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Manji Cafe Bytes

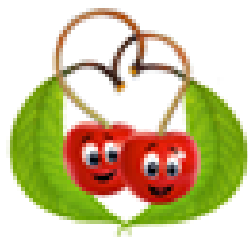
SAYING FOR THE MONTH

“It’s what you learn after you know it all that counts”

Harry S Truman (1884-1972)

CHAT SUBJECT

Have you done the Christmas shopping yet?



Welcome, here it is December and the end of the year is nigh.

There’s lots happening in town before Christmas, our community will be an exciting place to be. Then on January 28th Lions will be holding their annual Jazz in the Jarrah, how lucky we are to always have something to look forward to.

The Bytes Team wishes everyone a very Happy Christmas, may the festive season be filled with warmth, shared with loved ones, and leave lots of happy memories.

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



WHAT IS AGED MACULAR DEGENERATION (AMD)

AMD is the leading cause of blindness and one in seven Australians over the age of 50 have some evidence of this disease, which increases with age. So by law of average we will have a few here in Manjimup. There are two types of AMD, the dry form which results in a gradual loss of central vision and the wet form which characterises by sudden loss of vision and is caused by abnormal blood vessels growing under the retina requiring immediate treatment. Fortunately wet MD can be treated with regular injections to slow the progress. Currently there is no cure for either, but there are treatments to keep the best vision for as long as possible and in some cases provide visual improvement. There is research being performed all around the world, and to date Stem Cell treatment is showing promise.

The main risk factors are aging, family history (a 50% risk with family history), and smoking. Early detection is essential so we need regular checks on our eyes, making sure the macula is checked. We need to keep healthy, eat healthy and to protect our eyes from sunlight, at all ages. If you find a need for increased illumination, sensitivity to glare, decreased night vision and poor colour sensitivity this may be an indication you have a problem. Remember, early detection is vital!

One of our locals, Peg Johnstone, has this condition and these are her comments. *“It is a life changing message to be told you have Aged M.D. but on the other hand one cannot let it change your enjoyment of life. This condition was in my close forebears, so I always had it in my mind that I could carry the gene.”*

Anyone who knows Peg and sees her striding around town with a smile on her face will know that she is living up to her edict above, she is not letting it change her enjoyment of life

Peg relates. *“Any tasks I need to do take about six times as long, especially on overcast days. Fortunately peripheral vision is not too bad, and I should always be aware of my surroundings. I handed in my car licence in 2010 which was a big milestone, taking away a lot of independence. The worst thing I experience is not being able to see a person’s face, so unless I recognise a voice, walk or shape, it is probable that I will walk right by without acknowledging people I have known for ever. That worries me.*

There is a lot of help from Visibility (previously the Association for the Blind) and Macular Degeneration Association, Aid to Computer and an Oculet (a special magnifier screen) and my good friend “Daisy” on which I can play cassettes, cds and various talking books. Thanks for reading this, and if I know you and don’t say “Hello” please tap me on the shoulder. Your understanding of any of us with AMD really helps our days.”

If you are interested in more information on AMD or you would like to make a donation to this worthy cause, www.mdfoundation.com.au or phone 1800 111 709.

HELP! VOLUNTEERS NEEDED!

VOLUNTEERS! Needed to help set up and pack up the Cherry Festival please contact Rae Starr on 97772774 or email rae@manjimup.org.au

BOURNE PLACE

You may have noticed a new street name in town, Bourne Place, leading off Hospital Avenue, opposite Woollies complex. As with all of our street and lane names there is a local history attached.

Information gained from Trove, the minutes of Manjimup Shire meeting and Frank James, grandson of Frank Bourne has brought this story together. Frank and his wife Emma, with three children, migrated from England in 1910. Frank worked on a farm in Bridgetown for a short period, then in 1912 when Manjimup township was starting to flex its muscles the Bournes started a blacksmith business on the site where Manjimup Motors are today, doing the usual blacksmith repairs as well as building sulkies and buggies, this was the pre motor vehicle days remember. It is believed he had the agency for Massey Harris, at that time supplying ploughs to farmers. Back in his home country he had been a brick layer.

Mr Bourne was deeply religious and helped to build the Methodist Church, now the Uniting Church. Until it was completed church meetings were held in the Roads Board Hall with Mr Bourne as lay preacher. He was a master with a violin so most likely would have used his skills to play hymns at the services.

He worked enthusiastically amongst the community, was involved in local committees and was reported to be a “crack shot” in the Rifle Club.

One of the Bourne children died and was buried in the Balbarrup cemetery which was possibly the instigation for Frank to become the main force in 1920 to establish a cemetery in Manjimup. But tragedy was not far away. A Trove newspaper report states *“A shadow fell over Manjimup on Saturday, September 9, 1922, when it became known that during the early hours of the morning Mr. Frank Bourne had passed away.*

Mr. Bourne had been for some days suffering from pneumonia. It came as a great shock to all. The sympathy of the whole district goes out to Mrs. Bourne and eight children who are left to mourn.”

Ironically, he was the first person to be buried in the new cemetery and would not have been much more than forty years of age.

More tragedy was ahead, with Mrs Bourne’s passing six years after her husband. The young children were taken care of by eldest daughter, Amelia who was then 21.

In recent years a plaque in Frank Bourne’s memory was placed in the Manjimup cemetery.

Thumbs Up

Some quiet achievers in our town will be busily working towards bringing Christmas spirit, with the beautiful Christmas tree in Coronation Park set up again, and the ceremonial turning on of its lights during Cherry Festival weekend.

Well done to the decorations team, and well done to all those involved with Carols in the Park, when the local churches will bring us an evening of family fun and remind us of what Christmas traditionally is all about. And don’t our shop windows look fantastic, thanks to the artistic ability and generosity of Paula Benson, with her cherry paintings dressing them up. Thumbs up all of our generous community members bringing good will to one and all.



CHERRIES

With cherries ripening in the south west from November until late January and the annual Cherry Harmony Festival in December, it is easy to see why cherries have become synonymous with Christmas around Manjimup, and really what could be nicer than a bowl full of these delicious red fruit over the festive season?

Cherries have a long history being native to most of Europe, Western Asia and parts of North Africa where the fruit has been eaten 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 growing conditions. Cherries are mostly grown in Western Australia in a narrow area between Donnybrook and Pemberton, 85% of WA Cherries are produced here. Manjimup’s cherries begin to ripen mid to late November, depending on the season and the fruit usually lasts until mid-January. Varieties grown include Sweetheart, Stella, Van, Bing, Lappin, Noir and the sweet, white fleshed Rainier.

The French word for cherry is *cerise*, a truly exotic name which describes them very well, *cerise* being a deep pinkish red just like a ripe cherry.

The deep red colour shows that they are a rich source of antioxidants and vitamin C and are anti-inflammatory as well so they have many health benefits, always a good excuse to eat a few more.

Look for local cherries at the Farmer’s Markets and at the Cherry Harmony Festival, they are available in most supermarkets under the Genuinely Southern Forests brand.

Liz’s Kitchen Rules

CHERRY CLAFOUTIS

Ingredients: 570g pitted cherries, 3 large eggs, ½ cup SR flour, 1tsp Vanilla extract, ¼ tsp almond extract, ½ cup sugar plus 3 tablespoons sugar, 11/3 cup milk

Method: Grease a 2 litre shallow baking dish with butter. Lay the cherries in a single layer in the baking dish. Mix eggs, flour, vanilla and almond extracts, ½ cup sugar and milk into a smooth batter. Pour the batter over the cherries and sprinkle with 3 tablespoons sugar. Bake at 190 degrees for about 45 minutes until the custard is just set. Delicious served warm or cold with a little cream.



ON OUR HORIZON

Recently two of the Bytes team abandoned their keyboards for a short break away and travelled east to that beautiful part of WA, the Stirling Ranges. Mountains hold an awesome magnificence and we are bit light on for any around here. If you head that way you could even be like us and climb to the top of Bluff Knoll to soak up the 360 degree view from up near the clouds. And while you are in that area, the Narrikup cricket field is worth a stopover with their cricket bat fence, having at present around 400 donated cricket bats bordering part of the field. It’s a great indication of what a small community can achieve.

DECEMBER

December is the twelfth and final month of the year in our calendar. This month got its name from the Latin *decem* meaning ten as it was the tenth month of the old Roman calendar.

The summer solstice will occur on Wednesday 21st December when the sun’s track across our sky reaches its highest point, sometimes known as the longest day of the year because of the length of the daylight hours. Interestingly it is not the day with the earliest sunrise or latest sunset as we might expect due to the elliptical path of the Earth around the Sun and Earth being off-centre on its axis, these two combined make the sun appear to move slightly slower when measured by a clock or a watch. So expect the earliest sunrise before that date and the latest sunset after. If we get the hot summer being forecast we will all be glad to see the sun go down!

Zodiac signs for December are Sagittarius (November 22nd to December 21st) and Capricorn (December 22nd to January 21st). Our December friends are gifted with a great sense of humour, idealistic, curious and energetic and with a love of travel, the enthusiastic optimism of Sagittarius is tempered a little by the practicality and independence of Capricorn. They have the ability to transform their ideas into concrete actions and are responsible and self-disciplined. A word of warning here, they can be impatient and very stubborn and value their freedom and privacy. Philosophical and creative and with a love of the outdoors, you may meet them trekking through the Himalayas or simply chilling out around the pool. They happily adapt to most circumstances and are supportive and generous friends.

If you are a December baby your birth flower is Narcissus or Daffodil and your birthstones are Turquoise and Zircon.

Famous names with December birthdates are authors *Arthur C Clarke* : 2001 : A Space Odyssey, *Jane Austen* : Pride and Prejudice, actors *John Waters* and *Anthony Hopkins*, *Rebecca Gibney* and *Marisa Tomei*, musicians *James Blundell* and *Ozzy Osbourne*, *Lisa and Jessica Origliasso (The Veronicas)* and *Bette Midler*, three Australian International Sportsmen, *Pat Rafter (Tennis)* *John Bertrand (Yachting)* and *Ricky Ponting (Cricket)*.

Songs with December in the title include: “I can see the sun in late December” – *Stevie Wonder (1975)*, “December 1963 (Oh what a night)” – *Four Seasons (1975)*, “A long December” – *Counting Crows (1996)*, “Back to December” – *Taylor Swift (2010)* and “Cold December night”– *Michael Buble (2011)*.

As Christmas Day occurs on Sunday 25th December, Boxing Day Monday 26th there will be an additional holiday on Tuesday 27th December. Merry Christmas everyone!

MANJIMUP CHERRY HARMONY FESTIVAL

Christmas is getting closer and so is the annual Cherry Harmony Festival! This will be the fifteenth year that this event has been held in Manjimup and it promises to be bigger and better than ever.

Dates to mark in your calendar are Friday, 9th December when the streets in the CBD close from 5.00 to 9.00pm for the Festive Family Fun Night. There will be music, entertainment with the Big Hoo-Haa Comedy show, stalls and an opportunity to buy your Christmas gifts as shops stay open for late night trading. And it wouldn’t be Christmas without the appearance of the man himself, Father Christmas is expected to arrive at 6.30pm so start writing out that wish list. The Christmas tree lights turn on at 7.30 pm and a firework display begins at 8.30pm. The annual Art Deco Trail will start at the Mitre 10 Car Park on Ipsen Street from 5.30 to 7.00 pm. Manjimup has more than 50 buildings from that era and there is an ongoing project initiated by former local Lisa Hannaford to restore them all to the former glory of the 1920’s.

The festival has a wonderful line-up of guests this year, including Chef Don Hancey, WA’s Food Ambassador, and Theo Kalogeracos, award winning Pizza maker. Cooking demonstrations will be held in Brockman Street on Saturday 10th December commencing at 11.00am. Sabrina Hahn, “hort with heart”, qualified horticulturalist and passionate gardener will be next to the visitor centre on Johnson Crescent. Music will fill the air when Jodie Boni tunes up her guitar and entertains with thoughts and stories of her life in lyric and melody. Short n Curly sing a mixture of country, blues, folk and rock and both they and Jodie will be performing on the second stage in Giblett Street on Saturday.

It wouldn’t be Cherry Harmony Festival without the annual Cherry Pip Spitting Competition, pucker up and be outside the Visitor centre at 9.00am for the heat, the final will be held at 10.40am, the main stage, Giblett Street.

The fabulous Long Table Lunch held under the rows of cherry trees in Newton’s Orchard on Sunday 11th December is a wonderful way to finish off a great weekend in our beautiful south west.

For full information on events, competitions and much more check out Manjimup Cherry Harmony Festival on Facebook or go to the web www.cherryfestival.com.au