

WHO ARE WE?

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SAYING FOR THE MONTH

Nothing is impossible, the word itself says I'm possible!" – Audrey Hepburn (1929-1993)

CHAT SUBJECT

If you sent a valentine card to a celebrity, who would the lucky recipient be?



Welcome to our Bytes newsletter for the shortest month of the year, a mere twenty eight days of sunshine to enjoy.

Our thoughts are with those who have suffered effects of fires in the South West, and feel gratitude that up to this time our area has been saved that trauma.

If you are fans of Facebook you may like to read our newsletter on the Manji Café Bytes FB site, or on the Manjimup CRC web site.

We are doing our "bit" towards saving paper waste.

SENIOR BATON BEARER, JOHN RYAN

When you reach eighty years of age you will probably find that along the way to this milestone, life has handed out some challenges. And the senior Commonwealth Games Manjimup Baton Bearer fits that category well. Eighty. And challenged.

John Ryan knows all about challenges! He celebrated his 80th recently, and as for challenges, wouldn't you say that losing your sight at 70 is definitely a challenge?

It was while mowing hay on his farm, at aged 40, when the first accident stole the sight in one eye, then ten years ago during a bowling match a friend accidentally damaged his good eye causing total loss of vision.

But has that stopped John from enjoying life? With dedicated support from his wife Lynette, his family and many friends, John continues to trek north on caravan holidays, and during bowling seasons he is always on the green. He travels to the Australian Blind Bowling Championships every year and has won the Australian Singles Championship on three occasions as well as many men's and mixed pairs championships.

Perhaps his genes have played a role in this strength as his father was Pemberton's much loved Doc Ryan, a man well documented and honoured for his amazing contribution to his community until the age of 71.

John is part of the Genuinely Southern Forest Three Ryans farm produce company, "growers of high quality fresh produce", the successful local family business started by John & his brothers. And not many days would go by without John wandering along to the work scene to say hello, and check on everyone.

We just never know what life is going to toss our way and what challenges we will have to meet. Well done John, and your fantastic support team.



PICKLED EGGS

If you are a morning radio person, you may have heard the challenge issued by ABC's Stan Shaw to Dee Salmin, the producer of the early morning programme. The idea was to eat live on radio a bad combination of food suggested by a listener.

There were many suggestions including pickled herrings, bananas and mustard and numerous combinations with peanut paste, some of you out there must have cast iron stomachs.

Mike from Manjimup, came up with the winning entry selected by the ABC's Christine Layton, pickled eggs eaten with a bag of crisps and washed down with a pint of beer. Dee thought she could manage the beer and the crisps but where to find a pickled egg? It was an intriguing topic and many rang in with suggestions as to how a pickled egg could be procured for the big eat off, a listener offered to deliver some to the studio on the weekend, in plenty of time for the Monday morning breakfast show. To give Dee her credit, she had a go and pronounced it not her thing, in fact perhaps the worst thing she had ever tasted, she managed to scoff down the crisps and a mouthful of beer. She said she felt a little green around the gills but was back the next morning suffering no ill effects, so well done Dee!

It seems that pickled eggs have been eaten in pubs for several years. The tradition of bar snacks began in London in the 1850's when patrons were consuming such delicacies as pickled whelks, sheep's trotters, tripe and black pudding washed down with copious glasses of porter, the dark beer much in favour at that time. The Americans brought their US style chips to England during the second world war and they became very popular in pubs, packets included a paper twist of salt to sprinkle over your crisps which ensured plenty of thirsty drinkers.

Our man from Manji doesn't recall the 1850's, his love of the pickled egg occurred a century later when every young man went to the pub on a Friday night to play darts. A pint was essential before the game began and once the competition was underway a little sustenance was required to ensure a bullseye or double top. And every pub had a jar of pickled eggs on the bar, all that was needed was a packet of crisps to drop your egg into and another pint of beer to wash it down. The prize was a recipe book, Dee didn't say whether pickled eggs were included or not, but Mike from Manjimup has gone out to buy some malt vinegar with a gleam in his eye, pickled eggs anyone?



THUMBS UP

Thumbs up to all the emergency services on stand by, ready to help when needed. Sometimes we forget their dedication when such services are not in demand.

Thumbs up to Manjimup Senior High School teachers and students, for such fantastic ATAR results for 2017, achieving eighth position among all high schools in WA, Perth Modern and Manjimup being the only public schools to feature in the Top 10.

And thumbs up to all the nominees for Australia Day Citizen of the Year awards, thank you for your contribution to the community and a warm congratulations to the winners of each section.

Liz’s Kitchen Rules

ZUCCHINI

Zucchini is 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, the plant was introduced by the Spanish conquistadores in the early 16th 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 Zucchini, the seeds are large and flat and temperatures above 15C are needed for germination. They also need a bit of room to spread and need a good soil with plenty of compost, manure and an all-purpose fertiliser. Sow two or three seeds in one hole and remove the weakest, if you have sandy or free draining soil make a well around the plant to allow water to collect around the roots. Mound up on clay soils to assist drainage. 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!

Zucchini is 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 SLICE



Ingredients: 5 eggs beaten, 1 cup SR Flour, 375g zucchini grated, 1 carrot grated, 125g can corn, 1 red onion finely chopped, 200g bacon (rind removed), 1 cup grated cheddar, ¼ cup vegetable oil. Salt and pepper. Hand-ful cherry tomatoes and extra cheese.

Method: Preheat oven to 180C. Sauté onions over a low heat with a little oil, add bacon as they start to soften and fry until golden, place in mixing bowl, add zucchini, carrots, corn, cheese and oil, add flour and seasoning and mix in the beaten eggs. Pour into a greased 30 x 20 cm pan and lay sliced cherry tomatoes on top, sprinkle with grated cheese, a mixture of cheddar and parmesan is good. Place in the oven and bake for 30 – 35 minutes or until top is nicely browned. A light summer dish, perfect to serve warm with a salad, it tastes just as good cold for lunch the following day, if you have any left!

AN EVENT NOT TO MISS

The Olympic Games Baton passed through Manjimup in 2000, on its way to Sydney for the Games and now for the first time in Manjimup’s history the Commonwealth Games Queen’s Baton will be stopping off here on its journey to the Gold Coast Games. We believe it is the first time a Commonwealth Baton has ever passed through the South West, but this is not totally verified. A first is always cause for celebration and the Baton is set to receive a very warm welcome, definitely fitting of a first in history. Manjimup Shire’s Kelsie Collins told us of some of the plans for the day - there is a fantastic afternoon and evening on the agenda for us all to enjoy.

The Baton will land in WA at Albany, then make its way here via Denmark, with an entourage comprising of approximately eleven vehicles, as well as bike riders, so it will be an impressive entry to town as it arrives at the Indoor Stadium on February 22nd. The Baton bearers’ relay through the centre of town is scheduled to leave the stadium at 5 pm and the streets for the relay route will close during that time, including Giblett Street. On arrival at the Timber and Heritage Park there will be a Guard of Honour for the Baton’s entry, then it will go on to the stage of the newly completed Sandra Donovan Sound Shell.

Last year nominations were called for Baton bearers with the following nominees being chosen: Gemma Brown, Laura Coles, Guy Dillon, Jenny Donaldson, Marlee Doust, Amy Dyer, Denise Jenkins, Pat Martin, Joh Perry, Judy Rose, John Ryan, and Anastasia Umeh. Three are not from our Shire, and they are included with Manjimup as their own home town was not on the trail of the baton.

The afternoon events organised in the Heritage Park begin at 3 pm, with fun things for the young ones to enjoy.

After the official ceremony the Baton will leave the Sound Shell stage at 6 pm, staying overnight in Manjimup before moving on to Bridgetown the following day, then to Bunbury, and on to various Perth locations including Rottnest Island before heading to the north of the state.

At 6 pm we will be entertained with a three hour concert, the “christening” of the sound shell. Performers include Tom Curtain, of Katherine Outback Experience country music, and our fabulous locals Renae Knowles, Table for 2 Trio, and Steve Vidovich. This sure sounds like a wonderful event as the inaugural concert for the Sound Shell and indicates we are in for a very special occasion, definitely not to be missed.



VOLUNTEER INFORMATION SESSION

Have you been thinking about volunteering in your community but unsure of where to go for information?

The Manjimup Community Resource Centre is presenting a ‘Step into Volunteering’ session on Thursday 22nd February from 10.30am.

The morning will include presentations regarding general volunteering opportunities in Manjimup, in addition to three very different local organisations providing information about projects ranging from environmental volunteering to admin support with a family support organisation or volunteering with the many projects happening at the Manjimup Timber and Heritage Park.

Morning tea will be provided for all attending, please let us know of any dietary restrictions you have, whilst booking

The session is open to all members of the local community but currently users of the VODS are under-represented by young people aged 18-30, men, people who are Aboriginal or Torres Strait Islander, as well as those with a Culturally and Linguistically Diverse Background.

Places are limited in our meeting room, please contact: reception@manjimup.org.au or 97772774 to book a place.

Our VODS Coordinator, Rae Starr, is looking forward to meeting you!



VALENTINE’S DAY

It seems that your Bytes Team are not immune from the love bug, Valentine’s Day is fast approaching and our thoughts are turning towards romance.

Should you be struck by Cupid’s arrow and receive a marriage proposal among your chocolates, flowers, cards and champagne, you will be looking for that ideal spot to take your wedding vows. It seems that a few couples decided that the traditional church, garden or beach wedding was not for them and they decided on something a little different.

Jeroen and Sandra Kippers of Brussels, Belgium took to the heights and were lifted on a platform by crane about 50m, accompanied by the celebrant and 20 guests, for their wedding ceremony. After the vows were exchanged they made it official by bungee jumping over the side, wasting no time in getting back down to earth.

Bride Lisa Satayut was so enamoured with the T J Maxx store in Mount Pleasant, Michigan that she decided to use it for her wedding venue. Lisa and her beau Drew Ellis were married in the size 8 shoe aisle accompanied by wedding guests, string music and curious shoppers who gave them a round of applause before rushing off to bag a bargain.

How about this for the adventurous? April Pignataro and Michael Curry of New York were married inside a 120,000-gallon shark tank. The bride was dressed in a white wet suit and the groom traditional black, they wore scuba gear and masks as their protective cage was circled by nurse sharks, sand sharks, eels and a giant grouper. They proclaimed their vows to love, honour and obey over a radio transmitter with an officiant who did not accompany them into the tank, neither did friends and family.

Just in case you were thinking that it couldn’t happen in Australia, Jordan and Chantelle Wilson from Sydney celebrated tying the knot by heading straight to Bunnings for a sausage sizzle. Jordan said that everyone was happy to see them and the missus got her face painted, they asked if she wanted onions and she said “I do”. Mr Wilson also had photos taken doing a shoeey with some of his groomsmen by the water, a Daniel Ricciardo fan perhaps?

This one is for the exhibitionists, Ellie Barton and Phil Hendicott exchanged vows in their birthday suits in Brisbane after winning an FM radio’s naked wedding competition. The bride wore a white painted on wedding dress with a long white wedding veil and carried a strategically placed bunch of roses. Phil wore nothing but a black top hat to cover his manhood. There were 250 guests at the ceremony which was broadcast live on radio. Let’s hope it was a warm day.

YOUNG WOMEN’S EXPO 2018

A free event for young women aged 12 to 18 at the Manjimup Indoor Stadium on the 10th March, Keep an eye on this spot in the march Cafe bytes Newsletter, for Guest speakers and more information about the event.