

LIZ’S KITCHEN RULES

Broccolini is a hybrid of broccoli and gai lan (Chinese kale), both cultivars of brassica oleracea. Developed by the Japanese Sakata Seed Company of Yokohama, growing began commercially in 1994 in Mexico. It was marketed under the name Asparation as a similar vegetable to asparagus, available to markets in 1996 in the US and then with a name change to Broccolini, began to be exported world wide in 1998.

It is a popular alternative to broccoli and cauliflower having a similar taste and can be boiled, steamed or added to stir fries, broccolini can be added to salads and eaten raw, it is served steamed in Japan where it is highly popular as a spring vegetable.

Broccolini is easy to grow in our temperate climate and the ideal time for planting is April to August, choose a sunny position protected from strong winds and leave about 40cm between each plant. Prepare your garden bed about a month prior to planting with some well-rotted compost and sprinkle with a light application of Chicken manure fertiliser. Water deeply during the growing period and give them a weekly feed of seaweed or fish fertiliser, if you have a worm farm, they will appreciate a drink of diluted worm juice to keep them growing strongly. Keep the dreaded cabbage white butterfly at bay and you will be harvesting after 12 weeks, cut the stalks with a sharp knife and enjoy. Broccolini is high in Vitamin C, Vitamin A and dietary fibre. It also contains potassium, calcium and iron, all the good things!

WARM SPRING SALAD

Ingredients: 2 rashers bacon, 40g hazelnuts, 1teasp maple syrup or honey, 200g green beans, 300g mixed greens such as broccolini, kale, savoy cabbage, spring cabbage, 11/2 tablespoon rice wine vinegar, extra virgin olive oil. Method: Heat a small frying pan with 1 tsp olive oil, add finely chopped bacon and hazelnuts, stir and cook until golden. Add maple syrup or honey, remove from heat and set aside. Top and tail the beans add to boiling water (either

steam or boil) in a large pan for about 4 minutes. Prepare the greens, slice or tear into bite sized pieces, add to the beans and cook until tender. Drain greens and beans in a colander, mix 11/2 tablespoon olive oil and rice wine vinegar, pour into a serving bowl add greens and toss to coat, scatter with bacon and hazelnuts and grind black pepper to taste over the top. Full of the flavours of spring, serve as is for lunch or as a side dish for dinner.

Liz Coley



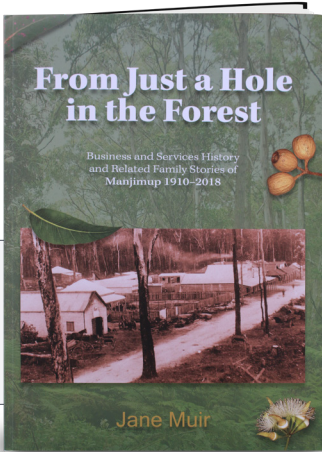
AN IDEAL CHRISTMAS PRESENT

History enthusiasts who are prepared to devote their time to recording our past are always greatly appreciated, because most of us love having access to memories of the “old days”, but not many of us are prepared to commit to doing the hard work of recording. We Manjimup folk are very fortunate to have Jane Muir in our community, Jane has compiled three books of local history over the years and on November 30th she will be launching her latest - From Just a Hole in the Forest - an extremely comprehensive history of business in Manjimup from when town was gazetted in 1910 to 2018. It has taken Jane three and a half years to gather this history, those years totally dedicated to the task, and Jane acknowledges with gratitude the patience of her husband Kevin during this time. She is also very grateful to the many people who helped supply information during her intensive, exhausting research. For our benefit and for future generations. Paul Omodei will be officiating at the launch which will be held at the Wellness Centre, 2 pm on Saturday November 30th. There’s an open invitation to come along, and enjoy

some social time over a cup of tea. Books will be available for purchase for \$45, as a special price on that day. They will later retail for \$50 at Manjimup Newsagency. Please note EFTPOS will not be available at launch. Congratulations Jane, all your hours of dedication are coming to fruition for the benefit of those who love recorded history.

Kathy Hill

Launch  
30th November 2019  
2:00pm



# Manji Cafe Bytes

## Byte sized stories

November 2019, Edition 66

Artist: John Duncan

FREE

Find us on: facebook.

Welcome to the CRC newsletter for the second last month of 2019. Our Winds of Change author is warning that the mystery will be winding up next month – this latest chapter ends with a frightening vision of some cliffs, a nasty person. We all know some treacherous cliffs at a seaside village not far from here that could hold a bleak finale if one met an angry vicious person on those pathways. We can only hope for a resolution to the fear, before The End. Enjoy the sunshine of November and the glorious colour nature has on show. And remember, we always welcome contributions to the newsletter.

Quote for November.

“We don’t stop playing because we grow old, we grow old because we stop playing.” – George Bernard Shaw (1856 - 1950)

Chat subject for November.

It’s believed that thirteen can be unlucky or lucky for some, what’s your lucky number and why?

FROM LITTLE THINGS, BIG THINGS GROW

The Manjimup Community Gardens (MCG) is a hidden gem in the back corner of the Timber Park that you might not know about but once you see it you’ll wonder how you missed the lovely 3 hectare garden’s raised beds and vegetable plots thriving with all kinds of fresh produce. The MCG is open to everyone in the community to visit and enjoy, not just for members, and is a great place to meet new friends and learn new skills that can be put to good use in the MCG or in your own garden at home. Initially opened in 2011 then re-opened in 2016, the MCG currently has just 10 members and almost twice as many garden beds. Individuals, families and community organisations can join for an annual fee of just \$20. Members can either tend their own plot or share a bed with other members, providing they’re happy about that.

The gardens aren’t just a place to grow veggies, however, they’re also a place to grow your knowledge and skills in the regular workshops that are open to the public at little or no cost. The workshops feature seasoned gardeners and visiting experts offering not only great advice on how to grow great veggies but you can also learn how to improve your garden in other ways. Previous workshops have included practical demonstrations on how to build wicking beds, insect hotels and fairy gardens. Others featured edible weeds, water management, organics and composting, with more workshops planned in the new year. Information about upcoming events can be found on the MCG’s Facebook page.

The key goal of the MCG is to be a social place that brings

people together and builds community spirit through gardening and related activities but currently has no funding of any kind, except the occasional raffle or market stall and needs greater community support. Watch this space as proposals currently in development for the MCG will transform this lovely little place into something really fabulous for Manjimup and the Timber Park. If you are interested in membership in the MCG you can find them on Facebook, via the Manjimup CRC website or come down for a visit. Members meet at the gardens 3-5pm on Saturdays through the summer months.

Kim Crotty





50 YEARS OF REDLINE RACING



Manjimup Speedway is celebrating it’s Golden anniversary this month and is inviting everyone to join in on Saturday the 30th of November. To celebrate 50 years of racing in Manjimup a special event is planned with an afternoon race meet featuring Super Sedans, Street Stocks, Productions cars, Juniors and feature divisions, plus historical cars on display. Racing is from 1-5pm, followed by presentations and an auction of the club’s number plates. There are also commemorative shirts and souvenirs available to buy. The celebration social event that night begins with dinner at 6pm at a cost of \$25 per head with children under 12 free.

The club was formed in 1968, with the track opened at it’s Middlesex Road location in 1969. The club’s historian, former President and racing driver turned driving instructor, Doug Moyle said that the cars have evolved a great deal in shape, size, power-to-weight ratio and set up since then, when they would race just about any old thing with wheels. “In the old days cars were set up to turn left only, unlike modern cars, which are required to race in both directions,” Moyle said. “Modern cars are high powered and highly tuned.” The club has evolved too, formerly known as the

HEALTHY HEART WALKING GROUP

The Manjimup Community Resource Centre’s Volunteer Development Co Ordinator Jane Giles is promoting the Heart Foundation Walk Yourself Happy program, with a weekly walk, aimed at gathering people who have an hour or so to spare, and who are keen to gain healthy exercise while enjoying pleasant socialising. Jane, together with Tara Luke, group leader, would like the word to spread and the group to grow. A very attractive aspect of this group is, it’s totally free to join and you have a lot to gain. There’s a variety of fitness levels among the walkers, so you can simply slot in to where your comfort zone is while stepping out. The walk trail covers around 3.5 km, utilising the fantastic new paths the Shire have provided. There is definitely no performance pressure. And when the walk is over it’s time for a cup of tea, or coffee - you only need to bring a cup. So come along to the Sandra Donovan Sound Shell in the Heritage Park at 9 am on a Monday, with your walk-

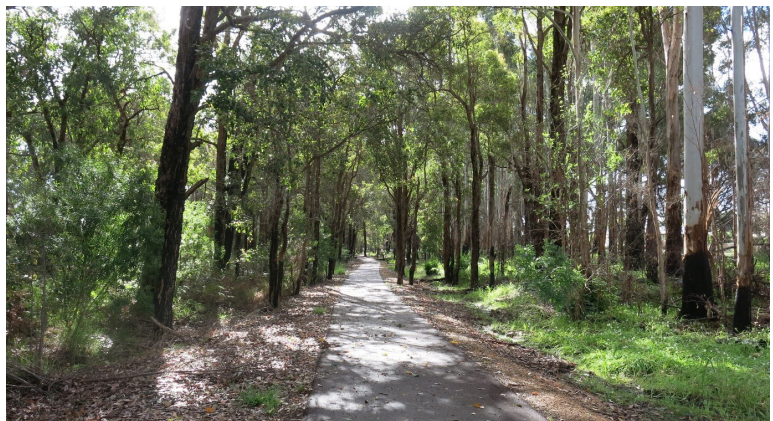
Hot Rod Club at Redline Speedway. Manjimup has produced it’s share of State Champions and Drew Ogle has won two in the last four years taking the WA State Junior title and WA State Street Stock title. The Street Stock state title will be contested again in Manjimup over three days of the Australia Day long weekend in 2020. For more information on the 50 year anniversary celebrations, other race meets and events coming up, check out Manjimup Speedway’s Facebook page, their website, or contact Doug Moyle on 0409 772 474 or Tracey Ladhams on 0419 921 483.

Kim Crotty



ing shoes on and appropriate weather gear. You may also bring your pooch, on a lead of course. It’s certainly a great way to raise your fitness and improve your health. Any enquiries contact Tara 9771 8160 or Jane: volunteer@manjimup.org.au

Kathy Hill



WE LOVE THE SHIRE WE LIVE IN!



As a representative of the youth of the Manjimup Shire we have created our banner to show Manjimup through our eyes. The child in the picture is to represent all of the youth in the Manjimup Shire. The child is smiling which represents all of the class thinking about how lucky we are to live in such a great place. Our Shire means a place we can make friends and learn about lots of cultures, it is also to show everyone that no matter what culture you are, the people in our Shire will always appreciate you. Our skateparks and pathways represent RENEWAL and PRACTICAL. Our new Linear path started out as a train track for the transport of wood chips and now it has been renewed and transformed into a walking / biking riding path with solar lights so we can use it day or night. The Linear path solar lights represents how Manjimup Shire has changed throughout time and how it has become more environmentally friendly by using natural electricity to power the lights. Skateparks are an important part of our youth, the skatepark means everyone gets to have fun and skate with their friends.

The fire on the sides represents our weather, we need fire to keep us warm and the Diamond Tree was used as a lookout tower for out of control fires, it is now a tourist attraction showing the history of out Shire. The cows, fish tractors cherries and avocado tree represents the farming industry in our Shire, we drew these things to represent how hard all those farmers have worked to supply Manjimup, Pemberton, Northcliffe, Walpole and surrounding towns with food. The Cherry Festival is a great event to support farmers and we get to have a lot of fun attending. We all love playing sport so we have incorporated us playing football, hockey, netball, basketball and swimming, we are provided with fantastic facilities so we can all have fun together as a community and stay healthy.

WE LOVE THE SHIRE WE LIVE IN!

Manjimup Primary School  
Room 12 Year 5/6 Students





The story so far... Amy reflects on her abusive relationship with Matt as she drives across the city, she is taken to hospital with concussion after a car accident. She begins to realise that she needs to take some time out and buys the White House at Windy Bay, days walking on the beach and sketching have made her feel more relaxed and at ease. Amy had a lot to think about after her visit to Westcliffe, Josh had told her Tom O'Mara's sad story, how he had lost Orla and their daughter Isabel taken from him by his sister. Could she be wrong about Tom? Had Josh told her the truth? Amy didn't know what to believe or who to trust.

WINDS OF CHANGE

Chapter 6

Amy awoke early to a grey sky and the sound of wind and rain blowing hard against the windows of the white house, she sat by the fire toasting her feet, a blanket wrapped around her as she gulped a mouthful of strong coffee. The boxes in the spare bedroom were still unpacked, she felt a little guilty, there were things in there she probably needed, warmer clothes for instance, the onset of winter was coming on fast, sunny autumn days would soon be a distant memory. Amy stood up, no time like the present, she sorted clothes and blankets and sheets, but what was this? Then she remembered wedging it between the bedding, she lifted out an old wooden box, plain and unadorned, there were no clues to tell what it contained. She had decided that her mother must have hidden it above the ceiling in their house in the city, it had only been discovered when Amy had to call the plumber a day before she left to fix a leak in the roof. He had handed the box to her with a laugh, "What's this, hidden treasure?". She tried to lift the lid again, she knew it was locked but curious to know what was inside she got a screwdriver from the kitchen and jammed it into the lock, twisting and turning in vain. Frustrated she stepped back and tripped over a rug, the box flew from her hands and sailed through the air, crashing against the door. The old wood had splintered and the contents lay scattered on the floor. She began to read at random, it wasn't making sense, skimming through the documents she began to work backwards, here was her original birth certificate, she was christened Amy Belle Gibson, well that much was true, but the rest left her astonished and bewildered. She knew her mother had never married, she was heartbroken when

Amy's father had died from a brain aneurysm, it wasn't until after the funeral that she found out she was pregnant. Amy knew that Belle had been adopted by Shelagh Gibson, strong minded and opinionated, Granny ruled the roost. Amy had been in her final year of High School when Granny's funeral was held, she always said that she was leaving the house and a small sum of money to Belle, Mr Gibson having left years before for a new life in Canada. The only time Granny Shelagh mentioned him was to say good riddance, he was useless as a husband. Memories of her childhood flooded back, it was the next document that held her transfixed, it was a birth certificate for Isabel May O'Mara, dated 1962. She turned it over in her hands, unable to believe what she was reading, it didn't make sense, there were adoption papers for Belle, Amy knew that Shelagh had been a nurse at Hillcrest, a home for unmarried mothers and she had always said that she had adopted Belle when her young mother had passed away in childbirth. Was it possible that Shelagh had somehow faked the adoption? Disbelief, uncertainty, why had all this been kept from her, she had thought that she and Belle were as close as a mother and daughter could be, but this changed everything. Tears filled her eyes and she brushed them away impatiently. Belle had never bothered to find out about her real mother, Granny Shelagh had always said what good would it do to know, they had a good life, best leave things be. Then a thought hit her, maybe Belle didn't know, perhaps it was Shelagh who had hidden it away. She knew that she must speak to Tom but she was wary of contacting him, especially as she was still half convinced that he was spying on her, who knew what his reaction might be. She would tell Josh and ask what he thought, despite her misgivings of the night before, Amy felt deep down that he would listen. Decision made, Amy couldn't help smiling, the thought of seeing him again filled her with happiness. She dressed quickly, pausing only to eat a handful of biscuits and drink down the last of her coffee, grabbing a warm jacket as she left the house. Amy ran to her car, eager to be on her way, only to stop and stare at the scene before her. All her tyres were flat, as she went closer, she could see deep gashes in the rubber, as if someone had stabbed them over and over. Amy, her hands shaking, felt cold and very afraid, the only sound her fast racing heart as she looked around her and listened, there was nothing except the sound of wind and waves. She knew she could get mobile reception near the lighthouse, she would call

Josh, she ran towards the steep cliff path and began to climb, slipping and sliding in her haste to reach the cliff top. Once she reached the summit Amy reached for her phone and moved towards the cliff as she searched for a signal, wind tugged at her jacket, blowing stinging flurries of rain as she faced the pounding waves far below. Holding her phone high in the air she turned slowly around her eyes fixed on the signal bar. A man moved into view from behind the light house and began walking towards her with slow purposeful strides. Amy froze, her eyes widening in fear, Matt! Bile rose in Amy's throat as terror coursed through her body, he moved towards her and she took a step back, he was too close for her to attempt to run past him, she took another step back as he moved nearer, she knew the edge of the cliff was perilously close. *Seals, their glossy coats silvered by raindrops slid sinuously down rocks and sank beneath the water line, sleek heads rose high in the waves at the foot of the cliff, watchful dark eyes waited.*

The final chapter of Winds of Change will be in our December issue. Don't miss it!

BOOK SWAP LIBRARY



If you have visited Hospital Avenue recently, you might have noticed the Book swap library which sits under the arch by the front fence of Barbara Ford's colourful garden. There have been many visitors since the book swap was installed, books are free to borrow and can either be returned or exchanged. Neighbours and people passing by

are welcome to stop and browse through an ever-changing selection of books. Someone was generous enough to leave a set of Children's Encyclopedias and there are several popular fiction writers and a biography or two. Videos and DVD's are proving to be quite a hit as well as a few CD's for the musically inclined. Barbara had seen a few book swaps in other towns while travelling around and decided that it was something that she would really like to be a part of. She thought that living opposite the hospital was the ideal spot for people to wander across and take a book. She noticed that some of the visitors were looking for somewhere to rest while they were reading and has asked the Manjimup Shire if they would consider installing benches along the street. This would benefit the wider community too as Barbara has noticed some of the more infirm leaving the hospital unable to drive and without a lift home. There are a growing number of book lovers embracing this generous concept, which is based on the Little Library movement in the United States. Founder Todd Bol decided to install a library inside a miniature model of a school house on his front lawn in Wisconsin nine years ago. His mother was a former teacher and an avid bookworm, Todd thought it would be a fitting tribute and it seems everyone agreed, the library soon became popular and people often dropped by for conversation as much as books. The number of street libraries has grown since then and they are now emerging all over the world with the aim of allowing everyone to experience the joy of reading. In some places they are much more than a box of books, they have become a community hub, a place to meet and chat, to develop friendships and enjoy the company of other book lovers. Street Library Australia has a Facebook page with tips and advice and is a support group for people who want to discuss setting up a book swap or tell others about their own experiences. Barbara put her idea on Manjimup notice board Facebook page about three weeks ago to see what people thought before she set it up, she was delighted with the positive response and the adventure began. There are some very creative street libraries out there in many shapes and forms. Old cupboards, letterboxes, microwave ovens, doll's houses, bird cages and a fridge or two, it would seem that anything that will hold books will be converted by their enthusiastic owners. Barbara has certainly been creative with hers, adapted from a microwave cupboard, painted and topped with a wise old owl, packed with books and a message inside which says "Read a book – swap a book bee happy". And I'm sure that Barbara's many visitors to the book swap would agree with that!

Liz Coley



**WHO ARE WE?** The Bytes Team who bring you this publication are: Yarn Spinners, Liz Coley, Kathy Hill & Kim Crotty. Contribute your story to us: manjicafeytes@gmail.com Design: Tracey Bingham & Adam Purdy Editorial Responsibility: Jane Giles (08) 9777 2774 or volunteer@manjimup.org.au Funded and Printed by The Manjimup Community Resource Centre.



## TIME TO DON THOSE APRONS AGAIN

Team member of Cherry Harmony Festival, Suzzanne Cully, has a special talent for artistic displays, and she has volunteered to organise a heart string display for the December Festival that will have us stepping back in time, reminiscing on how aprons have featured in our lives. And with the current popularity of cooking programs on TV, the kitchen is again the place we need to be, with aprons returning as part of the cooking fever, saving the day by protecting our designer clothing with a half, or bib apron.

Back in the 1800s pinafores, or Pinnies as we Aussies call them, were worn by young girls, trimmed with ribbons and bows, as a decorative addition to their dresses and we are familiar with the Raggedy Ann doll, Alice in Wonderland, and Dorothy in the Wizard of Oz, all wearing pinnies. And didn't our Grannies always wear a multi purpose apron, saving clothing from spills, mopping tears, or gathering garden vegies. But around 50 years or so ago aprons lost their popularity, relegated into the archives with our sentimental memories of gathering around the kitchen table with the Metters No 2 fire crackling away warmly, as we ate beef stews and plum duff.

What we are asking is, if your archive collection holds a much loved apron from yesterday, including specialty aprons such as nurses, blacksmiths, etc, or your today's

apron, please contact Suzzanne to offer it for her display, with a little information on what that apron means to you. It could become part of this special exhibition which is being held in the Garden View Arcade, and be assured your contribution will have every care taken to protect it. There will also be a Long Table Afternoon Tea in the arcade, with the aprons making a stunning display, to add to the Festival atmosphere.

Contact: Suzzanne email [mcully@aussiebb.com.au](mailto:mcully@aussiebb.com.au).

Kathy Hill



## CHECK OUT THE LOCAL TALENT

Around forty brave locals will be performing on stage at the Variety Concert, Manjimup Town Hall, November 15th & 16th, and it is pretty much guaranteed to be a load of fun. The organisers tell us the audience will possibly be in for a few surprises, with performances from people they had no idea could be so entertaining.

Practice has been going on for a while: comedy skits, singing, dancing, music. What more could you wish for to have a fun night out. There will be a licensed bar, so no BYO, and supper will be available for the small charge of only \$5. During the evening donated goods will be auctioned, so why not bring along a few extra dollars, you never know what you might put your hand up for.

It takes a huge team of volunteers to produce this night

of entertainment, working their hearts out for a very good cause, as all proceeds will go to the Cancer Council of WA. Well done to all the volunteers and performers, the last concert in 2017 raised around \$16,000.

Entry tickets are \$25, there will be tables of ten - so gather your friends, or come along and join with others. Tickets can be purchased at Manjimup Visitor Centre. Thanks to all the volunteers who are working so hard for the rest of us to have a special night out, and to support cancer research. Unfortunately cancer has no boundaries and can affect most of us at some time, one way or the other.

Kathy Hill

## CANCER SUPPORT FOR THE SOUTH WEST



Thanks to Shenae Norris, SW Regional Educational Officer for this information.

Did you know that Cancer Council WA has a Support Centre in Bunbury? Dot's Place aims to help people affected by cancer through every stage of the cancer journey, and offers a range of support services, information, and resources to people affected by cancer in the southwest region.

Dot's Place offers a calm and welcoming environment to access services, find information about cancer or simply relax in a friendly space and enjoy a cup of tea and a chat. Our Bunbury Support Coordinator is a health professional who can connect you to Cancer Council WA and other community services available in your region, such as financial, legal and practical assistance. Dot's Place also has a wig library that has an extensive range of wigs and turbans in the latest styles and colours. These may be borrowed, at no cost, for as long as required while going through cancer treatment. They also offer support groups that provide an opportunity to share experience, and to learn and connect with others in a confidential and supportive environment.

The South West Regional Education Officer is also based at Dot's Place and works within the southwest region to raise awareness on cancer prevention and early detection, to help reduce the incidence of cancer in Regional WA. For more details about any of the services listed above, please contact Dot's Place on (08) 9382 9370, 62 Forrest Ave. Bunbury. or call Cancer Council 13 11 20.

## ARMISTICE DAY



Armistice Day is commemorated on the 11th of November every year to mark the armistice signed between the Allies of World War 1 and Germany at Compiegne, France in 1918. Fighting was to cease on the Western Front at 11am in the morning, (the eleventh hour of the eleventh day of the eleventh month) although there were reports of sporadic shelling until nightfall. The armistice lasted 36 days and had to be extended several times, a formal peace agreement was reached when the Treaty of Versailles was signed the following year. The war had brought about the mobilisation of 70 million people and left between 9 and 13 million dead, it is believed that one third of them had no known grave, this day and time was selected as a way of honouring and remembering those who had lost their lives in battle.

The first official Armistice Day events were held in the grounds of Buckingham palace on the morning of 11th November 1919, two minutes silence was declared as a mark of respect for those who lost their lives. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street, London at that time. This set the trend for a day of remembrance for following decades. During World War 2 1939, the two-minute silence was moved to the nearest Sunday of November 11th and became known as Remembrance Sunday. The Australian and British governments altered the name to Remem-

brance Day after the cessation of WW2 as it was felt that Armistice Day was no longer appropriate for a day which would commemorate all war dead.

The centenary of Armistice Day was held on the 11th November 2018 with world wide commemorations, more than 60 heads of government and heads of state gathered at the Arc de Triomphe in Paris to remember the fallen. Australia held their commemoration at the Australian War Memorial in Canberra from 5th October to 11th November, the most notable being the 62,000 Poppy display.

The History House at the Manjimup Heritage Park will be open Saturday, November 9th to Monday, 11th November from 10.00am to 3.00pm for Armistice Day commemoration. The Manjimup Historical Society have many heritage documents stored at History House and have a great display area to showcase some of Manjimup's historical items. The Historical Hamlet includes restored buildings that were used in town from the early 1900's, these include the police station and lock up, bush school, doctor's surgery, settler's cottage, forestry office, fire lookout tower and tower man's hut. The settlement gives us an idea of what life would have been like for our earlier residents and those who left the area to fight for King and Country.

Liz Coley

