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FREE

Issue 8 - January 2015

Manji Cafe Bytes

Do you remember this Manji
business from c1979 ?

Everything is up to date in Manjimup
COLOUR STYLE - PERMANENT WAVES
HIGH FASHION AT LOW PRICES
(for men and women)
Mayfair Madame
Beauty Salon
We Stay in Touch
Telephone 71 1695- Giblett St (Opp Manjimup Hotel)



Grevillea Robusta (Silky Oak)
(Noosa Native Plants)

Welcome to Manji Café Bytes in this first month of the new year that stretches ahead of us.

Can we believe that it really is fifteen years since the turn of the century?
Well if it isn't there's been a terrible mistake made in the printing houses because all the new calendars
and diaries on sale are dated 2015!

We hope everyone survived Christmas comfortably and is ready for what this year has in store for us,
twelve months of fresh pages in our lives, history being made as we go about our lives.

Enjoy the sunshine and enjoy the holidays, plus we hope you enjoy reading our stories.
Best wishes from all of us on the Bytes Team.



Banksia Grandis
(Wikimedia)



FREE EVENT..
COME ON AUSSIE..
COME ON, COME ON..



Up until the last few years the official Shire of Manjimup Australia Day ceremony was always held in Manjimup, but nowadays it is shared with the other towns and is growing in popularity, with people becoming more patriotic it seems which we feel is pretty darned good.

This year Pemberton is the host town and there's a fantastic day of celebration planned, you will find posters around with all the information on but we thought we would just add our own little reminder.

The date of course is **January 26th, which will be a Monday**, the program starting at **8.00 am** with breakfast at the Pemberton Swimming Pool - perhaps you might like an early morning dip before hand? Following this from **10 to 12** will be the official ceremony including the Premier's Australia Day Active Citizenship Awards presentations. Then at noon a sausage sizzle.

There is a full afternoon and evening's entertainment on offer including :

There is a full afternoon and evening's entertainment on offer including an **Art Exhibition, 1.00pm - 4.00pm** at Pemberton Sports Club. Wood Turning at Holy Smoke Café. Mini Railway, Pemberton Visitors Centre. Tram Rides, Pemberton Tramway Company. **Bath Tub Races - 4.30pm** Pemberton Swimming Pool followed by a Dusk Concert **4.00pm - 8.00pm** also at the Pool, Featuring: Bernard Carney ..Deb 'Spoons' Perry ...Smokey Joes.

Free bus transportation will be available from Manjimup, Quininnup, Northcliffe and Walpole, the **Bus will arrive at 9.00am and leave at 1.00pm. Bookings are essential, preferably by January 19th. Contact Mark Sewell on 9771 7713.**

For any further information on the day's event please contact Rachel Croft at the Shire of Manjimup on 9771 7701.

THE TRUSTED TROLLEY



Although we mostly feature local people and their achievements, we feel this story concerns all of us and we believe young Mums everywhere will be interested and gain from this information.

The supermarkets are laden with enticing foods, all of which by law must have all of the contents itemised on the packaging. However, if we take time to read these details we are often none the wiser as to what they actually are and when we hear warnings of reactions to certain preservatives and colourings, we realize that we are possibly a little ignorant in that field. So the more education we can glean on this, the better off we surely will be. So long as the source of information is not too confusing.

Four young Mums from the Bunbury area, concerned about the reaction some of their children had to certain foods, decided to research what they were feeding their families and get to the nitty gritty of the subject. The in-depth research they carried out has resulted in fantastic positive results for their own families and those who have followed their advice. Their story is very interesting, how they did their research and the steps they took before setting up a web site, The Trusted Trolley plus they published a book "From Toxic Trolley to Trusted Trolley" which tells their story and another "All You Need to Know About Food Labels, and how to make healthier food choices". To get your free giveaway "Getting Started - How to avoid a Toxic Trolley" checkout www.TheTrustedTrolley.net.

The Trusted Trolley team have appeared on Today Tonight and have done radio interviews, an indication that they are absolutely on the right track with their advice. You can read more about this valuable food information resource on the web site. Congratulations and well done Kelli, Michelle, Alana and Nyssa.



A NOTE ABOUT JAZZ

Service clubs clock up a lot of hours as volunteers in our communities, and they really are not always given enough recognition and thanks for the time they donate towards events for the enjoyment of others, and as fund raisers for good causes.

The Manjimup Lions Club have been organising an annual Jazz in the Jarrah concert for a few years, which now days is held in the Manjimup Timber and Heritage Park, a perfect venue for a relaxing night of musical enjoyment, with a nibble or two, and a glass of wine.

This year the concert will be held on **January 24th, Saturday of the long weekend** - the weather should be perfect then for an evening outdoors and in addition to having a great night out you would be supporting the Royal Flying Doctor and local charities that Lions sponsor.

For all information, and early ticket purchase visit their website: www.jazzinthejarrah.com.

COFFEE CHAT SUBJECT

2015 HAS ARRIVED !!

**Did you make any New Year Resolutions ?
and more importantly, will you keep them?**

The Noongar word for this month is

BIRAK

December & January : the hot, dry season
One of the six Noongar seasons

(Kaartdijin - Noongar Knowledge - South West Aboriginal Land & Sea Council)

THOSE WHO DON'T BELIEVE IN MAGIC

WILL NEVER FIND IT

(Roald Dahl)

 **Manjimup**
Community Resource Centre
Your local connection

ALL ABOUT PROBUS

Probus is a club for active members of the community who have retired or who no longer work full time. It was first formed in the UK in 1956 and has since grown to include clubs in New Zealand and the Philippines as well as Australia. Probus has male only, female only, and male & female clubs, and is now active in 23 countries.

Probus offers many member benefits and a chance to enjoy retirement with like minded people, in a purely social setting.

Well that's the theory – now for the practice

Manjimup Probus is a very friendly and active group of around 70 members, who meet at 10.00 am every 3rd Wednesday of the month at the Manjimup Hotel in Giblett Street. The meeting starts with a rousing discussion on all our activities and plans for outings along with usual housekeeping of minutes and finances. Then we break for a cuppa and a catch up chat, following which the guest speaker is introduced, and we listen or watch on the big screen or maybe take part in some activity being demonstrated.

Over the years we have had many varied speakers: bird watchers & taxidermists, artists & ambulance officers, community officers, Police officers, Rotary exchange students; head teachers, diabetics nurse, people who have gone overseas to donate aid; a nurse who went overseas for Médecins sans Frontières; local identities and business people, travel companies, accountants, wildlife warriors; and even some of our own very interesting members !

Also, each month we partake of an outing or activity which either delights the senses, fills our bellies, or informs our minds – and sometimes all three together. Perhaps an outing for a lunch or dinner; a trip to Mandurah to cruise the canals and see the Christmas lights; Penguin Island; and a magical night cruise down the Donnelly River. We have been on many informative and enjoyable bus trips – both commercial and those arranged by members. It would be easier to say where we haven't been !

Sometimes the outing is longer than a day. We have taken a 2-day bus trip to Albany to whale watch; a 4-day wonder trip to Kalgoorlie where we toured, ate and learned about mining, and took the opportunity to meet and mingle with the Kalgoorlie/Boulder Probus Club; and joined with a few other Clubs from the Busselton district on a 5-day cruise from Fremantle to Esperance and back. In April next year we are planning an 8-day trip to South Australia to cruise the wonderful Murray River.

Manjimup Probus has its own newsletter, highlighting all our outings and visitors and also a calendar of events published monthly, to remind members of all the outings and entertainment yet to come.

Belonging to Probus has many benefits; chief among them being the friendship and companionship each person receives from their fellow members. There are also benefits that we receive as part of the huge tribe of Probus clubs: travel clubs, access to travel insurance, an "Active Retirees" magazine; members' benefits scheme; and as part of the membership fees each member enjoys insurance cover for any injury they may sustain at a meeting or outing.

Manjimup Probus welcomes visiting Probians, and also anyone who may be interested in joining our fun group. Come along and see how well you fit in. For more information, please ring Chris Young (President) on 9777 1747.

We are proof positive that it isn't only young people who know how to have a good time !

(Thanks to Chris Young, President)

LETTUCE

As the temperature rises our thoughts turn to cold foods, something to take the heat out of a hot January day, and what could be more refreshing than a tasty salad.

Lettuce is one of the salad staples and deservedly so, you simply cannot beat the tangy crunch of a fresh iceberg or cos lettuce with your favourite oil or dressing

Our long ago ancestors must have thought so too for the ancient Egyptians who grew the plant for the production of oil from its seeds began cultivating it as an edible vegetable as early as 2680 BC. The Greeks and Romans took a liking to it too and the Romans named it *lactuca* from which the English word lettuce is derived. Lettuce seeds were brought to Australia with the First Fleet in 1788 and were planted in the first settlements around Sydney, New South Wales.

This hardy annual plant from the family *Asteraceae*, obviously thrived and became a valued part of the home garden in those early years; they are a good source of folate and vitamin C and being about 95% water were a refreshing addition to the diet of the early settlers.

The fertile soils around Manjimup are ideal for vegetable growing and David and Lee East have been primarily growing lettuce on their farm since 1998. The temperate summer climate means that lettuce can be grown and harvested from December to mid- May.

The East family have a nursery on the property where they grow lettuce seedlings for their crops. Seeding begins in August and transplanting in October, taking about 6-8 weeks from transplant to harvest. Varieties grown include the ever popular iceberg, cos, and gourmet and also baby spinach.

The crops are sold to large processors throughout WA during the summer months and then supplied to many fast food and chain stores.

Just think about that next time you buy a lettuce or eat a burger !

Liz's Kitchen Rules

LETTUCE AND BABY SPINACH SALAD

Ingredients : Iceberg (or your favourite lettuce), baby spinach, sliced mushrooms, shredded cheese, red onion, and bacon (chopped and fried in a little oil until slightly crunchy).

Method : Mix all the salad ingredients together and refrigerate. Just before serving toss with a dressing made with 1 cup vegetable oil, ½ cup red wine vinegar, honey to taste, ½ teaspoon Dijon mustard and a little grinding of salt and pepper, all whisked together. Refreshing, crunchy and delicious!



OXFAM :: GIVING FAIR TRADE A FAIR GO

Now that we have an outlet for Oxfam gifts in town it could be opportune to feature what Oxfam is all about, for those who are not aware.

From the Oxfam web site I learned that one person in three around the world lives in poverty, that's pretty high statistics!

"Oxfam Shop is a passionate supporter of fair trade and work with 136 Fair Trade and ethical producer partners in 38 countries around the world, including Australia. Through fair trade we are part of a global movement calling for an end to unfair trade practices. Fair trade empowers disadvantaged communities by paying them fair and stable prices for their work, helping them to gain the skills they need to develop their business, and giving them access to world markets.

Oxfam Shop is an active and vocal participant in the movement and deals with 136 producer groups in 38 countries around the world who support thousands in their communities, including Indigenous Australians.

Oxfam Australia began as Community Aid Abroad more than 60 years ago but its present name enables it to share in a profile that is recognised around the world. Oxfam Shop is a wholly owned subsidiary of Oxfam Australia and although we operate in a fiercely competitive retail environment, we are a non-profit organisation. Any surplus we make goes towards our further development or the work of Oxfam Australia in alleviating the condition of communities living with poverty and injustice.

The foods and handcrafts found in our shops, on our web site and in our catalogues are sourced from individual workers, craft bodies and fair trade organisations in developing countries. We buy their goods at a fair price and sell them in Australia so that communities may be helped in their struggle for a better life. We help with product development and commercial skills so the workers can become self-reliant in a wider market. We don't send a design to a supplier and tell them to make it. Instead, we ask what they can do and collaborate with them in developing the product based on market trends, pricing, and the possibility of low-cost technical innovations. We can pay as much as 50% of the order value in advance for groups that require capital. Also, we commit ourselves to ongoing relationships rather than just making one-off purchases. We strive to ensure that our producers are not exploited and we are sensitive to their cultural, religious and artistic traditions and beliefs.

Aboriginal artists receive royalties for the artwork used in the cards and calendars Oxfam Shop issues each Christmas. We are committed to reconciliation, learning from the past and finding fair ways of coexisting and ensuring the basic rights of indigenous Australians."

To find out more, visit www.oxfam.org.au

Kim and Dee of Jumblaya in Brockman Street, tell us they are the only outlet in the South West for Oxfam Fair Trade Gifts. In this new store, as well as their Oxfam range, you will also find other fair-trade toys and craft kits from around the world. They also stock art supplies, beads and bead jewellery, kites, educational and creative toys – in fact a whole range of products to inspire you to create and play !

Jumblaya is not an Oxfam store, but you can check out their range of Oxfam and other fair-trade products, and even place an order with them from the Oxfam catalogue. So call in soon and see what this Fair Trade deal is all about.

(Thank you Kim, Jumblaya)

Manjimup parkrun

What is it ? A free timed 5km run held weekly on Saturday at 8.00 am.

Where is it ? "King Jarrah" Perup Road

What ? You don't run ? No problem

Walkers welcome. We have mothers pushing prams; others with dogs on leads. Just turn up and put your foot on the start line.

Want more information about parkrun ? ... go to www.parkrun.com.au/manjimup

For more details contact Russell Candy (phone 0414 254 963 or email russellcand07@gmail.com)

Other Run directors : Mark Sewell, Tim Trent and Rachel Croft

Kathryn Rosinski, November parkrunner of the month received a running singlet from parkrun. Kathryn also leads the women's point competition. Congratulations Kathryn



Cameron Whelan, October parkrunner of the month, receiving his singlet from Mark Sewell. Congratulations to Cameron, who also leads the men's point competition.



(Photos Courtesy Russell Candy)