

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

Rae Starr, Manjimup CRC
rae@manjimup.org.au

Liz Coley & Kathy Hill

Yarn Spinners
manjicafeytes@gmail.com

Design: Tracey Bingham

Manjimup CRC: Kayla Williams
and Emma Lee Maher



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Manji Cafe Bytes

SAYING FOR THE MONTH

"No one is ever old enough to know better" – Holbrook Jackson (1874 -1948)

CHAT SUBJECT

What's your favourite Christmas Carol?



Welcome to our final newsletter for 2017, a New Year is not far away as we turn the page on our calendars to this last month. Christmas will keep us busy until the festive season passes, and during all that activity the town will be abuzz with the Cherry Festival excitement. Thanks to all who organised and erected the fantastic Christmas tree, its bringing Christmas spirit to town!

Our wishes to everyone for a happy and safe Christmas, may your presents be just what you have ever wanted.

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



Donnelly River Boat Cruise

We are always delighted to hear positive comments about local attractions, and this month we have a contribution from a recent visitor to our area who we happened to encounter in Manji, sharing glowing memories of a discovery the previous day. "The Donnelly River Cruise is the best kept secret of the South West," we were told. Manjimup's Peter Casonato has been operating the Cruises for 12 years and has achieved four Western Australian Tourism Awards. Judging by the comments our contributor has made, it seems Peter still gives freshness and enthusiasm to every cruise. One of the bonuses to the outing is the bus pick up from Manjimup and Pemberton. With holidays on the near horizon it would be a great idea for a family outing. Thanks to Greg Polain for sharing his experience.

My wife and I recently visited the beautiful town of Pemberton for an escape weekender, and decided to spend an afternoon cruising the Donnelly River.

I had little expectation given how piddly the Donnelly looks at road crossings, and I was frankly more interested in just enjoying some local wine and cheese on what I thought might be a fairly uninteresting river excursion.

What a surprise this journey turned out to be!

Picked up by coach at the Pemberton Tourist Office, we set out on a 15 minute winding drive through the beautiful D'Entrecasteaux Karri Forrest en route to the Donnelly River boat ramp.

We have visited Pemberton on numerous occasions, but we have never failed to be in awe of the majestic karri and Jarrah forest with all its visual delights and diversity. Our host and driver Peter shares his vast knowledge of the forest, from much of its diverse flora composition to forest management strategies and improvements through the years since European settlement.

We pick up the final three cruise passengers at Karri Valley Resort and soon reach the Donnelly River boat ramp where we leave the coach and wait briefly while Peter manoeuvres the 10 metre "Gigetta" to the river shore for boarding.

Five minutes later we embark the Gigetta and the river cruise is officially underway.

We are instantly amazed at the pristine condition of the river and the way the majestic forest hugs the river edges. Once again Peter engages everyone on the vessel to share in his knowledge of the river, its surroundings and its management through group participation. As we meander along the river toward the ocean mouth, we pass a string of kayakers, one of whom paddles in the Gigetta's wake for 100 metres or so, much to the delight of a small boy on our cruise.

An elegant timber dwelling suddenly emerges from within the forest canopy followed by another, sparking Peter into explanatory mode. We learn of families that constructed shacks on the river over a number of generations, being recently granted leases enabling them and their families to continue to enjoy this beautiful and unspoilt environment.

As we approach the river mouth we notice natural basalt rock formations lining the river's northern edge and limestone rock formations rising sharply above the south side of the river! Looking west beyond the river mouth we see our first glimpse of the frantic Southern Ocean with its swell and white caps seemingly about to engulf us.

The contrast between the tranquillity and beauty of the river and the forest, against the ferocious Southern Ocean is breath taking.

Peter drives the Gigetta onto the pure white sand of the river mouth, drops the foot bridge, and invites his passengers to take some time to enjoy other visual delights only visible from the beach. Looking south we see a vertical limestone rock formation, perhaps 50M high or more, stretching along the coast as far as we can see. Looking north we see forest covered terrain encroaching relentlessly toward the beach.

Eventually we all reluctantly return to the boat and begin the return journey back to the boat ramp.

Peter provides afternoon tea and more commentary on the river and its many attributes as we meander back to the boat ramp.

This is a very interesting and enjoyable river discovery experience, and I recommend the Donnelly River Cruise to all South-West tourists and any south west locals yet to enjoy this adventure.

Greg Polain

Cottesloe Perth WA



SOUTHERN FOREST LIFESTYLE VILLAGE

An exciting new concept for the over 50s recently held their first open day at the Caravan Park on South West highway north of Manjimup.

The Southern Forest Lifestyle Village is situated in a peaceful rural setting with access to the highway and a short drive from Manjimup which makes it an ideal location. Perfect for over 50s wanting to downsize to a safe gated community, grey nomads will be catered for as there will be an area to store caravans and boats.

There are 48 home sites to choose & in the range of home designs, each has a spacious open plan living area, large bedrooms and bathrooms. You can transport your furniture, park your car and move in as all homes include quality appliances, floor coverings, wall painting and fixtures. Buyers will be able to pick and choose their own colours from the range available, the two homes on display are attractively presented and fully finished. Plans will include a community clubhouse which includes a lounge area, kitchenette, games and craft rooms and a separate men's shed. Outdoor BBQ and picnic areas will be available for all residents and their visitors.

At Southern Forest Lifestyle Village you own your home and have a long term lease on the land. The ground lease fee covers such things as site management, security (monitored card access gate entry), grounds maintenance, use of the Village facilities and land rates. There is also no water rates or stamp duty payable to the home owner with rebates available for people on the pension for the lease fee. The live-in management team are available for site assistance to help ease your move and ongoing comfort.

The owners felt there was a need for affordable housing for seniors in Manjimup and have been working on this project for some time. Judging by the amount of people who attended the successful open day on November 5th it is obvious that this is something that the community has been waiting for. Jeff and Marisa Scott where overwhelmed by the positive response from the 60 or so who attended and will be holding more open days in the near future.

For further information email: enquiries@southernforestlifestyle.com.au or check it out at www.southernforestlifestyle.com.au



Thumbs Up

Thumbs Up to the Cherry Harmony Festival team of volunteers, let us hope the weather is kind for the weekend and the festive mood echoes all through town.

Thumbs up to all the caring ladies who responded to Jenny Parker's call to help with its In the Bag, for homeless women. Well done for such a huge response.

And thumbs up to the Hospital Auxiliary, please support this good cause by checking out their stall, and raffle on December 15th.

A SILVER COIN STORY

For those of us who enjoy a luscious serving of Plum Pudding at Christmas, it really is a shame that Christmas only comes once a year!
A traditional meal of turkey, ham and all the trimmings that go with such a roast dinner, followed by a plate of rich fruit pudding with custard and cream, or brandy butter... oh, what a deliciously special treat.

Well, that's certainly how it is in cooler climates but here in Australia a lot of families now are breaking with tradition and are choosing to have a cold Christmas dinner, (lunch in today's language) with fruit salad and ice cream for sweets, or perhaps a picnic on the beach, so it is possible the old traditional hot roast and plum pudding will be a dim memory before too long. Before our currency changed, there was a tradition of putting coins and charms into the pudding for good luck but this is now just a memory, since silver coins ceased being produced when decimal currency was introduced in 1966, and the coins we use now contain metals that are not recommended to combine with food.

The history of plum puddings goes back a very long way. In fact, we believe it began in 1590 or thereabouts, when a mixture called Frumenty (made by boiling beef, mutton, oats or wheat, wine, cinnamon and sugar) which had been all the go for some time, was changed into a "Plum Pudding" by adding eggs, breadcrumbs, dried fruits, and spirits such as whiskey. And it was supposed to have been King George the First of England, in 1714, who decided that this sort of pudding was really special in a Christmas feast. The real tradition for cooking Christmas puddings was in a calico cloth, by placing the mixture in the middle of the cloth and then gathering up the ends, tying tightly with string and immersing in a large saucepan of boiling water. Boil for about 4 ½ hours.

And so, the English folk adopted this as their Christmas treat. And seeing as Australia was first settled by the English, the custom came out with them and our grandparents and parents followed along with it. Lots of customs about the pudding have been added over the years, such as each member of the family should help with the mixing and take a turn to stir the pudding mixture with a wooden spoon, three times, in a clockwise direction, making a wish as they do so.

And somewhere along the way, many moons ago, the custom of putting a silver coin in the mixture began and the one who got it was considered to be very fortunate indeed. Other things added into the mixture over the years have been thimbles and buttons (which predict the finder, if unmarried, would remain unmarried), and rings (the finder would marry within a year if not already wed).

Some families thought that if you found the coin in your dessert, the wish that you had made whilst you were stirring the pudding would come true. Mothers being as they are, they wanted everyone to have the excitement of finding a coin, so putting several coins into a pudding was the custom for most families. Some Mums even served the pudding, then hid a coin in each piece so everyone got to have a happy Christmas.

Whether you want to place something in your Christmas pudding or not is up to you but if you are craving traditional Christmas fare this one is sure to please.

Liz's Kitchen Rules

CHRISTMAS PUDDING

Ingredients: 450g mixed dried fruit, 25g candied peel, 1 small green apple, peeled and grated, 1 tbsp orange zest, ½ tbsp lemon zest, 2 tbsp orange juice, 1 tbsp lemon juice, 4 tbsp brandy (plus a little extra for soaking) 55g sifted SR Flour, 1 tsp mixed spice, 11/2 tsp cinnamon, 110g suet, 110g dark brown sugar, 110g white fresh breadcrumbs, 25g chopped almonds, 2 large eggs.

Method: Place the dried fruits, candied peel, apple, orange and lemon juice into a large mixing bowl, add brandy and stir well, cover with a cloth and leave to marinate overnight. Add all the other ingredients with lightly beaten eggs gradually to the dried fruit mixture stirring well, the mixture should have a fairly soft consistency. Now is the time to take it in turns to make a wish or add a coin. Lightly butter a 1.4 litre pudding basin and spoon the mixture in, gently pressing down with the back of the spoon. Cover with a double layer of baking paper and a layer of tinfoil, tie securely around the basin with string. Place the pudding in a steamer set over a large pan of simmering water. Steam for 7 hours, check the water level, adding more hot water as required. Remove pudding from the steamer, allow to cool, remove the paper, prick the surface with a skewer and pour in a little extra brandy. Rewrap with baking paper and store in a cool dry place until Christmas day. This pudding has to be made prior to Christmas day as it needs to be stored and rested to allow the flavours to mature. On Christmas Day, reheat the pudding by steaming for one hour, that will give you time to prepare a delicious brandy sauce to go with it.

Brandy Sauce

Ingredients: 55g butter, 55g plain flour, 570 ml milk, 4 tbsp brandy, 55g caster sugar.

Method: Melt the butter in a saucepan and stir in the flour, cook for a couple of minutes over a low heat and stir in the milk, bring to the boil, stirring continuously and simmer gently for 10 minutes, add the brandy, stir well and serve with the Christmas pudding.



Pancakes in the Park – Christmas Breaky

Pancakes in the timber Park for Christmas breakky??? Really!!!

Yes, you are welcome to join us for a pancake breakfast on Christmas morning from 8.30am onwards. Come for a free, filling and stress free breakfast. Whether you just want to have a social cuppa and breakky before family arrive or you're on your own with no plans for the day, all are very welcome what every your circumstances.

Bring the kids/grandies down for a play too. We'd love to see you there. You don't have to wait until Christmas to have and enjoy a hot meal and friendly people though. We have been running Dinners in the Park since last year, from November until April, the first Monday of every month. This coming Monday (4th Dec) 6pm is the next one.

We enjoy catching up with the regulars and love seeing new faces. Donations are welcome but NO pressure if you can't.

(Food is prepared in the Bello Torta kitchen for the Seventh Day Adventist Church)

For any information or questions contact Rochelle Price 0478 192 430 or email rocketprice@gmail.com.



Wellness and Respite Community Centre

With the building forging ahead we thought we would share the information found on the Shire web site for those who are wondering just what services will be available when opened in March 2018.

"Originally named the Wellness and Lifestyle Centre, the project has been rebranded as the Manjimup Wellness and Respite Community Centre. The Centre will be a multi-purpose facility encompassing Manjimup Home and Community Care and other offices, day centre, consulting rooms, respite, dementia care, therapy, meeting rooms and conference facilities.

This multi-purpose facility will cater for day care centre activities as well as overnight and weekend respite for carers, presently not provided for in the Shire of Manjimup. The Centre model is based on the wellness approach and the idea that older people would prefer to live at home and remain autonomous as long as possible. However, for many people, this requires access to support services, including those provided in a multi-purpose wellness and respite centre.

The Centre will effectively consolidate existing facilities and services involved in the delivery of aged care in Manjimup and surrounding areas and provide a 'one-stop shop' for aged, disabilities and dementia services and service information for the whole community. The Centre will be realised when sufficient funding has been secured."

Thank A Volunteer Day 2017

International Volunteer Day is celebrated worldwide, on 5th December in recognition of the positive harmony of volunteers around the world, who work to enhance the lives of those in their communities or respond in times of crisis, such as famines, floods or bushfires, thus ensuring the future of communities. The value of volunteering, in Australia, in monetary terms is enormous as well as providing much needed services, companionship and social inclusion to millions across the country.

Volunteers in the Manjimup area give their time generously to community associations, sports clubs, emergency services, as well as organisations such as The Men's Shed, The Rose Centre, Manjimup Community Garden and Days for Girls. Manjimup CRC's Volunteer Opportunity Development Service works with a great range of organisations and individual volunteers seeking volunteering opportunities in Manjimup. Volunteering benefits those actively providing their time, by increased physical and mental well-being as well as those receiving support and services.

To celebrate International Volunteer Day 2017 and to thank our local valued volunteers the CRC has invited local organisations and volunteers to a long table breakfast at Manjimup Timber Park on the 6th of December.
Pic: Volunteer breakfast at Manjimup CRC 2016



Some Gratitudes to Remember as Another New Year Looms

Grateful For the taxes I pay because it means I am employed.

For the teenagers who complain about doing dishes

Because it means they are at home, not on the streets.

For a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.

For the clothes that fit too snug because it means I have enough to eat.

For the last parking spot I find at the far end because it means I am capable of walking and I have been blessed with transportation.

For my shadow that watches me work, because it means I am out in the sunshine.