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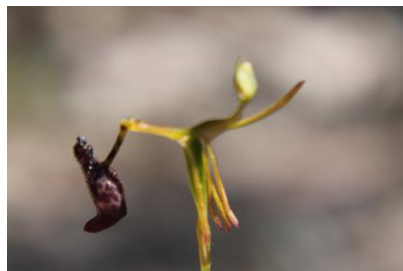
FREE

Issue 29 October 2016

Manji Cafe Bytes

SAYING FOR THE MONTH
A friend is a gift you give yourself.
Robert Louis Stevenson

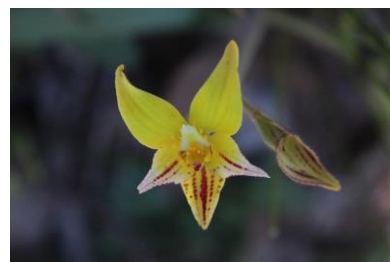
CHAT SUBJECT
Research has shown that people work better if they hum a happy song.
What's your happy song?



Welcome to October, when the bush comes alive with colour and Spring is in the air promising the warmth of sunshine. Right. Never fear, it will happen and what will we all complain about then, when we aren't greeting each other with I Am Over This Cold!

South of here where the fires swept through in 2015 you will find magnificent carpets of spring beauty, some areas look like snow has fallen with Clematis creeping everywhere. While the school holidays are on it would be worth taking a drive to check out nature's beauty.

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



They Walk Among Us

In a regional community, such as ours, Emergency Service response only exists due to the efforts of volunteers. Some 38 Emergency Response Units/Brigades consisting of Fire Brigades, State Emergency Service, St Johns Ambulance and Volunteer Marine Rescue – all are staffed by volunteers in the Manjimup Shire. But would you know one of these volunteers if you met them in the street? What do they look like? What do they have in common and what sets them apart from the rest of us?

These courageous, hard-working people come from every walk of life. They might be your neighbour, your work colleague, your car mechanic, the scout leader, the aged care worker, the nurse, the small-business owner or the farmer who grows your avocados. They are a variety of ages, differing fitness levels, bringing with them a range of skills and experience, all valued and appreciated. They really are, simply, just one of us. However, they choose to contribute vital time and energy to making our community safe.

In times of emergency and directly afterwards, the term 'hero' is bandied around in relation to those that walk toward the emergency or danger rather than away. But one thing that unites each of these volunteers is the shunning of the hero label. They are all drawn to volunteer for a variety of reasons, but central to them all is a desire to help. To help their neighbours, colleagues, family and friends. To protect and assist their community. They don't seek medals, reward nor commendation. They are the quiet achievers, who shy away from media, congratulations and notoriety. Look in the background, for this is where you will find our hardest working volunteers. Getting their job done, risking their own safety and quietly getting on with business.

Tamara, a volunteer of two years with the Manjimup Volunteer Fire and Rescue Service as well as being a small business owner/operator, was persuaded to join the Service after her son joined up. She saw the training, learning and opportunities for teamwork and growth, and decided it looked like fun. She put it very well and echoed the sentiment of a number of volunteers when she said that the comradery, teamwork and encouragement you get from your fellow firefighters ensures that friendships form that become like family - people you trust with your life. She has learnt an incredible amount in her two years and has had the opportunity to attend a number of courses to further her skills.

James, a volunteer of two years with the Manjimup State Emergency Service Unit who is a baker's assistant by day, speaks highly of the team at the Department of Fire and Emergency Services, Lower South West Office. He was encouraged to join the SES after seeing the good work done by the local District Officer. The greatest thing about volunteer emergency services for him so far, has been not only helping just one person, but being part of something greater that can assist an entire community. The skills, learning and certifications he has gained in his two years have been incredibly rewarding and can be used in future employment.

Michael, a volunteer of nearly 20 years with the Ringbarkers Volunteer Bushfire Brigade as well as being a local farmer, is a third generation bushfire fighter in his family. He recalls firefighting was simply something all rural landholders did, starting very young and officially joining up in his teens. For him, volunteer firefighting is all about looking after his neighbours, family and community, knowing full well that should an emergency arise on his property, his colleagues, family and friends would be rallying around in support to protect his home in turn. For him, the best part of being part of a brigade is being part of the team and simply helping.

Rebecca, a volunteer of two years with the Manjimup St Johns Ambulance SubCentre, office assistant by day and joey scout leader, began volunteering as a way to meet new people upon moving to a new town, at the encouragement of a friend who was joining up and as she saw there was a need for more volunteers. She believes the skills you learn through St Johns Ambulance are invaluable and you will never regret learning lifesaving skills. The opportunity to use her skills to help people when they are at their worst possible moment, has been very rewarding and she is grateful she gave it a go.

The theme brought out by all the volunteers I spoke to, was that the team, friendships, skills learnt and opportunity to give back are what drives these quiet achievers to continue giving as they do. When the call is made at any time of the day or night, these volunteers gets dressed, leave their work, families or business and are en-route. Regardless of the hour, the weather conditions, the holiday or event - when needed, they promptly respond. Yet always with the knowledge that as volunteers they do what they can, when they can and to the best of their ability.

So what can we do to support the work of these generous people? Each and every one of the units and brigades would welcome your voluntary time and/or services. The rewards gained from your time volunteering can be immeasurable. So do you have what it takes to make a difference and help out in our community? Go on – give it a go.



Umpire of the Year – Hayden Rice

HAYDEN Rice was born and bred in Manjimup and grew up on a formula of football and fair play. This year the LSWFL presented him with the Umpire of the Year award for the third consecutive year.

His strong background in football came from his father and uncles who all played local football and were involved at various clubs over many years. Hayden remembers the weekly ritual from a very young age; packing up the car, the picnic lunch, and playing in the mud with the other kids.

Hayden's playing career began when he was six years old. He progressed to the junior and colts competitions, enjoying Premierships and several Fairest and Best awards at each level, and then progressed to Tigers league side.

He commenced his coaching career, taking on the Reserves at Deanmill and playing a season or two as a playing coach, however a few minor injuries saw him retire from the game.

His interest in the administration of the Lower South West Football League saw him enter as a Director in 1994 and he then progressed to Chairman of Directors. He was a driving force behind the introduction of a LSWFL team in the Under 21 Colts for the annual Wesfarmers Country Carnival and enjoyed the satisfaction of two Landmark Premiership wins.

In 2009 the League presented Hayden with a Life Membership in recognition for his services. At this point there was an acute shortage of Umpires so he put on his boots and came to enjoy the weekly challenge. In no time he became a regular and finally a committed official.

His Grandfather, Burley Rice, was also a well-known Umpire in his day, so it's a fitting tribute that Hayden continues the proud family tradition that is an integral part of his family history.

Thumbs Up

We have certainly felt the chill of winter this year, it has been a bitter one. Thumbs up to all of the volunteers who have sat on the Newsagency corner selling raffle tickets, while that freezing wind from the south whipped around them. Well done.

SWEDES

The Swede (*rotabagge*) from the old Swedish dialect for turnip cabbage is a staple winter root vegetable readily available in winter in the South West as it grows well in a cooler climate. Swedes (*Brassica napus* var. *napobrassica*) are actually a cross between a turnip and a cabbage.

They are believed to have originated in Scandinavia or Russia, the Swiss Botanist Gaspard Bauhin referred to it as rutabaga and noted that it grew wild in Sweden, it was introduced to Europe during the 1700's and became very popular in Scotland, mashed and served with haggis alongside a dish of mashed potato, traditionally known as "tatties and neeps". It can be cooked in a variety of ways, roasted, baked, boiled, added to soups and stews and uncooked and thinly julienned as a side dish or salad. It is one of the main ingredients in the popular condiment Branston Pickle and always added to a traditional Cornish pasty.

Swedes and turnips are closely related to one another so how do you tell them apart: Turnips are usually smaller than swedes with a creamy white skin and purple top, their flesh is white and has a peppery taste. Swedes are generally larger with a rougher creamy skin and purple top and their flesh is yellower and not quite as hot to taste. Swedes also take longer to mature in the garden, 90 to 120 days compared to 60 to 80 days for turnips. They will grow well during the winter months and are at their best when picked fresh and cooked straight from the garden.

Seed is best sown in the autumn, 1-2cm deep in well prepared bed with rows spaced about 35-45cm apart. They will germinate easily in about a week, thin them out as required. They require a moderately rich soil with some trace elements, regular watering and appreciate a little liquid fertilizer now and again.

Swedes are an excellent source of vitamin C and vitamin B6, potassium and manganese and are high in fibre which is essential for our dietary needs.

Liz's Kitchen Rules

VEGETABLE CASSEROLE

Ingredients: 2 Onions, 3 Carrots, 3 sticks Celery, 400 gram Swede, 3 Leeks, 2 Garlic Cloves finely diced, 150 gram Pearl Barley, 1 litre Vegetable stock, salt and pepper to taste, Sourdough bread, Grated tasty cheese, 3 tablesp. Chopped Parsley to garnish

Method: Cut onions into 6 wedges, slice remaining vegetable into chunks, place the vegetables and pearl barley into a casserole dish, pour over the stock and season to taste. Cook covered in 180C oven (approx. 1 1/2 to 2 hours) or until vegetables are soft. Slice sourdough into thick wedges, place on top of vegetables and sprinkle with grated cheese. Return to oven and cook uncovered until cheese is golden. Garnish with parsley and serve.

A hearty, warming meal and super easy to prepare!



The Memory Lingers On

Many locals will have warm memories of Sandra Donovan who left us much too early at age 46, on October 2nd, 2011. Sandra was a truly special person, who touched many people's hearts.

Her love of playing music started as a little girl when she learned a tune or two on her Grandad's piano, then at age eight her mother Doris enrolled her for piano tuition with Sister Anita, the music teacher at Kearnan College.

Sandra never faltered with her love of music, completing Grade 8 in the Music Board Examination, then at 17 years of age she left school to pursue the pathway of her natural gift, and joined Sister Anita at Kearnan College, teaching music. She also tutored private music students at her home. "She had the patience of a saint with both young and old, her tolerance and devotion to helping people was already shining through," says her proud mother.

She also devoted herself to the musical needs of the Community; singing groups, old time dances, Repertory Club performances, she never refused a request and would be there, often as a volunteer, with her beaming smile.

When Sandra was only 38 along came the first warnings of health problems, but she kept her symptoms to herself and unfortunately those warning signs were the fore runners of the tragedy that was ahead. When she sought medical advice aggressive cancer had set in and she was told she could only expect to live another two years. But her inner strength helped her fight, and she lived beyond those two years.

As recognition of the community's gratitude to Sandra the Warren Arts Council has been raising funds and working with the Manjimup Shire for a Sound Shell to be erected in her memory, a deep desire Sandra had cherished. The Students of UWA Architectural Department submitted designs for a memorial sound shell and the winning design is on stand by waiting for the funding to make it a reality.

OCTOBER

October is the tenth month of our year and retains its name from the *Latin octo*, meaning eight from the old Roman calendar.

There is plenty to like about October, warmer weather and wildflowers abound and we can think about hanging up those winter coats and enjoying the sunshine.

The 31st of October is of course Halloween, or All Hallows' Eve, celebrated nowadays with dressing in costume and trick or treating. It is widely believed that the celebrations on this day originated from the ancient Celtic harvest festival *Samhain* which comes from the old Irish for summer's end. Offerings of food and drink were left for the spirits to ensure that the people and livestock survived the dark days of winter, and places were set for the souls of the dead to return home on this one night of the year. Bonfires were lit to hold back the darkness and decay of winter and to keep the evil spirits away. Halloween is the one night of the year when witches take to their broomsticks and fly, if you are out and about on the 31st October, take a look at the sky, you never know!

Zodiac signs for October are Libra (September 22nd to October 21st) and Scorpio (October 22nd to November 21st). Libra's balance and the intensity of Scorpio make our October babies attractive and pleasing to everyone they meet. They are social butterflies and generally have loads of friends and love to help others. Charismatic, intelligent and intuitive their sharp tongues and straight forward opinions can sometimes be a little daunting to others, but they will be forgiven anyway as they are a tower of strength to their family and those they love.

If you are an October baby your birth flower is Marigold and your birthstones are Opal and Tourmaline.

Famous names with October birthdates are authors *Oscar Wilde* : The importance of being Earnest, *Doris Lessing* : The Golden Notebook, actors *Guy Pearce* and *Matt Damon*, *Lorae Desmond* and *Julie Andrews*, musicians *Keith Urban* and *John Lennon*, *Helen Reddy* and *Toni Braxton*, three sport legends, *Richie Benaud* (cricketer and commentator), *Eddie Charlton* (snooker and billiards) and *Gary Ablett Sr* (AFL).

Songs with October in the title include: "Secret October" – *Duran Duran* (1983), "When October goes" – *Barry Manilow* (1984), "My October Symphony" – *Pet Shop Boys* (1990), "October Road" – *James Taylor* (2002) and "October Song" – *Amy Winehouse* (2003).



Every Girl. Everywhere. Period.

Days for Girls is a non-profit organisation helping young girls in developing countries stay safely in school during their periods

Days for Girls makes high-quality feminine hygiene kits to aid and support girls through the process of their menstruation cycle.



DIGNITY.
Its in the bag.

Brenda Dawes from Bridgetown Days for Girls is looking for more people to join us in making a difference to hundreds of young girls.

The MCRC and Brenda are working together creating a new Manjimup team. We would love you to join us and help make a difference.

Manjimup Community Resource Centre
October 13th 10am.

There will be yummy refreshments and more information on how Days For Girls makes a difference and how you can help!



Check out Brenda and her team's latest adventure to Papua New Guinea on Facebook



Our Bridgetown Team working hard!

DAYS for GIRLS Bridgetown Team WA