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Manji Cafe Bytes

SAYING FOR THE MONTH

"A day without laughter is a day wasted." – Charlie Chaplin (1889-1977)

CHAT SUBJECT

Umbrellas and coats have been out lately, does this mean we are in for a long, wet winter?

Welcome to our June newsletter, the official arrival of winter is with us.

Manjimup is certainly showing its diversity this month, starting on the first weekend, with the roar of our world famous motor bike event at Cosy Creek, and on the last weekend we hit the world scene again, holding the seventh Truffle Kerfuffle, which is gaining popularity more every year. Congratulations to the organisers and volunteers for both of these big events.

On June 6th there will be a community forum regarding the seniors' housing proposal. Town is going to be busy.

We always welcome your ideas at manjicafeytes@g.mail.com and copies are also online at <http://www.manjimupcrc.net.au>



"JUST DO IT." History gained from Bibbulmun Track website.

The diversity of interests in we humans can be extremely fascinating, most certainly we don't all follow the same path in life. And perhaps the biggest percentage of our population would rather eat a bowl of sliced worms each day for six weeks, in preference to doing an end to end of the Bibbulmun track - which takes around that time. We are talking about 1000 kilometres of walking, camping out in the bush in the three sided shelters, and carrying your needs in a very heavy back pack. Yes, not everyone's kind of fun.

Most of us probably think the Bibb Track has only a recent history, but that is not absolutely true. The Noongar people's country extended from what is now known as Jurien Bay, around to Esperance. They lived in the forests near rivers and water holes, sharing them with birds, animals and reptiles that they believed to be their elders and which became, with the passing of the centuries, their ancestor gods. With this deep reverence for nature the Aborigines lived in harmony with the land and its creatures.

This proposed South West track needed a name and Kirup forester Len Talbot suggested it should recognise the early indigenous inhabitants of the southwest, the Bibbulmun, who walked long distances for ceremonial gatherings. Although the exact travel routes are not known, their name was adopted as being appropriate, hoping walkers would experience the same feelings of being at one with nature.

Bushwalking was a recreational pursuit in WA before the Second World War, the Western Walking Club having been founded in 1937, then in 1969 the Perth Bushwalking Club was formed. Founding member Geoff Schafer was a veteran of the 650 k walk through the Victorian Alps and was disappointed WA had nothing comparable. In July 1972 he met with the then Minister for Forests, H.D. (Dave) Evans, with an idea designed to prompt urban people to "go bush". Mr Evans, being a boy from the bush himself, listened. He referred Geoff to the Forests Department, and that's when the proposal for a Perth to Albany walk track was adopted.

But the Forests Department held reservations, they had little knowledge of long distant walks and at that time only a very small budget for recreation. Fortunately though, enough Foresters listened, foremost among these were Peter Hewett, Wayne Schmidt and Ross Gobby. A planning team plotted a Lancelin-to-Albany walk, via the Leeuwin-Naturaliste ridge but before long it was realised this was unrealistic, and was altered to a shorter Kalamunda to Northcliffe proposal. The first alignment of the track was marked out in March 1974.

As part of Western Australia's 150th year celebrations in October 1979 the Bibbulmun Track was officially opened. The inaugural 900km journey began in Albany, although officially the track went from Kalamunda to Northcliffe. Over 1000 walkers were involved on different sections. Media coverage was extensive, and community response all along the route was very positive. Numerous schools took part in the walk, as did most local Shire Councils. In 1994, following input from Jesse Brampton who had experienced high standards of walks in USA, CALM undertook a major overhaul of the Track, extending it to Albany and turning it into one of the world's great long distance walk trails. The full story is on <https://www.bibbulmuntrack.org.au> and makes very interesting reading.

Over the years volunteers have played a significant role in assisting the official Bibb Track team. Being an End to Ender has grown in popularity and numbers, it seems you can easily get hooked. Also, Schools use the track for overnight excursions and weekend getaways or day walks are very popular. We do have a few local people who proudly hold the title of End to Ender. One of these has shared the following:

Getting started on the Bibbulmun Track - buy a good pair of long distance walking boots/shoes and start training - walking 20 min, 40 min increasing to 1 hour and beyond 4-7 days per week. Learn some suitable stretches to keep muscles and joints in good working order. Then find a favourite piece of local bush with some flats and challenging hills - give that a go and introduce a suitable backpack and start slowly adding some weight if you are planning on overnight stays on the track. Enjoy the solitude of walking on your own or find a keen friend. Check out the fantastic Bibbulmun Track website www.bibbulmun.org.au - read walkers' stories, get lots of tips for safety, food, water, trip planning, gear hire and much more. I would highly recommend their excellent walk planning service, BTF staff and volunteers know all there is to know about the logistics of walking the track and they are incredibly helpful. Then you might be ready to try out some overnight stays at a track campsite. Enjoy the splendour of our magnificent bush, the trees, the flowers and grasses, the animals and the wildness of the south coast.

Just do it!!!



THIRD ANNIVERSARY

Your Bytes team will celebrate our third anniversary in June, our community magazine grew from an idea taken to the Community Resource Centre who agreed to fund and support us and we couldn't bring this publication to you each month without their help.

Looking back at our first edition what were we talking about then? Our main feature article was that Brockman Street was scheduled for a big makeover and we included a photo of the wonderful mural on the corner of Rose and Brockman Streets. This is the work of local artist Fiona Sinclair and features local identities at a long table lunch. We were farewelling the Guadagnino family with the closing of Alf's Continental Store. The family had been serving the community for over fifty-three years and are no doubt enjoying their change of lifestyle, the premises may have altered but it will be forever known as "Alf's Corner" by most locals. We had a heart-warming story about Abdul, a refugee from Afghanistan who won first prize in the produce section of the Warren Agricultural Show for his champion tomatoes. We did mention truffles too, it's that time of year!

A little research tells us that leather is the traditional gift for a third anniversary. Leather is durable, warm, strong and flexible and has a sense of resiliency, the ideal qualities that make a relationship thrive. A western themed celebration with some country love songs perhaps? Gemstones are Pearl and Jade, flower is Fuchsia and colours are white or jade green. A white leather Gucci handbag studded with pearls and jade would be very acceptable if anyone is thinking of bestowing gifts!

Seriously we have enjoyed the challenge of coming up with different articles each month and we hope that our readers out there have enjoyed them too. We always welcome stories with a local content, contact us we would love to hear from you.

MEET BRUCE PASCOE - Author of "Dark Emu".

We usually associate comedian/author, Jon Doust with the Cherry Harmony Festival when he brings us light hearted comedy every year. But on his next visit to town he will be in a more serious role. On Wednesday June 7th, Jon will be here to converse with author Bruce Pascoe on key themes within Pascoe's acclaimed book, "Dark Emu: Black Seeds, Agriculture or Accident?" This book provides compelling evidence, often from early explorer diaries, that Aborigines developed permanent dwellings, food stores, and sophisticated systems of governance and sustainable land care that were outworked peacefully for thousands of years. Dark Emu is not just a challenge to prevailing myths about the history of Australia, it also presents a compelling vision for what we may yet become.

You can attend this thought provoking event and hear Jon interview Bruce, on Wednesday June 7th, 6pm - 8:30pm at Manjimup Repertory Club theatre. A limited number of Dark Emu books and audio CDs and MP3s will be available for purchase at the same time as the tickets, online at <https://www.eventbrite.com.au/e/dark-emu-by-bruce-pascoe-tickets-33965986179> Dark Emu will also be sold at the event, please bring CASH – Eftpos will not be available. \$30 per book, CD or MP3.

Pre-purchased books will be signed by Bruce and available for collection at the event.

A complimentary light supper of wine, cheese, tea, or coffee will follow the main event. Any questions contact Lucinda Giblett on 0402119154, or lucinda@stellario.org. Or Manjimup Library.

Thumbs Up

Thumbs Up to the staff at our local hospital, there are always many good reports circulating about out of hours treatment when medical services are required.

And thumbs up to those who remember to shop local, our smaller businesses need support to keep their doors open.

Who has been watching The War on Waste, on ABC TV? Thumbs up to those who are making changes in their lives to help fight the waste war.



TRUFFLE OMELETTE

A mature black truffle (*tuber melanosporum*) is not much to look at, round and black and not that appetising, appearances can be deceptive however, as once tasted that distinctive aroma lingers on the air and the flavour is magical.

Truffles have a long history as they were first mentioned in writings by the Sumerians in the fourth century BC. All sorts of theories were attributed to their origins, it was believed they were a result of lightning and water entering the soil and were thought to be quite mysterious. The ancient Romans used a pale truffle known as Terfez or the desert truffle which originated in the dry coastal climate of Libya. Truffle hunting was mentioned by papal historians in 1481 when it was recorded that the sows of Notza were without equal in hunting truffles, but they should be muffled to prevent them from eating the rich bounty they found.

People had long observed that truffles grew among the roots of certain trees and in 1808, Joseph Talon from Apt in France, had the idea of transplanting some seedlings that he had collected from beneath oak trees. This process was known as trufficulture and trials were met with enthusiasm in Southern France which possessed the sweet limestone soils and dry hot weather that the truffles needed. Thousands of trees were planted and by 1890 there were 75,000 hectares of truffle producing trees. The first World War devastated the French countryside and truffle groves were no longer productive. It was worse after the end of the Second World War as production plummeted and prices rose. They became a rare delicacy reserved for the rich and for special occasions. France has begun producing truffles again and they are now cultivated in many other parts of the world including the United Kingdom, United States, Spain, Sweden, Chile, South Africa, New Zealand and Australia.

We are exceptionally blessed in Manjimup as our rich soil and cool climate has the ideal growing conditions for the much-prized black Perigord truffle. The Truffle & Wine Co was established on Seven Day Road in 1997 and the first of these little beauties was unearthed on the 28th July 2003, weighing 168 grams. There are now 40 kilometres of truffle tree rows and it is the largest producing truffiere in the southern hemisphere with the black truffle selected by Chefs and featured on menus throughout the world.

The Seventh Annual Truffle Kerfuffle will be held on 23rd to 25th June at Fonty's Pool, Manjimup, get along and check out the festival of food and wine, or go on a truffle hunt, should you end up with some of these delectable morsels here is a simply delicious recipe to try.

Liz's Kitchen Rules

TRUFFLE OMELETTE

Ingredients: 15 gram truffle, 4 eggs, 1 tablespoon thickened cream, freshly ground black pepper, a little butter. (Serves 2)

Method: Wash and very thinly slice the truffle. Beat the eggs with the cream and black pepper, fry gently in butter and sprinkle the truffle slices over as the egg begins to set. Fold in half and serve with salad, a slice of crusty bread and a glass or two of Chardonnay or Pinot Noir from the Truffle & Wine Company for a truly local experience.



LIFE AFTER LIFE

It is interesting how we humans are all so different, with varying beliefs and dreams. A true example of this comes from on line research of how a \$500,000 facility has been built in Holbrook, NSW which offers anyone interested, and having the required money, the chance to be cryogenically frozen after death in the hope that in the future it may be possible to return to life, and be cured.

The company behind this is Southern Cryonics, funded by 10 Australian investors who have contributed \$50,000 each. This makes Australia just the third country in the world after the US and Russia where bodies can be frozen - at an estimated \$90,000 per person.

The process involves having a cryonics team on standby as close to the person's death as possible. The body is then drained of blood which is replaced with a cold saline solution before "cryo protestants" are added to prevent ice crystals forming. From there, it's transferred to a liquid nitrogen vessel where the temperature is slowly lowered to the minus 196C at which it can be preserved indefinitely. Estimates on when revival may happen vary widely between 15 to 20 years if you're being extremely optimistic, to 100, 200, 500 years if you're being more pessimistic.

Recently a 14-year-old girl died of cancer in UK becoming one of ten British who have undergone the process, and the only child. There are 250 bodies currently frozen in the United States, which has two companies offering cryonics.

The process of the frozen bodies' revival is still an unknown. But let's say this could very well happen, and think about how it would be to "wake" in 100 years to life as it will be then. Thoughts that come to mind: you would not have any money; you would not know anyone; the way of life would be totally different to now. Yes I think there is a lot more we need to know about the practicalities of cryogenics.

If you have \$90,000 in your super might you be enlisting for this modern version of re incarnation?

Junior Football

Every Saturday morning whether you are heading north or south on the South Western Highway you will most likely pass another family going to junior football, some have to leave home as early as 6-6.30 am to travel to Kojonup to play, that trip is so long when you have to be there at 8.00am and for some reason it is always really cold standing on the side lines there.

Being a mother of four boys and one girl, we have been doing junior football for seventeen years now and always had to be at football at 8.00am, we haven't had a year off from this starting time. Fortunately this is our last year!

I love to watch the children grow from not being able to mark the ball and kick it properly to being able to do it by the time they are playing Year 8/9's. My third son wanted to play football like his older brothers and we enrolled him into Auskick, he loved the training but wouldn't play on Saturdays and his sister trained with him so the coach said to let her play as well. She really loved the game and played until she was twelve but she was the only girl playing in the league and it wasn't safe for her to play in the Under 15's so she had to give it up. If she was playing about two years later she would have been able to go on. Now I don't think there is a team in the Lower South West Junior Football League that doesn't have a female in. Go Girls!

I love the comradery there is for the children and how they encourage one another on and off the field. One of the things that I do dislike is the way some people stand on the sidelines and shout at the kids and tell them off for things that they have done and abusing the umpires, they need to remember that a child is doing his best and sometimes their best is just not good enough, have they ever had a bad day? The umpires are volunteers for juniors so instead of going off at the umpire, put a white shirt on and have a go yourself, it is hard to do.

Well I still have four more years of junior football left. I don't think there are any other families in the league that have played Junior Football? Over 21 years continually without a break.



Home Made Preserves at CRC

Manjimup Community Resource Centre now offers something different, home-made preserves, made by CRC volunteer Ananda Barton, the jams and marmalades are for sale at CRC reception, with all money raised being used by the Royal Hutt River Legion to buy magazines for the Manjimup Public Library. Established in 2012, the Royal Hutt River Legion is a humanitarian, non-combatant branch of the Principality of Hutt River Defence Force (PHR). It carries our charitable and community work in Australia and overseas under the banner of the PHR, a region in the WA Wheat belt those inhabitants proclaimed their land an independent State in 1971.

"I have been making jam and marmalade as a hobby for more than five years," explained Ananda, "through the Royal Hutt River Legion I had also been providing magazines for the Manjimup Public Library. Early this year I wondered if I could sell jam and put the money towards the magazines, I asked the CRC and they were more than willing to help."

"I enjoy experimenting with different fruits," Ananda told *Manji Café Bytes*. "Last week I used lilly pilly, an Australian bush food, it made a slightly tart, burgundy jam with a consistency like honey. I put selections from the poetry I read while making jam on my labels. In keeping with the Australian theme I used poems from "Australian Poets at War," published in 1944 by Jindyworobak Press. In the next few weeks I will be making medler jam, using a fruit popular in the middle ages but now all but forgotten. I will have to look up some medieval poetry, perhaps Chaucer?"

The preserves sell for \$2.00 for 150 ml and \$3.00 for 230 ml jars. "I like to keep the price as low as possible," explained Ananda. "Then as many people as possible can enjoy my jams, and help the library!"

