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# Manji Cafe Bytes

SAYING FOR THE MONTH

Life isn't about finding yourself.

Life is about creating yourself.

George Bernard Shaw

CHAT SUBJECT

Our beautiful wildflowers are

Starting to bloom, which are

Your favourites?



Welcome to October. Don't look now, but we are on the downhill run to Christmas, which we greet with either excitement or dread.

Christmas brings thoughts of red, Santa's suit and all. The Manjimup Town Hall would have been a sea of red elegance when the Red Ball was held last month. 140 attended, with the ladies looking splendid in their ball gowns and their partners in dark suits with red ties, doing stately dances of yesteryear. It would have been a splendid sight and on top of that the evening raised a fantastic \$3750 for the Flying Doctor Service. That's kind of like Christmas isn't it. Enjoy October and the warm days on the horizon.

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



## Forester Wood.

Thanks to Tim Foley for this article on Forester Wood, a very interesting arboretum in the Glenoran area.

The Foresters Wood was established in 1985. It was collaboration between the Institute of Foresters WA Division (IFA) and the then Department of Conservation and Land Management (CALM). The site is freehold land vested with the Executive Director, of what is now, the Department of Parks and Wildlife who are responsible for the management of the site.

Broadly speaking, the vision of the IFA in the creation of the Foresters Wood, is to create a place for the appreciation of trees and their relationship with humankind. The specific Vision for the Foresters Wood articulated by the IFA is to establish an arboretum dedicated to the famous trees of commerce, culture, legend and literature.

Prior to purchase by the Department, the property had several owners. The block was originally taken up in 1913 by Mr H.J. Voller and in 1934 was purchased by the Michaelides family who grew tobacco on the property. It was for a time the centre of their tobacco operations (which were extensive) and apart from the family home, there were staff quarters (4 or 5 cabins) and large drying kilns. The remains of the Michaelides home are still apparent not far from the entry gate.

While the Foresters Wood is not generally promoted as there are no facilities, visitation is allowed. Visitors are asked to park at the entry gate and walk in. Vehicle access is restricted for a few reasons including; the tracks in places are quite rough and slippery in winter and not suitable for two wheel drive. Also, sadly, we have experience some vehicle related vandalism of the plantings.

The department is continuing to work with members of the IFA to improve access, interpretation and in time provide some basic facilities at the site. The IFA were recently successful with a Lotterywest Grant for site and trail planning. The IFA and Parks and Wildlife hold an annual volunteer maintenance day and we are always happy to have a helping hand. If you want to know more about getting involved in the Foresters Wood you can contact Tim Foley or Lachie McCaw at the department of Parks and Wildlife on 97717988.

Foresters Wood is already a special place and as each year goes by and the various trees grow it will increase in its beauty and appeal and be something of a local treasure for the town of Manjimup in particular.



Another feature of the arboretum is the planting of trees to fit the wood's theme of Commerce, Culture, Legend and Literature. Four tree species were planted in the form of spokes of a wheel. English Oak for Commerce, Cedar of Lebanon for Culture, European Ash for Legend and Laurel for Literature.

The wood is an 80 ha property, with the Donnelly River and the Bibbulmun Track ambling past the western boundary, and the Munda Biddi bike track skirts part of the south west boundary with a riders hut overlooking the wood.

## Manjimup Laneways.

Everyone will have noticed that we have some new laneway names in town and we thought perhaps a little knowledge on the families the lanes are named after may be interesting to readers.

Kazich Lane. Bob Kazich migrated to Australia from Yugoslavia in the 1920s then settled in the Manjimup District in the early 1030s and farmed with his wife on Seven Day Road. He was one of the first Tobacco growers in the district – he was also an orchardist



## Tall Timbers' Generosity.

In our August newsletter we told of an unfortunate, extremely brave and stoic young lady in town, Leanne Storey, who is battling hard against the cancer that has made her life's path very challenging. Leanne is astounding with her positive attitude and her gratefulness for anyone who is willing to assist. She is a lesson to us all on how to look on the bright side of life.

As an addition to what the family are going through, recently their cat Ghost, was attacked by a roaming dog, and required veterinary treatment. Now, the Storey family budget is severely dented with Leanne's health needs, so this additional expense was going to stretch things a little further. But huge thanks to our newest business in town, Tall Timbers, who heard of the incident via Facebook and stepped forward to pay the Vet's bill.

Well done to the Management of Tall Timbers. Leanne, her family, and our community, say thank you for your generosity.

## Weekend to End Women's Cancer

The weekend of April 2<sup>nd</sup> & 3<sup>rd</sup>, 2016 will see the third annual 60 km fundraiser walk event, with a few ladies in Manjimup keen to join in and help this great cause. The walk trail is through scenic areas of Perth, starting and finishing at McCallum Park with pit stops and public cheer stations positioned along the route to provide walkers with food, beverages and support. The finish of the walk on Sunday, which is open to the public, brings an emotional closing ceremony.

Apart from the challenge of training for a 60 km walk, all those who have registered need to raise \$2000 before they can take part. What a commitment! So far from Manjimup we have heard of the Wannabe Walkers for Helen, some of the staff from the Westpac Bank who are walking in memory of their friend and fellow worker, Helen May; the Manjimup Warriors, (team leader Donna Masters) and nurse Tania Burford has been seen training very hard. If you know of anyone else, please tell us and we will mention them in future editions.

780 walkers took part in the April 2015 weekend, men and women, and raised \$1.8 million. This enables Perth's Harry Perkins Institute of Medical Research to advance in its ground breaking cancer research, funding innovative new research projects, looking for the genetic clues to help prevent and treat cancers such as breast and ovarian cancer. Within this Institute the most amazing scientific advancements are made.

"One in three Western Australian women will be diagnosed with some form of cancer before the age of 85 and on average four women die from it each day." Frightening statistics.

So Manjimup folk, let's dig deep. These teams are going to be asking for our support over the next months and seeing as so many of us have the dreaded cancer invade our families it should be easy for us to help our generous ladies get to the starting point.

*One Weekend Can Save a Life! A Weekend to remember those lives we have lost to breast or gynaecologic cancer and a Weekend to celebrate the lives we are saving.*

## MANDARINS

Late winter and spring bring an abundance of citrus fruit, limes, lemons and oranges which includes the bright warmth of mandarins tucked amongst dark green foliage, guaranteed to brighten the duller day.

Mandarins (*Citrus reticulata*) are one of the four core ancestral citrus *taxa* and are thought to have evolved in Vietnam, South China and Japan. Pure mandarins seem to divide into two groups; an edible group and an acidic group, which is too sour to be eaten but is widely used as rootstock and grown for juice.

During Chinese New Year mandarins and tangerines are considered traditional symbols of abundance and good fortune. During the two-week celebration, they are often displayed as decoration and presented as gifts. Japanese immigrants who went to Canada and the United States in the 1880's would receive parcels of this bright orange fruit from home around Christmas and New Year, which began the ritual of giving them at Christmas time. This Japanese custom merged with European traditions related to Saint Nicholas who is said to have put gold coins into the stockings of three poor girls so that they would be able to afford to get married. Oranges became a symbolic stand in for the coins, the story doesn't tell us whether the girls got married or not, maybe they were happier with the mandarins!

Citrus are easy to grow, a little care when young, ensuring they have a balanced fertiliser and water to get them established and after that just feeding in spring and maybe a light pruning if your tree needs thinning. They are shallow rooted and it is best not to disturb soil beneath them, organic mulch encourages beneficial organisms and reduces hot summer temperatures. There are many different varieties to choose from: Murcott, Imperial, Hickson and Afourer are easy to peel while Mystique is a mandarin orange cross which is large and juicy with a tighter skin.

In [traditional Chinese medicine](#), the dried peel of the fruit is used in the regulation of [ch'i](#) to treat stomach ailments, to enhance [digestion](#), and to reduce [inflammation](#). Due to its nutritional benefits, the fruit is widely recognized as ideal for inclusion in a healthy diet. The mandarin is a good source of vitamins A and C, calcium, magnesium and potassium and full of dietary fibre

### Liz's Kitchen Rules MANDARIN SYRUP CAKE

Ingredients: 1 ½ cups plain flour, ½ cup caster sugar, 2 teaspoons baking powder, grated rind of 1 mandarin, 2 eggs, lightly beaten, 1 cup low-fat yogurt, 2 tablespoons mandarin juice  
1 teaspoon vanilla extract  
Mandarin syrup: ¾ cup mandarin juice, 1 tablespoon caster sugar, grated rind of 1 mandarin.

Method: Preheat oven to 180C or 160C fan. Grease and line 15cm x 25cm loaf pan. Sift dry ingredients together into bowl and stir through mandarin rind. Add combined eggs, yoghurt, juice and vanilla and mix until just combined. Pour into prepared pan, smoothing down top. Bake for 45 minutes, until a skewer inserted comes out clean. Turn out onto a serving plate. Meanwhile, simmer mandarin juice and sugar on low heat for 5 minutes, until reduced and syrupy. Stir in rind. Using a skewer, pierce a few holes over top of cake. While cake is still warm, slowly pour over half of syrup until it has been absorbed. Serve in slices, drizzled with a little extra syrup.



## J B Ipsen Weekend

Since 1977 the name of Ipsen has been noted on the town calendar with the J B Ipsen Memorial golf handicap weekend held in October, and Ipsen Street would certainly be familiar to all. So who was J B Ipsen we asked. Faye Bird, granddaughter of JB has helped us out.

John Bier Ipsen was born in Bridgetown 4th May 1909, second child for John Samuel and Isabella Ipsen who had taken up land east of Manjimup in 1907, naming the property Mayfield. John Samuel and John Bier were both called Jack, then young Jack became known as JB. JB had three siblings, Isabel who married Mick Decke, Athol and Dorrie, who married Edward Hargrave.

Through the years JB learned carpentry from his father and they worked together building houses in Manjimup and Deanmill. As well, there was all the hard work on the farm, clearing with an axe, cross cut saw, horse and cart.

JB married Dingup girl, Linda Doust, they lived near Mayfield on their own property, Chungarrup, having four children, John William (Bill), Donald, Lynette and Carol. During the 2nd world war Jack and his brother Athol were conscripted to remain on the farm.

Jack and Linda were great sport enthusiasts and involved in many community projects. During the war years Jack designed and built a golf course on his farm with three greens and nine tees, inviting neighbours and friends for games on weekends. In 1952, JB took on the building of Dingup Hall, assisted with management by Clive Doust. It was totally constructed by volunteers in four months, the first dance being held on 19th September 1952. Money raised from the popular dance nights helped with the building of a cricket field, basketball court and children's play equipment.

Following the success at Dingup, JB was asked to oversee the renovations for the Manjimup Golf Club. In 1953 he organised the re-modelling of the change-rooms, toilets, bar, fridges and kitchen. JB was not seen on the farm for many months!!

Then over the next three years he and his son Bill were part of a team responsible for improvements at the Manjimup Show grounds, once again all volunteer labour. JB was also responsible for building the Bowling Rink at the Country Club.

JB's Stats: Golf Club Life Member, twice Champion, four times President. He was also a Member of Rotary and was Vice President and Director on three occasions and a Life Member and President of the Agricultural Society.

Teaching uninitiated budding golfing enthusiasts was another favourite pastime for JB. His offspring all excelled in golf, with Lynette gaining many state championships.

Semi retired, JB and Linda moved into town in 1971, although he would visit Chungarrup on a daily basis during the week to ensure that all was in order on the farm. Aged 67 JB passed away in the early hours of 3rd October 1976 from a heart attack. He had continued his sporting involvement up until a day before his passing.

Ray Curo has helped supply the JB Weekend info. A few members felt that JB should be recognised in some way and after much debate a golf tournament – for players who had an official golf handicap - was instigated.

The event was to be known as the JB Ipsen Memorial, held on an annual basis, to be a nett event over 18 holes and held in the last full weekend of October, the initial event being held in October 1977.

The "JB" weekend has attracted many visitors from country and city clubs and in the main has constantly had fields of 260. It is well recognised on the state golfing calendar. Quite a few of the visitors boast how they have not missed a tournament since its inception.

The format has changed slightly and now includes participation by lady golfers, which is not dissimilar to how the club developed during JB's involvement, as in early days ladies were not allowed into the bar area.

Thank you to Faye Bird and Ray Curo for information to put this story together.

## Who Let The Cat Out of the Bag?

Australia leads the world in lots of admirable things, but one that is not so much on the brag list is... we are leaders in the greatest extinction and decline of native species, with a major part of the reason for this being foxes and feral cats.

There's good news on the Fox statistic scene with 1080 baiting seeing fox numbers slashed by at least 55 percent in the South West baited areas that have been under the program since the mid1990s. Recovery has been recorded in more than 50 native animal species following this drastic fox reduction.

It is thought that cats first arrived in Australia with European settlement, perhaps even as early as the 17th century from Dutch shipwrecks. Feral cat colonies were becoming established in the 1850s, with cats being released into the wild, particularly around farms and homesteads in the hope of controlling rabbits, rats and mice.

For more than six years The Department of Parks and Wildlife have been researching how to handle this problem, and a poison has been successfully trialled in selected national parks as part of the Western Shield Program. This follows the successful fox baiting program, using 1080 poison which comes from some of our native plants.

Now foxes are not favourites as pets, but many families have much loved cats as part of the household and possibly are horrified to hear of a cat poison but domestic cats and feral cats are in a completely different category. The Federal Government estimates the feral cat population at between 15 and 23 million and every day they dine on our native animals. As we know, cats are very proficient hunters, it is in their nature. Cats did not choose to be set out into the wild, they would much prefer a warm hearth at home, and it is human mismanagement we can blame for the feral cat scourge.

The inventor of this new cat poison, Dr Dave Algar can be proud of his product, Eradicat, which has already seen the number of feral cats start to decline, and native animals increase.