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Manji Cafe Bytes

Do you remember this Manji
business from c1979 ?



WA Christmas Bush (Nuytsia)
(Photo : Wikipedia)

Well CaféBytes readers, just in case you haven't noticed, Christmas is almost upon us so it's time to bring out the tinsel, write your notes to Santa and get into the Festive mood. Perhaps many of us have become a little cynical about Christmas, with the big businesses doing their marketing which starts months before, and sometimes we let that blot out what we could really be enjoying about Christmas. So why not soak up the fellowship and warmth, let's allow ourselves to enjoy catching up with family, friends and work mates, perhaps some we only see once a year. Let's forget the negatives that have developed. 'Tis the season to be Jolly. Remember?

We Manji people are a little luckier than other towns because we have the Cherry Harmony Festival to get us in party mode, thanks to the hard working volunteers who organise it for our enjoyment every year. This year's festival has plenty of fun to offer, as always.

Season's Greetings everyone, have a truly Merry Christmas. And don't forget to SHOP LOCAL. We'll see you in 2015.



Weeping Peppermint (Agonis)
(Photo : Brian Walters)

THE ROSE CENTRE TEAM



Café Bytes likes to acknowledge and share the warm generosity that's out in our community and we're a little overdue in featuring the wonderful volunteers at The Rose Centre. Possibly some readers are not yet aware of what the Rose Centre is all about? And no, it is not a gardening club.

The Rose Centre's beginning goes back to 2012. Prior to that, locals Angelique Bavich and Tricia Lee had established Tender Touch Therapy, sharing their skills for the comfort of Moonya residents. When Cathie Hordienko asked if they could visit one of her loved ones who was terminally ill, but not a resident of Moonya, the concept arose to broaden their services to others in need in the community, not just Moonya residents. And so The Rose Centre was born.

A small group became involved in fund raising with great success, and after approaching the Nursing Manager at the Hospital, The Rose Centre team was allocated rooms in the Corporate Building. The Centre was officially opened on the 10th of December 2013.

The Rose Centre provides complementary therapies to those in our community with a palliative diagnosis, suffering from a chronic or life-limiting illness, or undergoing treatment (e.g. for cancer). Full time, unpaid carers are also eligible for treatments, which include Massage, Bowen Therapy, Reiki, Oncology Massage, Reflexology, or Kinesiology. Whilst these therapies are offered free of any charges, donations are always welcome – and they are tax deductible.

The recent fantastic Melbourne Cup Lunch organised by The Rose Centre team - which raised an impressive \$1700 - brought to mind just how much time and effort generous volunteers are prepared to give for their cause. The Rose Centre has recently received a grant of \$7,500 from the Lotteries Commission, and the Melbourne Cup fund raiser will top up this amount, which will purchase computer equipment and furniture for The Welcome Room.

The Committee are delighted with what has been achieved: they say it gives them an opportunity to extend a caring hand, leaving everyone feeling the glow.

The Rose Centre is open on a Wednesday from 9.30am to 4.30pm and can be contacted on 0497 022 708 or email info@rosecentre.net.au. The ladies would love to hear from you. Or stop in for a cuppa – the kettle is always on!

MANJIMUP PRODUCE SWAP

Every fortnight at The Gateway Hotel, Manjimup Produce Swap members gather around tables of fresh fruit, vegetables, plants and baked goods. They come and go with armfuls of fresh produce - yet no money changes hands.



The concept is simple: local gardeners and cooks meet to share produce and knowledge. They leave their surplus, and take whatever they can use.

Inspired by similar groups operating in the Eastern States, Manjimup Produce Swap has been meeting since 2012. There are over 200 people on the mailing list and when people discover they can turn produce that would essentially go to waste into free, super local, homegrown/baked/preserved goodies, they are in disbelief that a concept so simple could be so rewarding. The informality and lack of rules has cultivated some amazing networking, friendships and true generosity.

This time of year, the tables are heavy with citrus, greens, broad beans, herbs, avocados and seedlings for summer planting. As summer production ramps up, we see stone fruit, preserves, tomatoes, capsicum, zucchini and lettuces make an appearance.

One motivation for starting the Produce Swap was to cut food waste and to provide a further avenue for utilising the abundance already present in many local backyards.

It's not just luscious produce that participants exchange, however; they also swap knowledge and skills about the cultivation and consumption of foods that thrive locally and it is proving to be the high-point of many members' fortnight.

How to find out more? Join the "Manjimup Produce Swap" Facebook group or email claresbailey@bigpond.com

(Article & Photo : Clare Bailey)

LAUGHTER IS SUCH GOOD MEDICINE !

Now that the winning design for the Sandra Donovan Sound Shell has been chosen it is full steam ahead for fund raising to make sure this fantastic addition to our town becomes a reality.

You can do yourself a favour and also help with the funds while having a light hearted night out on Friday of the MANJIMUP CHERRY HARMONY FESTIVAL weekend when The Big Hoo-Haa come to town to bring city entertainment to us. These Big Hoo-Haa comedians are super popular in the city and as a "local" Wyatt Nixon-Lloyd is part of the hilarious team it's him we need to thank for bringing the fun to town, giving us the opportunity to split our sides!

They've been coming to Manji for a few years at Cherry Harmony Festival time and generously volunteer their time and talents for this event, with all funds raised going to the Sound Shell. Anyone who has experienced their hilarious comedy can tell you how much crazy fun it is. So give it a go. Tickets are available at the Visitor Centre, on line at the Manjimup Cherry Harmony Festival web site or at the door. **Friday December 12th at Imperials' Club rooms.** <http://www.cherryfestival.com.au>

COFFEE CHAT SUBJECT

The secret to a well balanced life is a coffee in one hand and a book in the other, so now you have your favourite coffee, which book would you choose and why?

The Noongar word for this month is

BIRAK

December & January : the hot, dry season

One of the six Noongar seasons

(Kaartdijin - Noongar Knowledge - South West Aboriginal Land & Sea Council)

A step in the wrong direction
is better than
staying on the spot all your life.

(Maxwell Maltz)



Manjimup
Community Resource Centre
your local connection

Contributions: m

MANJI MEN’S SHED FINDS A HOME



The Manji Men’s Shed (MMS) has reached an agreement with Activ to lease their building on Perup Road for a period of two years from 1st December 2014. **Opening day will be Tuesday 2nd December at 9.00 am.**

The fledgling Men’s Shed had its inaugural meeting in November 2013 and David Giblett was elected as its first President on 11th December. Since that time the membership has met on a regular basis. Having achieved a home base of such quality in such a short time speaks volumes for the small dedicated group which has been working towards this goal, supported by the Manjimup CRC and Shire.

(Photo : Men’s Shed Team making lagerphones for the Bluegrass Weekend)

The Men’s Shed movement’s principal purpose as noted in its Constitution is the promotion and control of diseases in men based on a number of key objectives being;

- Addressing the issues of men’s mental, physical health and well-being in the community;
- Engaging the elderly, and other groups of men from Manjimup and surrounding localities to address issues of loneliness, isolation and depression;
- Supporting the social interaction of men experiencing redundancy, bereavement, retirement, etc.;
- Sharing, disseminating and preserving skills, abilities, and interests that are relevant to the community;
- Facilitating links between men and health related agencies, family organisations and specialist health professionals;
- Advocating the benefits of partnerships between Men’s Sheds and the community;
- Developing a Men’s Shed that can operate on a cost neutral basis.

Operating on a financially independent and sustainable basis is essential for the long term viability of the movement, and MMS has already undertaken community projects for the Manjimup Shire, Warren Catchment Council and Warren Arts Council involving over 500 hours of volunteer labour. Local businesses have assisted by providing donated and discounted services, demonstrating a positive community effort.

The MMS inevitably will comprise a diverse group of men with diverse backgrounds and expectations of what they want from participation, and it is understood that not all will wish to get involved in work type projects - individuals will determine what they want from their association with the Shed.

With the imminent move into the vacant Activ building on Perup Road, the MMS has an urgent need for a range of items to fit out the Shed, the first priority being for an amenities area with tea and coffee making facilities such as urns, microwave, crockery and cutlery items. In parallel, the men will need a range of equipment, tools and materials (timber and metal) to make benches to facilitate wood and metal working projects. If any businesses or individuals have surplus equipment, materials or furniture that could be donated to the Shed, please contact committee members David Giblett (9771 2384) or Russell Candy (0414 254 963).

The Manji Men’s Shed currently has 30 registered members and we welcome more men to join us. The Shed is planning to open for member activities on Tuesday, Thursday and Saturday mornings from 9.00 to 12.30.

(Article & photo : Russell Candy)

A MANJI CHRISTMAS SONG

(Lyrics : Liz Coley)

(with apologies to Robert D. Singleton “Deck the Halls”)

Deck the street with boughs of cherry
Fa la la la la la la la
For ‘tis the season to be merry
Fa la la la la la la la

See the festival before us
Fa la la la la la la la
One and all join in the chorus
Fa la la la la la la la

Spit a pip way up high
Fa la la la la la la la
Bake a champion cherry pie
Fa la la la la la la la

Try some spicy cherry bread
Fa la la la la la la la
Manji town is going red
Fa la la la la la la la

Mums ‘n’ dads ‘n’ nans ‘n’ pops
Fa la la la la la la la
In and out of all the shops
Fa la la la la la la la

Eating cherries, dressed in style
Fa la la la la la la la
Sun is shining, makes us smile
Fa la la la la la la la

Finally and with a sigh
Fa la la la la la la la
Comes the time to say goodbye
Fa la la la la la la la

HAVE A VERY MERRY, CHERRY CHRISTMAS !

MANJIMUP CHERRY HARMONY FESTIVAL
12th, 13th & 14th December
<http://www.cherryfestival.com.au>

CAROLS BY CANDLELIGHT

Christmas Day is eagerly anticipated each year, most of us are busy buying gifts, sending cards and planning meals and looking forward to spending time with family and friends.

But you don’t have to wait until Christmas Day!

You can begin celebrations a little earlier with Christmas in the Park and Carols by Candlelight which will be held on the 21st December at the Manjimup Timber and Heritage Park beginning at 4.00 pm. There are lots of children’s activities planned which include face painting, Lions train rides, climbing wall, bubbles, bouncy castles (one for toddlers and one for older children) and merry-go-rounds just to name a few. Fairy floss, popcorn, apple slinkies and icy poles, the list goes on. The Sausage Sizzle starts at 6.30 pm, there will be plenty of barbecues so you shouldn’t have long to wait, plus a separate barbecue for vegetarian sausages.

Carols by Candlelight will commence at 7.30 pm and candles (battery operated and wax) can be purchased at the park. Don’t forget to bring picnic chairs and blankets.

The combined Churches of Manjimup have been working hard on the preparations for this event and there will be a Chaplaincy stand for anyone interested in undertaking this type of work within our community. It will be the only location where voluntary donations can be accepted.

Check it out on Facebook *Christmas in the Park and Carols by Candlelight* for posts and updates or contact Faye 0407 251 602

CHERRIES

The rest of the world is thinking about Christmas as December begins, but down here in Manjimup we are also thinking about cherries. And it’s appropriate, red and green are Christmas colours and nothing could be more appealing to the eye than the sight of deliciously ripe, red cherries ready for picking, nestled amongst the green leaves of the trees out at Newton Orchards on Graphite Road, Manjimup.

Established in 1929 by brothers George and Harold Newton, while the farm has grown to be one of the largest producers of pome fruits Australia wide, it is still a family run business and has a well-deserved reputation for premium quality fruit.



Cherries have a long history : native to most of Europe, Western Asia and parts of North Africa, the fruit has been eaten throughout this range since prehistoric times. Most of our eating cherries today are derived from either *Prunus avium*, the sweet cherry, or *Prunus cerasus*, the sour cherry. Australian cultivation began about the late nineteenth century in South Australia. They have a short growing season and the temperate climate of the south west and our rich soils are ideal for these delectable fruits.

The deep red colour of a ripe cherry shows that they are a rich source of antioxidants and vitamin C, they are one of the Superfruits, so it’s not just the delightful taste, there are many health benefits as well.

Manjimup’s cherries begin to ripen mid to late November, depending on the season and the fruit usually lasts until mid-January. Varieties grown by Newton Orchards include Sweetheart, Stella, Van, Bing, Lappin, Noir and the sweet, white fleshed Rainier, most of these will be marketed under the Genuinely Southern Forests brand this season.

Look out for Newton’s cherries at the Farmer’s Markets on 6th December and at the Cherry Harmony festival on 13th December. Check out Newton Orchards and Valley View Organics on Facebook.

Liz’s Kitchen Rules

CHERRY CRUMBLE

Ingredients: 1 kg pitted cherries, 2 tablespoons caster sugar, 50g diced butter, ½ cup plain flour, ½ cup rolled oats, ¼ cup brown sugar.

Method: Cook cherries in a pan with 2 tablespoons water over a low heat, add sugar and cook until soft (about 5 minutes). Rub butter into flour, combine with oats and brown sugar, spoon cherries into an ovenproof dish, sprinkle crumble mixture on top. Bake at 180 deg until golden. Enjoy this deliciously moreish dish with cream or ice cream.

(Photo courtesy Newton Orchards)