



You don't need to know CPR to use a defib as they are self-instructing, talking you through the process but it is definitely a benefit to know CPR so it can be applied immediately, while waiting for the defib to be accessed. The St John First Responder App has CPR instructions in the "First Aid Tool Box" section under the DRSABCD action plan. The toolbox also has a CPR Metronome, which provides audio and visual cues to aid in timing of chest compressions during CPR. Your 000 operator will also be able to talk you through the process. While this information is helpful in an emergency, it is not a replacement for practical first aid training. You can do accredited CPR training through our local St John WA sub centre for as little as \$89. Thanks to Lotterywest, a St John Heart Grant is available to incorporated not for profit WA Sporting and Community groups. Full details of this at [stjohnwa.com.au/st-john-heart-grant-application](http://stjohnwa.com.au/st-john-heart-grant-application). At various times St John WA also runs promotions offering discounted AED packages. These are advertised through St John Ambulance - Manjimup facebook page.

Remember, you have a much higher chance of survival if defibrillation and CPR are given soon after cardiac arrest.

Kathy Hill

Photo supplied by: Tracey Bingham

Gratitude to Debbie at Manjimup St John Ambulance Centre for assisting with this information. We all know that a cardiac arrest is life threatening, and can strike regardless of age, gender or health status, and survival depends on immediate assistance with defibrillation and cardiopulmonary resuscitation. The good news is that last year St John WA recorded a 50 per cent increase in survival rates of cardiac arrests, 172 survivors, compared with 113 the previous year, and one of the reasons attributed to this heartening news is increased access to defibrillators. So, are you aware of where defibrillators are situated in Manjimup? Currently there are about 10 around town and after checking with a few locals, I feel not many of us know the locations. Some are inside businesses and some are situated accessibly outdoors. There's an app that can be installed on our mobiles which will show where the nearest is when needed. If you dial 000 you will be directed to the nearest, and instructed on what to do when you reach the defibrillator, but being aware of the locations in town is a good start in an urgent situation. The app you need is St John First Responder, it installs within a minute or two and then you will have professional help at your fingertips. An additional app, emergency+ is very helpful for ambulance services, it supplies you with the latitude and longitude of your location, which you can then give to the 000 operator. This is especially useful in rural and remote locations.



**WHO ARE WE?** The Bytes Team who bring you this publication are: Yarn Spinners, Liz Coley, Kim Crotty & Kathy Hill. Contribute your story to us: [manjicafeytes@gmail.com](mailto:manjicafeytes@gmail.com) Design: Tracey Bingham & Adam Purdy Editorial Responsibility: Jane Giles (08) 9777 2774 or [volunteer@manjimup.org.au](mailto:volunteer@manjimup.org.au) Funded and Printed by The Manjimup Community Resource Centre.

**Defusing Angry & Abusive Customers**  
HALF DAY PROFESSIONAL DEVELOPMENT WORKSHOP

Presented by Relationships Australia WESTERN AUSTRALIA  
Hosted by Manjimup Community Resource Centre

Our half day workshop will show you key principles and strategies to defuse clients' and customers' anger and reduce abusive behaviour right from the start

Topics covered in this workshop include:

- why do people become angry and abusive?
- what angry people need and want
- the art of self-control
- starting off successfully
- the art of cooperative language
- verbal self-defence techniques
- assertive limit setting

TUESDAY 21<sup>ST</sup> APRIL 2020  
9am - 12.30pm  
Manjimup Community Resource Centre  
45 Rose Street  
Manjimup WA 6258  
\$110 pp (concessions available)  
For bookings please call 9777 2774

It would be great to see you!



Quote for March.

"Life isn't about finding yourself. Life is about creating yourself."  
- George Bernard Shaw (1856 - 1950)

Chat subject for March.

Do you wish you had more free time? How would you spend it?

Welcome to our 70th edition! What a lot of stories we have written since Edition 1 in 2014, we hope you have enjoyed the journey with us. The heat remains but the calendar is ticking over fast towards cooling off time. So far we have been blessed with not having any serious fires, may that luck continue. The thought of having to cope with the horrendous fires our Eastern States fellow Aussies have experienced is beyond comprehension. We hope all the schools have settled in well to the academic year. Don't forget, we always welcome suggestions for community stories, we look forward to hearing from our readers.

MANJIMUP BANNERS



The banner poles have been a feature of the town for several years and were an initiative of the Shire of Manjimup with the aim of promoting local events and celebrations and to add a welcoming feel to our town. Local organisations and groups are encouraged to participate in the banner display. The story of Fonty's Pool would be well known by most that live around the Manjimup area. Archimede "Archie" Fontanini bought the land in 1925, cleared it and began growing apples and vegetables. The water in front of the house was used to irrigate crops and Archie decided to dam the stream with a large log and soil. The family swam regularly in the dam and eventually it became popular with other adults and children as the Manjimup area began to grow. There was no public pool in the town and Archie was encouraged to keep the dam and charge an entry fee. Eventually the dam walls and floor were cemented and the gardens developed. The pool was officially opened to the public in 1925 and generations of children took part in swimming lessons during the summer holidays. Many would remember the diving board and swimming with the ducks! The Fontanini family sold the pool and farm about 15 years ago and, with assistance from the National Trust of Australia, the new owners reopened the pool with a 300 metre fence enclosing the perimeter. Fonty's Pool Caravan Park and Chalets is a popular destination for tourists as a base for exploring our beautiful south west region. The pool holds 18 million litres of water and covers nearly an acre, there are picnic areas and BBQs and the lovely gardens to enjoy or simply float around the pool on a tractor tube to laze the day away. I think Archie would approve! Further information: [www.fontyspool.com.au](http://www.fontyspool.com.au)

Liz Coley

Photo supplied by: Liz Coley



Photo supplied by: Tracey Bingham

If your entry to Manjimup is via Graphite Road, an extremely busy road, you may have noticed an artistic work in progress soon after you reach the residential area. What has been a very unattractive set of large metal boxes in the front yard of one of the homes is being converted into very colourful art work which will be a lovely warm welcome for visitors coming to our town from the west. The talented artist, Carol Hackett, lives across from the boxes and thought they could do with a make over and when she saw similar Water Corporation containers in Bunbury dressed with art work, the seed was sown. As these boxes are actually Western Power property, containing the necessary power equipment to service units at the rear of the block, she had to contact them for permission before dipping her brushes. Also the Shire had to give their approval. Both departments readily agreed, and Carol started work a week or so ago. The plan is to cover these essential service containers with Australian birds and animals by the end of March. The resident of the home that has the boxes as her front yard view is very grateful for an improvement outside her front door.

Carol, trading under Dchdesigns has been exhibiting her art work in Déjà vu Cafe, participating in Pemberton Art Group's Exhibitions and at the annual Quinninup Markets for about 8 years.

A lot of her art is painted on metal saws, local scenes on a local piece of timber mill history. Carol has her own personal studio, Cutting Art Studio, at her home. The street art she is producing at the moment is all at her own cost, but she has looked around town and says there are around seventeen other power boxes in various places and if funding is available she will be prepared to convert those into an art canvas. Well done Carol, your art will be appreciated.

Kathy Hill



**Our Current Projects**  
Log Bogie - Final Restoration

- Ongoing Projects**
- Chicken Boxes
  - Cutting Boards
  - Furniture Repairs
  - Wooden Toys for Sale

**Come down for a look and a visit**  
Tues & Thurs 8:30am - 3:00pm  
Wed 9:0am - 12:0pm  
**Shed Enquiries: 08 9772 4554**



Photo supplied by: Tracey Bingham



Photos supplied by: Helen Court

around thirty years ago Joyce Wootton and Margaret Jacob published a book, Middlesex Memories, a history of Middlesex and Smith Brook, a very interesting record of the development of the area. The book is long out of print, but available to read at the Manjimup Library. It covers the complete history of the area, from the first block settled at Mica Hill in 1878, when Charles Young's family lived in a shack, utilising a burnt out stump of a huge karri tree, with bark for a roof. Other families followed, and some of their descendants remain in the district. Angel and Austen Roads are named after two of the early settlers. Piano Gully Road has a historical story of interest, found in Middlesex Memories: a piano had been brought out from England by the Youngs of Mica Hill and the railway only came as far south as Bridgetown, so it was then loaded onto an ox drawn wagon to be brought to Middlesex. Along the way on a sleeper cutters track, rain had made the track slippery and the ox slipped, the wagon turned over and the piano smashed to pieces. What a heartbreak for the family.

In 1922 the area was surveyed for Group Settlement blocks of around 80 acres to be developed into farms, intended to provide employment for English ex soldiers of World War 1 and also to make WA self sufficient in dairy products, instead of importing from the Eastern States. As well as all the problems we have heard that Group

Settlers (Groupies) suffered, the Depression years then took their toll, payment for produce dropped making the farms totally unsustainable. Many settlers walked off their land with heavy hearts, in hopeless situations, those who remained really struggled. Sustenance camps were set up with single men living in tents on a wage of 1 pound 10 shillings a week doing jobs such as cleaning culverts, clearing land and fern slashing to make the properties an attractive sales proposition. By the mid-1930s things were looking up, but many of the properties remained empty, overgrown while being unattended. There had been four different Groups, bringing a community of around 90 families, four schools were built, and a hall which is still the social and sporting focus of the community, dances and weekly boot scooting among the current events. Ladies loved the CWA group, and Junior Farmers for young folk was very popular. There was also well patronised tennis, boxing, hockey, cricket clubs, and tennis at Middlesex is still going strong. It is beautiful countryside, and unless you have a reason to drive through this area you will be missing the opportunity for a very pleasant meander. Thanks to Margaret and Joyce for their help with this history.

Kathy Hill



Photos supplied by: Liz Coley

Hello, my name is Lucas and I'm 7 years old. One night before going to bed, I was thinking about all the children that are unwell and have to stay in hospital. It made me very sad to think they are away from all their friends and family and haven't been home for a while. So, after talking with my parents we came up with a way I could help these kids. We decided to raise money for Ronald McDonald charities by running half a lap of big brook & riding my bike the 2nd half. My aim is to raise \$100, if I can raise more than that I'd happy cry. This was the post that Lucas Fall placed on Facebook to raise money to help parents and children deal with the stress that a stay in hospital can bring to families. The first Ronald Macdonald House opened in Subiaco in 1990, that house is no longer in operation, since then a 47 bedroom house has opened in Nedlands, and a 14 bedroom house at Perth Children's Hospital. The houses have been providing accommodation and support services to

families for about 30 years, they are an independent not for profit organisation. Ronald Macdonald Houses and programs are run by a dedicated team of staff and volunteers aided by support from sponsors, corporate partners and donors. Lucas and support crew met at Big Brook Dam at 8.00 am on Sunday, 23rd February for the run. After a bit of warming up which included some serious push-ups from Lucas it was off and racing. Accompanied by the support crew, Lucas completed the 4km circuit of Big Brook Dam in 40 minutes, a mighty effort! Lucas did cry with happiness when he found he had achieved his \$100 total and thanks everyone for their donations and support, he has raised almost \$1,300 for this very worthwhile cause, if you would like to donate go to <https://give.everydayhero.com/au/lucas-s-run-for-kids>

Liz Coley

PARENTS, YOUNG PEOPLE AND ALCOHOL

Many young people are likely to approach their parents and/or a trusted adult to provide them with alcohol, however the National Health and Medical Research Councils (NHMRC) are urging people to rethink providing alcohol to adolescents. The Southern Forest Alcohol and Other Drug Management Committee (SFAODMS), informed by the Mental Health Commission, are urging people to reconsider providing alcohol to children under 18 years of age due to the effects that it can have on the developing brain. SFAODMC aim to educate people on how alcohol can effect a teenager's mood, body, mental health, risk of accident, injury and antisocial behaviour as well as increasing the risk of problematic patterns of use in the long-term. SFAODMC will be distributing information throughout the region that include tips on how to talk to a teenager about alcohol and explaining that the safest option is for young people under the age of 18yrs not to consume alcohol. "Children whose parents gave them alcohol in early adolescence were three times more likely to be drinking full serves of alcohol by the time they were 16 years old than children in families who did not supply alcohol" (Mental Health Commission WA).

Further information and resources can be found at: <https://alcoholthinkagain.com.au/Campaigns/Campaign/ArtMID/475/ArticleID/17/Parents-Young-People-and-Alcohol-I-need-you-to-say-no>

Kim Crotty

alcoholthinkagain

Want to Talk to Someone Now? (08) 9442 5000 or 1800 198 024 toll free for country callers



Enquire at the Manjimup Community Resource Centre Your local connection or go to: www.manjimup.crc.net.au

The Birak 'Beer-ok' Computer Club will enable our customers to have the confidence dealing with their government services through their MyGov accounts.

Services include:

- Centrelink,
- Medicare
- DOTransport Practice Tests
- Jobactive General assistance



Emily's hire car was waiting for her when she arrived at the airport after her early morning flight from Sydney, she paused for a moment as she placed her suitcase in the boot, watching a flock of chattering twenty eights fly overhead, wings sparkling like green jewels against the blue sky. Tears came unbidden and she brushed them away impatiently, she had not seen her mother in five years, they hadn't always seen eye to eye, yet here she was on her way back home and a long drive ahead of her. "So, I'd better get started," she thought as she eased the car onto the link road which led to freeway south.

Rosa put the kettle on and sighed a little, she had received a brief text a short while ago, "On way". She shook her head, Emily had always been the same, what a difficult child she had been, wilful and rebellious and prone to throwing tantrums if she couldn't have her own way. She smiled inwardly, suddenly remembering that furious little face, fists clenched and sturdy little legs kicking at the table as she refused to wear the dress Rosa had bought for her fifth birthday party. She had been thrilled to have a daughter after three sons, but Emily was not how she imagined, she preferred a disreputable pair of old shorts, a footy jumper and running around with her big brothers. Rosa poured herself a coffee and took it to her favourite seat by the window.

Emily turned the radio down to a soft background noise, noticing changes to the highway, there were limestone walls and sculpture, one in particular looked a lot like ice cream cones. A flash of memory and she was back at Hillary's Boat Harbour strolling down the boardwalk enjoying the creamy taste of a chocolate ice cream when her elbow was jolted, and to her horror the ice cream landed in the lap of a good looking man sitting at one of the tables. Jonathon was charming, he bought her another ice cream and before she knew it, a besotted Emily had left her job as a cadet journalist on the West Australian, packed her bags and flown to Sydney to start a new life. Jonathon was an executive on the board of a publishing company and through his contacts Emily began writing for a well known women's monthly magazine. She checked her watch, not far from Bunbury now.

Rosa glanced at the kitchen clock, she was cooking lasagne for tea and hoped that the tantalising aroma would persuade her daughter to eat. Her brothers had healthy appetites as did Emily until she became a teenager, then she decided she wasn't ever going to be round and plump like her mother and began to watch what she ate. Rosa tested the sauce, delicious, perhaps a little more tomato? She reached for her home made passata and added a generous dollop to the mix. Emily had worked hard as a teenager though, two jobs and finally saving enough to buy an old Commodore which she rattled off in every weekend, never telling Rosa where she was going and she was afraid to ask for fear of being told to mind her own business. Nevertheless, she had missed her when the bright lights of the city beckoned and her independent daughter had moved to Perth before she turned 19.

Emily pulled off the highway, she was feeling very much in need of strong black coffee. Sydney had been left

behind in a mass of cloud as her Qantas flight rose high into the sky, matching her mood, but now seated in front of the café window, her hands cupped around a steaming cup she began to feel a renewed sense of optimism. She suddenly knew with certainty that she had done the right thing, life with Jonathon had been wonderful at first, a fabulous apartment, glamorous lifestyle and her high powered job. Emily had closed her eyes to Jonathon's affairs, unable to believe it was happening and then finally immersing herself in work, so much so that she was promoted to assistant editor. The final straw came when Jonathon told some silly lie about attending a conference in Canberra, Emily found a receipt for two airline tickets to Melbourne, she resigned from her job immediately and boarded the first available flight to Perth. And now, she was sitting in Bunbury and wondering what her family would think when she told them she was home for good. Mum would probably frown and tell her she had always been headstrong and that she wouldn't listen, and she had to admit she was probably right. She placed her empty cup down on the table and walked out into the sunshine.

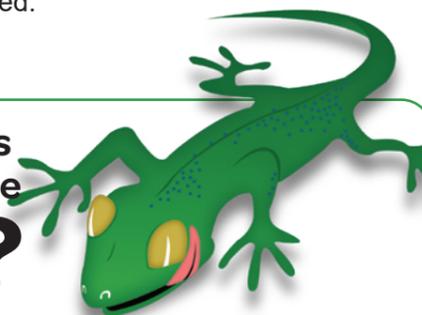
Rosa sat by the window waiting for Emily, she smiled as she spotted Reb the old sheep dog lying in the shade beside the shed, he was quite happy to leave the work to the younger dogs and spend his retirement snoozing in the sun. Zac too, had been a good old dog and Emily's shadow for years, following her first stumbling steps and then racing alongside her quad bike around the farm. Eventually Zac couldn't keep up and would spend his days lying beside the shed, Emily would sit alongside reading and patting his head now and again. Rosa remembered the day Zac had passed away, she had thought he was sleeping but she had seen Emily turn towards the house, biting her lip, arms crossed in front of her hugging tightly, she had not cried then. Rosa remembered hearing her sobs from the depths of the shed later that night and often saw her place flowers beside the wall where Zac spent his last days. Rosa saw a softer vulnerable side to her wilful daughter, I was too hard on her she thought, always wanting her to be the perfect little girl, having an image of what I thought she should be, instead of accepting Emily for who she was, no wonder she went away.

Emily drove between the two eucalypts that marked the entrance to the farm, a lump rose in her throat, it was all so familiar, it was home.

Rosa heard the car, she watched Emily get out, saw her bite her lip and cross her arms defensively, in an instant Rosa was running through the door tears streaming down her face and arms stretched wide, Emily was home at last and nothing else mattered.

Liz Coley

Is your business  
a member of the  
**CRC?**



# Liz's



Artist: John Duncan

## Kitchen Rules

### TOMATO MACARONI CHEESE

The French used to call tomatoes pomes d'amour (apples of love). This delightful, edible fruit, *Solanum lycopersicum*, is a species of the nightshade family and its use as a food is believed to have originated in Mexico. Like so many of our commonly grown food plants it was introduced to Europe in the 16th century by the Spanish after their colonization of the Americas. The glorious red fruit was regarded with suspicion by some (red being the colour of danger) and thought to be poisonous or some kind of aphrodisiac, perhaps the Garden of Eden's forbidden fruit should have been a tomato!

It is unclear when and where the first tomatoes were planted in Australia but they are probably the most popular home grown vegetable (botanically they are a fruit) that we cultivate in our gardens.

Our temperate climate is ideal for tomatoes, plenty of water and food and they will reward you with a bumper crop.

There are many varieties available Grosse Lisse and Roma are among the most popular, tomatoes are packed full of goodness and contain the anti-oxidant lycopene which helps to mop up damaging free radicals, also contain vitamins A, C and E.

### TOMATO MACARONI CHEESE

**Ingredients:** 340g macaroni, 200g stale bread, about 800g very ripe tomatoes, 1 peeled garlic clove, 2 handfuls fresh basil, 55g sundried tomatoes, 2 anchovies, 3 handfuls grated parmesan, 560ml single cream, 1 tablespoon red wine vinegar, 400g mozzarella, salt and ground black pepper, handful of fresh thyme leaves, extra virgin olive oil.



**Method:** Preheat oven to 200C. Cook macaroni in boiling salted water according to packet instructions. Break bread up and whiz in food processor to form breadcrumbs, set aside. Wash tomatoes and place in processor with garlic, basil, sundried tomatoes, anchovies and salt and pepper to season, whiz for 30 seconds. Add 2 handfuls of parmesan, cream and vinegar, whiz until smooth. Drain cooked macaroni, saving a little of the cooking water, pour pasta sauce over the macaroni in pan, adding some of the water to loosen it if necessary. Pour all into an 8 to 10cm deep baking dish, break mozzarella into small pieces over the top. Mix the last handful of parmesan with breadcrumbs and thyme leaves and sprinkle evenly all over, drizzle with extra virgin olive oil. Place in a preheated oven for 20-25 minutes until golden and crunchy. Serve with extra grated parmesan. Serves 4, lovely with fresh salad.