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FREE

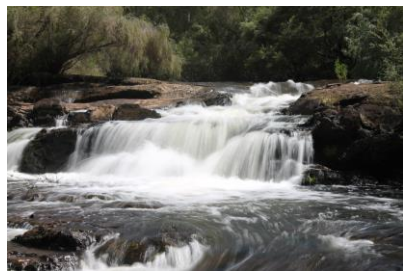
Issue 26 July 2016

SAYING FOR THE MONTH  
You're only given a little spark  
of madness. You mustn't lose  
it.

Robin Williams

CHAT SUBJECT

The sound of rain falling on a  
tin roof, love it or hate it?



### A warm welcome to July

We start off this month with a tribute to our dear friend and former design lady Janne Hennessy who sadly passed away on June 5<sup>th</sup>. She was one of our inaugural Bytes team and is very much missed by all who knew her. RIP Janne.

For all the musicians and music lovers out there a reminder to purchase your tickets for the **Pepperjacks** coming to town July 15<sup>th</sup> to 17<sup>th</sup>, check out the website [www.manjimupbluegrass.com](http://www.manjimupbluegrass.com)

School holidays are here again so catch some winter sunshine at the Timber and Heritage Park playground or enjoy a dip in the heated pool at the AquaCentre otherwise grab a coffee and relax with this month's stories!

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



### Manjimup Singers Host Mr Colin Slater, OAM 2010

Colin Slater, the Founder and National Director of Sing Australia will be in Manjimup on July 22nd, delivering a Free Singing Workshop to anyone interested within the area. The workshop will be held at The Manjimup Community Centre, Meeting Rooms 1 and 2, Corner of Mount and Rose Streets, 7 pm – 9pm.

Colin grew up in rural Victoria so will be quite at home in our country town. He started his singing career in 1970 and went on to enrol part time at the Canberra School of Music, studying under the finest baritone Mr Ronald Maconaghie AM. He was awarded a Churchill Fellowship in 1983 – which allowed him to pursue his singing career overseas, firstly in Italy, then in England.

Colin has performed many great baritone roles in the operatic repertoire and many principal roles in musical theatre. One being in Pilgrim's Progress when he received national critical acclaim for his portrayal of Pilgrim. He has also performed Bass solos in a number of oratorios and cantatas and has performed Principal Roles in more than 40 productions of Operas and Musicals.

Following the Churchill Fellowship he returned to Australia and worked in an architectural practice and during this time he established Sing Australia Pty Ltd in 1985, to promote Australian music and performers, and to encourage people to sing.

In 1995 Colin directed his attention to Sing Australia and into promoting singing in communities. This development reflected in the establishment of a network of Sing Australia singing groups around Australia. His vision for Australia is to be a country where everyone sings; a vision that came out of his experience in the Tito Gobbi workshop in Asolo, Italy, as far back as 1983.

This unique workshop opportunity will be hosted by our local Sing Australia Manjimup group. You do not need to be a member of Sing Australia to attend, non-members will be very welcome to join in the FREE workshop, with supper provided. If you are interested in attending please phone Janet on 97772401.



### A Panacea for your Soul.

Around 35 Km from Manjimup on Muir Highway you will see a sign, Shalem Health Retreat, pointing to a road that heads into the forest. We have wondered more than once what was at the end of that road and felt others may have been curious, so when a chance encounter with the owner of the retreat crossed our path, we asked for a little information so we could share it with our readers.

Shalem is a Hebrew word, meaning peace, health, and perfection of character and we are assured that the retreat offers all of these. The goal is to help clients experience what healthy living is all about, and then to transfer this to home life.

If you have been finding yourself at the end of your tether a little too frequently lately this could be just what you need, and it's right on our door step.

There are options of five night or twelve night programs, which include massage, steam baths, hydrotherapy, vegetarian organic meals, cooking classes, guided walks through the 147 acre property, occupational therapy, and workshops on "chilling out". We have been told it is a not for profit organisation and the cheapest health retreat in Australia.

It seems like Shalem offers a full program aimed at bettering your health and your lifestyle in a stress free atmosphere, tucked away in our beautiful Jarrah forests. Something many of us could benefit from.

You will find more information on their website, [www.shalem.org.au](http://www.shalem.org.au), or on facebook. Or email Tina at [info@shalem.org.au](mailto:info@shalem.org.au).

### AQUACENTRE CELEBRATIONS

The Manjimup Regional AquaCentre is celebrating its 10<sup>th</sup> Anniversary this month with celebrations and special offers, promotions and giveaways.

The celebrations begin on the 2<sup>nd</sup> July with a morning tea from 10am until 12 noon with special guests, which the public is welcome to attend. Sunday 3<sup>rd</sup> July will be a Family Fun Day with a range of activities for everyone to enjoy.

There are two heated pools at the AquaCentre, a 25 metre lap pool with 8 lanes and a leisure pool with walking lanes and beach area. The facility also includes a multi-purpose fitness room, a café and a crèche. There are a variety of activities from leisure swimming to swimming lessons as well as land and water based group fitness classes.

The AquaCentre was constructed within the existing framework of the former outdoor 50 metre pool, positive feedback from the community identified the need for a heated pool and construction was commenced in 2005 with the AquaCentre officially opening on 1<sup>st</sup> July 2006.

Manjimup now has a great facility open all year round which is proving popular with locals and visitors alike.





## WALNUTS

Walnut trees belong to the genus *Juglans* (Family *Juglandaceae*). Technically a walnut is not a nut but rather the seed of a drupe which consists of a hard stone surrounded by a fleshy covering, as in stone fruit, plums, peaches, apricots etc. The two most common species are the English walnut and the black walnut. The English walnut (*J. regia*) originated in Persia and the black walnut (*J. nigra*) is native to North America. Black walnuts are full of flavour but due to their hard shells are not grown commercially, most walnut cultivars are hybrids of the English variety. Interestingly the husks of black walnuts are used to make inks for writing and drawing, due to their good archival properties they were a favourite of several great artists, including Leonardo da Vinci and Rembrandt. Walnut husks were used as a brown dye for fabric and apparently were popular among the Romans and medieval Europeans for dyeing hair. Pickled walnuts have been traditional British Christmas fare since the 1700s and are usually consumed on Boxing Day alongside leftover cold meats or with a blue cheese such as Stilton or Shropshire Blue.

Walnuts have been revered since ancient times as a symbol of intellectuality as their bi-lobed kernels have a convoluted surface resembling that of the human brain. Walnuts are enriched with many health benefitting nutrients, especially omega 3 fatty acids, folate, melatonin, vitamin E and anti-oxidants. Research has shown they are beneficial for brain health so maybe we should eat more of them!

Walnut trees grow quite well around the south west of Western Australia and many large trees can be found near old sawmills and tobacco plantations where early Europeans first settled. There's an old saying that walnuts will grow where apples grow, they require similar conditions. If you are thinking about planting one in your garden, bear in mind they can grow to 25 metres and live 200 years.

### Liz's Kitchen Rules

#### WALNUT COFFEE CAKE

Ingredients: 1 cup SR Flour, ½ teaspoon baking powder, ½ cup softened butter, ½ cup castor sugar, 2 beaten eggs, 2 teaspoon instant coffee dissolved in 1 tablespoon boiling water and ½ cup chopped walnuts.

Coffee Icing: Soften 90g butter, add 1 tablespoon coffee (as before), gradually beat in 1½ cups icing sugar.

Method: Sift together flour and baking powder. Beat in the softened butter, sugar, eggs and coffee for 2 – 3 minutes, stir in the walnuts. Spread the mixture into two greased baking paper lined 18cm sandwich tins. Bake in a moderately slow oven about 160 deg for 25-35 minutes or until done when tested. Allow to cool and join layers with coffee icing, decorate with walnut halves.

A slice or two is perfect with morning coffee or afternoon tea.



## IT'S A FRAME UP

Perhaps some locals are not aware of a business that started in town last year, a quality framing service tucked away in the Industrial Area, Frame It Manjimup. Well, here's Frame-It Manjimup's story. Ross Guarrera grew up in Manjimup, and when he left school he worked at Elders, as stock agent and auctioneer, then after 21 years he and his family moved to Cairns. Chasing the sun perhaps? Now, a further 21 years down the track they are back in their home town. Ross did framing in Cairns and thought it would be a great service to bring to Manjimup

He tells us he is really enjoying the new venture, although he confesses he's feeling the chill of his first Manjimup winter for 21 years. He's ready to take on any challenges that are presented and he loves the opportunity to create on an artistic level to display treasured photos, from any type of media. He can enlarge, then frame or canvas print, with the option of converting to black and white if that's your choice.

An especially valuable service is the chance to have old tapes, VHS videos, or photo slides transferred to DVD/Hard drive/USB or CD. Your precious memories will be brought up to date with today's digital technology. We've all got some of these hanging about.

You are welcome to visit the workshop, and if you have any framing project in mind pop in and have a word with Ross, perhaps get a quote. You will find his prices very competitive.

Whether it's a gift you're after or to surprise your loved ones with a treasured keepsake Frame-It Manjimup has something for everyone. Ross has met the challenge of framing some unusual family memorabilia, he thrives on challenges! Perhaps an old footy jumper, or maybe your baby shoes, he has the skill to display them in style.

Here's the contact details. Phone: 08 9772 4995 | Address: 6 Gandy Street, Manjimup Western Australia 6258 | Email: [info@frameitmanjimup.com.au](mailto:info@frameitmanjimup.com.au) or check them out on Facebook.

## JULY

July is the seventh month of the year in the Julian and Gregorian Calendars and one of seven months with a length of 31 days. It was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis. Julius Caesar had three wives Cornelia, Pompeia and Calpurnia in addition to several mistresses, the most famous of which was Cleopatra, with all that going on one wonders how he found time to rule over the Roman Empire! All this came to an end when he was assassinated on the Ides of March (15<sup>th</sup> March) 44 BC by a group of rebellious Roman senators led by Marcus Junius Brutus.

July is one of the wetter months of the year in our beautiful south west, we passed the shortest day at the end of June so we can look forward to mornings becoming lighter from now on, make the most of it. Rug up and take a walk around the Manjimup Timber and Heritage Park, the gardens and lawns are looking green and fresh and for the more adventurous a whiz down the giant slide before a warming coffee at Top Notch would be ideal.

Zodiac signs for July are Cancer (June 22<sup>nd</sup> to July 21<sup>st</sup>) and Leo (July 22<sup>nd</sup> to August 21<sup>st</sup>). Life may have its ups and downs for our July friends, the sensitive and shy nature of Cancer combined with the theatrical drama queen of Leo makes for a contrary mix, water and fire each trying to gain ascendancy certainly has its challenges. However July people are the most loving and caring, they cherish family and friends and are usually doting pet owners, always willing to help those in need, they are always there for you during the hard times and what could be nicer than that?

If you are a July baby your birth flower is Larkspur or Water Lily, your birthstone is Ruby.

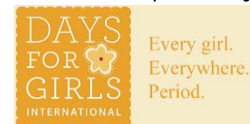
Famous names with July birthdates are authors *Alexandre Dumas*: The Three Musketeers and the Count of Monte Cristo and *J K Rowling*: The Harry Potter series, actors *Tom Cruise* and *Geoffrey Rush*, *Pamela Anderson* and *Selena Gomez*, musicians *John Farnham* and *Mick Jagger*, *Marcia Hines* and *Debbie Harry*, three former Prime Ministers, *Francis Forde* 1945-45, *Gough Whitlam* 1972-75 and *John W Howard*- 1996-2007.

Songs with July in the title include: "June, July and August" – *Freddy Cannon* (1962), "Black day in July" - *Gordon Lightfoot* (1968), "July Morning" – *Uriah Heep* (1971), "July you're a woman" – *Reg Lindsay* (1973) and "Cold day in July" – *Dixie Chicks* (1999).

School holidays are 2<sup>nd</sup> July to 17<sup>th</sup> July

## Volunteer Opportunities

We are looking for volunteers to set up a Manjimup chapter of "Days 4 Girls".



What if not having sanitary supplies meant DAYS without school? Days of isolation? Did you know that in some countries Girls use leaves, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but still miss up to 2 months of education and opportunity every Year. It turns out this issue is a surprising but instrumental key to social change for women all over the world.

Days for Girls provides washable feminine hygiene kits to girls & women that would otherwise go without. Enabling them to not miss valuable days from their education or employment

For more information visit their website [www.daysforgirls.org](http://www.daysforgirls.org)

If you are looking for the opportunity to make a difference please contact Rae Starr or Debbie Vanderspil at the Manjimup Community Resource Centre on: 9777 2774 or by email:

[rae@manjimup.org.au](mailto:rae@manjimup.org.au)

[Debbie@manjimup.org.au](mailto:Debbie@manjimup.org.au)



## July Gratitude

This month we say thanks to the Repertory Club, and their supporters, for donating their time and skills to providing the community with wonderful entertainment, in the comfort of their cosy theatre.

It is possible we, the audience, totally under estimate the multitude of hours devoted to producing the plays we get to enjoy every few months. Thanks to everyone involved and keep up the good work. We are looking forward to Oklahoma!