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Manji Cafe Bytes

SAYING FOR THE MONTH

"No one is ever old enough to know better" – Holbrook Jackson (1874-1948)

CHAT SUBJECT

Who stayed up until midnight to greet the New Year?



Welcome to our first edition for twenty seventeen.

Christmas is becoming just a memory, although for some of us our credit card statements will hold some stark reminders of the good time we had. Although the longest day has passed us by, with January being the height of summer we will be able to enjoy summer evenings in the cool of the day for the next couple of months.

Don't forget the Shire's Australia Day service will be held in Manjimup this year at the Timber and Heritage Park.

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



A Fifty Year Milestone

We are fast heading to the era when long service leave will be rare, the current trend is to change work place, or short employment contracts. But Tyre Power's Carol Samsa has not slipped into the modern mode.

When Carol left school she worked for Doug and Carol McKennay in their fruit and vegie shop, but office work was her goal and when Beaurepaires advertised for an office assistant her fate was sealed. Beaurepaires franchise in Manjimup ended around twenty years ago and became Tyre Power under the ownership of Neil, Wade and Jill Halden.

Carol started with Beaurepaires in 1967 and here we are all these years down the track and the Tyre Power customers are still greeted with her cheeky welcoming smile. She tells us her greatest pleasure has been in getting to know all those customers who have been returning over the years (and some of whom still ask "Is this Beaurepaires?") and being able to help where she can, serving a couple of generations in some families. She chuckles about some of the characters who have crossed her path in the line of business and remembers fondly her very early work mates – Barney Lang, Brian Hornby, Kevin Hill, Frank Buss and Graeme Armstrong.

So fifty years have gone by since Carol first joined the tyre supply team, with just a few years of absence during maternity leave. What an impressive, and rather unique record of continuous employment we thought. But Carol says "Hey, I'm not the only one in town you know. When I started at Beaurepaires, long-time customer South West Haulage was managed by Ted Maunders and Greg Smeathers was working as a mechanic. Today South West Haulage is still a customer and Greg is now the manager." So, well done Greg, you have crossed the half a century employment milestone too!

As well as working full time, and raising four sons with husband Arnold, Carol has also been an avid and successful hockey player, advancing to State Veterans' hockey in 1987 and, yes, she is still playing. Discretion prevents us from revealing her age. Carol is justifiably proud of receiving a Hockey Australia State Service Award in recognition of her years of active contribution to hockey in WA. Locally she takes great joy in seeing kids she's coached as 7 year old minkey players progressing through to the senior competition. And now she's coaching their kids!

On top of this, she still enjoys basketball, playing with and against women she remembers coaching as juniors. Looks like Manji has scored a lot from having Carol around.

So tip your hat to Carol when you see her in town, we consider her to be a true Manji Identity.



BRING ON THE NEW YEAR

To state the obvious 2017 has arrived, it's out with the old and in with the new as we toss out last year's calendars and open the pristine pages of a new diary on January 1st.

Did we make any New Year resolutions? Of course we did, it's a tradition that has existed for many years. The ancient Babylonians made a promise to their gods at the start of each year to pay their debts and return anything borrowed, indeed a worthy resolution and a fresh start for the year ahead. The Romans made promises to the god Janus for whom January is named. Janus had two faces and depicted the past and the future, enabling a reflection on the past and resolving to do better in the future perhaps?

Some of the most common resolutions are all about setting goals to improve physical well-being such as lose weight, exercise more, drink less alcohol, give up smoking and stop biting nails. Popular too are a resolve to save money, get a better job, improve finances (perhaps by winning Lotto although that's more of a wish than a resolution)! Self-improvement includes thinking positively, laughing more, becoming better organized, less grumpy and reducing stress. Common too are a desire to make new friends, become involved in sports or other activities and to spend more quality time with family and friends. Surprisingly in these days of instant communication a lot of us promise to spend less time on Facebook, Twitter and messaging, good luck with that one.

So do we keep those promises we make on New Year's Day? Actually most of us don't. 75% of us will make it through the first week of January but only 46% make it past six months, my congratulations if you made it through 2016. It seems that the younger generation fare better as 39% of people in their twenties will achieve their resolution each year while only 14% of people over the age of 50 attain theirs. The most common reasons for our resolution makers falling by the wayside are setting unrealistic goals, not keeping track of progress, making too many resolutions and simply forgetting about it.

Despite all this, many of us glowing with the prospect of a whole 12 months ahead and full of optimism will continue to make our New Year promises and whether we keep them or not, only time will tell.

Finally, as someone once said - *A new year's resolution is something that goes in one year and out the other.*

Thumbs Up

Thumbs Up

Thanks to all our teachers who work so diligently to educate our children, we hope you are enjoying your well deserved holidays.

SWEET CORN

Is there anything sweeter than home grown corn? Cooked or simply plucked straight from the plant, there are very few vegetables which produce such a sugar hit.

Sweet Corn (*zea mays convar. Saccharata var. rugosa*) also known as sugar corn or pole corn is a variety of maize. The plant was grown by several Native American tribes and the Iroquois gave the first plants to European settlers in 1779, it soon became a popular food in the southern regions of the United States and is now grown and consumed in many countries around the globe.

In Latin America it is eaten with beans, in Brazil sweet corn cut from the cobs is eaten with peas. The Indonesians like them ground and soaked in milk, in Europe and Asia they are often used as a pizza topping or in salads. Creamed corn is served with milk or a cream sauce and baby corn is often used in stir fries. It is one of the most popular frozen foods and a visit to the movies is always better with a bucket of popcorn to nibble on.

Sweet Corn love a little warmth and seed should be planted in the garden around October – December, sow the seeds direct into the soil at a depth of about 25mm. Space plants 20-30 cm apart in blocks of 4 to encourage germination. If you have a good rich soil they will love you for it, otherwise fork in some compost, they like a good drink on the hotter days and appreciate a mulch with pea straw. You can under plant with cucumber or beans that will happily twine around the stalks. They can be harvested between 11-14 weeks. Wait for the silky threads to turn brown and test for ripeness by pressing a grain with your fingernail, and if it is milky, it's ready to harvest. It is always best to cook within an hour of picking for optimum sweetness. Varieties that do well are "Honey Sweet" or the bicolour "Snow Gold".

Corn is a good source of antioxidants and also contains many of the B-complex group of vitamins such as thiamine, niacin and folates. Minerals include zinc, magnesium, copper, iron and manganese, and also a good source of vitamin C.

Liz's Kitchen Rules

MEXICAN CORN

Ingredients: 4 Corn on the cob, husk removed, 50g butter melted, salt, freshly ground pepper, grated Parmesan cheese, sweet smoked paprika, 80g grated parmesan, 1 lime quartered.

Method: Put the cobs in a large pan of salted water and bring to the boil, simmer gently for 15 mins until corn is cooked. Drain then brush with a little melted butter, season with salt and pepper, place on the barbecue and cook turning until they are toasted. Roll the corn in the remaining melted butter, sprinkle with paprika and roll in the grated parmesan, serve with a wedge of lime. Perfect for a lazy summer evening!



Jazz in the Tarrak.

This year the Lions Club *Jazz in the Tarrak* will be slightly different, guest performers being The Australian Army Band, who will be playing a variety of music. Our local group Table for Two Trio will also be performing their usual high class music, so it will be a wonderful event. Date: 28.01.2017. Come along any time after 5 pm to the Timber and Heritage Park.

This year the concert is FREE. But you have the choice of buying tickets for the licenced hospitality area, where for \$30 per person you can share a cherry box platter and one complimentary bottle of wine per table of 6. Further wine will be available for purchase.

Mark the date in your new 2017 diaries!



Recording your Life

With a new year popped up on our calendars we thought it might be timely to offer a suggestion of keeping a diary, or a journal – if you don't already do so.

Diaries where we record our daily events can be really satisfying, plus can be helpful to remind us of past adventures. Journaling is different, it's a way of recording your thoughts and feelings, an excellent therapy for helping us find inner strength and inspiration in everyday life, and can de-clutter emotions. This is especially true when faced with an illness (either your own or that of a loved one). Write as much or as little as you want each day, or maybe you would find it easier to express your feelings with drawings, or pasting magazine pictures.

It is said that an important part of any healing process is sharing your thoughts and fears with loved ones. But your journal should be for you and you only - keep it in a safe and private place.

The best part about keeping a diary or journal is it costs very little. All you need is a pen and paper, or computer - no special skills or equipment are required. If you are not already a devotee of life recording, you could find you really enjoy it!

WALK FOR AWARENESS – 28TH JANUARY 2017

We are doing a walk called Walk for Awareness, it will be held on the 28th of January 2017, 9am start at Big Brook Dam raising money for Princess Margaret Hospital. This was our own idea since we have both had an experience at the hospital. When we were there we realised how a little bit of money could save a child's life. We will be walking around the dam as will many others and any one can join in. There will be a registration fee to walk also a sausage sizzle and raffle and all the money will go to Princess Margaret Hospital. Walk for Awareness polo shirts can be purchased for \$35. For any more details about the walk or the shirts call 97724243.

We hope to see you there.

Written by Lilli Edwards and Ella Reeve.

To Café Bytes readers, we hope you support these young girls who have already held raffles in town to raise funds for PMH. How refreshing and heart warming to see our young people doing something so positive for the good of all. Fantastic work Lilli and Ella, well done.



Well summer is upon us and where are your favorite fishing beaches. Do you like Yeagerup, the Warren, Malimup or do you like Salmon Beach at Windy Harbour? I love to go to Yeagerup and just watch the beach, birds and waves while my family fish. Which beach did you visit this holiday?



Manjimup CRC has added an option to their web site for Café Bytes readers to download the newsletter every month. Just log on to CRC and register your email address.

<http://www.manjimup.crc.net.au/>