds its way through our beautiful karri forests. It is suitable for a one hour walk, a one day walk or a one month walk. Just walking into the forest from the nearest car park is like entering another world, a world of stunning beauty. The physical, mental, emotional and spiritual benefits walking on the Track are so evident.

I encourage everyone to walk on the Bibbulmun. There is no entry cost. You can walk for as short or as long as you like. You can walk on your own or with others. We are so blessed to have this mighty walking track in our own backyard.



Michael Smith



THE CRUCIBLE PROJECT

The Crucible Project began in Chicago, USA in 2005 with the desire for personal transformation within an authentic community of men. It has now grown beyond the United States with groups for men and women in Mexico, Africa and Australia.

The Crucible Project Australia Incorporated (TCPA) is an independent charitable Christian organisation which offers transformational retreats and groups which are open to all. Their purpose is to advance mental health and well being; prevent or relieve social isolation; and create community. They are based in Perth, WA.

Hundreds of men and women have attended a Perth Crucible retreat because something wasn't working in their life. After the retreat weekend, those men and women have been freed of some long-held opinions about themselves and began to heal. TCPA wants to help men and women transform their lives. For them to celebrate who they are. To have a deeper understanding of why they make the choices they do, and how to make better ones. The Crucible Project is a community of men and women who will accept you just as you are.

If life doesn't make sense, if you feel stuck or want a deeper emotional awareness, The Crucible Project wants to be there for you. Reach out through their website or learn about Crucible through their social media below.

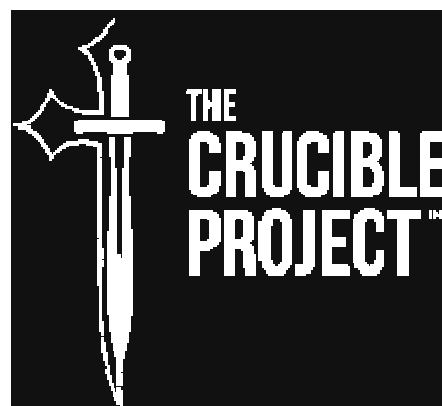
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SUDOKO by JORDAN KINGSTON

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GETTING LOST

My family and people that know me well are no longer surprised when I get lost, especially my long-suffering husband who will give me specific instructions on where to meet if we go our alternate ways in a shopping centre.

"I'll meet you at the main entrance in half an hour and don't be late", "Yes no worries, I'm just going to have a look at cushions in Kmart, I'll be back before you are". I head off full of confidence that Kmart is just around the corner, but before I know it, I've side tracked into Jeans West to try on a nice pair of jeans at a bargain price and ooh look at those nice tops, must try those on. Time flies, I look at my watch and realise I've only got ten minutes left to go to Kmart and find my way to the entrance. I come out of Jeans West and find that I am not sure which way, left or right. I turn around and take a couple of backward steps looking for clues, the young girl behind the counter gives me a suspicious look, I suppose she is not used to customers reversing out of the store.

I walk away trying to look as if I know where I'm going which of course I do not, luck is on my side as I turn a couple of corners and see Kmart in the distance. It will only take a minute to find cushions, of course it doesn't, I can't find homewares, why do they hide things behind tall shelving I mutter to myself as I pass the shoe section for the second time. My half an hour is nearly up so I decide to forget the cushions and find my way out of the store.

I follow a Mum with two toddlers and a laden trolley, guessing that she is making her way to the car park and she is. I feel a pleasant glow of satisfaction, mission accomplished, and I've got one minute to spare. The car park is busy, there's a near miss as someone reverses out, she winds down her window and I recognise toddler Mum, well she certainly gave the other driver a mouthful, and I learnt some new swear words.

Husband has not arrived and after all he said about me being late! I watch people walking up and down, cars driving in and out, 10 minutes has passed, he should be here by now and I'm getting impatient. I decide to try his mobile but of course he doesn't answer. I should know by now that he always leaves it in the car, working on the theory that no one would possibly ring him when he is out of the car, it's a man thing....

Then I spot him walking towards me, "Ha you're late", I tell him "I've been here for ages".

"No", he says "I've been waiting for you, I said the main entrance and this is not the main entrance".

I wish I could say that the only time I've got lost in a shopping centre was Eaton Fair, alas no, and as for hospitals don't get me started, to this day I have no idea how I ended up in an underground passage with domestic staff and orderlies pushing trolleys at Bunbury Hospital, I never did find the ladies....

Liz Coley

FAREWELL TO OUR MANAGER LOUISE KINGSTON

Whilst I am so sad to be leaving the CRC and my wonderful Board and Staff, I have been afforded an amazing opportunity to represent the people of the South West Region in the Legislative Council ensuring your voices are heard.

I would like to thank everyone that has helped me during my time here and wish the new Manager every success in delivering a service that is so valuable to the Manjimup Community.





Julie Rose

Regional Education Officer-South West
Cancer Council Western Australia

Julie.Rose@cancerwa.asn.au

“Give yourself the best chance” - Regional campaign

Our **Find Cancer Early** campaign encourages those over 40 years of age in regional Western Australia to give ourselves the best chance of finding cancer early by going to see a doctor, clinic nurse or Aboriginal health worker straight away if any unusual symptoms are noticed.

In August, Cancer Council WA launched the “**Give yourself the best chance**” phase of the campaign. This campaign features 2 regional champions, generously and bravely sharing their real stories to raise awareness of the importance of early diagnosis, and the three most urgent possible symptoms of cancer:

- Blood in pee
- Blood in poo
- Coughing up blood

The campaign will be on our TV screens (regional stations, catch up TV), radio networks, regional newspapers, digital audio, Facebook, and YouTube, until 31 March 2024.

For more information:

Visit: www.findcancerearly.com.au to learn more about cancer symptoms.

Contact myself to arrange presentations or educational strategies most appropriate to you or your group.

Phone **13 11 20** - our Cancer Support line to speak with an experienced cancer support nurse.

(The Find Cancer Early campaign is an initiative of Cancer Council WA & is funded by Department of Health WA)

September is National Prostate Cancer Awareness Month

Prostate cancer is the most commonly diagnosed cancer in Australia, and it is estimated that one in six males will be diagnosed by the time they are 85 years of age. So, it's important for men to get to know the symptoms of prostate cancer. If you experience any of them or have any concerns, please visit your doctor straight away.

For more information visit

www.findcancerearly.com.au/prostate-cancer
and www.cancer.org.au/prostate-cancer

Support at
Cancer Council
WA is always
available, please
call **13 11 20**.



Prostate cancer

Common symptoms:

- ☐ blood in your pee or semen

Or, for more than four weeks:

- ☐ problems starting or stopping peeing
- ☐ slow or weak flow when peeing
- ☐ dribbling at the end of peeing
- ☐ sudden or urgent need to pee
- ☐ waking a lot at night to pee
- ☐ needing to pee a lot
- ☐ losing weight without trying
- ☐ pain when you pee
- ☐ problems controlling peeing
- ☐ bladder not feeling empty after peeing



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:



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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

ACC: 151749

(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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www.astrologycollective.org

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BRIDGETOWN**



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joblifeemployment.com.au

SUDOKU SOLUTION

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

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



Australian Government

Be Connected **Network**
Every Australian online. **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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