

Who are we? The Bytes Team who bring you this publication are:

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Design: Tracey Bingham

Manjimup CRC: Kayla Williams
and Emma Lee Mayer



Artist : John Duncan

FREE

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Manji Cafe Bytes

SAYING FOR THE MONTH

"You're only given one little spark of madness. You mustn't lose it!"
– Robin Williams (1951-2014)

CHAT SUBJECT

88% of people who gave up Facebook felt happier, who thinks they can live without it?



Welcome to our August newsletter, we are fast rolling down the calendar towards Spring, September 1st is always a cheerful date. Something else cheerful is to read the Shire news of Manjimup having received a fantastic grant of around \$1,170,000 from Lotterywest for construction of a multi-purpose, multi-generational recreation plaza in Manjin Park and an outdoor performance sound shell in memory of local musician Sandra Donovan, in the Timber and Heritage Park. How good's that! We have been so fortunate with the funds that have come to our town.

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



COMMUNITY GARDEN

It was a typical Manji winter day, cold and raining as I made my way through the Timber and Heritage Park to the Community Garden, the park was deserted and I began to think that perhaps this wasn't the best day to be out and about. I turned the corner and right at the Graphite Road end I could see raised wooden beds filled with greenery, broad beans, kale, celery, lettuce, beetroot, parsnip and herbs to name a few, with citrus and olive trees planted behind the beds.

Soon after 1.00pm the gardeners began to arrive, an enthusiastic group to turn out despite the weather, and the amount of work they have put in is a credit to them all. They told me that as much as possible is organically grown and seed saved for new crops, surplus waste is composted. They were recently provided with a grant through the Community Gardens Grants Program which enabled the building of a concrete floored shed, much needed for storage of equipment.

The garden was established in 2012 and after a short break began again in June 2016, a recent addition was replanting of a 17 year old Olive tree, originally planted at Jaycees Park during the International Year of Peace, it has found a new home behind the vegetable patch.

Future plans included paving of the gazebo and around the new shed, the erection of a donated shade house and wheelchair access. The scent and feel of herbs and flowers is always a delight in the garden and a sensory garden is another project they have in mind. They are planning to enter the Giant Pumpkin competition in the next show, last year's vegetables awarded them three firsts and a couple of seconds.

The Community Garden is for everyone in Manjimup, it is a great way to meet new people and learn fresh skills, all are welcome to visit, if you would like to join them they meet on Saturdays between 1.00 to 3.00pm. You can also check them out on Facebook : *Manjimup Community Garden*.

The gardeners beside the Peace tree



VOLUNTEER PROFILES

Manjimup CRC Volunteer Opportunity Development Officer, Rae Starr, has asked us to introduce ourselves, so here is a little of our Café Bytes background.

Back in 2013, having seen coffee shop newsletters in other towns, we yarn spinners, Kathy and Liz, thought it might be a good idea to have something similar for our community, having often thought of local stories that we felt were worthy of sharing. So we inquired around as to how this idea could come to fruition, and were directed to the Community Resource Centre, who were very happy to support the project. We were registered on their volunteer list, introduced to the current volunteer co ordinator, Polly Valentine, who supported our idea enthusiastically and after quite a bit of discussion we came up with Manji Café Bytes artist John Duncan offered to sketch –our logo - which we now have been producing for three years. We needed a design person to set out our ramblings, and were lucky enough to have Janne Hennessy agree to come on board, filling the role perfectly for around two years but then her health failed and she had to resign. We then approached Tracey Bingham to join the team, and Tracey handles the design admirably. We were deeply saddened when Janne passed away in June 2016.

As for our personal history, 'Kathy' is a born and bred local, loves to chat and share stories. 'Liz' has lived here since 1972, after migrating from England and is now well and truly entrenched as a local. Ask her about the local footy, or the speedway, she's a big fan. Both of us are passionate about promoting community groups, especially those who are working for the good of our society. We also have a passion for local history.

Tracey is a little shy, but many of you will know her, she has been around for a while. She puts up with us! And is a talented photographer, many of the photos in Bytes are from Tracey's camera, and testament to her skills.

We hope to continue with Café Bytes - as long as CRC will have us. Look out for more CRC volunteer profiles in our next few months' newsletters.

Volunteering in Your Community



Witnessing the inferno that destroyed the historic Quinninup Tavern certainly emphasised the dauntless contribution to our community made by our local volunteer emergency services.

Please contact Rae Starr at Manjimup CRC if you would like to volunteer for our local emergency services or with a wide range of volunteer organisations.

Tel: 0447023360/ 97772774

Email: rae@manjimup.org.au



MUSHROOMS

Fungi have been around for a very long time, they were popular in Europe in Roman times and consumed centuries ago in Middle and South America. They were looked upon as special and mysterious and were often used in rites and ceremonies for their hallucinogenic properties (Magic Mushrooms). The edible Mushroom (*Agaricus bisporus*) is the one we are most accustomed to using today. The word mushroom is derived from the French for Fungi, a melon grower near Paris decided to cultivate this exotic delicacy commercially in about 1650. It was given the name Parisian Mushroom and only available to the elite in exclusive restaurants, hard to believe now when mushrooms are a part of many recipes from all over the world.

Commercial mushroom growing in Australia can be traced back to the 1930s but wasn't considered a viable crop as yields were low. However fast forward to today and they have become one of Australia's most valuable horticultural crops. Oyster Mushrooms (*Pleurotus ostreatus*) have a subtle nutty flavour and are one of the easiest to cultivate. Two young mates in Fremantle saw a market for these little beauties and are collecting waste coffee grounds from restaurants and growing them in this moist medium in a shipping container. Recycling at its best!

If you are not lucky enough to have mushrooms springing up in your backyard you can grow them at home using a mushroom kit. Keep the box out of direct sunlight, add water as per instructions and you should be picking your own within 3 to 5 weeks.

Mushrooms are good for you, they are low in calories, fat free and cholesterol free and provide a valuable source of dietary fibre as well as several vitamins and minerals such as Vitamin D and the Vitamin B group which helps to relieve stress and fatigue. They are a good source of Selenium, Riboflavin, Niacin and Potassium (good for heart health), in fact one medium Portobello Mushroom contains more potassium than a banana.

Liz's Kitchen Rules

BAKED MUSHROOM

Ingredients: Large Portobello mushrooms, cherry tomatoes, shredded mozzarella cheese, fresh basil, extra virgin olive oil, ground black pepper and salt.

Method: Heat the oven to about 200deg C. Slice cherry tomatoes in half and place in a bowl with olive oil, chopped basil and salt and pepper, leave to marinate for a few minutes. Cut the stalks off the mushrooms and clean leaving the caps intact, place on a baking sheet lined with foil or baking paper. Brush the caps and rims with olive oil. Place your cheese in the bottom of the mushroom cap and spoon on the tomato basil mixture. Bake until the cheese melts and mushrooms are cooked.

This makes a delicious light lunch or can be served for dinner with steak and salad and a glass of red wine, perfect!



Accord West

If you have wondered about the office on the corner of the arcade, we obtained the following information.

Tenancy Advice and Support Service (TAES)

TAES provides:

- Information and advice that enables tenants to resolve their own tenancy issues
- Advocacy and negotiation with landlords, to support tenants who need more intensive assistance with managing issues related to their tenancies
- Community education programs on issues relating to the rights and responsibilities of tenants

This service is available by appointment at our Manjimup office, or via phone consultation with the Tenant Advisor. To make an appointment, please call 1800 115 799.

Children & Parenting Support service (CaPS)

CaPS works with families with children (priority to children up to 12) to support parenting, strengthen family relationships and promote child wellbeing. We offer information and advice, parenting assessment and support, and child or family counselling. The service is available at our Manjimup office or by community outreach.

Please call into our Manjimup Office for further information, or to make a referral for yourself or someone else please call 1800 115 799.

If you would like to know more about AccordWest and the full range of support offered, please visit our website www.accordwest.com.au or call into our Manjimup office at 10/51 Giblett Street Manjimup.



accordwest
committed to community resilience



MENTAL HEALTH SERVICE

Promoting Positive Mental Health

GP down south Mental Health Service has been designed to help to improve your mental health and wellbeing. THIS IS A FREE SERVICE. Eligibility criteria apply.

GP down south is a not-for-profit organisation that provides a range of services to improve the health and wellbeing of the community.

Our Mental Health Service provides short-term support, coordination and access to evidence-based treatments for people living with mental health issues in the community. We employ mental health professionals from a range of clinical backgrounds who are skilled in the delivery of mental health services matched to individual need. Our staff will work in partnership with you to identify your needs and to optimise your mental health and well-being.

A new service has recently commenced in Manjimup and Bridgetown where our Mental Health clinicians will be visiting on a weekly basis to offer individual face-to-face counselling sessions at the Community Resource Centres.

A range of suitable interventions are available including stress and anxiety management, life skills, managing your mood, dealing with conflict and communication.

To be eligible to access this cost-free service you must have a current Health Care Card/Pension Card and be diagnosed with, or at risk of developing, a mild to moderate mental illness.

Referrals are accepted from your GP or other health professionals.

For further information please contact the GP down south Mental Health Team:

P: 9754 3662 or E: mhteam@gpdownsouth.com.au

OUR CLINICIANS



JAN DE GROOT is a Mental Health Clinical Nurse Specialist who has over 15 years' experience working in mental health across the private, public and non-government organisation sectors. She has worked for the last 6 years in acute and chronic mental health in Perth's inner city until recently moving to the South West. Liaison and support for GPs in assisting them to effectively manage and treat their client's mental health needs has been an integral and growing part of her role over the past few years. Jan is experienced and motivated in warmly engaging clients struggling with depression, anxiety and psychosocial pressures in solution focused psychotherapy including cognitive behavioural therapy strategies.



ANNA CHRISTIAN is an Accredited Mental Health Social worker who has previously worked for GP down south in the Aboriginal Mental Health Program in Collie and Manjimup in 2008. Prior to that Anna worked for Relationships Australia as a counsellor and Mission Australia co ordinating their Family Alcohol and Community Education program working with young people. In 2013 Anna commenced a private practice in the Manjimup area.

Anna has experience in working with families, couples, young people and individuals to help them work through difficult times in their lives. She enjoys working with CALD clients and has an interest in other cultures.



MARTIN VAUGHAN is a Clinical Mental Health Social Worker with specialised training in child and adolescent mental health. Martin holds a particular clinical interest in the use of brief intervention modalities with post graduate studies completed in family therapy, cognitive behavioural and solution focused therapy. He has also undertaken Cultural Competency training. In addition to being a part-time member of the GP Down South Mental Health Team Martin manages his own Private Practice.



LOUISE HADDEN is a Provisional Psychologist currently awaiting General Psychologist registration with the Australian Health Regulation Agency (AHPRA). Louise is trained in providing high quality evidence based psychological services to clients across the lifespan with respect and integrity.

Prior to her current role, Louise has experience in treating a broad range of mental health illnesses for children, adolescents and adults in a variety of roles for Centrecare, Alzheimer's Australia, The Department for Child Protection and Family Support, People Sense and within private practice. Louise directs her practice towards understanding her client's needs while respecting individuality. She focuses her support towards client's health and wellbeing, relationship satisfaction and quality of life. She has a passion to achieve positive human development and relations within society.



ZOE HAYWARD is a registered Psychologist with experience working in both acute and community mental health settings as well as in the disability sector. Zoe is passionate about supporting individuals to overcome the challenges they face and build the life they desire. Outside of work she enjoys being outdoors, playing sport and spending time with friends and family.

LET'S GO DRIVING

Love it or hate it, driving is a part of our lives and a little research tells us that most Australians say they can't live without their vehicles, whether it's a luxury SUV, an old banger or the 4WD grey nomads, our love continues to grow and we are reliant on car travel. Not surprising then to discover that we form a strong emotional attachment to our cars, we give them pet names, we sing in them, use them as a mobile office and so on.

We country drivers naturally feel a little superiority as we negotiate our gravel roads with the ease of a seasoned rally driver, leaving our city counterparts dawdling in our dust. But spare a thought for the outer suburban Perth drivers who spend as much time travelling to and from work each year as they do on their annual holiday. They battle congested freeways, road works, traffic lights and lane changes and manage that with aplomb. Meanwhile the country cousin breaks out in a cold sweat and longs for the wide, open spaces. Of course, there are hazards on country roads, kangaroos waiting to leap in front of you as they attempt to cross the road for greener pastures, sudden heavy rain after a dry spell that brings flash flooding and soft edges on gravel roads.

No matter which road you're on, one of the main causes of accidents is distraction and driver fatigue. If you use your mobile phone, statistics prove that if we text or talk while driving it reduces our reaction time to hazardous situations, the same thing happens if we change a CD, check out a map or anything that takes our minds off our surrounds. Driving while sleep deprived is a worry, 20% of respondents to a recent survey admitted they have fallen asleep at the wheel at least once, 29% drove while drowsy at least once a month while 5% said they had an accident because they dozed off. Food for thought here for both country and city driver.

Interestingly the same driver faults seem to bug us all whether we are buzzing down the freeway or meandering country style, in no particular order we have: Drivers who don't indicate, Drivers who speed up when you are trying to overtake and Drivers who swing right to turn left, consideration for other road users is probably the message here.

So, there we have it Country v City, not much difference really, both have to adapt to the road conditions, check out the Road Safety Commission www.rsc.wa.gov.au

Safe driving everyone!

Thumbs up to the hard working Cherry Harmony Festival committee for their first fundraiser of the year, a successful quiz night held at the country club, and to all the fundraisers out there, it is your support and effort that makes our community a great place to live.