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FREE

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# Manji Cafe Bytes

SAYING FOR THE MONTH

*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."* – Vicki Corona

CHAT SUBJECT

*Truffle harvest starts late May, who is going to eat truffles this year?*



Welcome to the Merry Month of May, and if you are wondering about the Merry part of our greeting, it dates back to a poem written around 1560 and we wonder if any of our Café Bytes articles will still be talked about in another 460 years. But somehow - we doubt it.

The autumn weather has been so beautiful, it is kind of sad that we have to acknowledge we really do need rain soon. Make sure you take time to admire the beautiful colours of autumn whilst it lasts!

We hope our Bytes readers find some interest in our articles and remember..... We always welcome your ideas at [manjicafeytes@gmail.com](mailto:manjicafeytes@gmail.com) and copies are also online at <http://www.manjimupcrc.net.au>



## 79 Years of Quiet Achieving

It was way back on September 15<sup>th</sup> 1938 when a group of local ladies gathered at the CWA building to discuss forming a Warren District Hospital Auxiliary group. Enough were willing to donate their time and effort, and for seventy nine years this organisation has been quietly working, and achieving. The first committee members were Mrs Gertie Edwards, President. Mrs Annie McKay, Mrs Nora Palmer, Mrs Williams, Mrs Archer, Mrs Kjellgren, Mrs Faulkner, Mrs Ball, Mrs Slater, Mrs Stevenson and Mrs Margereson.

Anyone who has been a patient at WDH would be aware of having smiling volunteers wheel the trolley around Monday to Friday every week, selling essentials, and let's not forget the yummy treats. In the early days their profits provided free nighties and essentials for a stay in hospital to those in need. Many hundreds of grateful people would have benefited. It is only in recent years that the Auxiliary has had official recognition, drawing up a constitution and being officially registered by the Government.

Think about the logistics. That's 79 years of 260 days per year which amounts to 20,540 days that the roster has needed to be filled. It would not be humanly possible for all of these days to be covered but we believe that few have been without a volunteer. Remember, not all patients have family nearby to shop and deliver to the bed side.

But what we also need to be all aware of is, it was the Hospital Auxiliary who provided the bedside telephones and TV units for each patient's use, plus highly significant items such as a bladder scanner, blanket warming cupboards, drinking fountain, alphaxcell mattress - a specialized air mattress suitable for bed bound persons so that they don't get bed sores, and items for the palliative care room to make it comfortable for the patient. The community probably are under the illusion that the government provide these.

We spoke to Cath Cheffings who told us she has loved her involvement, having been on the committee since the late 1980s but has reluctantly had to recently retire from the trolley ward round due to ill health, also resigning from her six year role as Secretary, but remaining on the committee. Among other long term volunteers are Pat Hornby, Pat Herbert and Esther Blakers who have been office bearers, and committee members for many years. The committee hold an annual thank you morning tea as gratitude for all volunteers.

Until recent years the Auxiliary also offered a library service, with a selection of books doing the rounds of the wards.

Although the trolley does not sell significant amounts the Auxiliary have other fund raising avenues with two major street stalls and raffles per year. The next will be their Mothers' Day stall on Friday May 12<sup>th</sup>, also according to Cath when some patients discover who has financed their television viewing they voluntarily give the Auxiliary a donation in gratitude.

The Auxiliary committee are currently reaching out to our community, asking for support as numbers have dropped and the roster needs to be filled. So if you have a free hour or less, once a month, you might like to step forward. Contact details: 0412 124 558, Belinda Wintergreen (President)

## THUMBS UP - Putting Manjimup on the Map

The Manjimup Motor Cycle Club has been around since 1949 and affiliated with the state controlling body, West Australian Motor Cycling Association (MAWA) in September 1954. The first club run took place in October 1949 at Five Mile Well, an isolated area close to the township. It was in 1980 that the first big event was held, and is now the world wide famous Manjimup 15,000. The name Manjimup 15,000 came from the original value of the prize money at that time and richest motocross event ever held in Australia. This year's date will be June 2<sup>nd</sup> - 4<sup>th</sup> 2017. Go Manjimup!

Hosted by Dirt High Promotions, it is still the largest Motocross event on the Australian calendar featuring International, National and local riders all competing for a prize pool of \$22,000.00 on the most iconic motocross track in the country, home of the 1992 Des Nations of Motocross the only time this event has ever been held in Australia.

For further details visit <http://www.willliethomson.com>

## National Volunteer Week 2017

### Emergency Services Expo and Family Fun Day

National Volunteer Week, with the 'Give Happy Live Happy' theme runs from 8<sup>th</sup> to 14<sup>th</sup> May and celebrates the massive contribution made by 6 million Australian volunteers, to enhance and support the lives of others, across the country.

This year, during National Volunteer Week, Manjimup Community Resource Centre will be celebrating and highlighting the essential, crucial and often life-saving work of those volunteering in the emergency services in the Manjimup area. The objective of the day is to encourage and recruit new volunteers to those services, through engagement with current and long-standing volunteers.

Representatives from six organisations, including Red Cross, State Emergency Services and St. John Ambulance will be delivering presentations and displays showing the significant contribution generously gifted by Emergency Service Volunteers, in times of crisis. There will also be plenty of opportunity for the local community to speak with service representatives.

Statistics supplied by organisations illustrate the level of commitment to the safety of WA communities by volunteers for example: The Department of Fire and Emergency Services figures for the year ending 30<sup>th</sup> June 2015 show that a total of 28,941 volunteers, across all the emergency fire and rescue services responded to a total of 31,984 incidents. Locally the Manjimup St. John Ambulance, during 2016, attended 322 emergencies, made 87 patient transfers and attended 20 events but emphasised that there was a significant drop in patient transfers from 2015 due to an over-stretched volunteer base.

The Emergency Services Expo is on Thursday 11<sup>th</sup> May running from 10am to 2.30pm.

The Family Fun Day is on Saturday 13<sup>th</sup> May from 9am to 1pm, bring the family to see a fire truck

For visitors to the Expo morning tea will be served from 10am and, later, a sausage sizzle provided by Manji Men's Shed. Morning tea will be available at the Family Fun Day

A full programme is available at Manjimup CRC and on [www.manjimup.crc.net.au](http://www.manjimup.crc.net.au)



GIVE HAPPY  
LIVE HAPPY



## LIMES

The heavenly scented blossom of a lime followed by fragrant glossy fruit ripening in the warmth of the sun brings an exotic Middle Eastern feel to a garden. And that's not surprising, Limes from ("lima" Arabic or "limu" Persian) were believed to have originated in Indonesia and South East Asia and transported to North Africa and the Mediterranean about 1000 BC.

Sailors often suffered from scurvy during the 16<sup>th</sup> to 18<sup>th</sup> centuries as they navigated long ocean voyages with diets insufficient in Vitamin C, many perished from this condition, as a preventative measure during the 19<sup>th</sup> century British sailors were issued a daily allowance of citrus. Lemon at first and then lime, as scurvy was common among various naval fleets, the use of limes was kept a close guarded military secret. British sailors acquired the nickname "Limey" because of their usage of limes in this way.

Lime pickles are an integral part of Indian cuisine and a common ingredient in Mexican, Vietnamese and Thai dishes. Lime juice is used to make limeade and a popular ingredient in many cocktails, gin and tonic is definitely better with a refreshing wedge of lime. Key West in Florida is famous for its luscious dessert Key Lime Pie, made with egg yolks and sweetened condensed milk in a pie crust. Lime extract and lime essential oils are often used in perfumes, aromatherapy and cleaning products.

There are several species of citrus with fruits referred to as limes, they include Key lime, Persian lime, Kaffir lime and Dessert lime and all have diverse genetic origins. The most well-known and widely grown here in the South West is the Tahitian lime, a reasonably frost tolerant tree which can grow to around 3m tall. They bear a good-sized fruit from mid-autumn through to mid-winter, have no seeds and are virtually thorn less. Dwarf varieties will grow well in pots in a full sun position, keep them well watered when fruit is forming in spring and early summer and fertilise with a citrus food and Dynamic lifter about every six to eight weeks and you will be rewarded with juicy fruit, they can be picked when green or left on the tree to ripen to a soft yellow.

Limes are of course packed with vitamin C, full of anti-oxidants which improve skin, digestion, and respiratory disorders among many other ailments, including the above-mentioned scurvy, so limes in any form added to drinks or dishes are simply doing you good.

### Liz's Kitchen Rules

#### BAKED FISH AND LIME

Ingredients: 180 – 200g white fish fillets, salt and pepper to taste, 3tablesp lime juice, 230g sour cream, 1 teaspoon parsley, 1 teaspoon grated lime rind

Method: Preheat oven to 200deg C. Place fish fillets in a greased baking dish, season with salt and pepper. Combine lime juice, sour cream and parsley, stir well and pour over fish. Sprinkle with lime rind, Bake for about 20 minutes until fish flakes easily with a fork.

Serves 4 – 6, lovely with mashed potato and steamed carrots for a quick, nutritious meal.



## Commonwealth Games Baton

The Queen's Baton Relay is coming to Manjimup and you can be a part of its journey to the start of the Gold Coast 2018 Commonwealth Games (GC2018).

The Queens Baton Relay launches from Buckingham Palace in London on 13 March this year containing a message from Her Majesty the Queen. The Baton will travel to all nations and territories of the Commonwealth before arriving in Australia where the Baton will travel around Australia for 100 days. When the Queen's Baton arrives at the Opening Ceremony of the Gold Coast 2018 Commonwealth Games, Her Majesty's message will be removed from the Baton and read aloud to declare the Games open.

3,800 Baton bearers are needed to carry the Baton across Australia and online nominations are now open for 10 weeks until 15 May 2017.

"It is an honour to be chosen as a celebration community for the Baton Relay, as it will lift the profile of our amazing region, showcasing some of the Commonwealth's most spectacular natural landscapes as the Baton travels through," explained Shire President Paul Omodei. "Everyone has a local hero, their inspiration or mentor, and these are the people you need to nominate to be a part of local and national history as a Batonbearer," said Cr Omodei.

GOLDOC Chairman Peter Beattie AC said "As it travels through the country the Baton will bring people together from across our nation's vast and varied landscapes, from red deserts to rainforests and mountains to islands, from our city precincts to beyond the black stumps. It's a journey that is sure to increase our sense of connection and understanding of each other."

To nominate, visit [www.gc2018.com/qbr](http://www.gc2018.com/qbr) and write 100 words about why someone inspires you. GC2018 are looking for people who:

- Have achieved something extraordinary or inspired others to achieve something extraordinary
- Have made a significant contribution to either sport, education, the arts, culture, charity within their community
- Have excelled, or aspire to excel athletically or personally
- Contribute to a fun, friendly, vibrant and inclusive community;
- Are at least 10 years old as at 25 December 2017; and
- Are an Australia Citizen or lawfully entitled to reside in Australia during the Relay period (25 December 2017 – 4 April 2018).

## Warren and Donnelly Rivers Restoration

Over the past five years important discoveries and investigations have occurred along the Warren and Donnelly Rivers and The Warren Catchments Council is holding two days of educational events to present these findings, on May 10th and 11. All levels of interest will be catered for from local school students, scientists, Landcare and NRM workers and the general community.

The Warren and Donnelly Restoration Project has seen the restoration of the river bank with 600,000 native seedlings. These restoration sites exist as a result of the action of a blackberry decline syndrome and of chemical control programs over recent years.

In conjunction with the restoration program, scientists from CSIRO and DPaW will carry out research into the resilience of native plants to future climate changes; research into local native plant provenance genetics; monitoring blackberry seed bank survival and spread of blackberry.

Program includes:

**Wednesday 10th May 9.30 am to 3 pm.** Water Education day at Big Brook Dam

Wednesday 10th May 7:30am. Evening presentation of projects scientific outcomes and findings. Manjimup Repertory Theatre

**Thursday 11th May 9:00am** Science in the Field. Warren River.

Accompany project Scientists on a visit to their river research sites for on-ground explanation of experiments and processes.

Thursday 11th May 7.30 pm

WA premiere of RiverBlue International documentary on the effect the fashion industry has on river health and water quality. Manjimup Repertory Theatre ~ \$5 pp

Bookings essential for ALL programs.

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## TARGA SOUTH WEST RALLY

For all the rev heads out there, May is action time as the 2017 Targa season opens with Quit Targa South West, a two day rally program on closed roads through the Manjimup and Pemberton Regions on 19th – 21st May.

The action begins on 19<sup>th</sup> May with the Pump Hill Charity Ride stage, Saturday 20<sup>th</sup> May takes the cars around Big Brook Dam North and South, Gloucester West and East and Kurandra.

The Manjimup Town Stage will be run in the area roughly bounded by Ipsen, Somerville, Pritchard and Rose Streets. Roads will be closed from 2.15pm to 6.00pm approximately, and will be opened as soon as it is safe to do so. Rally cars take to the tarmac between 3.30pm to 5.00pm and the stage will be run three times. If you are lucky enough to live on the route you have your own vantage point, if not there will be a Spectator Point on the corner of Rose and Lock Street. The event will finish on Sunday 21<sup>st</sup> May with the Pump Hill Road and Pemberton stages.

This is a free event, Quit Targa South West brings all the thrills and spills to you, so get down there and be a part of the action. If you want to know more have a look on the web: [www.targasouthwest.com.au](http://www.targasouthwest.com.au)



## Anyone for a Bex?

People of all ages will have heard the saying "Have a cup of tea, a Bex and a good lie down", quoted tongue in cheek when things get a bit out of hand. Recently we stumbled over a 1958 newspaper advertisement for Bex which caused the Bytes team a bit of chuckling. A smiling, happy looking man from Tasmania declared the following:

*My wife and I have been using Bex for the last three years. In that time I have never had one day's illness in bed, thanks to Bex. If I sneeze, I take Bex right away; if I have a headache, I take Bex. In a matter of minutes the headache has gone. I always have Bex in the house – I would not be without them."*

Bex powders and tablets were recommended for headaches, colds and flu, all nerve pains, rheumatism, and for "calming down" the overexcited.

This self-professed magic elixir came on the market around 1935 with the promise: "Bex is safe – no harmful side effects". Well, that turned out to be not at all true, with research finding that the number of kidney cancer cases plunged after the pain killer was banned.

From an online post of School of Medical Science, NSW we learn that Bex contained the following dangers:

- Phenacetin – This chemical acted primarily on the nervous system, targeting the sensory tracts of the spinal cord, the brain and the heart. Each Bex powder contained 420 mg of phenacetin. Over the decades, it became known as Mothers Little Helper, with some housewives taking up to 3 doses of Bex each day, just to "get through". Women being most affected because the pain killers were heavily advertised in women's magazines.
- Caffeine – A powerful nervous system stimulant. A single Bex powder contained approximately 160mg.

However it took until the 70s before these substances were recognised as being addictive and causing widespread kidney disease. Analgesics then came under government regulation.