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FREE

Issue 13 - June 2015

Manji Cafe Bytes

The Noongar word for this month
Koomoorl/Goormoorl/Goomal
meaning "possum"
(Kaartdijin - Noongar Knowledge) South
West Aboriginal Land & Sea Council

THOUGHT FOR THE MONTH
Get your facts first, then you can
distort them as you please
(Mark Twain)

COFFEE CHAT SUBJECT
Did you know that Smarties have
eight colours ?
red, orange, blue, green, yellow,
pink, violet and brown ?
Which one do you eat first?



Our friend from May - the Western
Pygmy Possum (Mundarda)
(National Geographic)

WELCOME to June and hey, winter is here! The grass is green and lush, the countryside is absolutely beautiful. And there's no uncontrolled bush fires!

The Bytes team is in celebration mode, thanks to the Manjimup Resource Centre. The newsletter started as a wish to bring warm every day stories to the community in an informal manner, to remind us all of what our district has to offer, and to let visitors know what a warm and vibrant community we have here.

At the beginning we were kind of on trial, the CRC funded us for twelve months of printing, and we didn't know if this would be on going. We are happy to report we have an extension and have been assured the newsletter will continue. Our gratitude goes to Ranui Harris, Co-ordinator of CRC for endorsing this financial support, and for her enthusiasm. (The funding is for printing only, we volunteer our time.)

So folks, let those stories roll in, we love to share.

And don't forget that we always welcome your ideas at manjicafeytes@gmail.com and copies of Manji Cafe Bytes are also available online at <http://www.manjimup.crc.net.au>



Western Ringtail Possum
in Blackbutt Drive (L. Coley)

MANJIMUP 1500 MOTOCROSS SPECTACULAR

Anyone with a need for speed and a love of the throaty roar of a bike engine, fast action, thrills and spills will get their fix when this year's annual **MANJIMUP 15000 MOTOCROSS SPECTACULAR** revs into life on the 5th to 7th June. A local girl, Chelsea Blakers, is looking forward to participating once again this year. Join the Cosy Creek crowd and watch this talented young lady mix it with the best : here is her story:

It all started back when I was about 5/6 years old, living on a farm we had all grown up on, and around motorbikes. My older brother raced and both parents were fairly involved in the running and organisation of the Manjimup Motorcycle Club. I am not one to tag along to events and watch passively, so I decided to have a go. I began racing my Yamaha pw50 at all the local events and won my first trophy for participation, I think, when I was 6. I just raced for fun and the thrill of doing such an exciting sport, and over the 20 or so years I have been riding it has definitely shaped the person I am today. You have to be a racer to understand the exact feeling that keeps us all going, there is the rush of twisting the throttle to go as fast as you can, also the thrill of when you make a mistake and manage to stay on the bike, among many others.

I have been racing in the Senior Womens' division for almost 10 years now and have had the opportunities to compete all over WA and in QLD, NSW and VIC. I have never missed a 15,000 motocross event as it is one of my favourites, with a great atmosphere. I have seen the increase in female participation and watched some of the very talented girls give some of the best riders a run for their money. Over the last couple of years I have been doing a lot of work trying to promote women in motocross, and so far have had a huge increase in the number of girls who race. (Hopefully we will see a heap at the 15,000). I have placed in the top 3 in the WA State Titles 6 times over the past few years with one win, and competed at the Australian National Motocross Championships 3 times, with my highest placing being 12th.

Simply, I just love riding my bike and I hope to continue riding until I either stop enjoying it or my body no longer allows me to.

If there are any females out there who are interested in getting involved
check out Chelsea via facebook at [Chelsea Blakers # 539](#)



A STITCH IN TIME

Isn't it great to see new shop doors opening in town? Even if they are selling what you don't require, it is a good feeling.

In the Woolworths complex you will find a business with the kind of self explanatory name of Needlez and Pinz, you would know it must involve sewing or sewing requirements. And so it does.

Beverley and Keith Herbert are quite new to town, they've only been living here for seventeen months, and they opened their shop a mere three months ago.

Chatting to this very friendly lady, Beverley, was an enjoyable uplifting experience and I came away wishing I had a dog so that I could deck it out in one of the warm colourful coats that are for sale in there, at very reasonable prices I must add. Pet owners, if you proudly take your chihuahua, or any kind of dog, maybe a great dane, for walks you would become a big favourite with your furry friend by ensuring they are kept warm during our cold winter months, plus be the height of fashion. Yes, I know, animals have fur to keep them warm, but we usually love our pets so much that we want to give them every comfort that we possibly can.

As well as pets' rugs and coats, Beverley has for sale some very interesting cushions, I don't think you would find them elsewhere.

But the main service that is offered is clothing alterations and how often do we need a nip and tuck to our favourite outfits? Having had a lot of experience in sewing, I know that what may seem a simple ten minute job to non sewers can be very time consuming, so can cost a little more than expected. But isn't it worth it to save your precious clothing from being discarded or left to hang in the wardrobe? Beverley also repairs anything you really can't bear to part with after a clothing mishap.

Business hours are Wednesday to Friday 9 am to 4 pm; and Saturday 9 am to noon.

Beverley and her husband Keith first came to Manjimup on their honeymoon. They really liked the area, and the town, and from those early days Manjimup became their retirement wish. Keith is very familiar with the South West as he was a glass representative during his working years. His retirement came a little earlier than he would have wished, but not deterred from their dream, down to Manjimup they came.

As a little extra to their story, the business name, Needlez and Pinz has a double meaning for them. Through their earlier years Keith and Beverley were in a music group, Keith playing bass and Beverley as singer and one of their all time favourite songs was Needlez and Pinz, so naturally was first choice as their business name. Beverley also has a past history of many years as a qualified childcare educator, so she has more than one string to her bow.

She tells me that her English Grandmother was a prolific sewer; from the age of 14 she worked on an assembly sewing line and after she married she continued sewing for all the family and no doubt for friends as well. So now those genes have popped up in Beverley.

I was very happy to hear that she has been thrilled with the people who have dropped into the shop, not needing to pamper their pet, or any alterations, just wanting to welcome them as new business owners and to wish them well.

Now that's a Manjimup spirit we like to hear isn't it?



Head to Manjimup to experience the fifth Truffle Kerfuffle festival: a celebration of the renowned black truffle that flourishes here as well as the diverse food and wine of the Southern Forests region.

website & tickets : www.trufflekerfuffle.com.au

Friday 26 - Sunday 28 June 2015 at
Fonty's Pool Caravan Park,
Seven Day Road, Manjimup



On 25th June from 5pm Manjimup Community Resource Centre is hosting a celebration of community, volunteering and giving in Manjimup
The evening will be a good occasion for local organisations to offer volunteer opportunities to potential volunteers.

The celebration will include the official opening of 'From Whence We Came', an exhibition of historic images of Manjimup, a project completed by volunteers, with the support of The Shire of Manjimup. Westlink will be providing a video production suited to the occasion.

A buffet of local food and wine will be served.

Local organisations involving volunteer workers can ring Rae Starr on 9777 2774 for more information or to confirm their attendance.

ONE STEP AFTER THE OTHER

Any of us who have stood by helplessly as a loved one battled with cancer knows the heart break, and too many families have been through this terrible ordeal.

Bevan Humphrey watched his dad, Cliff, fight with every core of his body to beat the dreaded Big C, but unfortunately Cliff lost the battle. Bevan's grief led him to do something his Dad would have been oh so very proud of. He decided to go running as a way to raise money for cancer research.

Now Bevan loves to run, he has been in a few marathons, even travelling to Queensland to take part in one, but this fundraiser was a slightly different challenge. It was a 24 hour run! Whoa, now that means a whole lot of kilometres doesn't it, through the middle of each of the eighteen fairways at the Golf Course over and over for the 24 hours. His Dad had truly loved playing golf and over the years would have covered those fairways many more times than Bevan's run did. The run started at 6 pm Friday night with only a couple of necessary breaks, and he did walk some of the way, but he was on the move for almost the whole of the time, the whole 140 k in fact. That means 20 times around the course. "The last four hours were the hardest," Bevan says. He was struggling a bit, but was definitely not going to give in. He was determined - he had his memories of his Dad in his heart to keep him going.

Bevan is a member of the Saturday parkrun club and a few of his mates from that group, plus Golf Club members, joined him along the way to keep him company, he was only on his own for a very short section of the track. Bevan expresses warm thanks to everyone, family and friends who have supported him since he first proposed the challenge.

Included in the day's event was the unveiling of a memorial seat, with a plaque attached, outside the club house facing No 1 Fairway. The seat is a tribute to Cliff for his dedication and commitment to the Club. This was a very emotional time for Cliff's family and for the many golfers who were present and about to hit off on their afternoon's game.

As part of the fund raiser the Humphrey family, and Club members held a morning tea, and in the evening there was a barbecue with music provided by Greg Butcher. Money raised came to a fantastic total of \$7000! And by the way, it is not too late to donate if you haven't already done so, just give Bevan a call.

When the final fairway was in sight all of Bevan's family joined him, arm in arm they walked it together. Doesn't that bring a tear to your eyes?

Of course Bevan's Mum Elaine is so very proud of her son, as well she should be. "When Bevan finished his run at 6 pm Saturday night he got a great reception from golfers and supporters waiting for him on the golf club verandah. A huge round of applause greeted him, it was all really emotional." After some ice and warm water therapy for his muscles he was off for a long, well earned sleep.

The Café Bytes team extends congratulations to Bevan and all his supporters, and we would like to recommend Bevan if you want any handy man jobs done around your home. You'll find him at Bevan's Flooring and Handyman Services. Phone 0488 731 515. We believe that anyone with the strength and stamina to complete what Bevan has just achieved would have to be a very handy man indeed to sort out your home problems

LEMONS

What could be nicer than the distinctive, fresh scent of a lemon plucked straight from the tree, it lifts the senses, soothing and refreshing in a way that no other fruit can. The soft yellow of lemons ripening among green leaves is a welcome sight in the cooler months and we can make the most of this bounty as they will last on the tree for some time.



Lemons (*Citrus x limon*) are believed to have originated in the Assam region of North East India, China and Burma and are a hybrid between the bitter orange and citron genus. Although they have been around since the time of the Ancient Romans and Egyptians it is believed that they were not widely cultivated in Europe until the fifteenth century. Records show that oranges, lemons and limes arrived in Australia with the First Fleet in 1788; most ships at that time carried a supply of citrus, the juice added to the diet for the prevention of scurvy, which is caused by a lack of vitamin C.

They are used in a wide variety of food and drinks, the juice to make lemonade and soft drinks and also delicious squeezed over pancakes and fish dishes. Added to a marinade it makes an excellent tenderiser for meat or fish. The juice and rind are used for marmalades and as a garnish for food and the zest gives a lovely flavour to cakes and puddings. Limoncello from southern Italy is a well-known liqueur, tangy and delicious when served chilled with ice and soda.

Common varieties around the south west are Eureka, Lisbon and Meyer; Eureka perhaps being the most commonly grown as it bears a prolific crop, fruits over a long period between autumn and winter and has fewer thorns. They are heavy feeders and will appreciate regular applications of a blended organic fertiliser every six weeks from spring to autumn supplemented with an autumn boost of trace elements. Water deeply and regularly during dry periods and your lemon tree will reward you with a bumper harvest.

Liz's Kitchen Rules

LEMON DELICIOUS PUDDING

Ingredients: 80g unsalted butter melted, ½ cup plain flour, 1 cup caster sugar, 2 lemons juiced and rind finely grated, 3 eggs separated, 1¼ cups milk, 1 tablespoon icing sugar.

Method: Preheat oven to 180°C. Grease an ovenproof dish with a little of the butter. Combine flour, caster sugar and lemon rind in a bowl. Whisk lemon juice (about 1/3 cup), egg yolks, milk and butter together in a jug. Gradually whisk into flour mixture until smooth. In a separate bowl beat egg whites until peaks form. Fold into lemon mixture in two batches, until just combined. Pour mixture into dish. Place the dish in a large pan and add enough boiling water to reach halfway up the side of the dish. Bake for 30 – 35 minutes until puffed and golden.

Sprinkle with icing sugar and serve immediately - completely decadent with a spoonful or two of cream and perfect for a cold wintry night.

GREEN EGGS



When you were young, you may have been given the exciting job of gathering the eggs, if your family had hens that is, and it would be "how many today?" from Mum when you got back to the house.

On a wet south west morning the Bytes Team donned their rain jackets and wellies for the privilege of being taken on a tour of Coleen & Charlie Roberts' "CharCol Springs", where collecting the eggs takes on a whole new dimension. Nearly 1500 eggs a day in fact, now that's a whole lot of omelettes!

Coleen told of us of their involvement with Genuinely Southern Forest food and how around twelve months ago she realized that amongst all the local food suppliers, no one produced eggs, so they saw this as a possible opportunity for their property. A huge amount of research went into setting up their pastured egg business: these CharCol folk have really put in the hard yards to get where they are today.

Coleen & Charlie moved onto their property about six years ago, and in accordance with their beliefs in sustainable agriculture began improving and replenishing soils through the biodynamic and polyculture systems. And it certainly shows, their wonderful flocks of Hi Line hens looked alert and happy as they roamed freely on the lush green pasture, clucking and pecking, free to forage to their hearts' content. And they are not the only ones happy on the property, the Roberts' two sons Jack and Harrison love the chooks, you can see their excitement when it is time to go collect the eggs, which they do every morning from the moveable caravans that the hens call home.

Our first lesson in commercial egg handling was having to remove our footwear at the door to the grading and packing area, as one of the ways of preventing contamination of the eggs for market which is a high priority, and this also includes no one touching an egg without first sanitising their hands.

Then it was off out to the paddock, where we were greeted very vocally by the hens, they were curious about their visitors, pecking around our boots and legs with great interest. There are three moveable trailers, each surrounded by a 50m x 50m hot wired run (to keep foxes and any other predators out); 450 hens per run, which gives each hen approx. 5.5 sq.m of lush pasture – no wonder they produce such great eggs! The caravans are moved every second day, and then moved with the hens every week to a fresh run, following the cows around. The hens clean and scratch the area, fertilising it and replenishing the soil for the benefit of both. We thought that the whole process sounded something akin to chicken heaven. This is the process which has earned the category of "pastured eggs", as to the more common term "free range".

Every egg produced is already spoken for in the marketplace – and can be found under their logo and bearing the Genuinely Southern Forests brand in Manjimup at The Cherry Box, Manjimup Meat Mart and Manjimup Farmers' Market, and at various other locations around the south west. They have also roamed as far north as Voyager Kitchen in Sorrento, and at Sugar & Nice coffee shop, bakery & gift shop in Beaufort Street, Mount Lawley.

We applaud Coleen & Charlie's achievement, from the research, assembling the pre packed van kits, and most particularly in finding their market, which would have been a little daunting to say the least - then the hours per week, 52 weeks per year, required to keep the hens, and the customers, happy. This is truly a huge achievement. Well done Charlie and Coleen, Jack and Harry!

Check www.CharColSprings.com.au for other stockists and for many more interesting facts about "CharCol Springs".

THE NULLARBOR MOUNTAIN BOYS are coming to THE MANJIMUP REPERTORY CLUB

Back in October last year locals were introduced to what Bluegrass music is about, and perhaps a few people were surprised at how much fun it is to listen to this toe tapping, spirit lifting music.

The Warren Arts Council are doing their bit to keep music alive in our town and are presenting another concert featuring some of the cream of WA acoustic musicians who have come together to form a fabulous bluegrass band, **The Nullarbor Mountain Boys**. And to get your toes tapping again, Perth's newest bluegrass sensation is "saddling up and riding into town to deliver "hip-shootin", "pistol-packin" bluegrass".

It is to be held on Friday, June the 26th, which happens to coincide with the Manjimup Truffle Kerfuffle Weekend, so why not invite your friends and family and start a great weekend with this fabulous bluegrass concert?

The group features Andrew "Slim" Winton, Rod "Rodeo" Vervest, Charlie "The Sheriff" McCarthy, Dave "Dangerfield" Clarke, Russell "The Rustler" Holmes and Bob "Badlands" Thomson. With names like those you almost imagine they may be lighting a camp fire on the stage! They tell us they will be playing songs and melodies from the good'ol pickin' days of the Wild West along with some tunes of a more local flavour. These 'renegades' reckon they will be sure to entertain you with their scintillating musical wizardry and plenty of bad jokes - all delivered around what they say is their favourite microphone, "Josephine". Perhaps you may get to hear why they have named it Josephine!

So come along and support the Warren Arts Council event for a great winter's night of entertainment in the warmth and comfort of the Repertory Theatre's new seating.

Friday June 26th: Tickets on sale now : \$25.00

online at www.ticketebo.com.au/nullarbormountainboysmanjimup
or at the Manjimup Visitors' Centre - cash only and no phone bookings

The Warren Arts Council would like to thank Patrina and Paul Thomsett from Clover Cottage Country Retreat for their support in bringing this great bluegrass band to Manjimup