

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

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

Liz Coley & Kathy Hill  
Yarn Spinners  
manjicafeytes@gmail.com

Design : Janne Hennessy  
Manjimup CRC : Clancy Utech



Artist : John Duncan

FREE

Issue 15 - August 2015

# Manji Cafe Bytes

The Social Dancing Group Inc.  
Presents the

## RED BALL



MANJIMUP TOWN HALL  
8pm, Saturday 29<sup>th</sup> August, 2015

Tickets: \$20.00 - Available from  
Cohette 9772385, Peggy 9772389  
Treas: 9772348, Don 9772353  
Dress: Cocktail  
Colour Theme: RED

Please bring a plate of supper to share - tea and coffee provided  
Proceeds in aid of the RFDS

**SAYING FOR THE MONTH  
PROCRASTINATION IS THE ART OF  
KEEPING UP WITH YESTERDAY**

(Don Marquis)

**AND THE CHAT SUBJECT**

**IF SCOTTY COULD BEAM YOU UP,  
WHERE WOULD YOU GO RIGHT  
NOW?**

**WELCOME** to our newsletter for this last month of winter, yes Spring is just out there on the horizon, have you noticed the colourful flowers popping up, waving in the breeze? They are a cheerful reminder that winter will not last forever.

Our stories this month cover a variety of topics, Peter Taylor's bird article has had us patrolling our gardens daily searching for Western Spinebills; the Rhubarb recipe has been tried and loved; we are filled with admiration for Fiona Stanley, what an amazing person, and learning of Leanne Storey's health problems has us writing entries every day in our Gratitude Journals, to remind us of our good fortune.

Keep Warm until the sun comes!

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>

**The Noongar words for August  
are**

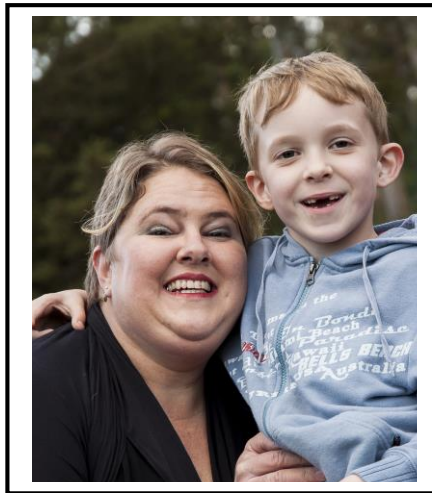
**"KARTA BURNU"  
meaning "Hill of Trees"**

(the name selected by  
local Aboriginal Elders  
for a shelter hut on the Munda  
Biddi Trail in Foresters Wood)

## Leanne Storey, A Truly Inspirational Lady

Many locals will have been following with sympathetic, heart felt interest, the path Leanne Storey has been on over the last couple of months and Leanne is very happy for us to share her story here in Bytes.

It all started around the end of April this year, with migraines, high temperatures and feeling so unwell she went to Emergency at Manjimup Hospital a few times, then on Mothers' Day was ill in bed all day, and the next day she was sent to Bunbury for a CT Scan which disclosed the shock of a brain tumour. Surgery on 26<sup>th</sup> May removed a walnut sized growth.



Jayne Muir Photography

There still remains "spaghetti tumours" scattered through her brain like tree roots, which had spread from the central core. These are inoperable. Chemotherapy and radiation treatment started the first week in July and is scheduled to continue until August 25<sup>th</sup>, which requires Leanne staying at Crawford House in Perth from Monday to Friday. She comes home on the weekends for precious time with her seven year old son Seth, and her husband Damian, then it's back to Perth again for treatment. This involves a Chemo dose by tablet and 15 minutes daily radiation, which Leanne says has the most terrible acrid burning smell to go with it. Of course she is unable to drive, so needs someone to take her to and from Perth, her Dad sometimes comes from his home in Albany, otherwise her carer steps in.

Leanne is overwhelmed by the love and support coming from Manjimup people. During her post-operative period she discovered the friendship of Facebook and has gained enormous benefit from support she has found there. Among the many side effects from the treatment she suffers lethargy, loss of taste, eyesight deterioration, balance and coordination problems, and loss of muscle strength. Thankfully the strong anti-nausea medication works well. But every one of these problems is worth it Leanne believes, as it promises to improve her quality, and longevity, of life.

Many locals would remember her parents, Sue and Les Rickman. Her Dad was the Radiographer here in the 1970s and tragedy struck their family when her mother died of cancer when Leanne was eighteen months of age. Leanne joined the Navy at age eighteen and recalls a wonderful seven years of adventure before having to leave when her partner Damian, later to be husband, had a serious cycle accident. After Seth was born it was Damian, a city guy, who suggested they seek a country life for their son to grow up in and they came to Manjimup.

She asked me to tell of her visit to Empire House of Hair soon after her operation, with the staples still in place. Penni's gentle shampoo and styling worked a treat, it lifted Leanne's spirits - "and she refused to let me pay", beams Leanne. What a lovely gesture!

Leanne declares she is going to "live like someone has opened the gate and set me free. I'm going to run like a brumby and be the best Mum I can to Seth".

How's that for giving a terrible nasty blow your very best shot? Leanne, I am sure everyone who reads this will take your unfortunate situation to heart, and wish you a happy life once you get through this present horror.

**Manjimup community, how about stepping forward to help this young family? Penni at Empire House of Hair has volunteered to be a drop off point for anything you would like to offer to Leanne, Damian and Seth, even simple everyday household needs would be wonderful to give them a boost. Contact [manjicafeytes@gmail.com](mailto:manjicafeytes@gmail.com). or pop in and speak to Penni if you would**

## HOLDING THE REINS



Manjimup's Michelle Aiken is waiting for October to roll around as she prepares to take part in the 2015 Riding for the Disabled Association National Discipline Championships which will be held on October 28 - 30 at Werribee Park National Equestrian Centre in Victoria. Michelle has been competing in riding competitions for seven years and won many trophies including her latest wins at the RDA Dressage/Four Phase Challenge in Perth last month when she came home with two first place trophies and one second and three fourth place ribbons.

Her first time travelling away from home without her family was in 2013 when she went to Adelaide and won silver in the Western Trail and Bronze in the Texas Barrel, apart from taking home a bundle of prizes from team events including a third in Thread the Needle, second in Bending and another third in Can Racing. Michelle found it a bit nerve wracking without her family there to cheer her on but described the experience as awesome and she made many new friends.

When she is not working as a checkout chick at Coles you will find this bubbly young woman training her horse Jaffa, whose eventing name is Golden Cascade, with the Ryan family out at Cosy Creek farm, however Jaffa won't be competing in Victoria as Michelle will be borrowing a horse for these events. Training sessions generally last between one and two hours depending on which aspect of her riding Michelle is focusing on at the time, and she does this every day that she can manage; that is dedication!

In her spare time Michelle plays soccer for the Manjimup Rovers Women, she is also a Trainee Coach at Riding for the Disabled Association of Australia RDAA and a Swimming Instructor at the local Manjimup Aqua Centre.

Michelle and family are grateful for the support they receive from the Manjimup community for the fundraiser events she hosts from time to time; all of this helps towards her competition expenses, which include her uniform, accommodation, travel etc.

This is the third time she has qualified for the National Titles and you know what they say about third time lucky! We wish you all success Michelle.

## Volunteer Opportunities

The Manjimup Community Resource Centre's  
Volunteer Opportunity Development Service aims to:

- Encourage and assist Western Australians from a range of backgrounds and age groups to be engaged in volunteering and to be enriched by their experience.
- Assist communities through groups and organisations in Manjimup Shire to effectively involve volunteers for their mutual benefit.

If you are looking for the opportunity to make a difference friends or learn additional skills:

please call Rae Starr at Manjimup Community Resource Centre on: 9777 2774  
or email: [rae@manjimup.org.au](mailto:rae@manjimup.org.au) to make an appointment to discuss your options.



## HONEYEATERS IN MANJIMUP GARDENS

Thanks to Peter Taylor, Birding South West



New Holland Honeyeater in a Grevillea



Red Wattlebird



Brown Honeyeater

At this time of year, when there's not that much nectar around for the birds; many species will visit local gardens in search of extra food. Native Australian honeyeaters in particular are attracted to nectar-filled native plants such as Grevilleas and Banksias.

The most common and probably best known are the New Holland Honeyeaters which can be quite aggressive and drive the smaller birds away. The larger Red Wattlebirds with their weird pendulous adornment however are rarely fazed and will guard their patch of blossom regardless.

One of the loudest is the Brown Honeyeater, a small and rather plain looking honeyeater but still has that typical long curved bill used for extracting nectar from flowers. If we're lucky we may see the splendid looking male Western Spinebill or his less showy plumaged mate. This is a species found only in the South West of Australia, a true local endemic!

Another species that is now considered a separate species in its own right is the White Naped Honeyeater which has been renamed Gilbert's Honeyeater, in honour of the nineteenth century ornithologist John Gilbert, who spent much time in Western Australia. This bird is usually found high in the canopy of the karri forest so is rarely seen down at eye level.



Western Spinebill (male)



Gilberts Honeyeater (formerly White Naped or Swan River Honeyeater feeding on a Grevillea)

## RHUBARB

The advent of August heralds the final month of winter, however as we all know it can still be quite wet and cold down here in the South West which makes it perfect weather for those comforting foods that warm the body and soothe the soul. Puddings certainly fill these cravings and rhubarb hits just the right note here whether in a pie or a crumble or gently stewed it makes a yummy finish to a Sunday roast or a hearty winter casserole.

(*Rheum raphaniticum*) or Rhubarb gets its name from a combination of the Ancient Greek *rha* and *barbarum*; *rha* referring both to the plant and the River Volga where it flourished and grew wild along the river banks.

This interesting plant originated in China where it was cultivated for medicinal purposes for thousands of years, eventually being imported into Europe in the 14<sup>th</sup> century along the Silk Road. The cost of transportation across Asia made rhubarb expensive in medieval Europe and it was several times the price of other treasured herbs and spices such as cinnamon and saffron. Castilian traveller and writer [Ruy Gonzáles de Clavijo](#) reported from the embassy of Samarkand that: "The best of all merchandise coming to Samarkand was from China: especially silks, satins, musk, rubies, diamonds, pearls, and rhubarb". Truly a hint of the exotic for humble rhubarb!

We are lucky enough to have ideal weather conditions for growing rhubarb as they prefer a cooler climate and can withstand a light frost. They are heavy feeders and love a garden bed prepared with plenty of organic matter; they do require watering in hot spells and the addition of more fertilizer during the growing season. They can be propagated by dividing up the crowns and planted with the buds just above soil level. Harvest the stalks by twisting away from the crown, you won't need many for a good feed. A word of warning here; the leaves are poisonous as they contain the toxin oxalic acid, so throw them onto the compost heap.

Stalks vary in colour from crimson red, through speckled pink to light green and they are all suitable for cooking, although the deeper red is probably more visually appealing.

### Liz's Kitchen Rules

#### STEWED RHUBARB with GINGER

**Ingredients:** 750g rhubarb, chopped into 25mm pieces; 1 large orange, juice and zest, 100g caster sugar; 2 to 4 pieces crystallised ginger, finely chopped.

**Method:** Place chopped rhubarb in a pan with orange juice and zest, sugar, ginger and approx. 2 tablespoons water. Bring to the boil and then simmer for 5 minutes until soft and cooked.

Serve with creamy custard, cream or vanilla ice cream, indulge and enjoy!



## WHAT DO YOU KNOW ABOUT PROFESSOR FIONA STANLEY ?

Over the years ahead many of us will be grateful for the services of the Fiona Stanley Hospital in Perth, with easy access via the Kwinana Freeway, and while you sit in a waiting room some time it may cross your mind to wonder what Fiona Stanley has done to merit such an honour. Found in an article in The West Australian Newspaper, October 2014:

*"Following a public poll it was announced that the new flagship tertiary hospital for Perth will be named after Professor Fiona Stanley AC, the eminent WA child health researcher and 2003 Australian of the Year.*

*Professor Stanley heard the news in January 2005 while on holidays on the south coast of Western Australia. Such an honour is usually only bestowed posthumously, or on royalty. Professor Stanley commented "My first reaction was 'I'm not dead yet!'"*

*She said she had suggested to the government that a Noongar name or a WA wildflower would be more appropriate. "Then, I thought about it deeply and sought advice from respected friends and colleagues and finally accepted this as a great honour, which acknowledged the work done by all the people in health who have worked with me over the years," she said."*

And internet research discovered this information: Fiona Stanley was born in Sydney in 1946. Her father was a scientist, and in 1956 the family transferred to Perth when he became Foundation Chair of Microbiology at UWA. She chose to follow in her father's medical footsteps, and studied medicine at UWA.

Her first role in the early 1970s was in a paediatric clinic at PMH, some patients being Aboriginal children flown in from remote western settlements. "We would perform expensive 'miracles' and then dump them back into the environments that had caused their problems". So she started travelling, with colleagues, to "every mission camp, reserve and fringe-dwelling group in Western Australia ... talking to the old people ... trying to get a handle on the health issues and the environmental issues". She also worked in the Aboriginal Clinic in East Perth. Amongst her valuable scientific research, she and her colleagues explored the connection between a lack of folic acid in diets of pregnant women and spina bifida, which significantly reduced the condition in babies.

She spent six years in the United Kingdom, at the Social Medicine Unit at the London School of Hygiene & Tropical Medicine, and in the United States before returning to Perth to establish research programs at the University and within the health department. She is a professor at the School of Paediatrics and Child Health at UWA, and the UNICEF Australian Ambassador for Early Childhood Development.

Between 1990 and December 2011 she was the Founding Director of the Telethon Institute and remains their Patron.

In 1996 Professor Stanley was awarded Companion of the Order of Australia (AC), and also in that year elected a Fellow of the Academy of the Social Sciences in Australia. In 2001 she received the Centenary Medal. 2002; appointed fellow of the Australian Academy of Science and featured on an Australian stamp in a series of six stamps showing eminent medical Australian scientists. In 2003; Australian of the Year and in 2004 named the National Trust's Australian Living Treasure, and between 1998 and 2014 she has been awarded eight Honorary Degrees from various Australian Universities and one from the UK. What a truly outstanding person.

Professor Stanley married Geoffrey Shellam, who during his career has occupied the same position in microbiology at UWA that her father had occupied. They have two daughters.

The 783 bed hospital, costing in excess of \$2 billion, is the biggest health facility in the state, and will rank amongst the best hospitals in Australia. We have heard about some teething problems, but these will surely settle.

So when we read all of these achievements, it is very easy to understand how our newest hospital comes to be named the Fiona Stanley Hospital

## CAKES by TASTY EDIBLES, GREENBUSHES

At Manjimup Farmers' Market: 1<sup>st</sup> & 3<sup>rd</sup> Saturday every month

(Thanks to Shannon Fraser-Butler)

Shannon and Luke's business, Cakes by Tasty Edibles, in Greenbushes has taken many twists and turns, similar to their paths in life. What started as a small wholesale cake shop has now grown into a café, Friday night pizza shop, function venue and now sourdough bakery.

With customers lamenting the fact they couldn't buy decent bread in the region we thought we'd give it a go and make our own sourdough. What started as a sideline and something to complement our cakes has now grown into a major part of the business. With just four ingredients: flour, water, salt and wild sourdough starter you would think it's a pretty simple process. But there are plenty of variables and things that can affect the final product. The weather being too hot or too cold, the type of flour and the kind of water used, all play a role in the final product.

Now we not only make a plain sourdough, we make a wide variety of flavours. Olive & Rosemary is the favourite, but the 5 seed and the caramelised onion & cheddar are close behind. We even came up with a roast pumpkin & poppy seed for this year's Truffle Kerfuffle that we have kept baking due to popular demand.

The Manjimup Farmers Market has had a positive impact on our business. Not only have we met enthusiastic and like-minded stall owners who want to showcase what their region has to offer but also loyal customers who come back every market and are willing to try new things and eager to share how they have served their bread

### Shannon's Favourite Sourdough

Sliced Sourdough- toasted Gorgonzola cheese      Prosciutto  
Olive oil      Figs      and Balsamic glaze

This is a perfect starter or lunch:  
if you don't like Gorgonzola you can use soft cheese.