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FREE

Issue 42 November 2017

Manji Cafe Bytes

SAYING FOR THE MONTH

"Optimist: Person who travels on nothing from nowhere to happiness" – Mark Twain (1835 - 1910)

CHAT SUBJECT

If you could walk in someone's shoes for a day, who would it be?



Welcome to the second last edition of Café Bytes for 2017. Which is a special Remembrance Day edition with double the reading!

We are always pleased to promote good causes in town. We hope readers take note of the opportunities we have featured and support the volunteers who put in such generous efforts.

Enjoy Spring with its varying weather, and all its beauty.

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



MANJIMUP SPEEDWAY

The Manjimup Speedway Club is gearing up for one of their biggest seasons ever during 2017/2018.

There are six nights of racing on the speedway calendar but each one will be guaranteed to be full of the thrills and spills that draw the fans back each year.

First night of racing will be held on November 11th with the Late Model Pro Dirt Series plus the annual 2017/2018 Street Stock Stampede. The thundering late models and a large field of Street Stocks will open the season with an awesome night of action. December 2nd brings the 26th WA 360 Sprintcar Titles to the track with a big field of cars competing for the 26th State Championship. Added to this will be the Formula 500 West Coast series.

Last round of action before Christmas will bring the USA v Australia Southwest Speedcar Challenge, with round two of the series being held at partner track Augusta-Margaret River Speedway the following night on December 16th. February 24th opens 2018 with the running of the AMCA nationals before their state title three weeks later at Manjimup on March 17th. The Super Sedan summer series and Production feature will bring a quality field of racing to the track on that night.

The sixth and final event brings the Limited Sprintcars back to Manjimup plus the JSRA Junior Sedan Country Series bringing an action-packed night to round out the season. All events will also feature local drivers competing in Street Stocks, Productions and juniors.

Manjimup Speedway will continue their partnership with Augusta-Margaret River Speedway again this season which will see drivers competing at each venue for club point rounds.

The speedway committee and volunteers have been hard at work in the off season getting the track in tip top condition, at 585m on the kerb it is one of the largest in Australia and the clay surface ensures exciting racing and record-breaking lap times. Don't miss it, get your backside trackside and support the club and help make it the best season yet. Check out

www.manjimupspeedway.com or visit on Facebook.



LIFE MEMBERSHIP

The South West Soccer Association's presentation dinner was held at The Sanctuary Golf Resort, Bunbury on Saturday the 7th October.

Manjimup local Mike Coley was given a life membership of the SWSA for his outstanding service to soccer in the South West Region. Mike has been involved in the sport for over 40 years, playing for Manjimup Rovers in the seventies and later coaching juniors, many of whom went on to play at a senior level for Rovers or other clubs in the South West region.

He was a member of the committee and also served as President of Rovers for a number of years until retiring in 2013, however he still follows the club and attends and supports as many games as he can. Mike is a member of the SWSA Executive Committee and travels to Bunbury once a month to attend meetings.

The SWSA covers a large area and men and women's clubs travel quite a bit during the season coming from as far afield as Margaret River, Collie, Blackwood based in Balingup and three Bunbury clubs, thirteen clubs in total throughout the region.

Mike has achieved a hat trick with the latest award as he is also an inductee of the South West Soccer Hall of Fame, an honour bestowed in 2009.

Over the last forty or so years he feels that he has gained as much from the sport as he has put into it, meeting a variety of players from many countries and making lifelong friendships. He has no plans to retire and if you see him around the pitch kick the ball over, he can still trap the ball and produce a neat bit of footwork. Congratulations Mike from all us soccer tragics!



Thumbs Up and huge Congratulations to Jennie Franceschi on winning the Telstra WA Business Woman of the Year award. You have done yourself, your family and Manjimup proud.

Thumbs Up to all of the candidates who donated their time during the recent Shire Election campaign, we appreciate those who were prepared to step forward in the interest of the community's future. Congratulations to the successful candidates.



CAPSICUMS

Capsicums are exotic looking, smooth skinned with attractive jewel colours and have a distinctive flavour that most of us love.

The species are a genus of flowering plant from the nightshade family *Solanaceae* and are native to South and Central America where they have been cultivated for thousands of years. Australia, New Zealand, Singapore and India refer to them as capsicum but they are known as bell peppers in North America and the United Kingdom. The green variety is actually the immature state of *C.annuum*, they can be yellow, orange and red when ripe.

Peru is thought to have the highest cultivated Capsicum diversity with five varieties sold in markets and Bolivia apparently consumes the largest amount of wild peppers. Capsicums can be used in salads, baked and stuffed dishes, stews, stir fries, salsas and pizzas making them a very versatile ingredient in the kitchen.

They can be grown in the south west providing they are grown through the warmer months, they need warm conditions over five months to produce the highest yields. Prepare the ground by digging in plenty of compost and animal manure to the depth of a shovel to create a light fluffy soil. Plant them in furrows about 30 – 40 centimetres apart, once they grow and start to bear fruit, they made need staking and protection from the sun if the temperature reaches the high thirties. Water regularly and add a little seaweed emulsion to the water to give them a boost and they will reward you with a bumper crop. There are many varieties to choose from, it is up to you.

Capsicums are an excellent source of Vitamins A and C (red contains more antioxidants. They are also a good source of dietary fibre, vitamin E, B6 and folate.

Liz's Kitchen Rules

STUFFED CAPSICUM

Ingredients: 2 red capsicum, 2 yellow capsicum, 1 tablesp olive oil, 1 chopped onion, 1 large grated carrot, 300g beef mince, 500g jar Bolognese sauce, 400g can diced tomatoes, 1/3 cup grated parmesan.

Method: Preheat oven to 200C. Cut capsicums in half lengthwise and remove seeds and membrane, leave the stem as this holds it together. Place on a baking tray, cut side up and bake for 20 minutes. Meanwhile, heat oil in a deep frying pan, add onion and carrot and cook over medium heat for 5 minutes until soft.

Add mince and cook over high heat until well browned. Reduce heat and stir in Bolognese sauce and tomatoes, simmer for 15 minutes or until sauce thickens. Remove capsicum from oven and fill with mince mixture. Sprinkle with Parmesan and return to oven for a further 10 minutes. Serves 4. Any leftover sauce can be frozen.

Garnish with parsley and serve with a crisp green salad, easy and delicious.



2017 CHERRY HARMONY PHOTOGRAPHIC COMPETITION

The Manjimup Photo Club are open for entries into this competition, the deadline is 5.00pm, Friday, December 1st and photos will be displayed from 9.00am at the Town Hall during the Cherry Harmony Festival on the 9th December.

Entry fee is \$2.00 per entry (categories 8 & 9 free) and there are a varied range of categories including: 1 Patterns, 2 Portraiture, 3 WA Native Flora, 4 WA Native Fauna, 5 Vista, 6 Macro, 7 Mono, 8 Primary School Open and 9 High School Open.

Prizes will be presented at 12.00pm on the 9th December, first and second prize for each category plus judges and people's choice. Sunny days are on the way so take your camera out and about and start snapping, enter the competition and you may be lucky enough to be a prize winner.

For further information email manjimupphotoclub@gmail.com or Carole Paterson : carolepaterson@bigpond.com and Brad Hanrahan toymanblues@bigpond.com

Check them out on Facebook: Manjimup Photo Club Inc



Have Your Say

The WA Country Health Service (WACHS) South West wants to hear from you about what we are doing well and how we can improve our service.

WACHS South West provides public health services to residents living in the South West region. These are through a network of public hospitals, community and child health, aged care and mental health services.

To publicly and anonymously share a story about your health experience with WACHS South West visit www.patientopinion.org.au, complete a feedback form or call Patient Opinion on 1300 662 996.

By sharing your story on Patient Opinion, you can tell us what is important to you, and we can show how we are listening and making improvements based on your feedback.

Patient Opinion is just one of the ways that you can provide feedback to WACHS South West.

You can also speak to health service staff or managers in person, over the phone, or fill out a feedback form available at health service sites. Our Customer Liaison officer at Bunbury Hospital is available via email at WACHS-SWFOICustomerService@health.wa.gov.au or by calling 9722 1521.

FANCY A FUN NIGHT OUT?

If you are looking for a great night's entertainment you should be planning to attend the Cancer Fund Raiser at the Town Hall. There'll be local talent, and auctions, raffles - and a skit or two we hear.

Date: November 4th. Tickets are \$20 per head, and can be purchased from Southern Belle. Supper will be served for \$5. There will be a licensed bar, so no BYO.

There's a Rose for All Seasons

We are sure our readers are aware of the wonderful services the Rose Centre offers people who are experiencing a difficult time in their lives, a time when to have a caring hand extended means such a great deal. Our gratitude goes out to these wonderful volunteers.

As a fund raiser the Rose Centre will be holding a Photography competition. Although it is titled A Rose for All Seasons, photos are not limited to only roses. The categories are roses, wildflowers or any south west nature. So the challenge is set, spring's beautiful flowers, and the lush countryside is begging you to pick up your camera and use your imagination and skills to capture the best angle you can present. There's a \$10 entry fee, per photo, all money will go toward keeping the Rose Centre functioning.

An exhibition of the entries will be held from 1st December to 15th December at the Manjimup Library Gallery. Prizes will include First and Second; Viewer's Choice; and best themed subject.

Entries close on 24th November, and photos must be ready to hang. Entry forms are available from Rose Centre, phone 0497022708 for details.

On the 11th hour on the 11th day of the 11th month



LEST WE FORGET



11 November – Remembrance Day

On the 11th hour on the 11th day of the 11th month, a minutes’ silence is observed and dedicated to those soldiers who died fighting to protect the nation.

In Australia and other allied countries, including New Zealand, Canada and the United States, 11 November became known as Armistice Day – a day to remember those who died in World War One. The day continues to be commemorated in Allied countries.

After World War Two, the Australian Government agreed to the United Kingdom’s proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.

11 November is universally associated with the remembrance of those who had died in the First World War. This conflict had mobilised over 70 million people and left between 9 and 13 million dead and as many as one third of these with no grave. The Allied nations chose this day and time for the commemoration of their war dead.

At 11 am on 11 November 1918, the guns on the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months.

In November, the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted the allied terms of unconditional surrender. The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years and became universally associated with the remembrance of those who had died in the war.

On the first anniversary of the armistice in 1919, two minutes’ silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London.

Australian journalist Edward Honey proposed the silence. At about the same time, a South African statesman made a similar proposal to the British Cabinet, which endorsed it.

King George V personally requested all the people of the British Empire suspend normal activities for two minutes on the hour of the Armistice 'which stayed the worldwide carnage of the four preceding years and marked the victory of Right and Freedom'. The two minutes silence was popularly adopted and it became a central feature of commemorations of Armistice Day.

On the second anniversary of the Armistice on 11 November 1920, the commemoration was given added significance when it became a funeral, with the return of the remains of an unknown soldier from the battlefields of the Western Front.

Unknown soldiers were interred with full military honours in Westminster Abbey in London and at the Arc de Triumph in Paris. The entombment in London attracted over one million people within a week to pay their respects at the Unknown Soldier’s tomb. Most other allied nations adopted the tradition of entombing unknown soldiers over the following decade.

In Australia on the 75th anniversary of the armistice in 1993, Remembrance Day ceremonies again became the focus of national attention. The remains of an unknown Australian soldier, exhumed from a First World War military cemetery in France, were ceremonially entombed in the Australian War Memorial's Hall of Memory. Remembrance Day ceremonies were conducted simultaneously in towns and cities all over the country, culminating at the moment of burial at 11.00am and coinciding with the traditional two minutes silence

For me 11 November at 11.00am commemorates not only when the guns on the Western Front fell silent and the significance of that event. I pause to remember all of the men and women of the Australian Defence Force who have served, continue to serve and those who have made the ultimate sacrifice.

It is a very sad day, but a very proud and respectful day – and one that remains as an extremely significant day to me as it does to many others. I know that at work we shall have a formal parade where we all will come together and pay our respects, listen to the history associated with the day and reflect. With many of my colleagues now also being veterans, we spend much time reflecting together whilst all dealing with the formalities and emotions in our own way.

The most significant part of the day is that again we gather together so that “we will remember them”.

Lest we forget.

Contributed by Major Troy Williams, father of CRC employee Kayla Williams.

Major Troy Williams



Major Troy Williams was born in Narrogin Western Australia in 1968, completing Year 12 at Newman College in Perth and joined the Australian Regular Army in January 1987. He entered the Royal Military College Duntroon and graduated in December 1989 to the Royal Australian Corps of Military Police. He was subsequently allocated to the Royal Australian Infantry Corps for Regimental Training and posted to NORFORCE (Darwin) as an Infantry Officer; he served within NORFORCE as a Patrol Commander and Training Officer. Since his initial training Troy has had numerous postings through the ranks of Lieutenant to Major, some of which include:

- 1st Military Police Company - Brisbane,
- 2nd Military Police Company - Randwick,
- HQ 2nd Division - Randwick,
- Defence Force Corrective Establishment - Holsworthy,
- 5th Training Group - Fremantle,
- 8th/12th Medium Regiment - Darwin,
- Joint Logistic Unit – North - Darwin,
- Joint Operational Support Staff - Darwin,
- 1st Combat Signals Regiment – Darwin,
- Army Logistic Training Centre - Bandiana,
- Army School of Ordnance - Bandiana, and
- Employment Category and Training Design Group - Bonegilla.

During 2004/2005 Major Williams deployed to Operation SPIRE as the Logistics Officer for the UN in Timor; providing direct sustainment support to deployed forces and UN elements within the East Timor Area of Operations. Major Williams was awarded the UN Commanders Commendation for his level of support to operations during this time.

Major Williams deployed to Operation CATALYST during 2005/2006 as part of the Bridging Element for the Australian Army Training Team – Iraq. He was located north of Baghdad in the Taji area, where he commanded a team of coalition soldiers and was responsible for training Iraqi soldiers. During this deployment, Major Williams was awarded the US Army Commendation Medal.

During 2014 Major Williams deployed to Operation SLIPPER as Officer Commanding the Logistic Training and Advisory Team – rotation 4 (LTAT-4), this was part of the coalition effort within the Kabul area of Afghanistan. During this deployment he was responsible for mentoring and training operations within the Afghan National Army; commanding armoured vehicle convoys as part of his daily operations with the coalition. During this deployment, Major Williams was awarded the US Army Bronze Star Medal.

MAJ Williams is married with children and lives on a bush property within north east Victoria. He enjoys family time, deer hunting and outdoor life.



Thanks to Susan Kennedy for this interesting piece of local history.

A local soldier’s story. John (Jock) Crawley was born 19th August 1887 in Scotland, married 2nd August 1918 in Scotland. John was 31 years of age and wife Chrissie was 18 when they married. John died 11.11.1950 aged 63 years at Manjimup.

John migrated to WA as a very young single man and worked in the timber industry at Jardanup, later changed to Jardee in 1924. At the outbreak of WW1 John walked from Jardanup to Bridgetown to enlist in the A.I.F. He was accepted at Blackboy Hill, Northam on the 13.9.1915. He was 28 and his occupation prior to migrating was an Iron Monger. His father, Mr W Crawley, of Scotland was his next of kin.

PRIVATE JOHN CRAWLEY. Service Number: 4786 Roll Title: 16th Infantry Battalion 7-16 re-enforcements. Date of Embarkation: 1.4.1916. Place of Embarkation: Fremantle, WA on HMAT Ulysses. John saw active service and was wounded several times.

Courtesy of Australian WW1 records: He received the following medals: 1914/15 Star; British War Medal; Victory Medal 23.3.1920.

After discharge from active service John returned to Scotland and married Chrissie Campbell. He returned to Australia on the “Konigan Louisa”, 2.8.1919, followed by his wife.

John and Chrissie returned to WA and took up a Soldier Settlement block on the Middlesex Road, Jardanup (Jardee). Chrissie had not seen a cow until she arrived at the farm! The early mode of transport was a horse and cart. Their 2nd house was built on the top of the hill facing Middlesex Road and the hill is still referred to as “Crawley’s Hill”, by older residents. John, Chrissie and family farmed their 4 blocks (81 ac).They had an orchard, grew vegetables, had a dairy and John also grew tobacco and had a tobacco kiln on the farm. When John died the farm was sold and Chrissie moved into Manjimup. She died 9.6.1981 aged 79 years and is buried with John in the Old Manjimup Cemetery, Roman Catholic section, plot 307.

Some descendants of John and Chrissie Crawley still live in Manjimup.

Manjimup History House will be open 11.11.2017 from 10am to 4pm.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae

CONTROVERSIAL NATIONAL SERVICE 1965 to 1972

In 1964 the Australian Government passed a new law, The National Service Act, requiring selected 20 year old males to serve in the Army for two years of continuous service. The Defence Act was amended in May 1965, stating that conscripts could be obliged to serve overseas, and in March 1966, Prime Minister Holt announced that some National Servicemen would be sent to Vietnam with the Australian Regular Army. Between 1965 and December 1972 over 800,000 men registered for National Service, with 63,000 being conscripted and over 19,000 serving in Vietnam. A new word was added to the Australian language – Nasho. Opposition to selective National Service was strong but rose in intensity when service in overseas war zones was introduced. Huge protest rallies opposed to sending troops to the Vietnam War were held throughout Australia. In 1965 a group of concerned Australian women formed the anti-conscription organisation Save Our Sons, protesting against conscription of Australians to fight in the Vietnam War. According to researched online records, in 1970 five Save-Our-Sons women were jailed in Melbourne for handing out anti-conscription pamphlets whilst on government property.

Men who wished to avoid National Service could join the Citizen Military Forces and serve only inside Australia; claim a student deferment; or attempt a conscientious objection application. Records show that 14 people were imprisoned for refusal to obey a call-up notice.

So if you take a walk through Manji, or maybe just take a mental trip around the streets, how far would you get before you came across some of today’s young men? Just like our young men have always been, they are brash and adventurous, sometimes a little foolhardy. That’s what being young is all about. Ask any of them if they would like to take part in the same experience to which some of the youth of yesteryear were compelled. Apart from the horrors of the World Wars when the will to serve was strong, ask them how they would like to be among a selection for two years’ National Service, and check out their replies. Strong chance is that they would give a resounding NO. GET REAL. With probably a profanity or two added on. Just like most of the lads in the ‘60s would have wanted to say, but replying no wasn’t enough to get them out of it, it was a case of put your home life on hold, pack up and go embrace the forces, while your friends had the privilege of continuing life as they chose. It is said today that the Baby Boomers have had it easy, but the National Service era of 1964 was not the best for some of today’s Baby Boomers.

During the last century our young men, and women, have had to face the Boer War and two World Wars, filing away into the troops going overseas - except those who were medically unfit, or were under Man Power, regarded as needed to keep the home fires burning back at home. But a world war where most men were fired up with the will to do their bit is most definitely different to the war that was going on in the ‘60s in Asia.

Many countries have National Service for their youth, females as well as males, but the last Australian national conscription call up was not as fair as it is in those other countries. When our Government of 1964 was asked by the American Government to supply troops to help control the Communist assault in Vietnam numbers needed to be swelled in the Armed Forces. And to achieve this they went about it in the form of a lottery. Winning a nice prize in Lotto is one thing, but winning the birth certificate lottery that decided the future for two years from age 20 to 22 and having no choice in the matter, was quite another. All our eighteen year olds waited in trepidation for the draws to decide the selected birth dates. This was a little hard to accept and considered a very unfair system.

There is a feeling around today that possibly the so called lottery was a farce and that the birth dates were pre selected to suit the requirements of the forces. This idea seems something like a Big Brother knows who and what you are, and there is a bit of support for this concept among the old Vets.

Not only was it difficult to accept not having a choice in the selection, there was also the fear that once you had won that lottery to be conscripted into the Armed Forces, you may also be among those who won the next lottery and would find yourself joining the action in Vietnam. An All-Expenses Paid Trip Overseas it was, but not the kind you would find much pleasure in.

Being a member of the Regular Armed Forces was quite a different matter, they had enlisted for the forces and overseas postings were always on the cards for them. About twenty of our youth from this area were conscripted and some of these drew the Vietnam ticket, with others being sent to Malaysia. Tragically two from our Shire did not return from Vietnam. Now look around you and pick who those two might be if it happened today. It’s a sobering thought.

It is possible that Australia will have conscription before too many more years pass, and a lot of those who went before would be in total agreeance with this, they’d nod their heads and say “Yes, take the little buggers, they get it too easy now, sort them out and teach them a thing or two”. Or perhaps it’s just that human thing again, saying if I had to go, well so can they. But compulsory National Service duty being served inside Australia is one thing, being sent to war as a conscript is another.

Listening to these national servicemen who are now retired Seniors, you get a variety of comments. Ranging from “The best years of my life”, to “I would like to forget it ever happened, but I can’t”, or “I don’t want to talk about it”. They did have some good times, let’s not forget that, and made some lasting friendships in amongst that regimented life so it wasn’t totally all bad and conscription within Australia is often discussed as a valuable option for young people.

Unfortunately many of the Vietnam Vets have lasting health problems from their experiences. Thankfully, at least their roles during the war are now being acknowledged, unlike when they first returned and were almost made to feel guilty for the part they played. Albeit unwillingly.

Maybe discipline of our younger generations is sadly lacking and some are running rampant through society, but surely there would be a better way than national service.