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# Manji Cafe Bytes

SAYING FOR THE MONTH

“What would life be if we had no courage to attempt anything?” – Vincent Van Gogh (1853-1890)

CHAT SUBJECT

Let's talk about the weather, anyone remember a cooler summer?



Welcome to our newsletter for March, with the year ticking by and summer days bringing a surprise with every sunrise, some days there's no sunrise to view. Our stories this month bring a variety of reading which we hope is of interest to all who check us out.

We hear of things happening around town that bring anger and disbelief, such as the robbery from the historical Dingup Church which does bring sadness, however we must always remember to give more attention to the warmth and generosity of so many people in our area and not dwell on the negatives which can overwhelm us.

We always welcome your ideas at [manjicafeytes@g.mail.com](mailto:manjicafeytes@g.mail.com) and copies are also online at <http://www.manjimupcrc.net.au>



## Lilian's Passion.

Lilian Aiken, with her husband Oliver, and their family moved to town in 1975. With young children to care for Lilian had the usual demands of motherhood but she had a driving ambition to help prevent as many deaths from drowning as she could. It became her passion. We asked Lilian to share a little of her history with Bytes readers:

*“The Manjimup outdoor pool opened the year we came here, 1975. I managed the pool for a while but I soon found out that it was not for me. I wanted to teach children – people of all ages really - to swim, and found this was not possible while I was the manager. At the time I was first lady pool manager in Western Australia. Before the pool opened, school children would be taken by bus to Fonty's Pool during the first term for swimming lessons. A town pool meant summer holiday lessons would be easier to attend.*

*I started teaching fifty years ago in 1966 at a place called Lake Poorrarecup. In those days you did not need all the qualifications that you need now. I have taught at Denmark, Lake Unicup, Bridgetown and Manjimup.*

*I learnt to swim in the Denmark River. My Dad was a professional fisherman, he used to moor his boat at a place called Atkinson Landing on the Denmark River. I was the seventh child in a family of nine. Everyone was swimming at the landing and I wanted to as well. I was very young. I was on the boat with Dad, he said “OK then, you can try”. So over the side I went and I kept my head up till I got to the shore. That's how I learnt to swim. Not very good mind, but I did it. Then while still a child I nearly drowned at Denmark near the rocks at Ocean Beach. From that day on I think it was my dream to teach people to swim. And I can truly say throughout my life I have done this to the best of my ability.”*

Lilian and other locals worked tirelessly to ensure we gained a covered and heated pool, taking five to six years they raised quite a bit of money. *“It was thought that a wood heater would do the job but this was not the best idea. A lot of money was spent on that. But we never gave up. We started again. I used to take my kids I was teaching to the Council Meetings, just to make a point. Gladys Stahl and I used to say to each other that we sold ourselves on the newsagents' corner when we were selling flowers that Mrs Isabel Decke made up for us. Then in July 2006 with the pool successfully heated we were fortunate to have the fulfilment of many people's dream.”*

Lilian says she has no plans for retirement any time soon.

Everyone who attends our pool can't help but notice Café Lil waiting to tempt us, and- now, who would Lil's Café be named after? A well deserved recognition for this dedicated community member.

Thank you Lilian, local families, some having generations who have passed through your hands and come out as proficient swimmers, will agree that you have earned a place in the town's history with forty years of dedication, which certainly deserves recognition. Well done.

# Café Lil



## Stellar Violets Welcomes Volunteers!



I'm excited to announce Stellar Violets Life Library, Living Museum and Gallery is launching a community program called Fridays with Stellar Violets, beginning March 3rd, as part of our 5th birthday celebration.

In Autumn, and Spring, plant lovers will join us to grow food and flowers, and preservers will transform excess garden and regional produce. We'll all share skills and learn together so we welcome beginners, experts and all in between.

We also have a special project for book lovers and makers... to work together to create beautiful train carriage library for our community. This year, we'd like to make our collection of hundreds of rare books available to our community for research, and quiet afternoon retreats from the world.

It's so important to foster connection with healthy food and where it comes from so after Friday morning's activities, volunteers will together make and share lunch made from our garden produce and preserves.

To register interest in attending Fridays with Stellar Violets, as a one-time, or regular volunteer, please email [lucinda@stellariolets.org](mailto:lucinda@stellariolets.org)

Stellar Violets is also initiating a Nature Playgroup and we're about to announce our co-leaders for the Playgroup's first sessions, coming soon. We'd also like to welcome aboard our new Chairperson, local wellness and yoga consultant Gwendolyn Wenli of Northcliffe.

Stellar Violets has so many more projects to beginning sharing, including the Southern Forests first 100% Electric Farm Ute, and 1950s Electric Trolley bus to restore and transform to host artists-in-residence.

If you'd like to learn more about Stellar Violets, register for Fridays, or contact us to book a presentation with Lucinda, or site tour. Tours and presentations are available by appointment for a voluntary donation.

## Thumbs Up

Thumbs Up. Our gratitude and admiration for those who volunteer for the SES, on call whenever they are needed and ready to spring into action to assist in any situation. Thank you.

And thanks to all who have contributed their time and energy towards the Agricultural Show, it is fortunate we have so many volunteers in our community who work for the benefit of others.





## SWEET POTATO

The distinctive flavour of a sweet potato whether baked, steamed or fried is pleasing to most palates and adds a distinctive touch of colour to dishes.

Sweet Potato (*Ipomoea batatas*) belongs to the morning glory family and is a native of the tropical regions of Central and South America. They were grown domestically in Central America at least 5000 years ago, and sweet potato remains dating as far back as 8000 BC have been found in Peru. It was grown in Polynesia before western exploration and samples have been radiocarbon dated in the Cook Islands to 1000 AD. This plant had a long history before Christopher Columbus brought it back to Europe after his expedition to South America in 1492. The first reference to the name “sweet potato” is found in the Oxford English Dictionary of 1775. They are known locally as yam or kumara in some parts of the world. They are grown and used extensively in Africa and Asia where they are an important source of starch and fibre. The Maoris cultivated small yellow skinned Kumara which they brought from Polynesia well before European settlement. They were traditionally cooked in an earth oven and are an integral part of roast meals in New Zealand today, Australia too.

There are different variations in colour, the skin can be golden, reddish brown, purple or white and three main flesh colours of orange, purple or white, the orange fleshed being the sweetest and most popular. They are a semi tropical plant so if you want to grow your own, they do best with temperatures between 20-30deg C. Wait until the soil temperature is above 15deg C before planting out tip cuttings in a well-drained sandy loam. Late October to December is probably the best time to plant in the south west, keep the soil moist and cuttings growing with plenty of water and fertiliser. Space rows about 90cm apart with 25cm to 30cm between plants, and with a bit of luck you can be like those lucky people in Carnarvon, who grow them most of the year, and harvest your own crop.

These orange beauties are good for you being rich in complex carbohydrates and dietary fibre, Vitamins B5 and B6, Vitamin C and Vitamin A in the form of beta carotene and we all need that for healthy skin, good eyesight and to strengthen our immune system. Make them a part of your diet as often as you can and reap the benefits.

### Liz's Kitchen Rules SWEET POTATO & ASPARAGUS QUICHE

Ingredients: 500g sweet potato peeled and sliced, 2 bunches asparagus trimmed cut into 4cm lengths, cooking oil spray, 1 medium onion thinly sliced, 250g cherry tomatoes halved, 6 eggs, ground black pepper, grated cheddar cheese.

Method: Preheat the oven to 180C, use a 20cm x 30cm dish. Steam sweet potato for 8-10 minutes or until tender, Add asparagus in last 3-4 minutes of steaming time. Spray frying pan with cooking oil and place over medium heat. Cook onion until soft, about 5 minutes. Layer vegetables in dish, whisk eggs and season with black pepper and pour over. Sprinkle grated cheese on top. Bake for 25 – 30 minutes until set and golden.

Cool for 10 minutes before serving, a lovely light lunch served with salad, perfect for summer.



### Shire of Manjimup Art Collection

Although not in the public eye very often, many of us are aware that the Shire holds a collection of art, which includes around 40 paintings including art by Kathleen O'Connor, Elizabeth Durack, Rolf Harris, and renowned Pemberton artist, Guy Grey-Smith, which were gifted to our Shire by Sir Claude Hotchin, who passed away in 1977. Recently a selection of these were on display in our local Art Gallery and we thought it may be timely to write a little about Sir Claude and the local Art Prize.

This generous man rose from humble beginnings and became a successful businessman with a chain of hardware stores. His financial success allowed him to indulge his passion for art, becoming an avid collector and tireless advocate for artists. After the Second World War, Sir Claude established a commercial art gallery where he exhibited art from all over Australia. Then in 1948 came the first of his thirteen art bequests to regional towns and cities through WA, allowing rural people access to artistic works.

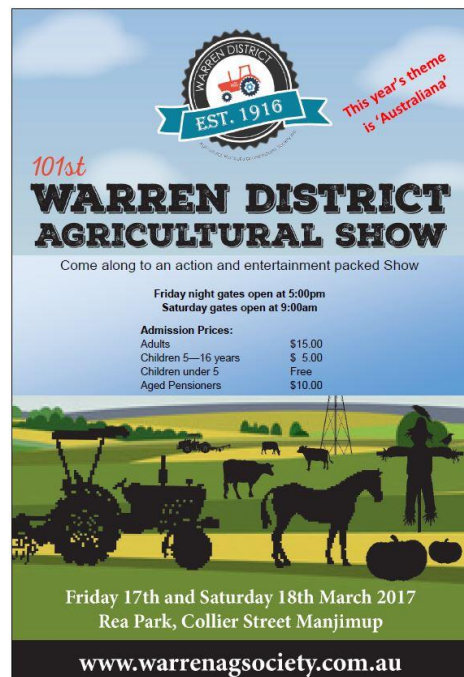
At the time Sir Claude wrote: “I have a desire to do something for the country folk of our great State, in the way of presenting to one of our larger towns a group of 20 original works from the brushes of famous and noted Australian Artist. My idea is that of wanting to raise the standard of art appreciation in Western Australia and thus help in some way to combat some of the ‘-isms’ which appear in our midst.” Gooding J (1992) One Man's Vision.

In all Sir Claude is believed to have gifted over 2000 works of art to Local Governments, hospitals and universities.

1967 saw the first Manjimup Art Prize. The Foundation President, Mr. Leon Kalamaris, was at that time teaching art at night classes in Manjimup. At his suggestion the students and interested people formed the Manjimup Art Society. It was then decided to organize the prize which continued until 1984. The inaugural Manjimup Art Society Exhibition in 1967 was opened by Sir Claude Hotchin.

The Manjimup Shire Council, Bunning Bros., Tom Wardle, Warren Times, R. & I. Bank, J. & A. Nicol, H.D. Evans, Gandy Timbers and the Tourist Bureau agreed to provide money for prizes. Over the sixteen years approximately \$18,000 in prize money was awarded.

The Manjimup Art Society owned 87 works of art which used to be shown in the Manjimup Town Hall, the Manjimup District Hospital, Moonya Lodge and Manjimup Senior High School. Some of these artworks were damaged over the years and numerous pieces require reframing, cleaning and repairs. When the Manjimup Art Society ceased the artworks were transferred into the keeping of the Shire of Manjimup.



Open Day Thursday 30th March 2017

Come along and have a look at our new premises  
enjoy a chat and a cuppa

12 Brockman St Manjimup  
Next door to RSL

We will be open between 10 am and 2pm

All Welcome

### Equine Experiences and the Warren Pony Club Fisher Family

“Eggbutt, frog, cavesson, jodhpurs, wither, foundation, laminitis, colic, bay, impulsion, oxer, gymkhana” ...  
Welcome to the wonderful world of equine ☺

These terms are a few of the plethora of common language for any equine enthusiast. As a mum of two daughters whose lives revolve around these magnificent creatures, I am in constant awe of the natural learning and positive relationships formed not only with their steed but with those whom share this passion. As a family we’ve been actively involved with numerous equine offerings within the local region for the past 3 years including the Warren Pony Club, Pony Club Association of WA Zone Gymkhana, Western Australian Endurance Riders Association, equine events at local Agricultural Shows (Warren, Upper Blackwood, Bridgetown and Brunswick) and clinics (Hoof Care, Dressage and Jumping). We are rapidly learning that there is an amazing array of other equine experiences that you can become involved within our region such as campdrafting, cross country, vaulting, western riding, rodeos, polocrosse, carting and archery. There is also Equine Assisted Therapy to help with members of our community on their wellness journey from mental health challenges such as anxiety. This last one we can fully recommend as a complementary therapy. Horses have an amazing ability to read human emotions and body language and respond to each of us as unique individuals.

Warren Pony Club (WPC) is a member of the Pony Club Association of WA. Pony Club is a youth movement that uses equine as a focal point of interest to educate members in the following primary aims:

- To encourage young people to ride and enjoy all approved kinds of sport connected with equine;
- To provide instruction in horse mastership and the proper care of animals; and
- To promote fellowship, citizenship and loyalty to cultivate strength of character and self-discipline.

Pony Club is open to beginners to advanced riders up to 25 years of age. WPC was founded in 1958 and is located at the Warren Equestrian Centre on Ralston Road on Manjimup. WPC Rallies are held every second Sunday of the month. New members are welcome. Further information

<http://warrenponyclub.myclub.org.au/9.htm>

WPC have sponsored some of the ridden classes at the Warren District Agricultural Show on the 18<sup>th</sup> March. Spectators are welcome to view and embrace the atmosphere of the equine area of the show including ridden classes, breed rings and working horses. The large array of sizes, colours and breeds and the relationship the handlers and riders have with their equine is sure to impress.

Now, as a mum who wouldn’t even enter a paddock with a pony (let alone a horse!) three years ago, I assure you the learning journey for us parents and the bonding with our children when we become actively engaged with their shared passion is immeasurable. And yes, I am converted I love these magnificent creatures.



### Swatting through March

March flies, sometimes known as horse flies or tabanids, can be the bane of our summer days. There are some 200 species in Australia, and they are found throughout WA, breeding in damp soil, rotting vegetation, sand, or rot holes in trees and often breed in larger numbers after heavy summer rainfall. Their lifecycle from egg to adult can take months or years depending on the species and soil temperature. They feed on nectar and plant juices and they generally live for 3 to 4 weeks. Or if they dine on the odd drop of blood, they may encounter a heavy hand - causing them a shorter life span!

Thankfully they are not known to transmit diseases to humans or livestock. Their bite, however, can cause serious allergic reactions in some people. Applying an ice pack or using a mild antihistamine may offer relief from painful bites.

March flies are known to be attracted to dark blue, so it is advisable to avoid wearing blue and other dark colours. Light-coloured loose-fitting clothing and insect repellents will provide protection.

According to the Environmental Health Directorate Department of Health website, the most effective repellents for March flies contain diethyl toluamide (DEET) at between 5 and 20 percent (50-200g/litre) and are most effective in lotion form.