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Issue 12 - May 2015

Manji Cafe Bytes

The Noongar word for this month is
DJERAN : April & May :
Autumn

One of the Six Noongar Seasons
(Kaartdijin – Noongar Knowledge)
South West Aboriginal Land & Sea
Council

COFFEE CHAT SUBJECT
What's the *craziest* thing
you've ever done or the
craziest thing you'd like to
do?

*If you could kick the person
in the pants
responsible for most of your
trouble,
you wouldn't sit for a
month.
(Theodore Roosevelt)*



WELCOME to May as we enjoy all the Autumn colour around us, and part of Autumn's bounty is locally grown chestnuts. In years gone by Manjimup held a Chestnut Festival around this time; nowadays we don't have a weekend festival, but you don't have to look far to find all the chestnuts you can eat. Don't forget to take advantage of these autumn treats!

This issue will be our twelfth, so we have happily been filling these pages for a year - and the stories keep rolling in from our warm, vibrant community that we share. We hope to continue our monthly edition and above all we hope you enjoy it!

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>

PUMPKINS

A typical Manjimup autumn morning, cool and cloudy, but that did not deter the crowd attending the Farmer's Market on Mottram Street which was in full swing when I visited there on Saturday morning.

I was in search of pumpkins and Slade and Ashby Fardella had plenty to choose from with a nice array of Jarrahdale, Queensland Blue and one of my favourites, curvy Butternuts.

This enterprising young pair have been selling their produce for the last two seasons at the markets, and pumpkins are also available from their roadside stall: 118 Middlesex Road, first right after the Speedway.



They have about ½ an acre out on the family farm at Middlesex, and spend after school, weekends and holidays tending their crop. The farm was established on the rich, loamy soils which characterise the area, about 55 years ago and is obviously ideal for pumpkins.

Technically a fruit, pumpkin have been in cultivation for more than 5000 years. They are members of the cucurbit family (*Cucurbitaceae*) which also includes cucumbers, gourds, melon, squash and zucchinis and are believed to have originated in South America. Pumpkins are a vigorous, prostrate, annual vine with an extensive root system. They are able to put down peg roots to support the plant and their tendrils twine around other plants to prevent them from being blown around. Pumpkins have separate male and female flowers on the same plant.

The large seeds need warmer weather for germination and take about 4 – 5 months to mature which makes them just right for the cooler days of autumn and winter. The bright orange flesh of the blue varieties is rich in beta-carotene which is converted by our bodies to vitamin A, good for your eyesight!

I used Jarrahdale pumpkin to make this delicious soup for lunch, but any variety would work just as well.

Liz's Kitchen Rules

SPICY PUMPKIN SOUP

Ingredients: 1tbsp vegetable oil, 1 onion chopped, 1 garlic clove crushed, ½ tsp ground coriander, ½ tsp ground cumin, small amount of chopped chilli (optional), 1kg pumpkin chopped, 1 litre chicken or vegetable stock, ½ cup thickened cream, black pepper.

Method: Heat oil in heavy based saucepan, cook onion and chilli (if using) until soft, add garlic, coriander and cumin and cook for one minute longer. Add pumpkin and stock to pan, bring to the boil, then reduce heat and simmer for 15 - 20 minutes or until pumpkin is tender. Remove pan from heat and allow to cool. Blend or process in batches until smooth, return to a clean pan, stir in cream, season to taste with black pepper and reheat. Serve with crusty bread.

Truly warming and delicious, perfect for a cool autumn or winter day!

REPORT FROM THE MAROO WILDLIFE REFUGE



Have you seen one of these? If so you are very lucky. Meet "Hercules" and he is the smallest Possum we have had into the Refuge. Known as the Western Pygmy Possum [*Cercartetus concinnus*] or Mundarda. They are found all along the south coast of Western Australia and he came into care at just 5 grams.



They grow to approx. 20 grams and at his current size 3 of him would fit into a matchbox. How's that for small ?. Mum can have up to 6 babies simultaneously and they can breed all year round having 2 to 3 litters.

Pygmy Possums are nocturnal, meaning they come out and feed at night. Hercules eats a wide range of nectar, pollen, fruits, seeds and small insects.

As their food changes throughout the year they can rationalise their energy when needed. Did you know they store the surplus energy in their tail? When food is limited they go into a state called Torpor which is sort of Hibernation. In this state they curl themselves up into a little ball, their ears cover their eyes and they can remain in this state for 1 to 14 days.

Did you also know that their eyes take up to almost 10% of their face ?... now you know.

Hercules will be with us until spring and then will be released back into the wild where he belongs.

Thank you for reading and caring for our unique Southern Forest Wildlife.

Glen Burston Chairman, Maroo Wildlife Refuge

AN EXPERIENCE OF A LIFETIME SAILING ON THE "STS LEEUWIN II" Article by Clancy Utech Manjimup Community Resource Centre

The "STS Leeuwin II" is Australia's largest sail training ship; it is a 3-masted barquentine with over 810 m² of sail. She is named after the original Leeuwin (Dutch for Lioness) Galleon, which mapped the southwest corner of Australia in the 1600's; AND TWO TRAINEES FROM THE MANJIMUP CRC ARE GOING TO EXPERIENCE SAILING ON IT !

In May of this year Clancy Utech and Megan Jones are joining other trainees from Community Resource Centres around the State, to experience 7 nights and days at sea sailing the Leeuwin from Monkey Mia to Fremantle.

Although the exterior of the Leeuwin looks as the original Leeuwin did, on the inside it is decked out with modern interior, although probably quite cramped. The 40 trainees on-board will take shifts day and night to keep the Leeuwin sailing 24/7. We will be given the opportunity to climb the 33 metre mast, steer the ship, make lifelong friendships and develop invaluable skills for life such as teamwork, leadership and sailing!

We are really excited to have this opportunity, so if you feel like supporting us, please come down to the CRC and make a donation.



Photo from Leeuwin Ocean
Adventure Foundation Brochure



INTRODUCING THE HAMERSLEYS !

Brought up in the wheatbelt town of
York
The Kingsley is under new management

A new seasonal menu focusing on top
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Manjimup
Community Resource Centre
Your local connection

ROYALTIES FOR REGIONS BENEFIT

MANJI MEN'S SHED

Manjimup Men's Shed has benefitted from a generous grant from the Community Chest administered by the South West Development Commission funded through the Royalties for Regions program, which has enabled it to purchase some much needed sophisticated machinery for both its wood-working and metal working sections which it would otherwise have been unable to afford.



Members assembling the new dust extraction equipment

Machinery includes an advanced table saw and a thicknesser/planer allowing for accurate joinery work, and processing of recycled timber, as well as dust extraction equipment and extensive steel shelving.

Membership continues to grow and with this additional equipment it is hoped that we will continue to attract additional members who will be able to benefit from the top line of equipment we are assembling as part of the Men's Shed inventory which will allow members to undertake projects for themselves as well as for the benefit of the Shed, including wood working projects and vehicle restoration - all with the benefit of some very experienced supervisors to offer guidance and assistance where required.

Projects completed to date include picnic tables for Top Notch Café and also Donnelly Lakes Chalets; dung beetle traps for the Warren Catchments Council; toy repairs for local residents; and some chook laying boxes which would make the Hilton proud!

Of course the Men's Shed is not all about work, and our prime function is to provide emotional support for men by way of companionship and moral support to help face such difficult issues as redundancy, retirement, bereavement, aging, declining health and loneliness, and to this end we welcome any prospective members every Wednesday morning between 10:00 and 12:00 to come down and join our coffee morning and chat with a great bunch of guys. The Shed is also open between 9:00 and 12:00 on Tuesday, Thursday and Saturday, when the workshops are open for projects, so please feel welcome to be part of that- there is no obligation to work, and you are perfectly welcome to just come for the chat or watch.

Please remember too, that there is no age restriction - no-one is too young or too old - just come along and give it a go. The Shed is in Perup Road (in the old Active building) not far off South West Highway.

(Article : Rick Hennessy)

Contact : David Giblett : 0458 712 384

RAISE THE CURTAINS PLEASE

The Manjimup Repertory Club first hit the local stage at least forty years ago, beginning the history of all the fun and entertainment that our town has been offered over these years, thanks to the hard work and dedication of Rep Club devotees who have been prepared to give so much of their time for us.

The Club went well, but then had a quiet time for a few years, not much was happening on the performance scene. But thankfully a new team of keen thespians stepped to the fore and rekindled the flame once again, bringing us local entertainment to enjoy.

Performances were originally held in the Town Hall, then moved to new Club Rooms which were behind the RSL Hall, but not large enough for the growing audiences. The popularity of the Repertory Club shows was growing!

Thanks to assistance from the Shire and many other benefactors, around 12 years or so ago new club rooms were opened and Manjimup is fortunate nowadays to have the wonderfully intimate, tiered seated theatre in Brockman Street. Some of the seats had their own history attached as they had been in storage since the mid 1960's, having been salvaged when the Roxy Picture Theatre in Rose Street was demolished to make way for the Woolworths' store. However, just recently new seating has been installed, slightly larger than the original and more comfortable, which means the audience capacity will be a little less. The club fought hard to gain funding for the new seats, with the Lotteries Commission generously providing a grant.

Hundreds of people have been involved over the years, and recently we can extend thanks to Andrea Miolin and Maree Rooney for their dedication in heading the team; they give their heart and soul into bringing together at least two shows a year to entertain us. You seldom see anyone leaving a performance without a smile do you? It is particularly heart warming to see all the young people involved, it is a fantastic experience opportunity for them. Andrea and Maree have an amazing team of enthusiastic actors, and back stage supporters. They express their appreciation for all the wonderful volunteer assistance that comes from within the community.

Currently they're working feverishly towards presenting the next performance, "Grease", which will be held over two weekends, May 28th to 30th and June 5th to 7th., Friday and Saturday nights and two matinees per weekend. (Tickets are available at the Manjimup Visitor Centre.)

The number of hours needed for rehearsal and stage props would be mind blowing if it was recorded, as it all begins at least six months before the show goes to air, and must consume all of the free time of everyone involved during those months. You sure would have to be dedicated! We are all familiar with the "classic" show "Grease", so can look forward to some toe tapping fun ahead. You never know, perhaps Olivia might even make a surprise guest appearance!

Huge thanks to everyone involved for yet again providing us with the chance to enjoy live performance right here in our own town.

WHEN POSTING DOESN'T NEED A STAMP

Whether you like it or not, we are living in an era of the electronic screen dominating our lives. We are constantly hearing about people's addiction to their iphone, walking around with eyes only for that little screen, sitting at café tables ignoring their coffee date - who are probably glued to their screens as well - and it isn't only the young people we see doing this. Oh no. It's got all ages in its grasp.

A lot of that addiction is about checking Facebook - who's posting what, who's doing what. Facebook is today's communication avenue.

Don't you wish you, or someone in your family had invented it? Now that would be a handy help with the weekly budget.

Ann Gandy and her mother Jean Whitelaw owned Food Kultur for a few years and during that time Ann found she was always answering customers' questions - locals and visitors - about the town's services. Ann commented "something seemed to be missing, the community was not working well together". So eight months ago when the café changed hands and Ann found she had time on her hands she started the Facebook group "Manjimup Noticeboard" to try and fill this need.

In no time at all the group was swamped with members; currently there are around 2200 followers. Ann estimates 80% are locals and the remainder are from afar, even past residents now living overseas wanting to keep in touch with what their old home town is up to.

Every morning she will have around 30 private overnight messages to read, and either post or delete, some items people want posted are not always "appropriate" and some of the posts already on site fit that category and have to be deleted. This means that Ann needs to regularly monitor the posts, ensuring it is all "above board".

During the stress of the Northcliffe fire the site was a fantastic avenue for updates. Ann says during that time she would have up to 160 messages and posts a day to censor, having to draw a fine line between what could be posted and what needed clarification to keep the community correctly informed - and calm.

The site is also a great place to promote local events and businesses, Ann is a strong believer in buying local, her post **Buy Local or Bye Bye Local** wraps that belief into a common sense fact.

Having been in business she knows that it is tough to pay the rent and make a wage and is doing her bit to help promote our local businesses by donating her time to this site. Recently she has had a volunteer helper, Murray Rose-Jones come forward and offer to assist in running the site which has helped Ann to cut down her screen time.

If you are one of those 2200 members of Manjimup Public Notices you will realize its value. And so, thanks go to Ann for starting the group and continuing to devote her time as a volunteer - doing her bit to give the community some spirit.

AUTUMN GLORY

Down here in the South West we are blessed with an abundance of trees. There are a diverse number of eucalypts, including fine stands of jarrah and karri which have their own unique beauty, but as the nights grow colder, it is the bright reds and yellows of the deciduous trees that come into their own.

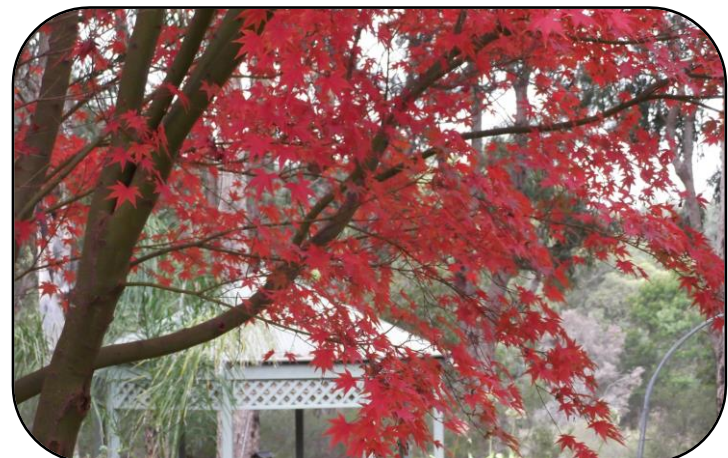
May heralds the arrival of late autumn and this is usually the time of year that we see an explosion of colour, something we can warm to, before the cold and rainy days of winter set in.

All summer, trees are exposed to a large amount of sun and light which enable the leaves to photosynthesize, taking in valuable chlorophyll to make the lush green shade we all long for. As the sunlight decreases the green pigment drains away and the colours, which are actually present all year round but covered by green chlorophyll, are revealed.

All too soon this glorious display will disappear for another year as trees begin to shed leaves and wind and rain whip the last clinging survivors from the bare branches. Those of us lucky enough to have some of these beauties in our gardens already know the benefits of raking this bounty from our lawns and using it as mulch, early daffodils and blue bells love it.

The parks and gardens around Manjimup display many deciduous trees: look for the Japanese maple (*acer japonicum*) (red/orange/purple); the brilliant red of Canadian maple (*acer rubrum*); the golden yellows of the London plane, (*plantanus*) species; and the delicate tracery of the silver birch (*betula pendula*).

And when you look at these wonders of nature and their brief, brilliant goodbye to summer, rest assured knowing that while the trees sleep through winter they are preparing to go through the whole cycle again next year!



Long Table High Tea

Midday - May 28 - at the Manjimup Gateway Hotel

All proceeds go to the Cancer Council

Raffle with great prizes, including wines, dinner for two and lots of give aways

Live music from midday

