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FREE

Issue 16- September 2015

Manji Cafe Bytes

SAYING FOR THE MONTH

I haven't been everywhere,

But it's on my list!

Susan Sontag

CHAT SUBJECT

What is the best piece of

Advice you have received, and did

You follow it?

WELCOME to September, Welcome to Spring. We've made it through winter and our hearts will be lifting with the promise of warmer days ahead. Well, in theory at least.

Those who have trekked north to escape out winter chill will be making their way home again, possibly looking rather smug at not having to put up with our southern winter. But many of us here are not at all fazed by the cold, you meet people who are revelling in it. But for now, let us enjoy the change of season. Spring is in the Air.

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>



History of Quinninup Market Day

On 30th September 2001 the Quinninup Community Centre building was officially handed over to the QCA by Vern McKay, President of the Shire of Manjimup. To celebrate this event and to positively promote the attractions of the area, an event, known as "The Quinninup Market Day" was held. It has since grown to become well known in the Manjimup area for the number and variety of stalls and for the special focus on activities for local children. This year the naming rights for the event has been granted to the "Act – Belong – Commit" Healthways organisation and the special attraction for children will be the Radrock Climbing Wall and Laser Tag, both activities are free of charge.

Warren Arts Council

Events on the horizon.

Bluegrass Jam Camp. Mary Nixon has organised a Residential Bluegrass Jam Camp at the Manjimup Hotel on the weekend of September 18 – 20. Bluegrass enthusiasts please contact Mary or Manjimup Café Bytes for more information.

Award winning Balladeer for Manjimup, contributed by Gavin Adams. I've heard people around Manjimup saying they either love country music or they hate it so much would rather listen to cows flatulencing. But when you boil it all down everybody loves good country music without even realizing. How many times have you or others join in singing when we hear songs as "Hey True Blue" or "I am Australian" or "The Pub with No Beer". Even my young rap loving musician nephew knows the words to these songs.

One of Western Australia's premier balladeer singer/songwriter performer/producer Terry Bennetts is heading South on Sat 10 Oct to come to Manjimup for a song writing workshop in the afternoon followed by a performance in the evening at the Manjimup Hotel and will be joined by young up and coming Collie songstress/writer Kate Hindle.

Terry's passion for country music grew from being brought up with music around him on the family farm at Kendenup WA, milking cows, raising sheep and like all country kids learning the ethics of hardwork and getting your hands dirty. An unusual lucky break came in 1998 when Terry won best WA Blues song for the year. Then things took off rather spectactually when he was awarded best country song at Boyup Brook in 2001. Since then Terry has had to call the carpenters in numerous times to extend his mantle piece as the awards have poured in. In 2012 Terry was hit a sad blow when he lost his wife, childhood sweetheart and singing companion Jenny to a Melanoma.

On ANZAC day 2014 Terry released his 'Mateship' album recorded at his Red Dog Studio near Perth, songs include "How Beautiful is our Country", a song he wrote with Jenny and the award winning "Fitzroy River" by Terry Bennetts and Keith Lethbridge. One of my favourites is an earlier song and sentimental ballad – "Old Love New Love" written by Terry and Jenny Bennetts in 2003.

The songwriting workshop with Terry is open to everyone and I would suggest any budding poet/songwriter attend as there is plenty to learn from this master wordsmith. Further information phone 0897767319.



BLOOMING WILD

FESTIVAL

Southern Forest & Valleys

18 SEPTEMBER – 22 NOVEMBER 2015

Wildflower season is here with us and Manjimup is one of the supporting towns involved in planning for the Blooming Wild Festival, alongside Balingup and Walpole. Northcliffe, Pemberton and Bridgetown have taken key roles in leading the festival thus far.

During this festival there will be a regional ephemeral art trail with one or more installation sites located in each of the participating towns. The Visitor Centres will be involved, also other sites for art may include wineries, cafes, galleries and shops.

Anyone interested in being involved, please contact the Northcliffe Visitor Centre and everyone.... keep an eye out for information on what will develop from this fantastic initiative.



Maroo Wildlife Refuge presents a

QUIZ NIGHT

At the Perup, Nature's Guesthouse

October 10th 2015, Quiz starts at 6pm

Quiz only \$10/person -- Tables of 8

DOOR PRIZES AUCTION

OR

\$70 overnight package

BYO Snacks and Drinks

For enquired and bookings please contact

Anne on 97691134 (Bookings Essential)

Email maroowildliferefuge@bigpond.com



FROGS

All the rainfall in our rivers and dams is a welcome sight, ensuring a plentiful supply of water for our homes and gardens during the long dry months of summer. And we are not the only ones to appreciate this bounty, if you stand outside on a cool spring evening you will hear a chorus coming from the river banks and dams, yes its frog time! Breeding season is from early spring to late summer and that is when we hear the familiar sound of the motorbike frog, so calledbecause the male frog’s mating call sounds similar to a motorbike changing up through gears. The motorbike frog, *Litoriamoorei* is a ground dwelling tree frog, it is also known as Moore's frog, the Western bell frog, the Western green and golden bell frog, and the Western green tree frog. Despite being a tree frog, *L. moorei* seldom climbs higher than 1–2 m, on plants, shrubs, brick walls, or windows, it is able to camouflage itself well and as its name suggests ranges in colour from dark brown, through green, to gold. It is probably the frog most often seen sunbathing amongst our plant pots hoping to catch an unwary insect or two. The more musical sound of the Pobblebunks, *Limnodynastes dorsalis*,calling in unison is well known in the South West and is made by the males when they are almost submerged or in dense vegetation. You will hear a loud plonk or bonk which is described as being similar to a plucked banjo string, hence the common name, it is also known as the Western Banjo Frog and is endemic to Western Australia. The Pobblebonk is a largish frog, grey or brownish olive coloured with irregular blotches and marbling usually dark or black. The diet of this frog is primarily insects and worms, but it will eat anything that it can capture. There are 78 species of frogs found in Western Australia;did you know that most occur within the southwest? 38 are unique to the State and it is also pleasing to note that frog species in Western Australia have not suffered the major declines of populationsapplicable to many parts of the world. These little guys do a great job of looking after our ecosystem, they control the insect population and they are a food source for many larger birds and animals.If you have frogs around rest assured that your garden is a healthy environment. They need a cool wet spot, build them a small frog pond with some lush vegetation around and although you may not see them you are sure to hear them once the sun goes down and the chorus begins again! If you would like to know a little more about frogs there is a frog walk down at Pemberton Public Swimming Pool 7th and 8th October commencing at 6.30 pm. For further details contact Pemberton Visitor Centre 97761133 or check out Frogs of Pemberton on facebook.



Motorbike frog (*Litoriamoorei*)

SAVOY CABBAGE

We know that spring will bring sunnier days, but we still long for a little comfort food to sustain us through the cooler weather before the advent of summer and salads. Cabbages are plentiful at this time of year and Savoy Cabbage (*Brassica oleracea*, its contrasting shades of green combined with deeply crinkled leaves giving it a distinctive look, pleasing to the eye and combined with a mild, sweet tasting flavour is the king of cabbages. Savoy cabbage is also called curly cabbage and was named for the region where it is believed to have originated: the Savoy which spans the Alpine regions of Italy and France. It is easy to grow, plant out seedlings in autumn, a humus rich soil, rainfall and protection from snails and slugs which just love them, about 11-15 weeks from planting to harvest, just right for a late winter/spring feast. Cabbage is a veritable powerhouse of goodness providing fibre, vitamins A, C, K and B6, as well as folate, potassium, manganese, thiamine, calcium, iron and magnesium. It is low in calories and contains no cholesterol; this gives it a high nutritional value, as well as tremendous antioxidant and disease combating properties. These properties make cabbage one of the world’s healthiest foods. Savoy cabbage can be used in a variety of ways, stews and soups, roasted and drizzled with olive oil, steamed or added to coleslaws and salads. They are also an ideal choice for vegetable wraps, or as a bed for rice, fish, or other dishes. Liz’s Kitchen Rules SAVOY WITH BACON & SPRING ONION Ingredients: 1 Savoy cabbage, finely sliced, 100g of bacon pieces, 3 – 4 spring onions finely sliced, knob of butter and oil for frying. Method: Blanch cabbage in boiling water, drain and refresh with cold water. Place a pan over medium heat, add a little oil and gently fry the bacon until it crisps a little, add the spring onions and cook until soft. Stir in the cabbage and a knob of butter and warm through. This is a great side dish to serve with a roast or any meat, but it is perfect with a couple of Chestnut fed pork loin chops from Jim Walker and Steff Carstairs of Seven Day Farm, truly a match made in heaven!



FINALS FEVER

September is here, and what does that mean for us down in the beautiful lower southwest? Well, warmer weather, wildflowers, longer days and that buzz around town that means its footy finals time again. Those of us looking forward to the rivalry that only small town football can bring will be wearing our team jackets and scarves, you’ll find us out at the footy oval supporting our boys and hoping that our team makes it to through to the grand final. The top four contenders battling it out this year are Deanmill, Southerners, Imperials and Kojonup. There is a wealth of talent among this group, including players from the Lower South West team, who went to the Landmark games held in Perth last July, returning home as winners of the Landmark Division 2 final beating Great Southern 55 – 53.

We can’t promise that our grand final will be as nail biting as that result but it’s sure to be a great day out! Good luck to all the teams, fixtures for 2015 are as follows: 1st Semi Final Sunday 23rd August: Southerners 2nd Semi Final Sunday 30th August: Imperials Preliminary Final Sunday 6th September: Deanmill Grand Final Saturday 12th September: Boyup Brook

September 1. National Wattle Day

Did you know that the first day of September is National Wattle Day? Apparently there is a long unofficial tradition of wearing the wattle blossom on that day, which was first introduced in 1913 by an association, called the Wattle Day League, and formally recognised on 23 June 1992. In 1912 the Prime Minister, the Rt Hon Andrew Fisher MP, suggested that the wattle be included as a decoration surrounding the Commonwealth Coat of Arms. The golden wattle (*Acacia pycnantha* Benth.) was unofficially accepted as the national floral emblem to mark Federation in 1901. Did you know there are more than 760 different types of Wattle? Of course, when in flower, the golden wattle beauty explains where our national colours originated. Apparently for most of the year there is a wattle flowering somewhere in Australia. In recent times, the golden wattle has been used as a symbol of remembrance and reflection. Which Australian state has most wattles? Western Australia has about 450-500 different wattles and most of these occur in the south-western part of the State. However, according to the web site Weeds of Australia, the Flinders Range wattle (*Acacia iteaphylla*) which we see plenty of around our area, is a woody environmental weed of some concern all around Perth, and stretching right through the South West, although it has not declared or considered noxious by any state or territory government in Australia..

