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FREE

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Manji Cafe Bytes

SAYING FOR THE MONTH

I am always ready to learn although I do not always like being taught.

Winston Churchill

CHAT SUBJECT

Do you have a secret dream and will it ever become reality?



Welcome to the downhill run of Winter, we are only four weeks away from Spring when we will be able to say We Made It, getting through the coldest winter we've had for many years. Well that's how it has felt. In our Thumbs Up, Manjimup Repertory Club last month we commented on looking forward to Oklahoma, but their plans have changed because of copyright issues and they will be giving us Spamalot instead. So that's the one to keep an eye out for. Enjoy the last of winter's pleasures – amazing water falls, gushing rivers, interesting fungi and of course the colour of early spring flowers that are popping up around about.

We always welcome your ideas at manjicafeytes@gmail.com and copies are also online at <http://www.manjimup.crc.net.au>.



POSTING THROUGH THE YEARS

We are all aware of the changes in our postal services and no doubt, we can expect more. Red Post boxes that used to be around our streets have gone, and the cost of postage has leapt. It's kind of like pricing itself out of business. And we are being warned that most likely our daily home deliveries will be cut to three days a week.

Of course what we have to blame for this is the instant technological communications we have today. How things have changed. Our Christmas Card lists are shrinking. How long since you found a hand written letter pop up in your box? How long since you wrote a letter and posted it? These have become a rarity, and some amongst us mourn the loss of those gems arriving and cheering our day.

A great deal of family history, and general history, has been gleaned from old letters that have been saved, and it is not likely that many of our emails, SMS texts, Facebook posts, are going to be preserved - so look at all that lost history.

What can we do about it? Start writing letters again? Well that isn't going to happen, is it? Nowadays we post our news online.

We have a Postie in our midst who knows firsthand of the changes that have taken place. Rex Court started his working life at aged 15, riding a push bike around those steep hills at Pemberton, delivering the mail six days a week. Blowing the whistle as he dropped a letter in the box then pedalling like mad to get away before any excited dogs came running after him.

He can tell very amusing tales of Saturday telegram deliveries on European migrants' wedding days. Being urged to sample the vino – which didn't take a great deal of urging - and the wobble of the bike on the way home.

Rex did the Pemberton deliveries for about two years then moved to Manjimup and biked around here before leaving the post office and moving on to a few varying jobs, in many towns around Australia.

All that bike riding was over 50 years ago, but now Rex is back in town, has been for a few years, and he's back delivering mail. You won't see him on a push bike though, or a motor bike. He's graduated to the comfort of a vehicle for a road mail delivery in the Middlesex area.

Rex has possibly made Postal Service history in the circle of his working life and listening to his stories of those early delivery days brings many smiles.

We stumbled over a story by Mrs G A Richards, in Tall Timber Life magazine 1979, of how mail would be posted from Land Settlement Group 31 in the 1920s. "If we wanted a letter posted we placed it in the fork of a stick and held it out as the mail rake went past. The guard grabbed the letter and would then send it from Jardee, per favour of the guard." We think the mail rake must have been a train but would love to hear if anyone knows if that is correct.

Yes, Postal Services sure have changed.

Thumbs Up to our warm and caring South West Community, we can be super proud of the awesome response to offer support to the Chatley family following the unfortunate football injury Beau has suffered. Well done to the supporters and donors and our best wishes to Beau for a speedy recovery. Donations can be given at the Bankwest Bank.

POKEMON GO

I guess you wouldn't have read the papers lately or watched TV if you missed the arrival of Pokemon Go recently released in Australia.

Your bytes team decided a little research was in order to find out what the fuss was all about, so for the games novices among us, a little break down on the challenges ahead should you decide to download this innocuous little app onto your iPhone or Android device.

Once your app is downloaded you will be given an avatar (Trainer) which you will be able to customise with cool clothing and accessories so now it's on your feet and join the hunt. As you move around the real world your smartphone will vibrate to let you know you're near a Pokemon. Take aim and throw a PokeBall at it, be quick or it might run away! You can collect several of the same type of Pokemon and of course the object is to capture as many of these little creatures as you can with the aim of battling other players.

A warning here as you travel the virtual world and the real world, there are 151 species out there hiding in all sorts of places. Some have cute names like Pikachu, Mew and Pidgey but I'm a little unsure about meeting Scyther and Gastly on a dark night.

At some stage you will be asked to join one of three teams, Team Mystic (blue), Team Valor (red) or Team Instinct (yellow) and once you have reached level five you will be able to assign your Pokemon to a PokeGym, where you will join forces with your team and battle your rivals, if you are successful you will take control of the Gym.

The upside is you will get plenty of exercise as you seek out these virtual critters, the downside is it's addictive.

Finally I should add that if anyone wants me I'll be at the Pokestop hotspot adding Pokemon to complete my Pokedex, don't call me I'll call you!

There is a public group on Facebook for local fans, you can check them out at Pokemon Go Manjimup.

Manjimup CRC Volunteer Opportunity Development Service

Do you have a recognised qualification as a massage therapist?

Would you like to volunteer as a meet and greet person?

Volunteers urgently needed at The Rose Centre in Manjimup

The Rose Centre provides free therapies for those living with terminal or life limiting conditions and those who care for them.

Volunteers need to be able to commit to a minimum of half a day per week.

Tel: 97772774

Email: rae@manjimup.org.au



LEEKS

Leeks are plentiful at this time of year and their mild onion flavour is a welcome addition to soups and stews

They are a cultivar of *Allium ampeloprasum*, the broadleaf wild leek and the name is derived from the Anglo Saxon word leac. They were part of the diet of the ancient Egyptians and were a favourite of the Emperor Nero, who consumed them in soup or oil, believing they were beneficial for the quality of his voice. The leek is one of the national emblems of Wales and reputedly King Cadwaladr of Gwynedd ordered his soldiers to wear the vegetable on their helmets in an ancient battle against the Saxons. Not sure who won that battle but it would certainly have been worth seeing!

Leeks are a close relative of chives, garlic, onion and shallots and grow best with temperatures between 15 and 25deg C. They will grow on a range of soil types and generally take 21 to 30 weeks to reach maturity from transplanting. They are biennial but usually grown as an annual and have few problems with pests or diseases. All parts of the plant are edible but it is the tender white stems that are mostly used in cooking. It is usual to plant the seedlings in a trench about 20cm deep and as they grow backfill with earth to blanch the lower part, or the lower stems can be covered with a short section of PVC pipe or a milk carton. They are not a quick crop but if you are prepared to wait they are well worth the effort.

Packed with vitamins, leeks are an excellent source of Vitamin K, manganese, B6, copper, iron, folate and vitamins C, E and A. Add to that dietary fibre, magnesium, calcium and omega 3 fatty acids and you have a super food with many health benefits.

They add a delicate flavour to soups, sauces, pies, tarts and casseroles and make a delicious side dish sautéed in a little olive oil and butter. Cock-a-leekie soup is a traditional Scottish dish consisting of leeks, chicken, peppered stock and prunes, thickened with rice, an ideal cold weather dish.

Liz's Kitchen Rules

LEEK AND BACON PIE

Ingredients: 1 large leek, trimmed, washed and thinly sliced, 175g rindless short cut bacon, chopped, 20g butter, ½ cup grated tasty cheese, 4 eggs, salt and black pepper, 4 or 5 average size potatoes.

Method: Parboil the potatoes. Melt the butter in a pan, add leek and bacon and fry gently for about 10 to 12 minutes or until leek is soft. Place in a deep pie or casserole dish. Whisk eggs, cheese and seasoning, pour over leek mixture and top with sliced potato. Dot with a little butter and cook in a 200 deg oven until the top is nicely browned. This is a healthy alternative to a pastry based pie and makes a warming lunch or supper dish.



AUGUST

August is the eighth month of the year and is one of seven months with a length of 31 days. This month, originally named *Sextilis* because it was the sixth month in the old Roman calendar, was renamed August in 8 BC in honour of Augustus Caesar. He was the founder of the Roman Empire and its first Emperor ruling from 27 BC until his death on 19th August AD 14. Instead of following his great uncle Julius Caesar's example and making himself a dictator, Augustus introduced a system of monarchy which was to bring peace and stability during his long reign.

With the advent of August we approach the end of winter here in the south west and spring is just around the corner with warmer days to look forward too. However, the long range weather forecast for August is predicting strong cold fronts and above average rainfall so keep those winter woollies handy, you are going to need them!

Zodiac signs for August are Leo (July 22nd to August 21st) and Virgo (August 22nd to September 21st). Our August friends are a mixture of the charm and excitement that dramatic Leo brings tempered with the diligence and reserve of shy Virgo. Perfectionists maybe, but filled with self-confidence and a pioneering spirit, perhaps a little hard to get to know but a loyal and forgiving friend, cheerful and uplifting who will bring a little sunshine into your life.

If you are an August baby your birth flower is Gladiolus

Van Morrison (1977), "August and everything after" – Counting Crows (1993) and "and your birthstone is Peridot.

Famous names with August birthdates are authors *Herman Melville* : Moby Dick and *Mary Shelley* : Frankenstein, actors *Chris Hemsworth* and *Antonio Banderas*, *Emily Symons* and *Jennifer Lawrence*, musicians *Angry Anderson* and *Kenny Rogers*, *Missy Higgins* and *Madonna*, three swimmers who won Olympic gold, *Susan O'Neill*, *Petria Thomas* and *Leisel Jones*.

Songs with August in the title include: "Time for August" – *Julie London* (1956), "August October" – *Robin Gibb* (1969), "Cold wind in August" – *Stuck in the August rain* – *Jethro Tull* (1995).

Manjimup Tai Chi Sessions

Just in case readers don't really know what tai chi is, we are bringing you a little information about its benefits, and advising of how you can join in locally.

Originating in ancient China, tai chi is an extremely effective exercise for both your physical and mental health. There are many styles and forms of tai chi, the major ones being Chen, Yang, Wu, another Wu (actually two different words in Chinese) and Sun. Each style has its own unique features, although most styles share similar essential principles.

Although it is an art with of great depth of knowledge and skill, it can easily be learnt and you soon become aware of its health benefits. For many, once it is mastered, it is an art that continues throughout life. The essential principles include the mind being integrated with the body; fluidity of movement; control of breathing; and mental concentration. The central focus is to enable the qi or life force to flow smoothly and powerfully throughout the body. Total harmony of the inner and outer self comes from the integration of mind and body, achieved through the ongoing practice of tai chi.

Did you know that you can learn Tai Chi at the Family Centre? It runs every Wednesday 4-5pm in the playgroup room and is taught by Sensei Klaus Mueller. Cost is only \$25 per term or \$40 per semester which reflects our new, reduced subscription fees for the Family Centre, and is exceptionally good value, working out at a little over \$1.60 per week. Subscription also allows you access to our many other groups and services such as playgroup/parenting groups, German movies club, Warren World Movies and much more.

Increase your physical, mental and financial health by attending this wonderful group.



REFLEXOLOGY

"Love your feet, Love your Life"



"Beginners Intensive Manjimup 2016"
Fabulous for parents, carers, natural health practitioners, body therapists & volunteers

In this hands on training with Tricia Lee, you will discover the wonderful power of Reflexology:

- **Foot Relaxation strokes**
- **Pressure point/massage techniques**
- **Theory of Reflex Zone Therapy**
- **Knowledge of the 'Foot Map'**
- **Practical benefits & applications for all**

September 2/3/4 9.30 - 5.00pm

Please contact Tricia Lee, BSc MBSR: 9751 1693 or Beth Askew at The Rose Centre: 9769 1026

Congratulations to local school girl Josie Trent, for making Manjimup proud in the recent Australian Spelling Bee competition.

Well Done Josie!