



Edition 92 - March 2022

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<http://www.manjimup.crc.net.au/cafe-bytes>

Quote for March

"Life is what happens when you're busy making other plans." – John Lennon (1940 - 1980)

Chat subject for March

What makes you laugh out loud?

Welcome to our 92nd collection of stories. It's March already, although we are wondering if we actually reached March a month ago, it seems the March flies thought so!

The heat is easing, and with all the complaining we did through last winter, surely we weren't unhappy when summer blasted in. Sincerely hoping no more fires flare up. Grateful thanks to our Fire Brigades, we are so fortunate to have them protecting us.

And please remember to make contact if you have stories you would like to share through our pages, our thanks to this month's contributors. Email address manjicafeytes@gmail.com.

OUR BEAUTIFUL MARRI FLOWERS

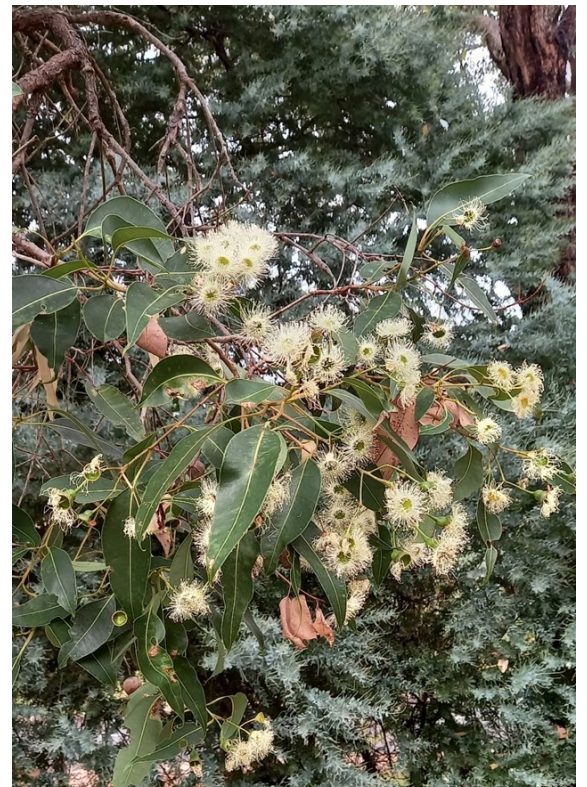
Marri, *Corymbia calophylla*), a species of bloodwood which is commonly known as red gum is flowering all around the south west right now and attracting a lot of attention from bees and the dreaded March fly.

There are about 400 species of Horse fly in Australia, some feed on flower and pollen, (marri blossom is the attraction), but the majority prefer blood. It's true! Just like a Mosquito the female march fly bites us to get at our blood, it uses the protein in blood to develop eggs which gives rise to the next generation of March flies. No wonder they are so keen on attacking our bare legs and arms. The painful and itchy reaction we get is caused by the anticoagulants in the fly's saliva injected into us when we are bitten. This prevents our blood from clotting ensuring a steady flow for them to feed on.

However, it's not all bad news, the blossom will turn into the large and distinctive fruit we know as honky nuts, which is a much loved and valuable source of food of red capped parrots and Baudin's black cockatoo. The large and distinctive fruit is featured in May Gibb's series on Gumnut Babies, May spent her childhood in Western Australia, the Noongar poet, Jack Davis celebrated the marri in his poem the Red Gum and I and Marri is the Noongar name for our tree.

Whether plenty of blossom will mean a wet winter or not, I don't want to predict that, but let's hope so and despite the march flies enjoy the blossom this beautiful tree gives us while it lasts.

Liz Coley



CRITICALLY ENDANGERED SPECIES—WOYLIE

Woylie, *Bettongia penicillata*. Conservation status (WA): Critically Endangered

The common name, "woylie", is derived from *walyu* in the Nyungar language. Woylies are a nocturnal marsupial that dig for fungi during the night, usually maintaining a solitary range around a central nest. Woylies have grey-brown coloured fur over the back, buff colour across the face, thigh and flank, blending to a pale cream colour underneath. The tail is a similar length to the head and body, and is a rufous brown colour that ends in a blackish tip. The average measurements are 330 mm for the head-body length and 310 mm for the tail. The average weight is 1300 grams.



Underground truffles from native fungi are a major part of the woylie's diet. Their extensive digging for their prized food and their role in spreading the spores and seeds of native fungi and plants make them important 'ecosystem engineers' needed to improve the health and resilience of the ecosystems in which they live. Woylies collect bark and leaves with their tails to make exquisite and well-hidden nests in low lying shrubs. When disturbed at its nest, a Woylie will speed away with an explosive noise, body arched as it hops away in lengthy bounds, head held low and tail extended, to evade danger.

The last sighting of a woylie, was at Bridgetown in 1912. The decline was probably caused by a number of factors, including the impact of introduced grazing animals, land clearance, and predation by wedgetail eagles, foxes and feral cats

Previously found across most of mainland Australia, by the 1920s, the woylie was extinct over much of its range. There are currently 42

sites throughout the south-west of WA where woylies are monitored. The majority of these sites are part of the Western Shield program. Research Under the State Government's Saving our Species initiative, an intensive Woylie Conservation Research Project began in 2006, when it first became apparent that declines in numbers were continuing

As of 2021, there were only two indigenous populations of woylies, one of which is in the Upper Warren region of WA. This group is being monitored by the Department of Biodiversity, Conservation and Attractions, and it has been found that their numbers have risen in the years up to 2021.

The Upper Warren region is one of Australia's most important areas for native mammal conservation, nestled between Manjimup, Bridgetown, Boyup Brook and Lake Muir, it includes 140,000 hectares of native bushland managed by DBCA including much of the upper water catchments of the Warren River. It is home to at least 27 native species, the diversity and abundance of animals makes it the largest remaining stronghold for a range of threatened species including woylies, numbats and western ringtail possums.



If you want to report a sighting, a fauna report form can be downloaded from DBCA.

To submit a report form, email it to fauna@dbca.wa.gov.au

Liz Coley

WALK FOR WOMEN'S CANCER

Sincere thanks to Tracey Adam for contributing this article about a local group of very caring people, doing their best for an extremely worthwhile cause. Over to Tracey.

Southern Forest Steppers were formed in 2017 when three Manjimup groups joined together to participate in the Harry Perkins Walk for Women's Cancer. In prior years these three groups had walked separately, however coming together as one community seemed the best way to help spread awareness and fundraise for additional research.

Each walker is generally walking for someone who means so much to them. I joined in 2016 with four other friends when we suddenly lost our dear friend and work colleague Helen May.



While grieving, we all felt there was something out there we could do to help make a difference and a tribute to Helen. One of the ladies came across this walk and that was it, we put our heart and soul into fundraising and training our bodies for the event. Back then it was 2 days, each 30km. We endured blisters and some lost toe nails, but we knew what we were doing was helping to raise funds and hoping no one would go through what

Helen did.

The walk is now a 35km or 42km picturesque trail through and around Perth raising vital funds for the Harry Perkins Institute of Medical Research. It is a very well organised event with plenty of support along the way. This is my 7th year participating in the Walk for Women's Cancer.

I walk to raise money for all sisters, wives, mothers and daughters in the hope of one day finding a cure. I walk to raise awareness of this horrible disease that destroys far too many lives. I'm blessed and inspired by the fighting spirit of my fellow walkers in Southern Forrest Steppers and proud to be part of this team!

Many people have inspired me to continue to walk each year. Helen, Tash, Debi, Mic just to name a few. Every year I don't think twice about walking again. I want to do everything I can (raise money and awareness) to fight back against this disease that takes too much from too many of us.

There is something extra special about small community towns and that is - coming together.

Many people from different walks of life all join as one to raise as much money as we can. Everyone is so supportive and uplifting of one another. During the walk, there is nothing more motivating than seeing the fluoro green Southern Forest Steppers shirts in the distance. We all wait for one another and cross the finish line together. One team! Each year our team grows, it's wonderful. Everyone has their own journeys and reasons to walk. It's nice to share those training walks, accomplishments and treasured memories with others.

If you wish to join us on April 30 or make a donation towards the team, please follow this link:

<https://www.walkforwomenscancer.org.au/fundraisers/SouthernForestSteppers400>

"The chances you take, the people you meet, the people you love, the faith that you have. That's what's going to define you."

Liz's



Kitchen Rules

GINGER— ZINGIBER OFFICINALE

Our recipe this month was prompted by our good friend Jane who swears by this ginger drink remedy at the onset of a cold: *(Disclaimer: Not medical advice, this is an old-fashioned tonic for a cold, always check with your doctor if you want to try alternative therapies).*

Put into mug.... 1 teaspoon honey, about 1cm of green ginger wine - try that and adjust to taste, squeeze 1/4 lemon juice, mix with a little hot water then top up the mug with hot water. Stir and drink. If you want to omit the ginger wine, a little dried ginger is a good substitute.

It seems that Jane is on the right track here, a little research shows the health benefits of ginger have been known since the time of the ancient Romans, Greeks, Chinese and Arabians.

Ginger (*Zingiber officinale*) is part of the family Zingiberaceae, which also includes turmeric (*Curcuma longa*), cardamom (*Elettaria cardamomum*), and galangal. The first written record of ginger came from the Analects of Confucius, who was said to eat ginger with every meal. In 406 AD, the monk Faxian wrote that ginger was grown in pots and carried on Chinese ships to prevent scurvy. Ginger was introduced to the Mediterranean by the Arabs and raw and preserved ginger was imported into Europe during the Middle Ages. In 14th century England, a pound of ginger cost as much as a sheep, obviously a highly prized commodity!

Though it is grown in many areas across the globe, ginger is among the earliest recorded spices to be cultivated and exported from southwest India, an area well suited for ginger production due to the warm and humid climate.

Ginger is a common spice used worldwide, whether for meals or as a folk medicine, young ginger rhizomes are juicy and fleshy with a mild taste, often pickled in vinegar or sherry as a snack or cooked as an ingredient in many dishes. They can be steeped in boiling water to make ginger herb tea. Fresh ginger can be substituted for ground ginger at a ratio of six to one, typically used as a flavouring for recipes such as gingerbread, cookies, crackers and cakes, ginger ale, and ginger beer. Candied ginger or crystallized ginger, is the root cooked in sugar until soft, and is a type of confectionery.

Ginger not only adds delicious flavour to food, it's also full of nutrients. It contains Vitamins B3 and B6 and Vitamin C. Iron, Potassium, Magnesium, Phosphorus, Zinc and Folate.

This week's recipe sticks to our ginger theme with these seriously moreish muffins.



GINGER MUFFINS



Ingredients: 1 cup boiling water, ¼ cup golden syrup, 1 teaspoon bicarbonate of soda, ½ cup vegetable oil, 2 eggs, 1 cup caster sugar, 2 cups plain flour, 1 tablespoon ground ginger, 1 teaspoon baking powder, pinch salt.

Method: Pour boiling water into a large bowl, add syrup and bicarb and mix well, allow to cool slightly. Add the oil and eggs, mix until combined. Mix in sugar, sift in remaining ingredients and stir until well combined. Pour into muffin tins lined with paper cases (makes 12). Bake at 180deg C for 15-20 minutes.

The mixture will seem really runny for a muffin but they turn out fine. I used a jug to pour the mixture into the muffin cases. They are delicious as they are or can be iced with a lemon icing. Perfect for morning tea.

NATIONAL ANZAC CENTRE—ALBANY

A visit to the National Anzac Centre at Albany Heritage Park is a stark reminder of the trauma people had to cope with during war years. Covid brings little compared to those days, especially in the countries where the wars were fought. And the sadness of families here saying farewell, watching their loved ones head out to the war zones. Would they return. Over 41,000 Australians and New Zealanders left our South West shores to face horrendous conditions at the war zone. The photos of the battle fields are gut wrenching. One with soldiers laying on the ground, appearing to be dead but the caption revealed *"Stretcher bearers resting or sleeping in the mud despite the rain and the heavy shelling. These men had worked for 60 hours without rest. Insufficient men to cope with the casualties."*

And reference to the Light Horsemen: *"First over the top at 4.30 am was the Victorian 8th Light Horse Regiment. They were immediately shot to pieces, many killed just metres out of the trench. The second line scrambled over the dead and wounded but suffered the same fate. West Australian 10th Light Horse was next. Seeing the slaughter the commander tried to have the attack abandoned but was ordered to push on. Men hurriedly scribbled farewells to their families, then went forward, many to their deaths."* And those who survived would have forever more carried the vision of their mates dying beside them.

Ancestors of mine were in the 10th Light Horse. Three Balbarrup brothers, and by some blessing of fate they all returned. We wonder how the returning soldiers who had witnessed such atrocities were expected to pick up their lives and carry on as if the horrors had not been experienced. And when the soldiers returned the Spanish Flu came with them. How would those days have been without the medical knowledge and preventatives we have in this era? *"World War I claimed an estimated 16 million lives. The influenza epidemic that swept the world in 1918 killed an estimated 50 million people. One fifth of the world's population was attacked by this deadly virus. Within months, it had killed more people than any other illness in recorded history. About 40 per cent of the population fell ill and around 15,000 died as the virus spread through Australia."*

Then, around twenty years later along came WW11, and the horrors started all over again. And as we go to press, the Putin v Ukraine situation is becoming volatile. Let us pray it settles.

So, how fortunate are we not to be in terrible situations like those. How difficult is it to have restrictions on gathering in numbers, having to wear a mask, and social distancing? Let's get it all in perspective.

Kathy Hill

PETRICHOR

I think we would all remember the hot weather in February, 38.7 recorded on Friday 5th then when we needed respite from the sun, Saturday 6th gave us 41.9!

Thankfully we had rain overnight, if you were outside early on Sunday morning you would have noticed a distinctive scent in the air. That unique, earthy smell associated with rain has an unusual name, Petrichor! The distinctive aroma is caused by water from the rain, ozone compounds and plant oils. Some scientists have suggested that humans inherited awareness of rainfall approaching from our ancestors who relied on rain for survival.

Nature of Argillaceous Odour was the name of the paper published in the Nature journal of March 7, 1964, by CSIRO scientists Isabel (Joy) Bear and Richard Thomas, that first described petrichor. Richard Thomas had long been trying to identify the cause for what was a widespread phenomenon. The odour was particularly prevalent in arid regions and was widely recognised and associated with the first rains after a period of drought.

Joy and Richard, who worked at the Division of Mineral Chemistry in Melbourne, were determined to identify and describe its origin. By steam distilling rocks that had been exposed to warm, dry conditions in the open, they discovered a yellowish oil – trapped in rocks and soil but released by moisture – that was responsible for the smell.

Their discovery prompted them to give this unique odour a name, petrichor, the blood of the stone. The word was derived from the Greek “petra” and “ichor” (in Greek mythology, the ethereal blood of the gods).

Richard Thomas retired from CSIRO in 1961 when he was First Chief of the Division of Minerals Chemistry, he died in 1974, aged 73. Joy Bear, resigned from CSIRO in 1950 to travel overseas. Joy was awarded a Member of the Order of Australia for services to science in 1986 and passed away on 8th April 2021.

Let's hope that we can expect plenty of rainy days ahead to experience the unique aroma of Petrichor, thanks to Joy and Richard we now have a name to describe it.

Liz Coley



NUMBATS AND TASMANIAN TIGERS

A follow up to our series on endangered species: News was released recently informing us that scientists at University of WA DNA Zoo have successfully mapped the genome of the Tasmanian Tiger's closest living relative, the Numbat.

Our termite eating Numbats are one of the thylacine's closest living relatives, sharing a common ancestor around 35 million years ago, it is thought that about 95% of their DNA may be identical. Numbats were almost on the verge of extinction until conservation efforts helped their numbers increase, however they are still considered endangered. Perth Zoo is the only zoo in the world to have successfully bred Numbats in captivity.

Tasmanian tigers (thylacines) were granted protected status in 1936, alas too late as the last known member of the species died at the Hobart Zoo two months earlier. Once roaming all the Australian mainland and Tasmania and New Guinea it is believed that continual hunting, loss of habitat destruction and disease led to their rapid extinction. However, with reported sightings and some footprint evidence it is thought that they may still occupy the more remote parts of Tasmania.

Nannup has made the tiger well known with this elusive carnivore being spotted around the Nannup area, there are also documented sightings near Manjimup and Pemberton. Interesting stuff and I am looking forward to seeing what the WA DNA Zoo comes up with, if they can save the Numbat who knows what else they may achieve!

Liz Coley

TERRIFIC TUESDAY

Thanks to Miranda Kelleher, Program Manager/ Aboriginal Health Worker, for telling us about some of the Indigenous programs that are held locally. It sounds a combination of fun, and valuable information.

Wacky Wednesday is a health promotion that is run through GP Down South's, Down South Aboriginal Health program. And now, Wacky Wednesday has changed days and is called Terrific Tuesday!!

During Terrific Tuesday, our Indigenous clients are invited to join us for a cuppa and some morning tea to yarn about what's happening in the community, what's not happening, what they want to see more of and ask any health questions that they may have. We are also planning to have other providers join us on Tuesdays for information about diet and exercise. As the program grows and develops, we are also looking for other allied health professionals join us to provide information and advice to our clients.

We have 2 sessions that participants can join us for:

- In the morning from 10:00am – 11:30am we have the session for adults.
- In the afternoon from 3pm- 4:30pm we have a session for the kids.

The kids get supplied with afternoon tea and a safe space where they and/or their parents can ask questions about their child's health.

This is also an opportunity for the children to tell us what they think we should do in the way of health promotion and workshops so that we can cater for their needs as well.

Kathy Hill

MY SHADOW

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me, when I jump into my bed.

The funniest thing about him is the way he likes to grow –
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an india-rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.

By Robert Louis Stevenson

A beautiful rendition by Billy Connelly

<https://www.youtube.com/watch?v=Ha5Dp2NGFRM>



MEET OUR NEW BUSINESS MEMBER

This month we commence our introduction to local businesses who have become members of the CRC.

Doug Moyle – Precision Driver Training Editorial

Doug has been offering driver training lessons in the Manjimup area since 2006, has a passion for teaching people of all ages and has the skills required to enable learners to drive in a safe manner, to think and react quickly in each traffic environment. Well laid out comprehensive driving program will be personalized to suit individual needs but still ensures that it covers all the components in teaching people the skills required.

Precision Driver Training offer both manual and automatic driving lessons for people of all ages and has empathy and an understanding of individual people's needs and situations, also providing defensive and advanced driving training for industry and individuals.

Doug was born and has lived in Manjimup all his life and has a passion for the community and its people and, with a background in motor racing, has a clear understanding of a need to develop good driving habits from an early age. Good habits are never lost, poor technique is hard to improve.

Parents and guardians coaching and supervising learner drivers, need to ensure the driver has the best possible help to understand the steps and process required to pass the PDA drive test. When it is obvious the new driver and supervisor are both nervous, seek advice and do not be ashamed to ask for professional help.

I plead with supervising drivers to not do 50 hours knowing the student will not be competent or mentally ready to pass the PDA. But to seek a better way to prepare new drivers for the challenges ahead.

Manjimup based Driver Training School provides basic vehicle pedal management skills and to develop the ability of looking ahead using eyes and planning safe vehicle passage matching traffic flow,

Manoeuvres like driveways in-out, forward, angle and reverse parking required in the Driver Examination are all taught by the accredited instructor, as in how to respond in an emergency and quick stop braking, awareness of vehicle positioning on narrow roads when visibility is restricted on hills and corners, or glare from morning and afternoon sun.

A Mock PDA practice test is undertaken, including hazards, an awareness of other drivers on the road, as is conducted during the PDA Test with the Department of Transport assessors.

Precision driver Training are seeking to employ a trainee instructor.

Thanks to Doug and Rose Moyle for providing Doug's story.



NEW BUSINESS MEMBERSHIPS



45 Rose Street, Manjimup WA 6258
 P: (08) 9777 2774
 F: (08) 9771 2485
 E: reception@manjimup.org.au
 W: www.manjimup.crc.net.au

Business Membership

TAX INVOICE

ABN: 66 287 651 302

Surname: _____ First Name: _____

Business / Organisation: _____

Nominated Users (For business and organisations only)

#1: _____ #2: _____

Postal Address: _____

Suburb: _____ Postcode: _____

Email: _____

Phone: _____ Mobile: _____



DJERAN (JAIR-AN) \$50.00 PER FINANCIAL YEAR <\$150.00 VALUE

- Free Colour or B&W Printing to the value of \$15.00
- Discounted rates as per CRC Price List (see Website for a list of our services)
- A Business Card sized Ad in each edition of Café Bytes

PAYMENT METHOD:

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| <input type="checkbox"/> Cash | - Please come in and pay at Reception. |
| <input type="checkbox"/> Eftpos | - Please contact the Manjimup CRC on 08 9777 2774 |
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Fish Chips		Menu	
B.Y.O.		B.Y.O.	
FISH 'N' CHIPS	\$12.50	KIDS FISH 'N' CHIPS	\$6.20
1 Serve			
HAWAIIAN PUCK	\$16.50	FISHERMAN'S BASKET	\$18.00
1 Fish, 2 Pineapple Fritters,		1 Fish, Crab Stick, Prawn Cutlet,	
\$2 Chips		2 Squid Rings, \$2 Chips	
MEAL FOR 2	\$31.50	FAMILY MEAL	\$39.50
2 Fish, 2 Pineapple Fritters,		3 Fish, \$5 Chips, your choice of	
1 Squid Ring, \$4 Chips		3 Dim Sam, Pineapple Fritters	
SEA		or Crab Sticks	
Fish	\$10.50	EXTRAS	
Shopper	\$3.50	Spring Roll	\$4.20
Local Spanish Mackerel	\$9.50	Onion Roll	\$4.20
Gummy Shark or Branzey	\$4.50	Corn Jack	\$4.00
Grilled or Crumbed (per piece)	\$1.50	Dim Sim	\$1.50
*All Fish subject to availability		Pineapple Fritter	\$2.00
SEA FOOD		Chicken Nuggets	\$10.00 each
Salt & Pepper Squid (6)	\$6.00	Kiwi Hot Dog	\$4.20
Squid Rings (6)	\$5.50	Potato Scallop (2)	\$3.00
Crab Stick	\$2.00	Onion Rings (6)	\$5.50
Solo Scallop	\$2.70	Curry Sauce*	\$3.00
Prawn Cutlet	\$2.00	Mushy Peas*	\$3.00
King Prawn	\$2.00	Tortoise Sauce*	\$2.50
Fish Cake	\$4.20	Alici	\$2.50
Kiwi Mussels NZ (6)	\$7.00	Homemade	
Oysters (6)	\$5.00		

Manjimup 0429 598 228

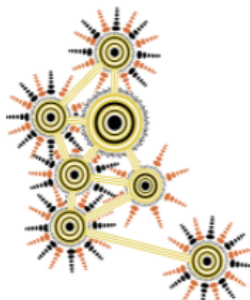
Lunch: Wednesday - Friday 11.30am - 1.30pm
 Dinner: Tuesday - Sunday 5pm - 8pm
 Closed public holidays

MEMBERSHIPS

BIRAK (BEER-OK)

\$10.00 PER FINANCIAL YEAR

<\$70.00 VALUE



- Discounted rates as per CRC Price List.
- 1/2 Hour FREE Internet per month.

Hot & Dry - December to January

The 'hot and dry' was characterised by the onset of hot easterly winds. The signals of this season were the Christmas and paper bark trees blossoming. Noongar people burnt mosaic sections of scrubland through fire-stick farming. This forced animals into the open to hunt and opened the canopy to the November rains, which increased germination of summer foodstuffs. An abundance of food was found along the coastal lakes and river estuaries. The mullet, bream, marron and crabs were fat and ready for harvest. Colours of this season are green, blue, orange and yellow.

BUNURU (BOON-OOR-OO)

\$20.00 PER FINANCIAL YEAR

<\$100.00 VALUE



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- 1 Hour FREE Internet per month.
- 20 FREE Colour pages printed or 10 FREE Colour double-sided pages printed per year.

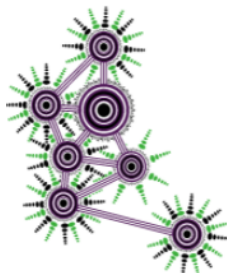
Fruiting Season - February to March

The 'fruiting' was characterised by hot easterly conditions with afternoon sea breezes. Noongar people moved to coastal estuaries and reefs where fish and abalone constituted a portion of the seasonal diet. This was also the salmon and herring season. Large fish could be speared from overhanging trees along river banks. Colour of this season are yellow, orange and red.

MAKURU (MUCK-OOR-OO)

\$80.00 PER FINANCIAL YEAR

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- 3 FREE Hours Standard Room Hire. (Office hours apply, additional rates apply after hours)
- 2 Hour FREE Secretarial Support. ie: typing, folding, editing(Excludes materials ie: paper, binding accessories)

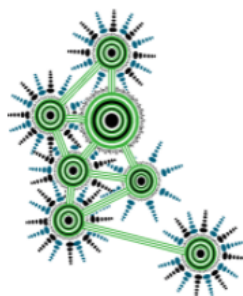
Cold & Wet - June to July

During the 'cold and wet' Noongar people moved inland from the coast to the Darling Scarp to shelter from the cold coastal winds. The flowering sheoak trees meant the kangaroos were ready to eat. Wild carrots and several species of wild potato were ready for harvesting. Colours of this season are grey and black.

DJILBA (JILL-BAR)

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- 4 Hours FREE Secretarial Support. ie: typing, folding, editing(Excludes materials ie: paper, binding accessories)

Warmer - August to September

As the weather started to get 'warmer' Noongar groups moved the drier Guilford and Canning-Kelmscott areas. This calmer weather allowed the bush to rejuvenate and plants to bloom. Eggs from water fowl, emus, swans and ducks were collected. Tortoises, berries and roots also supplements the larger game of kangaroo, emu and rindtail possum. Colours of this season are black, blue and green.

KAMBARANG (GAM-BAR-ANG)

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Flowering - October to November

The 'flowering' is the height of the wildflower season. Quandong trees were ripening, ready for harvesting later in the season, as well as other small shrubs that produced berries. Families moved towards the coast where frogs, tortoises and freshwater crayfish or gilgies and blue marron were caught. Snakes and goannas were also a source of food during this season. Colours of this season are blue and green.



Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an **INDEPENDENT** water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire survival plan: mybushfireplan.wa.gov.au. You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and

Environmental Regulation website: water.wa.gov.au/fireplanning.

Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.

The Emergency WA website emergency.wa.gov.au provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the SES **132 500** for emergency assistance.



**HOW FIREPROOF
IS YOUR PLAN?**

Find out in 5 minutes at mybushfireplan.wa.gov.au

MANJIMUP RESOURCE CENTRE VOLUNTEER REPORT

Hi All. Sharon here from the Volunteering circle.

Already it's March next week and our borders are opening! I guess we'll know afterward how things will go there but we can do a lot by looking after our own health and well-being. Sometimes tricky to get that life balance, but healthy eating, healthy thinking (positive thoughts) go a long way. Happiness and healthiness are very much linked.

So – on the volunteering front there's a few things coming up:

- 'Ladies Day': Skill sessions and mentoring projects for women is next on Friday March 11 (9 – noon) and held fortnightly, at the Manji Men's shed
- Our regular Heart Foundation Walk group is on Monday mornings with the summer start time of 0830. Meeting at the Heritage car park opposite the Wellness Centre
- The Days for Girls sewing bee will be taking a break in March and April and will hopefully be back in May.
- Tuesday mornings, from 1000 – noon is our Be Connected computer classes. Please phone reception on 9777 2774 if you are a new student interested in attending to ensure we have a place and computer available. Thank you to our wonderful mentors, for your invaluable help in this program!
- Tuesday March 8th is International Women's Day and the CRC is hosting a cuppa and catch up in the newly painted 'Ringbark Room'. The IWD theme for this year is 'Break the Bias', so we are looking to collect information from community to see what changes could be made.



Lastly, via a successful grant application with the Southern Forest Community Landcare group, the 'Pollinators Aplenty' project begins soon with a launch and workshop on designing a pollinator friendly garden on March 14. Andy Russell (Ribbons of Blue) and I will each be giving a talk about our projects at the Southern Forest Arts opening of their upcoming exhibition, 'Refugiam'. I'm feeling very excited about the Pollinator project and will keep you informed of the workshops and activities.

Stay safe people and enjoy the long weekend coming up.

Regards, Sharon



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