

Who are we? The Bytes Team who bring you this publication are:

Rae Starr, Manjimup CRC
rae@manjimup.org.au

Liz Coley & Kathy Hill

Yarn Spinners
manjicafeytes@gmail.com

Design: Tracey Bingham

Manjimup CRC: Sophie Wilkinson-Knight



FREE

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Manji Cafe Bytes

SAYING FOR THE MONTH

I intend to live forever,
or die trying
Groucho Marx

CHAT SUBJECT

Footy, who do you think
will win the Grand Final?



A warm welcome to September and the sunnier days of Spring, the wildflowers are starting to show brilliant yellows, reds and purples among the greenery and after all the cloudy skies we have experienced will be a very welcome sight. There are wattles blooming in many areas around town, a celebration of the first day of spring and wattle day on September 1st. The Manjimup Bluegrass and Old Time music weekend hits town on September 30th to October 2nd, put this one in your diary, there will be workshops, market stalls and artists in concert. Check it out at www.manjimupbluegrassoldtimemusicweekend.com. So bask in the sunshine, listen to music, enjoy the flowers, make the most of September for as Robin Williams once said "Spring is nature's way of saying, let's party".

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



IT'S FINALS TIME AGAIN

There is definitely a buzz around Manjimup as September begins, shop windows around town are decorated in a definitive way: you may notice balloons in various colours decorating mailboxes and farm gates, and team jackets and scarves are worn everywhere.

What is bringing all this on? Well footy finals of course!

Manjimup is one of the smaller regional towns in Australia and yet boasts three football clubs: Deanmill, Imperials and Tigers, each with a long and proud history, and throughout the years they have produced many fine players who have gone on to play in the WAFL and AFL. When you consider this, it is not surprising that footy fever strikes the town as Grand Final Day draws closer. There are many volunteers working behind the scenes and none work harder on the day than the footy umpires.

Debbie Hammer is the only female umpire in the Lower South West League and wet or dry gives her time on winter weekends to take that spot in the middle of the oval.

She has been around football for a long time, eight years as Imperials trainer with Doug Prosser which saw her get the best Clubman award in 1990, and then when her son began playing for the juniors, they were asking for volunteers so Debbie started waving the flag behind the goals and it escalated from there.



That was in 2002 and after 8 years with the juniors Debbie decided it was about time that she became an accredited umpire. She wasn't going to let the fact that she was a woman stop her, so under the guidance of LSWFL Umpire Coach Jeff Bennett she undertook the level 1 course in 2010. This led her to senior umpiring and the completion of the level 2 course in 2015. Debbie enjoys umpiring, especially Colts games, they are more polite she says with a chuckle. She found it a little intimidating at first but as she gained more experience, her confidence grew and as she says, umpires are not there to be liked, they have a job to do and often have to make split second decisions which they do as fairly as they can.

Umpires are on the oval for the same length of time as the players, so a good standard of fitness is required, Debbie keeps herself fit in the off season with regular running and of course there are training sessions to attend. Training for the finals has begun and Debbie is waiting for a final's berth for that big weekend in September.

The Preliminary Finals will be held at Imperials on Sunday 4th September and the Grand Finals are at Deanmill on Saturday 10th September, good luck to all the clubs and if your team is unsuccessful, there's always next year!

Quinninup Market Day 2nd October 2016

The Annual Quinninup Market Day is a celebration of the Quinninup Community, the local region and is the fundamental support for the continued well-being of the isolated community.

The 2016 Market Day on 2nd October from 9am to 4pm will be packed with plenty to do for the young, old and those in between. The popular event takes place at Quinninup Oval and Community Centre on Wheatley Coast Road.

Highlights of the day include up to 60 market stalls selling a variety of regional goods and produce, including local foods and locally made arts and crafts, wine tastings and sales, 3 food outlets, comprising Sylvia's unsurpassable Devonshire teas, a burger stall and a healthy eating option, also live music.

For younger visitors there are free children's activities, including a community artist led workshop for kids to make 'Wearable Art' using recycled materials, where prizes from Toy World, Manjimup Newsagency and The Shire of Manjimup will be awarded. The Radrock Climbing Wall, a monster hit at the 2015 event, will be back.

Visitors to previous Market Days have described them as 'The best community event in the Region' and 'Quinni Market Day just gets bigger and better every year'. This year's Quinninup Market Day is certainly already marked on many people's calendar!



Thumbs Up

Thumbs up to the Rose Centre volunteers who provide a valuable service to our community by providing free therapy for those among us suffering from chronic illness or living with a terminal condition. We are indeed fortunate to have such a caring group who give freely of their time to make life a little easier for patients and those who care for them. Volunteers are always needed, phone 97772774 or email rae@manjimup.org.au if you would like to help.



KIWIFRUIT

Kiwifruit (*genus Actinidia*) are edible berries with a soft texture, a delicious scent and a sweet unique flavour.

They are native to north central and eastern China and are a national fruit of China, as the berries can be collected wild they are not grown commercially. Cultivation began in New Zealand in the early 20th century, and it proved popular with American servicemen stationed in New Zealand during the Second World War, later being exported to California as Chinese gooseberry. In 1962 growers began calling the berries Kiwifruit which is the name we use today.

Actinidia contains around 60 species, some are unpalatable and others can vary in colour, size, shape and texture. The most common species (*A. deliciosa*) is easily recognised by its fuzzy skin and is the most well-known and eaten. There are many other varieties which include the Golden kiwifruit (*A. chinensis*) which has a smoother skin and the Purple kiwifruit (*A. purpurea*.)

They are picked by hand and grown commercially on a sturdy trellis as they are prolific producers and the vines need some support. If you want to grow some in the home garden you will need a male plant as a pollinator as only the female plants produce fruit and plenty of room for your trellis or pergola. They require regular fertilising with Dynamic lifter or well-rotted chicken or animal manure and a sheltered sunny position in well-drained soil. They are fast growing and a heavy cropper so you will have plenty to give away, the fruit ripens from late autumn to winter and can be left to hang on the vine for some time. There are plenty of local growers around the south west, look for them in the shops and farmer’s markets.

This delectable little fruit contains almost 20 vital nutrients, including five times the vitamin C of an orange, vitamins A, K, E and B, potassium, copper, folate and fibre. Truly a little fuzzy powerhouse of goodness!

There are many recipes for Kiwifruit, they are a staple of Pavlova, delicious in fruit salads and smoothies and a lovely addition to jams and jellies. Here is a simple 3 ingredient recipe which brings a refreshing taste of summer to a winter menu.

Liz’s Kitchen Rules

KIWIFRUIT FOOL

Ingredients: 300 ml thickened cream, 3 tablespoons sugar, 3 kiwifruit peeled and diced, 1 sliced kiwifruit to garnish.

Method: Beat the cream in a bowl with the sugar until soft peaks form. Process the 3 kiwifruit in a food processor to a thick puree. Put one tablespoonful of the puree at the bottom of four serving glasses and add a dollop of cream, then repeat the layers finishing with cream. Garnish with a slice of kiwifruit and refrigerate until ready to serve. Save this one for Christmas!



Shire of Manjimup Art Exhibition
Manjimup Art Gallery - Cnr Mount/Rose Streets, Manjimup
10th August – 23rd September 2016

The Gallery’s new exhibition is works belonging to the Shire of Manjimup from the Claude Hotchin Art Bequest, the old Manjimup Art Society and more recent works acquired from the winners of the Pemberton Unearthed Art exhibition. The artworks range in age 96 years from 1920 – 2016.

In 1960, philanthropist Claude Hotchin presented the Shire of Manjimup with a most remarkable gift of some 40 artworks by some of Australia and Western Australia leading artists, including Kathleen O’Connor, Elizabeth Durack, Rolf Harris, and renowned Pemberton artist, Guy Grey-Smith.

Sir Claude Hotchin (1898-1977) rose from humble beginnings to become a successful businessman with a chain of hardware stores that prospered in the Perth post war construction boom. His success allowed him to indulge his passion for art. He became an avid collector and tireless advocate for artists.

In 1948 he made his first of 13 art bequests to regional towns and cities throughout the state. At the time Sir Claude wrote: “I have a desire to do something for the country folk of our great State, in the way of presenting to one of our larger towns a group of 20 original works from the brushes of famous and noted Australian Artist. My idea is that of wanting to raise the standard of art appreciation in Western Australia and thus help in some way to combat some of the ‘-isms’ which appear in our midst.”¹

In all Sir Claude is believed to have gifted over 2000 works of art to Local Governments, hospitals and universities. Manjimup Art Society held exhibitions between 1969 and 1984 locally and some of the winning pieces are displayed including works in oil, acrylic, watercolour and pencil drawings.

Also on display are two abstract winning artworks from Pemberton Unearthed festival acquired into the Art Collection.

E-Learning Class – eMagazines and eBooks

Learn how access eMagazines and eBooks on your smart device (phone, ipad or equilavent).
Bring your device fully charged, email address and password and your library card to the
Manjimup Library on Monday 5 September 2016 at 6.30pm.
Bookings essential phone 97712895 or email manjilib@manjimup.wa.gov.au.

SEPTEMBER

September (Latin *septem*, “seven”) was originally the seventh month of the old Roman calendar but became the ninth month of the year in the Julian and Gregorian calendars, still retaining its name and becoming one of the four months with a length of 30 days.

The Southern hemisphere welcomes the beginning of spring on September 1st and we can look forward to warmer days and nights and lengthening daylight hours. Our spring or Vernal Equinox will occur on September 22nd this year with an equal length (i.e. 12) of day and night time hours.

“O ‘twas in the broad Atlantic, ‘mid the equinoctial gales, that a young fellow fell overboard among the sharks and whales”.

Or so these lines from the old song say, the ancient mariners had a firm belief in stormy weather at the time of the equinox and pegged their sails in expectation of howling winds and driving rain. So what can we expect? There appears to be no scientific proof and yet we do get strong winds and gales around the end of September so batten down the hatches, better to be safe than sorry!

Zodiac signs for September are Virgo (August 22nd to September 21st) and Libra (September 22nd to October 21st). Analytical rather than emotional, good communicators and productive, methodical and precise, that is your Virgo side while flighty Libra brings a carefree, reckless streak with a little indecisiveness thrown in. Optimistic yet pessimistic, hardworking yet sometimes a little lazy our September friends are a real mixture. With their love of good food and fine wine and a deep affection for family and friends they are ideal hosts and their parties are legendary.

If you are a September baby your birth flower is Aster and your birthstone is Sapphire.

Famous names with September birthdates are authors *Roald Dahl* : The BFG, *Agatha Christie* : Murder on the Orient Express, Hercule Poirot and Miss Marple, actors *Brett Climo* and *Adam Sandler*, *Naomi Watts* and *Lily Tomlin*, musicians *Nick Cave* and *Bruce Springsteen*, *Pink* and *Amy Winehouse*, three Olympic golden girls, *Dawn Fraser* (swimmer), *Marjorie Jackson* (sprinter) and *Anna Meares* (track cyclist).

Songs with September in the title include: “It might as well rain until September” – *Carole King* (1962), “September” – *Earth, Wind and Fire* (1979), “September Morn” – *Neil Diamond* (1980), “Come September” – *Natalie Imbruglia* (2001) and “Wake me up when September ends” – *Green Day* (2009).

Public Holidays in Western Australia are Queens Birthday - Monday 26th September.

Kinkin Entertainment

Something a bit different for our area is on the calendar for the weekend of September 23rd and 24th, out at Upper Warren, where the folk at Kin Kin will be holding their first Ute, Truck and Tractor Muster.

Kinkin Retreat & Farmstay is an 85 acre property along the Warren River, tucked away in the heart of our beautiful South West.

The weekend event is aimed at providing heaps of family fun, with Amusement Rides, Activities, Stalls, Exhibitions, Performances, Music, Face Painting, and competitions amongst the line up.

You can book a camp for the weekend and stay right on site for the fun, starting with a charity bonfire night on Friday with music and a good old country sing along. Country music fans will know all about Chad Woods, who’ll be entertaining, plus other C & W stars. Any funds raised that night are going to the Ability Centre.

Maroo Wildlife refuge people will be there, and a 4x4 Mud pit and Track – with the winter we have had there will be sure to be lots of mud in the pit. Plus our local young dancers from Southern Stage will be performing.

This is the first Muster, and the plan is to hold these events annually.

You will find Kin Kin about 30 km from town, just turn left from South West Highway onto Wheatley Coast Rd, through Quinninup and continue till you see Cutting Road on the right, and you’ll find Kin Kin 4 km in.

If you need any information contact Lee-Anne Moroney, Email: kinkinmuster@gmail.com or phone 97731268 or 08 97771694

Come Join the Music Makers

It’s on again! Thanks to the Warren Arts Council on the weekend of September 30th, October 1 & 2 the streets of Manji will be alive with music - as they were in 2012 and 2014 and the Warren Arts Council are really in need of volunteers to help out, none of the duties would be strenuous and for just a few hours of your time you would get to be involved with this exciting weekend. Mary Nixon at Manjimup Up Cycling near the hotel is a good way to register as a volunteer, or you could pop into the Volunteer Community Resource Centre, they would put you on the list.

Thanks to the Lottery Commission and Live Lighter for supplying funding for this event to go ahead. The focus will be on healthy living, a message Live Lighter want all communities to be aware of.