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Manji Cafe Bytes

SAYING FOR THE MONTH

I have found that if you love life, life will love you back.

Arthur Rubinstein
(1887-1982)

CHAT SUBJECT

A warm fire, footy on TV and a glass of wine, sounds ideal. What's your perfect winter Saturday?



Welcome to June

Here we are into the middle of the year already. June, bringing the end of the Financial Year and time to think of tax returns.

But on a pleasanter note, how fantastic to see our genuinely Southern Forest Food Council are putting Manjimup on the map, we are sure a lot of people further afield are looking at our area with new eyes.

This is our 25th edition of Café Bytes, which means we have made it through two years, we are very happy to be celebrating that milestone and hope we have brought a bit of local information to our readers.

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



A Young Resident at Moonya

Back in the days of ancient Egypt cats were highly esteemed, and regarded as sacred. Here in Manjimup at present there's a cat that's gaining her share of similar high esteem. This particularly beautiful tortoiseshell had the extreme good fortune to land on its feet shortly after Christmas, wandering into the grounds of our aged care facility, Baptist Care Moonya Lodge. Perhaps she'd been a gift that had been hoisted out to make her own way in the world once the festive tinsel had started to dim.

The thirty Moonya residents, and the staff, fell in love with her. She wormed her way right into everyone's heart and as it seemed she was homeless, well, naturally they took her in to share *their* home. Moonya, meaning dwelling in Noongar language, was built in 1971 and it is thought this is the first animal to join the residents. What to call this little creature was on the lips of all until it was decided to gather suggestions and the name that came out of the hat was Bingo. So although it's an unusual name for a cat, Bingo she is, and the circumstances make it rather appropriate. One lucky cat!

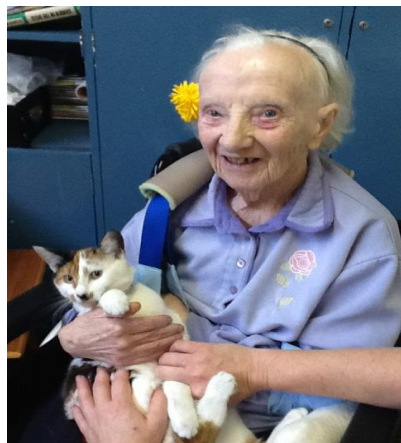
So, Moonya has a cat. Cats require veterinary attention. And who is going to fund these services? Well it so happened that when Baptist Care Administrative staff paid a visit not long after Bingo arrived, they saw the glow she was bringing, and not only did they endorsed her admittance to the Lodge but they accepted any expenses involved. Now that's a warm story.

Bingo usually likes to join in on the resident's games, but it isn't surprising to hear she can be a bit of a nuisance when they are rolling balls around the floor! Cats always love to play.

Apparently she has a few favourite beds, and we think she could possibly be in demand now with our winter nights arriving!

The therapeutic presence of pets as companions has gained increasing attention in recent years so she is probably earning her keep and in her way could be a bonding therapy for all at Moonya.

The staff managed to steal a photo of Bingo with one of her most ardent fans, Annie Wood.



Thumbs Up

Over the next few months the Volunteer Bush Fire Brigades will be able to relax, enjoy a well-earned rest and have a break from checking the horizon for smoke. Our town brigade members won't enjoy that relaxation, they will still be on stand by for house fires especially in the home heating months.

Thanks to the many volunteers who are prepared to put their lives at risk for the community when the dreaded flames and smoke appear.

Manjimup CRC Volunteer Opportunity Development Service

Manjimup Volunteer Opportunity Development Service worked in partnership with volunteers from Manjimup Community Garden to deliver a well-attended and fun afternoon teaching local people how to preserve home-grown produce, at times of plenty.

The workshop was made possible by a grant from LinkWest to celebrate Neighbourhood House Week, where the theme was 'Grow Together Eat Together'. The workshop was led by Lucinda Giblett of Stellar Violets, who has extensive knowledge of growing and preserving food.

Photo Above Courtesy of Stellar Violets

For Information regarding volunteering for Manjimup Community Garden or other Volunteer Involving Organisations in Manjimup Please contact Rae Starr at Manjimup Community Resource Centre

Tel: [9772774](tel:9772774)

Email: rae@manjimup.org.au

Warren Art & Craft Group Inc.

Our craft groups origin started in 1970 as a pottery group in Brockman Street.

It grew to include spinning, macramé and weaving in 1973.

In April 1978 cyclone Alby put paid to the premises and until 1980 there were a number of temporary homes for the club activities.

1980 a building was bought from Bunnings and erected on the Johnson Street site. This building was added to over the years as membership increased and other crafts became popular.

1995 the block of original Sutton Cottages was moved and opened on the same site and this is where we are today.

The original building was demolished in 2010.

Today we meet on Wednesday's 9.0 -12.0am and do general crafts ie. Knitting, crochet, card making in one room and Art ie. Watercolour, oil, mosaics and pencil drawing in another.

Do come and share your skills with others and enjoy a friendly morning tea and chat.

Kay MacMillan 0897711213 (president) Sue Gregg 0897712045 (secretary)

PARSNIPS

Parsnips (*Pastanica sativa*) are a root vegetable belonging to the *Apiaceae* family which also includes carrots, celery and parsley.

The parsnip is a native of Eurasia and has been used as a vegetable since antiquity. It was cultivated by the Romans, who believed it to have aphrodisiacal properties and was used as a sweetener before the arrival in Europe of cane sugar. In traditional Chinese medicine, the root of Chinese parsnip is used as a herbal medicine ingredient.

The edible portion is the long tuberous root which has cream-colored skin and flesh, they resemble carrots and can be used in similar ways but have a sweeter taste when cooked. This versatile vegetable can be baked, boiled, pureed, roasted, fried or steamed. They give a rich flavour when used in stews, soups and casseroles and roast parsnip is considered an essential part of a traditional Christmas dinner.

Parsnips are biennial but are grown commercially as an annual. They grow well in deep, sandy soils with a little lime added. The seeds can be sown directly into the garden bed in late June or early July and should be sown at a depth of approximately three times the diameter of the seed. They are slow to germinate but should be up within 2 - 3 weeks and are best planted at soil temperatures between 6°C and 21°C. They like frost which makes them sweeter and are ready to harvest in 17 – 20 weeks. Varieties which grow well in the south west are Melbourne Whiteskin and the popular Hollow Crown.

These delicious vegetables are also good for you as they are high in vitamins and minerals, especially potassium and contain antioxidants and are a good source of dietary fibre.

Liz's Kitchen Rules

CREAMY PARSNIP AND APPLE SOUP

Ingredients: 25g butter, 1 tbsp. vegetable oil, 2 medium onions chopped, 600g parsnips peeled and cut into 2cm pieces, 600g dessert apples (Pink Lady is good), peeled and sliced into chunks, 1 litre veg or chicken stock, 150 ml milk, salt and ground black pepper, thickened cream (optional).

Method: Melt the butter and oil in a large saucepan, gently fry onions and parsnips for 15 mins or until softened, add apples and cook for a further 3 mins, stirring regularly. Pour over the stock and bring to a boil, simmer for about 20 mins. Remove from the heat, add salt and pepper to taste, blend until smooth and stir in the milk. Ladle into bowls with a grind of black pepper, swirl a little cream into the soup if desired for an extra creamy taste.

Served with a slice or two of toasted sourdough, warming and full of flavour, this makes a great lunch on a cold winter day.

JUNE

Junius or Junius was the six month of the Roman calendar and is one of the four months with a length of 30 days. The name was derived from Juno, a Roman goddess, wife of the chief god Jupiter and the mother of Mars and Vulcan. Juno was revered as the protector and counsellor of the women of Rome.

June 1st is the official start to winter in the Southern Hemisphere and includes the winter solstice which usually occurs on June 21st. Interestingly the solstice does not feature the day with the latest sunrise and earliest sunset, but does have the least daylight hours. The long range weather forecast gives mostly sun and 15 degrees for the 21st of June, an incentive to make the most of the shortest day of the year!

The Manjimup 15000 will take place at the Cosy Creek circuit on June 3rd - 5th and there will be plenty of entertainment for the rev heads among us with a great line up of visiting international and local riders taking part. The 6th annual Truffle Kerfuffle presented by Genuinely Southern Forests will be held at Fonty's Pool, 24th to 26th June and promises to be a great weekend for the foodies, Manjimup becoming very well known for the quality of its locally grown truffles, great ideas for getting out and about in winter around our beautiful south west.

Zodiac signs for June are Gemini (May 22nd to June 21st) and Cancer (June 22nd to July 21st). If you have an early June birthday you are blessed with the ability to converse on any topic as Gemini bestows the gift of the gab upon you. This combined with Cancer being a loving, caring sign makes for a dynamic, engaging personality which makes you popular and attractive. Highly creative with a wonderful imagination and the ability to work hard, you naturally gravitate towards an artistic environment where you can express your many talents. However a June baby is not all sweetness and light, you are prone to be a little hot tempered when crossed and love to argue but your compassionate, gentle side means that you will be forgiven - most of the time!

If you are a June baby your birth flower is the Rose, your birthstone is Pearl.

Famous names with June birthdates are authors *Ken Follet: The Pillars of the Earth* and *Colleen McCullough: The Thorn Birds*, actors *Johnny Depp* and *Morgan Freeman*, *Meryl Streep* and *Angelina Jolie*, musicians *Paul McCartney* and *Waylon Jennings*, *Alanis Morissette* and *Cyndi Lauper*, and two Aussies with a need for speed *Mick Doohan: Motorcycle world champion* and *Craig Lowndes: V8 Supercar champion*.

Songs with June in the title include "June in January" - *Dean Martin (1959)*, "The last day of June 1934" - *Al Stewart (1973)*, "June Afternoon" - *Roxette (1996)*, "Rainy Day in June" - *Alan Jackson (2004)* and "June Hymn" - *The Decemberists (2011)*.

Public holidays this month are Western Australia Day on Monday, June 6th.

LISTEN UP. THE PEPPERJACKS ARE COMING TO TOWN JULY 15TH TO 17TH.

Well Winter has arrived, it came a little early this year and we don't know how long it is staying. Planning outdoor activities during these cold months, apart from sport, is a bit risky so we need as much indoor fun as we can find. Those amongst us who are passionate about playing music and those who simply enjoy listening to great music have something to look forward to on July 15 to 17th.

For all music lovers, on **Friday 15th**, at 7.30 there's to be a concert performed by **The Pepperjacks** at the Manjimup Repertory Theatre, with supper to follow. Early bird tickets \$25, door price \$30.

At the Manjimup Family Centre on **Saturday 16th** from 1 pm to 3 pm, members of the Pepperjacks will be holding a Singing Workshop, open to everyone who loves the joy of singing.

Or perhaps your pleasure is in Harmonica playing, if so you could attend the Harmonica workshop with Pepperjacks' member Bob Lipinski from 1 pm to 3 pm, also at the Family Centre.

Both these workshops will be followed by afternoon tea, included in the ticket cost of \$20 early bird or \$25 on the day.

If you are interested in both the concert and a workshop you can buy a combined ticket for \$45.

All this is on offer because the Warren Arts Council has organised a follow-up to the very successful January Bluegrass Jamcamp. This time the resident band will be the very accomplished Pepperjacks, who play a mix of oldtimey, country/blues and ragtime through to swing. Harmony singing is one of the stand-out features of a Pepperjacks' performance. If you fit the category of a passionate music maker and love to spend time with other music enthusiasts, you could spend the whole weekend at the Jam Camp, with the Pepperjacks, and fellow musicians, immersing yourself in making music and developing your skills. Check out all the details on the website: www.manjimupbluegrass.com. Under Manjimup Jamcamp.

The five Pepperjack members Rod Vervest, guitar, Lara Norman, fiddle, Craig Sinclair, slide guitar, Bob Lipinski, harmonica and Margaret Crossen, upright bass, are all skilled instrumentalists. They live along the Rainbow Coast so are almost local, and are excited about coming to Manjimup to share their musical knowledge and technical skills, in this up-close and personal setting that is on offer.

U3A MANJIMUP

Meeting at 2pm Second Thursday each Month, RSL Hall, Brockman Street

We are a group of people who like to share our knowledge and experiences with others.

People over the age of 55 and retired or only working part time are welcome to join us.

We have guest speakers of interest to the group, or may present videos and documentaries of interest.

Annual dues payable in July are \$30 or part thereof if joining during the year.

There is an extra cost of \$5 per person each meeting to cover cost of hall hire and afternoon tea.

Afternoon tea (food) is provided by two members, one a committee member and one a general member.

We make occasional trips to places of interest, cost of trip is according to when, where and how we travel.

