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Manji Cafe Bytes

SAYING FOR THE MONTH

"To succeed in life, you need three things: a wishbone, a backbone and a funny bone!"

Reba McEntire (1955-)

CHAT SUBJECT

If you had to change your name, what would your new name be?



Welcome to our October newsletter, the year is marching along steadily as we hurry through the months.

Manjimup Shire's 2017 Local Government Election day is on Saturday, 21 October 2017 and for the first time we will be voting by post. Don't forget to post your vote early, and have your input to our local Shire.

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



Pat Ellis - 41 Years of Loyal Service

Some Bytes readers will have had family generations pass through the Manjimup Primary School under the care of Teachers' Aid Pat Ellis. We consider Pat to be in a class of her own and asked her if she would be willing to contribute to our newsletter, and we are delighted to share what she wrote.

I was born in Bunbury on the 1st of August 1935, the only daughter of Jack and Dulcie McNally. We lived in Capel until I was four years old then moved to Manjimup. I went to the old Primary School until about aged nine, then to St Joseph's Convent until I left school at sixteen years of age. My first job was in the office of Manjimup Co-operative under Ron Buegge, who taught me all I know about office work. A couple of years later I went to work at Foy and Gibson's, then joined the R & I bank – now Bankwest - in Pemberton. While there I met Ray Ellis and we married in 1957, we left Pemberton in 1965 when Ray started working at Muirs' Garage, now Nissan Ford. We had four children while in Pemberton – Lynette, Karen, Gavin, Janine and then Brad was born in 1966 in Manjimup, and he now lives in Pemberton.

I was on High School committees as the family grew up and through my sister in law I became involved with hockey. I was a player; committee member; President, Secretary and Treasurer over the years and while playing I took up umpiring locally and in Perth, where I acquired my B Level badge. Also being involved with the technical side - scoring, controlling each game, mainly for Vets Competition which were held all over Australia. I gave up playing hockey when I was 66. I was awarded Hockey Australia Award for service to Hockey Australia in 2015 and Life Membership to the Manjimup Hockey Association.

I was also involved with the Windy Harbour Sea Rescue for 20 years and Treasurer for that time. I was awarded Life Membership in 2014.

In 1976 I was employed for a couple of hours a day in the afternoon, as the first ever teachers' aid at Manjimup Primary School. Eventually this changed to three hours every morning. I presently work every morning, which suits me as it gives me free time to do other things in the afternoons.

I have seen many changes in the education system. Children are starting school at an earlier age and are expected to attend pre-primary full time. Kindy has changed from being a play group to a more formal format and there is now a three year old group, two hours one morning a week which means children are entering Year 1 with more knowledge and are more prepared for formal learning. Over my 41 years of service, children have changed quite a bit, they are more confident and speak up for themselves, more so than in my early days. I believe teachers are now under a lot of stress because of the demands of the job. Something else that is new, we supply breakfast for those students who have not eaten before leaving home.

I have been on my own for 4 ½ years and lead a very full life. Since 2011 I have done several trips overseas, to England, Ireland, Scotland, Canada and Alaska. Also I have done several trips within Australia.

So is Pat's 41 years of service with the Education Department a record, continuing on as she has into her senior years? We refrained from asking if she is considering retirement any time soon, we will just have to wait and see. Congratulation Pat, at 82 years of age this would surely be a record!

MANJIMUP WOODTURNERS

The Bytes team spent an interesting morning with the woodturners group at the Timber Park last month. It was a hive of activity with lathes and saws buzzing in the background, we were fascinated by the different types of timber on display, (most locally sourced), which included wattle, mandarin, banksia, sheoak, jarrah and blackbutt, really too many to name, but how lovely they all looked after being burnished to a wonderful sheen which brings out the grain and colour of the wood.

There was a good range of gifts available to purchase including pens, pizza cutters, knives, bowls, buttons and quirkier items such as bird feeders, mushrooms and Christmas trees. And for those that love their porridge, there were spurtles available and any Scot will tell you that you can't make decent porridge without this essential tool. The spurtle is used to prevent lumps forming in the porridge as you stir the pot whilst cooking, the shaped end fits neatly in your hand and the smooth rounded end is placed in the porridge. Just remember to always use your right hand and stir clockwise *"Least you invoke the devil"*, you have been warned!

Gifts can be made to order and once a year the group has a visiting wood turner to give a talk and demonstration. Workshops are held every 2 years on a weekend in March, demonstrations at the Town hall on Saturday and workshops at The Shed down at the Timber park on Sunday, make a note to check the next one out in 2019. You can also see them in action at Manjimup Cherry Harmony Festival and the Quinninup Markets.

The Manjimup Woodturners belong to the Wood Turners Association of Western Australia and all equipment belongs to the association, they have been located at their present premises for the past 17 years and have 19 members, 3 ladies are among this talented group and there is always room for more. The two current oldest members are 87 and 86 so age is no barrier, young and old are always welcomed, membership of the group is \$60 per year. The group meets at The Shed, Manjimup Timber & Heritage Park, Wednesdays and Thursdays 10.00 – 2.00 and Sundays 11.00 – 3.00.

For further information: Contact yvonne.pegum@bigpond.com



FIGURE SPURTL

Thumbs Up

Thumbs Up to the Rotary Club, in conjunction with Manjimup Shire for the fantastic Annie McKay presentation, this year we were fortunate to be able to hear a very interesting address by Dr Karl O'Callaghan, recently retired Police Commissioner.

We are thankful to have the opportunity to hear such wonderful speakers – always followed by a delicious supper.

Thumbs up also to Warren Arts Council President Mary Nixon, and her team, for another successful Bluegrass Festival, with 55 musicians, some travelling from as far as Shark Bay to attend the event, putting Manjimup on the International Bluegrass music pages. Well done Mary, your hard work was rewarded, bringing the joy of music to town.

Jaycees Park fades into Manjimup History

With the recent clearing of the block behind the police station in readiness for an accommodation investor to snap up, we thought it might be timely to remind everyone of the history of Jaycees Park.

The Jaycees club (known as a chapter), started here in Manjimup around 1970, before disbanding in the 1990s, the name Jaycees being an abbreviation for Junior Chamber of Commerce. The first Jaycee chapter in Australia was founded in Perth, in 1933, offering men (women were admitted many years later) between the ages of 18 to 40 years, self development through training programs, community project activities and social interaction.

Back in 1980 the Manjimup Jaycees Chapter was a vibrant group of males with a membership of around 45 to 50. At this time, long before our current magnificent Timber and Heritage Park adventure area, the town was short of children's play grounds, so the local Jaycees Chapter set about fund raising to provide an activity family park.

Onions were being grown by our local farmers so the concept of using local produce, and raising money, saw the Jaycees launching into pickling onions. In a big way. They named this ambitious plan the Yumion Project, Operation Onion - 7 tonnes of onions in fact! That's a whole lot of onions. They anticipated selling 7000 2kg jars at \$3.50 each, to raise \$14,000 for the proposed park.

First step was to find the perfect recipe so the challenge was spread far and wide to enter a recipe competition, with a grand prize of \$100, quite a bit of money back in the '80s. Fifteen entries flowed in and judging took place in the Manjimup Hotel Winter Court, with a \$1 entry fee to the event raising \$300 on the night. Mrs Nancy Jones was awarded the prize and she has kindly agreed to share her recipe with us, look for it in this issue of Bytes.

The project was officially launched in Giblett Street in front of the CWA, by the Hon Mr Dave Evans, MLA and Deputy Leader of the Opposition. By that time Jaycees already had orders for 12,000 jars, far exceeding their original hopes, so the big peeling challenge began. Doug Cutts offered the use of his shed, and past Jaycees members relate how they spent a few tearful nights on a mission, before they gave in and offered the task to back packers, for 85cents per jar. An imported peeling machine proved to be a little rough with the onions, so peeling by hand continued.

The project drew a great deal of attention from the media, with quite extensive television, radio and newspaper coverage. The onion money rolled in, and so the park dream became reality.

Although women were not accepted as members at that time, the wives, i.e. the Jaycettes, enjoyed plenty of social time, and a lot of us would still have the recipe book they published so it wasn't all about partying for them either.

Also making news' headlines in 1980 was the Manjimup Jaycees debating team, with Peter McKenzie, Dave Rees and Steve Cass achieving local success and reaching the National finals debating challenge in Townsville - and walking away as winners! That was certainly something for our local Jaycees to be extremely proud of. Their subject on the debating challenge was "We should view the future with confidence". A wife of one of the debating team told us *'these three young blokes from Manjimup had travelled all over the state defeating all other Jaycee debating teams to become WA's state champions, I can still feel the emotion of watching those three bushies win against those learned interstate gents in front of hundreds of people at the National debate in Townsville. The West Aussies in the audience went wild!'*

Jaycee past members have great memories of their comradeship during the club's active years, which was endorsed by the huge turn up to a reunion two years ago. And now with the recent work in Jaycees Park the door has closed on their extremely worthwhile contribution to town, with all signs of there ever being a park in that area now removed.

Well done to all the Jaycees who were involved, your park will be recorded as a great achievement in the historical records of our town.

CRC News

This year's State Government Budget was announced last month and among the cuts can be seen our CRCs will have a 38.5% reduction in allocated funding from 2019/20 onwards (dropping from \$13m per year to \$8m per year).

This news predicts the closure of approximately 50 of the 100 CRCs across regional WA. Many have been operating for over 25 years with community input and not for profit basis. The loss of these CRCs would be deeply felt in communities that rely on their services and support, with their network of programs such as parenting support, no interest loans scheme, healthy eating programs, and primary health care information either directly or through their video conferencing systems - services which would not be available otherwise outside of the city.

Regional CRCs also significantly contribute towards alleviating the negative effects of rural and remote isolation. It has been said that some of their services are no longer needed as most people have access to the internet. This is not so in all of country WA and often the skills required to access the online services are taught at CRCs.

The National Party are promoting "Support Our CRCs". If you would like to show support for your CRC you could download and sign the petition at <http://bit.ly/2xIBPE8>

ONIONS

Love them or hate them, onions, in one form or another are one of the most widely eaten foods on the planet and have been bred and cultivated for at least 7,000 years.

The Allium family includes garlic, leeks, chives, spring onions, shallots and onions, the most widely grown being *Allium cepa*, the common onion, and they have a long history. Traces of onion remains have been found in Bronze Age settlements that date back to 5000BC, whether they were cultivated or not we don't know, but there is evidence to suggest they were cultivated some 2000 years later in Egypt. They were revered in ancient Egypt, the spherical shape and concentric rings being viewed as symbols of eternal life. The ancient Greek athletes ate quantities to lighten the blood, Roman gladiators were rubbed down with them to firm their muscles and in the Middle Ages people paid their rent with them. Doctors used them to help with infertility in women, to facilitate bowel movements, relieve coughs and headaches, to reduce hair loss and they were good for snakebites as well!

The stinging sensation that makes us shed tears when peeling onions is caused by the release of a volatile gas, *syn-propanthenial-S-oxide*, this stimulates nerves in the eyes leading to the creation of that uncomfortable sensation.

Fresh onions are plentiful at this time of year as harvest time in the south west occurs around October to December. If you plan to grown your own next year, the best time to plant is between March and June, prepare a bed with friable soil, a little compost and a sprinkling of lime. Dig a shallow trench, about the depth of your index finger, lay seedlings root side down on one side of the trench, (about an onion width apart), and backfill with soil. Onions do not like being overfed or watered so a light application of a weak seaweed solution once a month may be all that is necessary. They usually take between 100-120 days to mature, depending on the variety), plant some and by this time next year you will be crunching on your own fresh onions. Good varieties are Brown Onions: *Creamgold*, strongly flavoured and among the most widely used for cooking. Red Onions: *Redshine* and *Redwing*, sweet tasting and crunchy in salads, White Onions: *Bianca* and *Gladalan White* are among the best for cooking.

High in Vitamin C, onions are a good source of dietary fibre and folic acid. They also contain calcium and iron and quercetin, (one of the antioxidant compounds). Perhaps they do hold the secret of eternal life!

As we are featuring the Manjimup Jaycees Chapter this month and the successful Yumion project, we have included Nancy Jones prizewinning pickled onions, they are sure to taste just as good today as they did back in 1980.

Nancy's Pickled Onions

Cut off ends on onions (small amount), and peel. Put sugar and salt in equal amounts in a dish, rub onion into sugar and salt mixture and pack into bottles. Place 1 tablespoon of salt and sugar into the bottles, some whole cloves and pepper corns, then cover with half brown vinegar (not spiced) and half white vinegar. Leave for two weeks and enjoy!

TRICK OR TREAT

If you open your door on Halloween to Darth Vader, a small Goblin, Superman or a Witch or any other oddly dressed character yelling trick or treat, chances are it is local children out trick or treating.

This has been a regular occurrence on the 31st October since the late 1920s in America and around the 1980s in Australia. Would it surprise you to know that the origins go back a lot further than that? All the way back to the Celtic festival of Samhain in fact, this was held on the 31st October-1st November to mark the beginning of winter. The Celts believed that on that night the souls of the dead came into our earthly world to be appeased with offerings of food and drink. It was believed that impersonating the souls of the dead and receiving offerings brought good fortune and protection from the spirits.

Poor people in Middle Ages Britain and Ireland would go "Souling" on November 1st, this was going from door to door and asking for food in return for saying prayers for the dead on All Souls Day (November 2nd). "Guising", the custom of wearing costumes, masks and other forms of disguise began in Scotland in the late 19th century. This was a belief that by dressing like evil spirits it prevented them from doing harm, they carried lanterns made of hollowed out turnips and would ask at various homes for treats, such as fruit, cakes or money.

Immigrants brought these customs to North America and now it appears to be a world-wide phenomenon and certainly big business for the Confectionary and Costume makers. Colours for Halloween are green, orange, grey and black, symbols include black cats, bats and spiders, popular costumes include ghosts, skeletons, witches and wizards.

It is traditional to leave a pumpkin or Halloween decoration outside if you wish to reward the trick or treaters or simply leave your offerings at the door for your scary visitors otherwise risk a trick, it's up to you!

