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FREE

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SAYING FOR THE MONTH

"Life can only be understood backwards, but it must be lived forwards." – Soren Kierkegaard (1813-1855)

CHAT SUBJECT

You've only got one valentine card, who would you send it too?



Welcome to our newsletter for the 28 days of February.

School is back and the daily routine will have slipped quickly into place. We have enjoyed a lovely January with only a few days of soaring temperatures which has been very pleasant. And aren't we lucky to have Fonty's Pool so close, a great place to spend family summer days. Generations have been enjoying the water and the surroundings. Plus, the town swimming pool has the inflatables which offer heaps of fun for our young people. Our gratitude diaries are over flowing

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



Manjimup Celebrates Community and Volunteering on Australia Day



Volunteer final awardees.



Local volunteers enjoying their day

Local community members and volunteers enjoyed a lively Australia Day celebration at Manjimup Timber Park. Volunteers representing community organisations, individual volunteering, The Cherry Festival, Manji Men's Shed, St. John Ambulance and a variety of sports associations as well as Manjimup residents appreciated the free breakfast cooked by Manji Men's Shed with ingredients provided by The Shire of Manjimup and Lotterywest, musical entertainment and activities for the younger members of the community.

Local community members and organisations were honoured in The Citizen of the Year Awards in four categories, the final awardees were:

Citizen of the Year was awarded to Dave Birnie for his long and valuable service to St. John Ambulance.

Youth Citizen of the Year went to Tayla Callaghan for her work with netball coaching.

Senior Citizen of the Year awardee was Liz Bursey for her indefatigable contribution to the Quinninup Community.

The Community Group/Event award was achieved by Walpole Country Club.

For information regarding volunteering opportunities in Manjimup please email rae@manjimup.org.au or telephone 0447023360

Thumbs Up!

Thumbs Up to all those who were nominated for Australia Day Awards this year, well done. To be nominated indicates that you deserve recognition in the community so to each and every one, congratulations. Special congratulations to the winners.

Huge thanks to the Lions Club members who worked so hard to bring us the absolutely fantastic musical extravaganza at Jazz in the Jarrah, with our super talented locals, Table for 2 trio and the visiting Army Band. A fabulous event, raising over \$2200 for RFDS.

Plus, we recognise the dedication of our local fire fighters who thankfully have not been called on very much so far this summer, but they are ready to spring into action if necessary. Thank you.

Walk for Awareness - written and contributed by Ella Reeve and Lilli Edwards - Two young ladies in our community who have been working very hard raising money for Princess Margaret Hospital.

We had a great day at big brook dam on Saturday the 28th. The Weather was beautiful as we strolled around the dam (some people did two laps) followed with a well-deserved swim. We all filled our tummies with a sausage sizzle and homemade cupcakes and scrolls. We finish with a big raffle and eight prizes were won. The prizes were filled with donated local produce and at the end of the day we had raised \$1732 with a few donations still to come in. So we thank all our sponsors, donators, friends and family.

Chestnut Grove, Manjimup Bakery, Charcol Springs, Mens Barber Shop Pickled Wife, Sally's Lane, Manjimup Stockfeeds, Reeve Family, Tellarup Brook Farms, Bunbury Tyre & Exhaust

Changes Coming to Our Library

In an exciting new venture, the Shire of Manjimup Library Services will join the new One Library network in the South West.

Over the next 6 months, 23 South West Libraries will be connected under the one library management system, enabling you to borrow and return items at any participating library using your current library card. You will then be able to browse the catalogue and request items from any participating One Library, collecting it from your local Library.

While this is all put in place there will be suspension of the inter-library loans service from Wednesday, 1 February 2017 until Friday, 31 March 2017.

Current Art Exhibition

The Manjimup Art Gallery in the Library complex currently has the Shire of Manjimup art collection on display, and as these 27 art works have not been out of storage for a while, this is a very special opportunity. There is a wonderful variety, with the Sir Claude Hotchin bequest pieces and also local artists' work which was acquired by Manjimup Shire from art exhibitions during the 1960s to 1980s. February 28th will be the last day of the exhibition. Sir Claude's history, which can be read about at the exhibition, is very interesting. For anyone interested in establishing a 'Friends of the Manjimup Public Library and Art Gallery' group under the guidance of the Manager of Libraries and Cultural Services, Fran Bullock, please make contact by phoning 9771 2895 or email art.gallery@manjimup.wa.gov.au. This group will plan and investigate travelling and local art exhibitions, put together an 18 month exhibition plan and investigate volunteering opportunities in the Library and Gallery.



BLUEBERRIES

There are not many fruits that tempt the palate as much as the soft bloom on the luscious dark purple skin of a ripe blueberry, eaten raw or cooked with a sweet slightly acid taste they are equally delicious.

Blueberries, (*Cyanococcus*), are native to North America and are cultivated in many parts of the world. They were first introduced to Australia in the 1950’s, efforts to grow them commercially failed until the early 1970’s when the Victorian Department of Agriculture imported seed from the US and began selection trials. The Australian Blueberry Growers’ Association was formed in the mid 1970’s. Native shrubs with similar looking berries are found in South America and Asia, huckleberries and whortleberries in North America and bilberries in Europe.

If all this has you hankering to grow your own, the good news is that they can be grown in the garden or in pots. They need a well-drained acid soil or high quality potting mix, plenty of moisture particularly during fruit set and fruit growth and a cool frost free location. They like a little fertiliser in early spring and early summer and appreciate a nice mulch. Fruit is borne on the previous year’s growth and plants should be pruned in winter when they are dormant. Rabbit eye blueberries (*Vaccinium ashei*) are suited to the cooler conditions of the south west, varieties include Brightwell, Premier and Powder Blue

Blueberries are promoted as one of the super foods and have many health benefits due to their high antioxidants and good levels of vitamin A and C. They are a good source of Vitamin K and manganese, also high in fibre and low in calories, all the good things rolled into one magic little package!

Liz’s Kitchen Rules

BLUEBERRY PANCAKES

Ingredients: 1 1/2 Cups milk, 1 egg, 2 teaspoons vanilla extract, 2 cups SR flour, ¼ teaspoon bicarb soda, 1/3 cup caster sugar, 25g melted butter, 1 ½ cups blueberries (fresh or frozen)

Method: Whisk milk, egg and vanilla together in a jug. Sift flour and bicarb soda into a bowl, stir in sugar, pour in milk mixture, whisk until just combined. Stir in blueberries. Heat a large non-stick pan over a medium heat, brush pan with a little melted butter, pour in approx. 1/4 cup of mixture per pancake. Cook for 3 to 4 minutes until bubbles appear on the surface, turn and cook for 3 minutes or until cooked through. Repeat with remaining mixture, makes about 12. Serve with a dusting of icing sugar and a little cream.

Makes a lovely lazy brunch or a sweet dessert with the addition of fresh blueberries.



ANTS

Did you know that the ant population of Australia has about 100 types and 1300 described species and subspecies? Down here in the South West we have a diverse population too, including 61 types and at least 500 species. It’s no wonder that many of us are driven to distraction by the annual onslaught of armies of little black ants who have decided to set up home with us. They love a warm dry spot in which to build their nests and a readily available supply of food and we provide all that, ant heaven in fact! Black House Ants are small (2.5mm to 3mm), the males have wings, the females have wings until after mating when they become the reproductive queen ant and proceed to lay many small oval eggs. Worker ants are sterile and their role is to gather food and feed the larvae when they hatch and maintain the nest. The workers make long trails from the nest to food sources, and although they are inside your kitchen, the nest may be some distance away. Of course, they might also decide to nest close to your house, against paths and pavers and in any cracks and crevices they can find. Ants are omnivores, and will eat just about anything that we eat but they especially love anything sweet, that means fruit, jams, honey and the sugar bowl if you happen to leave it out. Species in the wild get their sugar hit from nectar and other liquid secretions from plants and flowers. If you have aphids on your plants and ants scurrying around, they are after the honeydew that aphids excrete. It is a mutual relationship as ants will milk the aphids by stroking their abdomens, the aphids release the honeydew and in return the ants protect the aphids from predators and will even carry them off to another branch if danger looms. These little creatures are a valuable part of the ecosystem in the wild by helping to pollinate plant species as they harvest the nectar, and by spreading seeds, particularly wattles. They are enticed by the fatty substance attached to the top of the seeds, like ant chocolate! This is their reward for transporting the seeds back to the underground nest, where they remain safe from being eaten or destroyed in a bushfire until the seedlings emerge. Despite all the good things they do for us, they are still a pest in the house so how do we deal with an ant problem? We can just call our friendly pest control and spray around the house perimeter, you would need to do that regularly if there is a bad infestation. However, if that’s not for you there are a few things you could try. An obvious one is to remove food sources, keep that sweet stuff securely sealed and tempting titbits shut away, then fill in as many cracks and crevices you can find where ants can enter your house. Follow the trails, try mixing Borax and sugar and placing it in a shallow container outside. They will pick this up and transport it back to the nest, the Borax will eventually kill the ants and larvae too. This method requires perseverance as you may find the ants multiply as they detect a new food source. Ants don’t like anything acidic so spray the trails with vinegar or lemon juice mixed with water, they leave chemical markers to find their way and if you can disrupt that they tend not to be able to find their way back again. There is no guarantee that this will stop them from pioneering forth and building new trails! Maybe the best way is to keep them under control as much as we need to and learn to appreciate these fascinating little insects, they are out there working hard in their own way to protect and nurture our environment.

The Secret Lives of Wrens

We love to hear of interesting, unusual things that are happening in our district and recently we were fortunate enough to be given an introduction to a biologist who has been carrying out research on the red-winged fairy-wren. The research is carried out in Smithbrook Nature Reserve, and Biologist Lyanne Brouwer of the Australian National University, Canberra, has been visiting since 2008 during the birds’ breeding season, October to January, along with up to four international volunteers to document the wrens’ lives.

Smithbrook nature reserve has a long history of bird research. From the ‘70s to the ‘90s keen ornithologists Molly and Dick Brown started banding and monitoring birds. Scientists Eleanor Russell and Ian Rowley studied red-winged fairy-wrens in the ‘80s and ‘90s and since then the Western Banders association have been banding birds biannually.

Chatting with Lyanne was illuminating, we found the insight to bird families totally fascinating, and will do our best to share what we learned with Café Bytes’ readers.

The research area is a 95 hectare forest reserve and holds approximately 100 red-winged fairy-wren family territories. The family unit consists of mum and dad and offspring who remain helping to mind the babies, there’s usually two of these assistant minders, also known as ‘helpers-at-the-nest’. The mating season must be fascinating to observe, with the males wearing their beautiful blue colours, their ‘nuptial plumage’ and can be seen fetching yellow petals to bring to females in their neighbourhood, something they never do at home! They build their nests low down, tidy little nests with a half cover over the top.

Lyanne has been on duty over the Christmas period, with very early starts to her days as she needs to be out with her binoculars before daylight to catch the birds’ activities. As hard as it is to believe, Lyanne says that these beautiful wrens can be rather promiscuous, and before the sun is up the female may flit off to another territory to find a new mate! She returns to the nest and the male will be none the wiser. This behaviour can explain why closely related individuals like mothers and sons do not hesitate to live together as a pair. The promiscuous behaviour of females would mean that in such situations incest is avoided anyway! This does sound a little bizarre and certainly not what we would ever have thought would be happening out there in bird land, but basically means that a healthy population will be guaranteed.

After the female has built her nest she will lay her eggs, two or three. The eggs hatch after two weeks and the whole family will take care of the young by feeding them. Although the young maybe not belonging to the male of the family, Dad will never know and cares for them as a father should. When the nestlings will be only 8 days old Lyanne carefully takes them from the nest, with as little disturbance to the family unit as possible, and places a coloured plastic identifying band on their legs. She weighs and measures them to record their growth. And not only that, often she takes blood test to be analysed in the laboratory back in Canberra, identifying the family genes of those hatchlings. Now that’s an amazing image to conjure.

Chances of survival of the nestlings is rather low, they have many predators, with snakes considered to be the most common. After leaving the nest it still takes at least a month before the fledglings are independent. By the time they are one year old it is their turn to help with raising the new babies and for many birds this is the only thing they will ever do, because the chances of finding your own territory are slim.

Lyanne believes that our recent harsh winter would have seen the demise of many wrens, as they do not go well under cold wet conditions. Nevertheless, some of these wrens can live for 15 years. An incredible long time for such a small creature, which at the same time also means many years of study are needed to get a full understanding of all the interesting things going on in the secret lives of wrens!

Photo: Lyanne Brouwer



It’s Not Too Late

A message from Jane Muir. “For those who still plan to submit their business histories & location details to go into the planned Local History and Services book, please be aware that this is still possible. The preference is ASAP, so that we can know when we can complete the story processing stage. We will then be able to concentrate on accessing photos to use in the publication. The setting up of these will also take time. If we could aim for all stories to be sent in by the end of March, at the very latest, then the story side of things can be brought to a closure and the photo set-up stage can begin. You can phone me on 97711 929 or email muirjem@gmail.com."

Southern Timber Arch

Manjimup Shire is asking for your vote, there are 3 alternatives for the replacement of the Southern Arch. Have your say and vote for your favourite at the Community Information Office on Brockman Street by the end of the month