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FREE

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# Manji Cafe Bytes

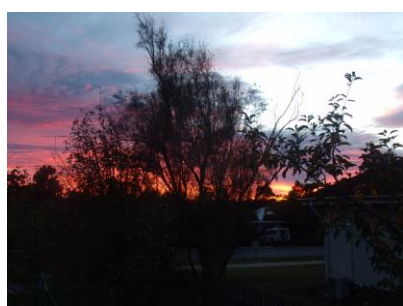
SAYING FOR THE MONTH

Everyone is the age of their heart.

Guatemalan Proverb

CHAT SUBJECT

It's Magpie season again.  
Have you been swooped on?

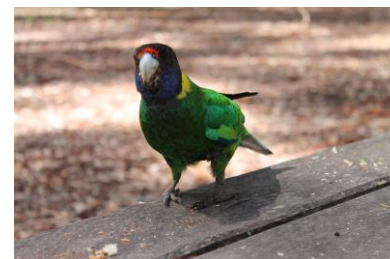


## Welcome!

The year is sliding by fast and we are all feeling rather stunned, wondering where the first ten months have gone. In days of yore there would be excitement about Guy Fawkes night on November 5<sup>th</sup>, but what we have is, just before that date there's Halloween and the growing popularity for trick or treat door knocking, which is safer than bon fires and fireworks.

We hope November brings you many treats.

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>



## WESCARPADE 2016

Camp Quality is one of the best known charities in Australia and was founded with the aim of creating the best quality of life for children and their families living with cancer.

During 2015, 12,000 family members were supported by Camp Quality programs, 6,800 Child Life therapy sessions were provided in hospitals, an average of 223,000 saw their Primary School Education programs and Camp Quality puppets made 280 hospital visits. A huge achievement for a not for profit charity that is reliant on the generosity of donors and volunteers to keep their programs running.

One of Western Australia Camp Quality's most successful and much anticipated events is the annual WesCarpade car trip, this year it was the Coral Coast tour which took place between 3<sup>rd</sup> and 10<sup>th</sup> September. Manjimup local Wayne "Marron" Hughes suitably attired in theme costume joined the Clown Car Team as they left Port Denison for a week long adventure of fundraising and fun.

As always there was a full support crew to look after the entrants and the Camp Quality puppets who provided entertainment at schools along the way. Some highlights were the inaugural Carey Downs Cricket spectacular, (complete with streaker), Fairies in the Outback at Bullara Station, (some amazing costumes), fishing, whale watching and snorkelling at Exmouth, Miss WesCarpade arrived in Caernarvon (flowing blonde locks went well with the beard) and the family fun day in Geraldton where the teams were greeted with big smiles and a huge finish line banner.

Officials were thanked at a night time event in Kalbarri, Wayne was among those five year veterans of the event to receive an award of volunteer service and recognition, well deserved for time and effort put in to raise funds throughout the year, the Clown Car crew can be justifiably proud of their efforts as they were top fund raisers with \$102,552.

WesCarpade 2016 raised an incredible total of \$893,000 for this worthwhile cause, the money remains in Western Australia and will support many families this year.

You can check out the website at - [www.wescarpade.org.au](http://www.wescarpade.org.au) – follow the prompts if you would like to make a donation to a team or direct to Camp Quality.

I'm not sure what is planned for next year but I'm pretty sure that Wayne and the Clown Car crew will be setting another fund raising goal and heading off on another outback adventure in 2017!



## Free Mens Health Expo

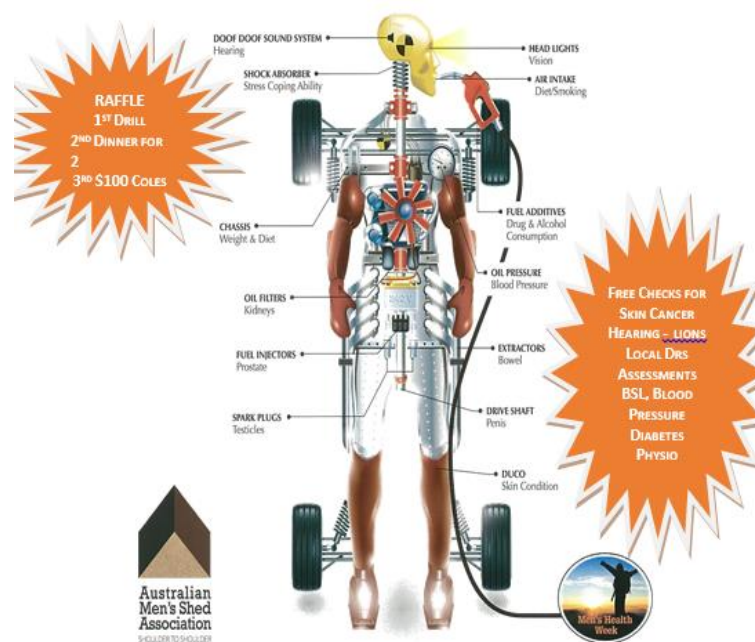
Manjimup Community Resource Centre is working closely with Manji Men's Shed to host a Seniors Men's Health Event called "Spanner in the Works." It's a fun based program based on getting inspired to check their own personal health with the same amount of enthusiasm that they check their cars health!

The event will be held On **Thursday 10<sup>th</sup> November from 10am – 3pm** and will involve health professionals providing free health checks and with supporting services also in attendance. The men will be encouraged to get their card stamped by each health professional and once the card is fully stamped they will become eligible to enter the raffle.

There will be a healthy lunch provided, speakers throughout the day and power point presentations of the importance of Senior Health Care, it is an exciting project and one the CRC is proud to be involved with.

**FREE MENS HEALTH EXPO**  
**ALL MEN ALL AGES WELCOME**

**SPANNER IN THE WORKS?**  
WHEN WAS YOUR LAST SERVICE?



8 FREE HANDS ON HEALTH CHECK-UP STATIONS  
AT THE MANJIMUP MEN'S SHED ON PERUP ROAD

FREE EVENT & LUNCH  
10AM TILL 3PM

THURSDAY 10<sup>th</sup> NOVEMBER 2016  
GREAT GIVEAWAYS AND FREE RAFFLE PRIZES

ENQUIRIES 9777 2774

## Thumbs Up

It is seldom difficult to find something to give appreciation to in our monthly editions, and this month was just as easy.

We would like to applaud the generous and energetic folk who have taken part in the two recent walks for cancer, Steps for Stessie and the Cancer fundraiser walk to Fonty's on October 30<sup>th</sup>. We certainly have a great community here in Manjimup.





ONIONS

Love them or hate them, onions, in one form or another are one of the most widely eaten foods on the planet and have been bred and cultivated for at least 7,000 years.

The Allium family includes garlic, leeks, chives, spring onions, shallots and onions, the most widely grown being *Allium cepa*, the common onion, and they have a long history. Traces of onion remains have been found in Bronze Age settlements that date back to 5000BC, whether they were cultivated or not we don't know, but there is evidence to suggest they were cultivated some 2000 years later in Egypt. They were revered in ancient Egypt, the spherical shape and concentric rings being viewed as symbols of eternal life. The ancient Greek athletes ate quantities to lighten the blood, Roman gladiators were rubbed down with them to firm their muscles and in the Middle Ages people paid their rent with them. Doctors used them to help with infertility in women, to facilitate bowel movements, relieve coughs and headaches, to reduce hair loss and they were good for snakebites as well!

The stinging sensation that makes us shed tears when peeling onions is caused by the release of a volatile gas, *syn-propanthelial-S-oxide*, this stimulates nerves in the eyes leading to the creation of that uncomfortable sensation.

Fresh onions are plentiful at this time of year as harvest time in the south west occurs around October to December. If you plan to grown your own next year, the best time to plant is between March and June, prepare a bed with friable soil, a little compost and a sprinkling of lime. Dig a shallow trench, about the depth of your index finger, lay seedlings root side down on one side of the trench, (about an onion width apart), and backfill with soil. Onions do not like being overfed or watered so a light application of a weak seaweed solution once a month may be all that is necessary. They usually take between 100-120 days to mature, depending on the variety), plant some and by this time next year you will be crunching on your own fresh onions. Good varieties are Brown Onions: *Creamgold*, strongly flavoured and among the most widely used for cooking. Red Onions: *Redshine* and *Redwing*, sweet tasting and crunchy in salads, White Onions: *Bianca* and *Gladalan White* are among the best for cooking.

High in Vitamin C, onions are a good source of dietary fibre and folic acid. They also contain calcium and iron and quercetin, (one of the antioxidant compounds). Perhaps they do hold the secret of eternal life!

Liz's Kitchen Rules FRENCH ONION SOUP

Ingredients: 60g unsalted butter, 4-5 onions finely sliced, 50g plain flour, 2 litres water, 200ml white wine, salt and pepper, 100g Gruyere (or any tasty cheese) ½ cubed and ½ grated, 1 baguette.

Method: Melt butter in a heavy based saucepan and add onion, saute for about 25 minutes, stirring occasionally, until they are a deep golden brown. Add the flour and stir for 2 minutes, add water and wine gradually and season with salt and pepper. Stir in the cubes of cheese and bring to the boil, reduce heat and simmer for 20-25 minutes. Cut the baguette into thick slices and sprinkle with grated cheese, grill until cheese melts. Ladle soup into bowls and float the baguettes on top, serves 4.

Cheesy, oniony and a deliciously warming lunch or supper dish, bon appetit!



CASTLEREAGH ESTATE

Current trends are leading us all to a healthier way of life, growing fruit and vegetables in our backyards, making jams and pickles when we have a glut, keeping chickens for fresh eggs and incorporating more natural organic products into our lifestyle.

Goat's milk has long been known as a natural balm to soothe and moisturise and is a gentle nourishing product for sensitive skin, an enterprising Manjimup family make a range of soaps which are proving very popular at the farmer's market.

Phil and Katherine Millar arrived in Manjimup in 2003, their son had eczema and as goat's milk is known to be beneficial for skin conditions, the idea of making soap began, Phil grew up in Castlereagh near Belfast and it was decided to market their products under that name.

This is still very much a family business and it is all hands on deck during the kidding season when the babies have to be bottle fed three times a day, this makes them easier to manage as they become used to being handled. There are over 100 goats to look after mostly Saanen and Anglo Nubian and they all have names! Intelligent and deeply curious they love a bit of adventure and there is usually a leader who once having found a hole in the fence will lead all the rest to pastures new. Checking and maintaining fences forms part of the daily routine which consists of twice daily milking and soap making. Goats are milked by hand if there are under ten, over that and the milking machine is used, which Katherine tells me with a smile, makes life a lot easier.

Soap making takes about 4 hours, lye is added to the milk and then oils are stirred into the mix which is eventually poured into moulds. Sandalwood, Apricot and the refreshingly named Lemon Gumnut are proving to be some of the most popular and Outback Jack for the menfolk. The eczema bar which has a higher concentration of milk is a gentle cleanser for those with sensitive or dry skin. Castlereagh Estate also have a range of beeswax balms which includes Rosemary Lip balm, Comfrey which aids in healing, Calendula soothing and good for the skin, and chest rubs for coughs and colds. Next time you are down at the farmer's market say hello to Katherine and Phil and give your skin a treat, there are several fragrances to choose from and there is sure to be one just perfect for you!

NOVEMBER

November is the eleventh month of our year and retains its name from the *Latin novem*, meaning nine from the old Roman calendar. Warm late spring sunshine and longer daylight hours make this an ideal time for a wander around the Timber and Heritage Park, if you're game try the slide, the view from the top is great or simply take a seat and enjoy the gardens and birdlife.

If you are looking at the night skies this month we can expect to see a full moon shining brightly on November 14<sup>th</sup>, if it seems bigger and brighter than normal it will be due to the moon being closer to earth. A supermoon looks about 30% brighter and 14% larger than the average full moon. Another one for the sky watchers out there will take place between November 17<sup>th</sup> and 18<sup>th</sup> when the Leonid meteor shower puts on a spectacular show. Expect to view about 20 meteors an hour at peak time as the Earth passes through debris left by comet Tempel-Tuttle, let's hope the skies are clear!

Zodiac signs for November are Scorpio (October 22<sup>nd</sup> to November 21<sup>st</sup>) and Sagittarius (November 22<sup>nd</sup> to December 21<sup>st</sup>). Our November babies are an interesting mix of the fierceness of Scorpio and the curious mind of the Sagittarian. Intense, strong and passionate, they are ambitious, driven and dedicated, they love a cause to fight for and this combined with a love of travel, can make them pack their bags and wander around the world in search of the meaning of life. Loyal and loving extroverts, their optimism and enthusiasm and love of change leaves their friends wondering what they will be up to next!

If you are a November baby your birth flower is Chrysanthemum and your birthstones are Topaz and Citrine.

Famous names with November birthdates are authors *Robert Louis Stevenson* : *Treasure Island*, *Louisa May Alcott* : *Little Women*, actors *Ryan Kwanten* and *Leonardo DiCaprio*, *Toni Collette* and *Demi Moore*, musicians *John Williamson* and *Jimi Hendrix*, *Tina Arena* and *Miley Cyrus*, three Australian comedians, *Shane Bourne*, *Tim Ferguson* and *Dave Hughes*.

Songs with November in the title include: "November Twilight" – *Julie London* (1956), "November Rain" – *Guns n' Roses* (1992), "November" – *Tom Waits* (1993), "Gone till November" – *Wyclef Jean* (1998) and "November has come"– *Gorillaz* (2005).

HE'S STILL STOMPING

We've all become so used to the Grape Stomper that many of us have possibly forgotten his existence, walking by without a second glance and over the years memories of his origin have faded, so we thought we would put him back in the limelight because believe it or not, he is about to celebrate his twentieth birthday.

In our quest to research the Stomper's family tree we consulted Historian Ian Wilson, who offered the following information: The Grape Stomper was one of a number of points of a trail that started at the timber park, wandered up Giblett Street, Ipsen Street, then along Rose St back to the Park, linking the Park and town. The Manjimup Street Scape art trail was designed by artist Kath Wheatley, with the involvement of community members. The number of sites that I recall: Seven Day Road 'art work', vertical poles depicting the path of early settlers along Seven Day Road, which have been removed and replaced by the Lions Federation Gazebo; A Giant desk was to be placed at the Education Department, to represent education. The site was selected and a rock for placement of desk, which never eventuated; The Macedonian flag in Rose Street footpath (which was featured in Café Bytes July 2014 edition); and the Grape Stomper.

The plaque tells us our Grape Stomper has his origin with Kearnan College students and on phoning Kearnan for their input we were given the following, printed in the Kearnan College 1996 Year Book: *For art this semester we (Naomi, Claire, Rhiannon, Jeannie, Fiona, Lea and Jasmine) made a timber sculpture of a man stomping grapes. Before we made the sculpture we had to get in a model so that we could sketch him. Then from the sketch we made small maquettes (models). Once we had decided what we were doing we started going down to the Timber Park during our art periods to start the carving. Before we could start we had to learn how to use the tools so we practised on the outside of the 3 m log which had been donated by Bunnings. Perth artist and sculptor, Mrs Kath Wheatley showed us how to use the tools. Once we had finished the carving we made an uneven barrel out of planks of wood, to make it look realistic then we sealed the wood to keep water from ruining it. The sculpture took 13 weeks to finish and will be placed in town when an appropriate place is found.*

Kearnan's art teacher at that time was Rita Basilio, and the students were Jeannie Daniels, Lea Baker, Jasmine Smith, Rhiannon Evans, Naomi Jackson, Claire Donkin and Fiona Paterson. These young ladies are now women of the world, some of them living far from Manjimup and say they have only dim memories of their artistic production.

November 1996 The West Australian Newspaper

