MANJIMUP CRC MEMBER PROMOTIONS



Is your business a member of the CRC?



THE KIDS OF OUR

COMMITTEE. COACHES AND PLAYERS







LOOKING FOR SOMETHING TO DO?

The Manji Men's Shed is a community-based, not-for-profit, non-commercial organisation that is accessible to all men.

CURRENT SHED TIMES

Tuesdays, Thursdays and Saturdays 9am-3pm Wednesday Mornings, 10am- 12pm Morning Tea only

THE FORMER 'ACTIV' SHED **LOT 479 PERUP ROAD**

WHAT'S NEW @ MANJIMUP.CRC.NET.AU



Cafe Bytes is our monthly newsletter distributed FREE to cafes and business within the Manjimup region. Our first edition went to press in June 2014, we are almost to our 70th edition.

The Cafe Bytes Team always welcome suggestions for our newsletter and we were delighted to receive inter esting stories from some of our local schools last year, highlighting our younger community.

Online you will find all issues ever created for your downloading and reading pleasure!

Go to:

https://www.manjimup.crc.net.au/cafe-bytes.html

We hope you enjoy!



WHO ARE WE? The Bytes Team who bring you this publication are: Yarn Spinners, Liz Coley & Kathy Hill.

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Editorial Responsibility: Jane Giles (08) 9777 2774 or volunteer@manjimup.org.au Funded and Printed by The Manjimup Community Resource Centre.



Edition 68 - January 2020 FREE - ALSO AVAILABLE ONLINE

Quote for January.

"My powers are ordinary. Only my application brings me success." - Isaac Newton (1643 - 1727)

hat subject for January.

A new year has arrived, what do you hope to achieve in 2020?

elcome to our January 2020 Cafe Bytes. We hope everyone is enjoying the glowing sunshine and some freedom from routine. This is the time of the year when the fear of fires is constant, our Eastern States have suffered so terribly, we hope and pray the flames die soon and that we will all stay safe.

POWER UP MUSEUM



Photo supplied by: Liz Coley

anjimup has a wonderful new addition to the Heritage Park with the highly anticipated opening of the Power Up Electricity Museum. Representatives from the public were invited to the official opening on December 13th and were impressed by the building and displays at the museum.

The museum is a prominent feature of the park and the building houses the Visitor Centre and Park Café. Guests at the event included Manjimup Shire President Paul Omodei, Warren Blackwood MLA Terry Redman, O'Connor MHR Rick Wiilson, Bunbury MLA Don Punch and Lyn Neal who won the competition to name the museum.

Wayne Herdigan provided the Welcome to Country and the official opening was conducted by MLA Terry Redman who said that the museum was part of the Super Towns project funded by Royalties for regions. The upgrading of the park also included the Sound Shell, the giant slide and children's playground and renovation of existing buildings. The Manjimup Men's Shed restored the rail carriages, locomotive and steam hauler which have been relocated to the disused rail corridor. Displays in the museum showcase the history of Electricity in Western Australia from the 1800s – 1900s through modern exhibitions, numerous displays and interactive features with the aim of providing an engaging and educational experience for visitors. Among the many items featured are early modern kitchen appliances and the original Bellis and Morcom Electric Generator once used at the Pemberton Saw Mill.

The Manjimup Shire Councillors and staff are to be commended for their hard work on this project, the Power Up Museum and Heritage Park provide a unique experience for locals and tourists alike, and it is sure to become a popular destination for all.

Liz Coley



First day opening the Manjimup Community Op Shop Photo supplied by: Robyn Bowles

ave you noticed the activity around the White House in Rose Street? There's a new Op Shop in town. The Manjimup Community Op Shop with a team of very busy folk gathering donated goods to be given a second chance in their usefulness. The shop has shaped up beautifully, the building suits the merchandise perfectly and the team have arranged everything in great style. The prices are very affordable, with an amazing variety. And the best part about it is, all the profits are for the sole benefit of our Community. Every cent raised will be for Manjimup Community deserving causes. Their hours are 9 am to 3 pm, Monday to Friday and 9 am to 1 pm on Saturday.

The above photo was taken on Cherry Harmony Festival day, when a special Cherry visitor, Miss Gertrude, popped in to the Op Shop, maybe she was looking for a red dress that might be a little cooler than hers?

Kathy Hill

THUMBS UP TO OUR VOLUNTEERS



Your efforts help put Manjimup on the map

ongratulations to all the volunteers for another sizzlingly successful Cherry Harmony Festival, in those terrible hot conditions, apart from the weather there isn't a single negative comment to be heard. Well done everyone who was involved.





AS THE YEAR FLOWS BY

Nanna's old Biscuit Barrel. Photo supplied by: Kathy Hill

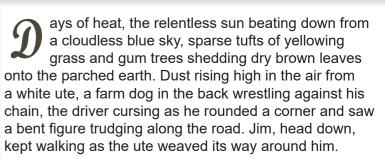
hen 2019 ended, did you have trouble recalling the year's highlights, or were they overshadowed by the low lights? Here's a suggestion for this year to help remember the happy times. It will only take a few minutes each week and should be valuable time spent.

Find an attractive container, either an unused vase, a jar, or possibly draw on your creativity, maybe cover an empty tissue box with gift wrap paper, a picture from last year's calendar, or one of your children's drawings. Find a tear off note pad. At the end of each week think back over the seven days, write down a highlight, and place the note in your chosen container. Then on New Year's Eve you can tip the 52 happy notes out and recall the fun times you had, which will ensure you start 2021 with a smile. That's so much better than being overwhelmed with the not so good times, sometimes we just need a little reminder of the lighter side of life to help us think positive. And there doesn't need to be any rules, you can record as many of your good times as you wish, maybe your container might need to hold 365 notes? Or 366 for 2020. The choice is yours.

Kathy Hill







Swirling red dust settled once more, excited barking faded into the distance as he turned off the road, brushing branches aside as the path grew narrower, leading downwards towards the remains of a huge old Jarrah. Long since felled by a fierce storm, bark completely gone, the huge hollow left behind was Jim's home. He had dragged sheets of tin along the road by moonlight and put a roof over the top for shelter, verge pickups had provided a couple of mattresses and a few assorted odds and ends.

Jim sat cross legged on the ground and reached into his grimy bag, a can of baked beans and a meat pie with a couple of slices of bread satisfied his hunger. He washed it down with a good swig or two of red wine and

Story Cont'd Next Page





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Services include:

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



Photos supplied by Julia Sykes, two of her students.

ulia Sykes grew up in Manjimup, attending Kearnan College, and MSHS, then home schooling for final school education. While at Kearnan College she started piano lessons, aged 6, with the Sisters of St Joseph, then continued in later years with a Perth teacher. This was the beginning of Julia's now very successful career, having gone on to study music at UWA, and then developing her own style of teaching, The Sykes Piano Program, which is a unique method allowing students to progress quickly and become well rounded musicians. You can learn more about Julia's program on her web site www.sykesmusic.com.au.

Our Bytes story is not really about Julia's admirable teaching prowess, we would like to promote her wish for something extremely special for Manjimup. Julia would like our town to have the benefit of a Grand Piano. In 2012 the Warren Arts Council organised a performance by a trio of professional musicians in Manjimup Town Hall which was well attended by a very appreciative audience. Perth pianist, Anna Sleptsova who is lecturer at WA Performing Arts Academy, was part of the trio. She commented to Julia, "You will have to get a grand piano for Manjimup!" Anna's frustration with the Town Hall piano was visible, she felt, as other pianists do, that our Town Hall upright is not of the standard to present music at its

true worth, and it diminishes the performer's reputation. The Town Hall piano is over 30 years old, and upright pianos are really meant for home use, not for public performances, as they do not have the volume and quality of sound of a Grand. Concert Grands cost over \$100,000 but the aim for Manjimup is a less expensive Grand, which hopefully will be housed in the Town Hall, and this would encourage pianists travelling through the area to put Manjimup onto their circuit.

The goal is to raise around \$25,000 for a second hand Grand. Fund raising began in 2018 with Julia's students busking around town, and they have already raised over \$900. Working together with Warren Arts Council, Julia plans to hold a concert next year featuring local pianists, with an auction offering 'patronage' of piano keys. For \$200 you could become a Grand Key Patron. A piano has 88 keys, so this would raise \$17,600. There will be an online donation link set up in the future, but what needs to happen first is for the Manjimup Shire Council to agree to providing a home for the Grand. Café Bytes will be listening out for the decision. Julia would be happy to chat to anyone interested in her vision.

Kathy Hill

juliasykes@sykesmusic.com.au or 0427 804 494.



Manjimup Chamber of Commerce Banner Photo supplied by: Liz Coley

ave you taken a look at the banners on Giblett Street recently?

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.

Christmas wishes for our community are displayed on the attractive Manjimup Chamber of Commerce & Industry banner which greets us as we exit the roundabout at the corner of Mount and Giblett Streets. This organisation promotes business and industry development for our town through providing support, opportunities and incentives for members who have exclusive access to a range of existing services featuring member promotion, advertising opportunities and are able to discuss business challenges, issues and achievements for the benefit of

If you are in a business and wish to avail yourself of the support that the group can offer then consider joining the Manjimup Chamber of Commerce & Industry. Go to www. manjimupchamber.org.au

Liz Coley

JANUARY - CONT'D

rolled onto the mattress as darkness began to fall. Dark shadows lengthened as the moon rose, a lone kangaroo thudded softly as he joined the mob searching for greener pasture, Jim slept soundly, darkness held no fear for him. He awoke just before dawn, magpies and kookaburras began their early morning chorus as he walked down to the creek, one small pool of stagnant water remained and he shook his head sadly, swiftly flowing water stretching out to sedge and rushes had long gone, along with croaking frogs and snakes and lizards sunbathing on the rocks.

There was no respite from the sun today, shimmering heat rose from dry paddocks as Jim began his daily trek into town where he spent the morning sitting on the pavement, back against the wall. He watched the townsfolk come and go, muttering to himself, head bent low and matted hair hanging around his face. Occasionally someone would place a coffee beside him or a packet of smokes but mostly they avoided getting too close, they did not understand his lifestyle anymore than he understood theirs.

Water in the muddy pool shrank and dried up over the following days, Jim was restless, he saw despair in the eyes of the kangaroos scrabbling in the mud for a little moisture, birds, silenced by the heat saved their strength for flights to distant dams at twilight. A lone fox, ribs sticking out, coat dull and patchy began to hang around, he fed it scraps and water from a wine bottle he filled in town. The air was hot and heavy, Jim walked slowly towards town, feeling the heat penetrating the thin soles of his shoes, the loud ringing call of a Grey Currawong echoed across the paddocks, he watched as the bird flew towards him, settling on an old wooden fencepost as it called again. Soft grey wings beating gently the bird kept apace with him diving low from post to post. Jim looked at the sky and back at the Currawong, one last cry as it flew across paddocks scorched brown by the heat, he watched until it became a small speck disappearing into hazy blue distance. He stood by the wall muttering, he began to jump up and down on the pavement, waving his arms and yelling as he looked up at the sky, he frightened the staff in the shops and upset the customers, people crossed the road to avoid him, eventually a police car appeared and Jim ran.

It rained that night, huge drops spattered and sizzled as they hit dry dirt, thunder rolled around the trees, lightning lit up the night sky, water flooded the creek bed as trees stood taller, the strong scent of eucalyptus filled the air as the bush came alive again. There were happy faces everywhere, all marvelled at this unexpectedness gift from the heavens, Jim smiled and took a soft grey feather from his pocket.

DIFFERENT STROKES

So in this year 2020, which flows off the nib very easily, perhaps it's time to pick up the pen again. Maybe fountain pens, and ink, will join viny records and step back into society? Remember that old saying, The Pen is Mightier than the Sword? Will it now be, The Pen is mightier than the Keyboard?

Happy New Year, may the script continue to flow freely.

Is handwriting becoming obsolete? Hen's Scratching supplied by: Kathy Hill

ave you noticed how a hard earned skill from our school days appears to be sliding into the pages of history? Sad but true, handwriting is losing its valued place in society. Scratching out messages with a pen is more than just a form of communication, it is also a part of our identity, as although we are mostly all taught the same cursive word formation at school, in time we develop our own style, and we learn to recognise people's writing which brings a lovely personal touch. How special are our saved hand written letters from loved ones? Somehow an email just doesn't touch the same chord. Short hand is another handy skill but not really required in this digital age.

It's a century and a half since the invention of the type-writer, and I read recently that a current survey revealed one in three had not written anything by hand in the previous six months. The keyboard is on a winner. But neuroscientists are stating that writing with pen and paper should still play a vital role in this modern technologically enhanced life. Research has found that students who write down lecture notes perform better than with keyboard notes, and that hand writing increases brain activity known to be important for focusing attention and retaining information. Writing by hand can resemble a form of meditation, particularly when journaling. Thankfully, our schools are still teaching writing.

So in this year 2020, which flows off the nib very easily, perhaps it is time to pick up that pen again.

Maybe fountain pens will join vinyl records and step back into society?

Remember the old saying;

The Pen is Mightier than the Sword?

Is the modern version;

The Pen is Mightier than the Keyboard?

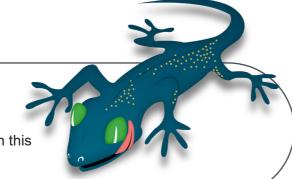
Happy New Year, may the script flow freely.

Kathy Hill

Liz Coley



Have you met Balyit? He is our Membership Mascot. Keep an eye open on this section of the Cafe Bytes to recieve the member reward he is promoting.





ZUCCHINI & PEAR SALAD

ucchinis are an attractive plant with large leaves and yellow flowers, they can have a dark green or striped vegetable which grows quite quickly and are plentiful during the summer months.

They belong to the Cucurbita pepo species along with many other squashes and pumpkins. Like all squash they originate in South America, however the varieties known as Zucchini were developed in Northern Italy in the second half of the 19th century. Zucca is the Italian word for pumpkin/squash and they are known as Zucchini in Italy, Australia, Canada, Germany and the United States, in Britain and Ireland they are known as Courgettes when small and when fully grown as Marrows.

As a general rule they are usually harvested about 20cm to 30cm in length and have many culinary uses, they can be steamed, boiled, grilled, barbecued, fried, or stuffed and baked. Zucchini can be baked into bread or cakes, the flowers can be coated in a light batter and deep fried, known as tempura. The vegetable has a delicate flavour and can be eaten raw, sliced or shredded in a salad and a popular use nowadays as a healthy substitute for pasta or noodles.

Our temperate climate in the South West provides ideal growing conditions for Zucchinis, they need a good soil with plenty of compost, manure and an all-purpose fertiliser. They will need to be watered well on very hot days and use a mulch, (pea straw or lucerne hay) to a depth of about 5cm. Avoid overhead watering if possible as they are prone to powdery mildew. Some good varieties to try are Black Beauty and Blackjack (thin dark green skin and a traditional favourite), Greyzini (grey green mottled skin) and Goldfinger (yellow skin and a heavy cropper). They are very easy to grow and will reward you in about 5-6 weeks with a bumper harvest. The longest Zucchini ever measured was 2.52m long and grown by Giovanni Batista Scozzafava in Niagara Falls, Ontario, Canada. Give them a try, you might just grow a prize winner! Zucchinis are low in saturated fat and cholesterol, they

are a good source of protein, Vitamin

A, Thiamin, Niacin, Phosphorus and Copper, and a good source of dietary fibre, Vitamins B6, C, K and Folate, all the good things.

ZUCCHINI & PEAR SALAD

Ingredients: Iceberg lettuce, 3 to 4 baby zucchinis, 1 Pear, 2 sprigs fresh dill, few unsalted walnuts, hazelnuts, almonds toasted in a dry pan and crushed. For the dressing: 4 to 5 tablespoons Greek yoghurt, I tablespoon white wine vinegar, 1 teaspoon Dijon Mustard, about 4 leaves fresh mint, salt and black pepper to season.

Method: Place all the ingredients for the dressing in a bowl and mix with a blender until smooth, set aside. Slice the lettuce finely, slice the zucchini downwards into fine ribbons, finely slice pear and chop dill, add toasted nuts and mix all together. Mix in dressing just before serving.