



Edition 89 - December 2021
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www.manjimup.crc.net.au/cafe-bytes

Quote for December

"Christmas isn't a season. It's a feeling." - Edna Ferber (1885—1968)

Chat subject for December

What's your favourite Christmas Movie?

Welcome to our final newsletter for 2021, a year with a difference we could say.

Congratulations to the Cherry Harmony Festival team, twenty superbly successful Festival years to be celebrated on December 11th. What a team!

We wish everyone a happy, and safe, Christmas, with lots of warm fellowship and fun.

See you next year!

MANJIMUP COMMUNITY GARDEN

Manjimup Community Garden members welcomed Chris Smyth, WA State Coordinator for Community gardens Australia on the 19th November.

Manjimup Community gardens has been asked to host the South West Community Garden Forum, which was held in Denmark last year, in 2022. Chris had a walk around the garden beds, vegetables and herbs are growing well, guarded by scarecrow Alfie, who keeps a watchful eye over everything. There are fruit trees too, Macadamia, Davidson Plum. Pomegranate, Mulberries and Finger Limes.

The community garden was established in the Heritage Park in 2011 and there have been many changes since it's inception. There are sheds, water tanks and a gazebo, security cameras have also been installed. Plans are afoot for screening plants as a habitat for birds and wildlife, more irrigation lines are needed and a tree to be painted blue as part of the Blue Tree Project to help raise awareness around mental health.

It doesn't matter how knowledgeable you are about gardening, whether you are an expert or want to learn, community gardens aim to bring people together to learn new skills, develop friendships and share knowledge in a fun, friendly environment. Learning about organically grown food and nutrition leads to better health and pottering around in a garden will keep you fit and active.

Next time you visit the Heritage Park have a look at the community garden, visiting is free for locals and tourists or visit on Facebook for news and photos.

Liz Coley

Chris Smyth and members of the
Manjimup Community Garden – photo
Liz Coley



WESTERN RINGTAIL POSSUMS

Western ringtail possums (*Pseudocheirus occidentalis*) are found only in the south-west of Western Australia. They range from as far north as Dawesville, extending down the coast to Bunbury and the upper Warren area near Manjimup, and east to Albany. These shy little animals are now classed as a critically endangered species which puts them on a par worldwide with the Giant Panda, Asian Elephant and the Blue Whale.

Ringtails are a small leaf eating marsupial, adults weighing approximately 700g to 1.3kg with a body length of 30-40cm and a white tipped tail measuring about the same length as the body. They have dark brown fur with a cream or grey chest and stomach and short rounded ears. Their long tails can be curled into a ring like shape for support as they spend most of their time high up in the tree canopy where they feed on the leaves and build nests (dreys) from the foliage or use a tree hollow. They are partial to peppermints, jarrah and marri for food and wattles which provide dense foliage for their resting places, being nocturnal they spend most of the day sleeping.

It is thought that there may be more possums in urban areas than national parks, they have been found in sports grounds, parks and backyards. They like to move into roof spaces of houses, sheds and other buildings as suburban areas provide food, water and shelter, although your trade off may be some nibbled rose bushes and fruit trees.

The main dangers for ringtails are destruction of their habitat through land clearing, predation by introduced species (foxes and feral cats) and domestic pets. Some may be a casualty as they cross roads searching for food or a new place to live.

How can we help? We can keep our cats and dogs contained, particularly at night, drive carefully if

there are ringtails in your area, avoid chemicals and baits which may be harmful to them and if you have room plant a peppermint tree or two.

A recovery plan for the western ringtail possum was prepared by the Department of Parks and Wildlife and has been adopted under the Environment Protection and Biodiversity Act 1999 as the national recovery plan for this species. The plan will guide recovery actions for the next ten years with an aim of slowing down the decline in the population.

If you think you have seen a western ringtail possum, fill out a fauna report form and send it to Department of Biodiversity, Conservation and Attractions, the Species and Communities Branch.
Email: fauna@dbca.wa.gov.au

Liz Coley



Photo: Adrian Wayne/Parks and Wildlife

CHERRY HARMONY FESTIVAL ART AT THE MANJIMUP GALLERY

MANJIMUP CHERRY HARMONY FESTIVAL ART AWARDS EXHIBITION 2021 JUDGES' WINNERS, AND PRIZE SPONSORS

OPEN AWARD - \$3,000 - River Fisherman 11. Exhibition number 23 : Elmari Steyn of Northcliffe.

MANJIMUP SHIRE ARTIST GRANT : \$1,500 - Nature's Connection. Exhibition Number 31 : Judy Dimitriou of Manjimup

JUDGES' HIGHLY COMMENDED : \$200 cash. Sponsor Fay Dunstan. Story Years. Exhibition Number 25 : Joanne Francis of Mount Barker

JUDGES' SPECIAL MENTIONS -- VOUCHERS TO THE VALUE OF \$100

Frame It - \$100 towards framing - Exhibition Number 13 : Debra Bettoni of Pemberton

Tony Windberg - \$100 Voucher – Tuition - Exhibition Number 4 : Jo Hanna of Manjimup

Bookalaam Olive Oil - Cash \$100 - Exhibition Number 37 : Sylvia Nysten of Australind

ART ON THE WALL SPONSORSHIPS :

IPSEN STREET DENTAL CLINIC : Exhibition Number 24. Carmen McFaull of Dunsborough

WILL GREEN : Exhibition Number 28. Karen Wiedemann of Manjimup

SAM WRIGHT : Exhibition Number 35. Elaine Steele of Manjimup.



MLA Jane Kelsbie with voucher winner Elaine Steele and Sponsor Dr Sam Wright who will have Elaine's art on display in her Veterinary Clinic for 12 months. Ms Kelsbie was the Official Opening Speaker, impressing the importance of art within regional communities as a tool for mental health. Behind Jane in this photo is Manjimup Shire Artist Award, a pastel by Judy Dimitriou.

Thanks to Fay Dunstan, the main organiser of the Cherry Harmony Festival Art Exhibition for the information. And Lyn Neal for the photo. The exhibition is open until December 15th at the Gallery

MANJIMUP CHERRY FESTIVAL PHOTO COMPETITION 2021

This year is the 20th anniversary of the Cherry Harmony Festival and The Manjimup Photo Club in conjunction with the festival have been busy with entries for their annual competition. Deadline for entries is Friday 3rd December 2021, they can be dropped off at the Manjimup Community Resource Centre or post to 45 Rose Street, Manjimup WA 6258.

Photographers have 9 classes to enter (Classes 1-7 \$3.00 per entry, Classes 8-9 Free).

Class 1: RED – Main subject must be red, but you can add something to represent the 20th anniversary Manjimup Cherry Harmony Festival.

Class 2: LANDSCAPE/SEASCAPE

Class 3: MONO/PORTRAIT OF 2 OR MORE PEOPLE

Class 4: MACRO OR CLOSE UP

Class 5: ON THE ROAD

Class 6: AGRICULTURE OR INDUSTRY

Class 7: ALTERED REALITY

Class 8: PRIMARY SCHOOL ENTRIES - Up to 3 photos of any subject

Class 9: HIGH SCHOOL ENTRIES – Up to 3 photos of any subject

There are sure to be some wonderful photos on display during the Cherry Harmony Festival. The exhibition opens on the 11th December 9.00 am at the Manjimup Town Hall on Brockman Street. Prizes Presentation will be held at 12 noon on that date.

For further details contact

Carole Paterson – Phone: 042772580. Email: carolepaterson@bigpond.com

Alan Wills – Phone: 0438996352. Email: conchuhito@iinet.net.au

Liz Coley

CHRISTMAS CAROLS

At this time of year, we begin to embrace the spirit of Christmas, we think about mince pies, Christmas pudding and cake, present buying and holiday time and to keep us in the mood Christmas Carols are everywhere. You can hear them on the radio, in shopping centres and Christmas movies on TV.

In 129, a Roman Bishop decreed that a song called "Angel's Hymn" should be sung at a Christmas service in Rome. St. Francis of Assisi started his Nativity Plays in Italy in 1223, the choruses of these new carols were in Latin, but normally they were all in a language that the people watching the play could understand. The new carols spread to France, Spain, Germany and other European countries. Most carols from this time and the Elizabethan period were usually sung in homes rather than in churches by traveling singers or minstrels. When Oliver Cromwell came to power in England in 1647, the celebration of Christmas and singing carols was stopped because of frivolity. Carols remained mainly unsung until the 1880s when the Bishop of Truro drew up a format for the Nine Lessons and Carol service, still in use today.

Carol services were created and became widespread, as did the custom of singing carols in the streets. One of the most popular services is Carols by Candlelight.

Manjimup's Christmas in the Park is on again for 2021, head down to the Heritage Park on December 19th and join in the fun, festivities start at 4.00pm, Carols 7.30pm.

Liz Coley

A VIEW FROM A GALLERY VISITOR & ENTRANT IN THE MANJIMUP ART AWARD.

This month the Manjimup Cherry Harmony Festival celebrates its 20th year, so it is fitting that the theme for its Art Award was "Connections". Art connects people to place and binds us to each other.

While the act of creating art is often a monastic, cerebral existence, once completed, art brings people together physically — in galleries, museums, performance spaces — and culturally, through its capacity to tell a community's shared story, to inspire reflection, and form connections that transcend our differences.

The diversity of interpretations of the concept of "Connections" is exciting to see as a whole in the 39 entries on display at the Manjimup Library & Art Gallery, from portraits of well-loved and well-lived local identities (Story Year's by Joanne Francis) to fleeting memories of a man and dog passing on a street in Varanasi (Symbiosis by Trude Cooper).

The Western Australia landscape is a character all of its own, like New York, is in the show "Sex and the City". The natural environment is omnipresent, whether it be mother nature outdoing her colourful self (Regeneration by Carmen McFaul) or gently pulling you into a deep stillness (Kindred Spirit by Karen Wiedemann).

The exhibition is open until December 15th at the Manjimup Art Gallery, Library complex, 57 Rose Street.

Thank you Jo Hanna

NATURE'S PALETTE ART EXHIBITION, JANUARY 2022

Nature's Palette has a captivating aesthetic. Yet these combined works are more than just a celebration of colour and pattern: they're a celebration of life itself, in all its confusion. In their recent body of work local artists Jan Rowe, Manida Morrell, Vikki Cook and Jo Hanna encourage us to re-learn the act of seeing and to view paintings in a way that delves into the forest and off-track into a world of introspection.

Helped by expressive mark making and saturations of colour, these paintings are both cultivated and voluptuous. With layers upon depths and lines overlapping dots, like leaf-fall on the forest floor this new body of work plays with both a sense of nature's strength and its uncertainty: the moment we find ourselves, we are instantly lost again.

Exhibition Opens 2 pm Monday January 3rd and closes on 31st January at the Painted Tree Gallery, Northcliffe

ALL WELCOME

Thank you Jo Hanna

Manjimup Artists



Liz's

Kitchen Rules

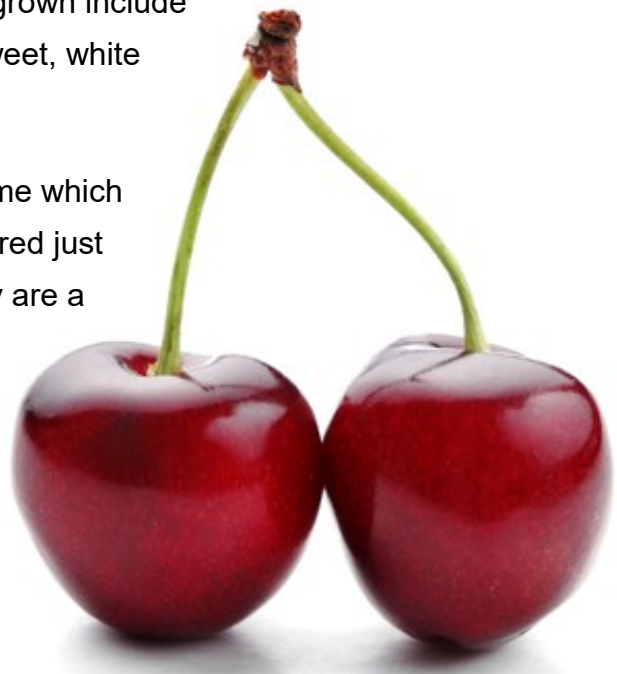


LIZ'S KITCHEN RULES

With cherries ripening in the south west from November until late January and the 20th anniversary of the Cherry Harmony Festival happening in December, it is easy to see why cherries have become synonymous with Christmas around Manjimup, and really what could be nicer than a bowl full of these delicious red fruit over the festive season?

Cherries have a long history being native to most of Europe, Western Asia and parts of North Africa where the fruit has been eaten since prehistoric times. Most of our eating cherries today are derived from either *Prunus avium*, the sweet cherry, or *Prunus cerasus*, the sour cherry. Australian cultivation began about the late nineteenth century in South Australia. They have a short growing season and the temperate climate of the south west and our rich soils are ideal growing conditions. Cherries are mostly grown in Western Australia in a narrow area between Donnybrook and Pemberton, 85% of WA Cherries are produced here. Manjimup's cherries begin to ripen mid to late November, depending on the season and the fruit usually lasts until mid-January. Varieties grown include Sweetheart, Stella, Van, Bing, Lappin, Noir and the sweet, white fleshed Rainier.

The French word for cherry is *cerise*, a truly exotic name which describes them very well, *cerise* being a deep pinkish red just like a ripe cherry. The deep red colour shows that they are a rich source of antioxidants and vitamin C and are anti-inflammatory as well so they have many health benefits, always a good excuse to eat a few more. Look for local cherries at the Farmer's Markets and at the Cherry Harmony Festival.



CHERRY CRUMBLE

Ingredients: 1kg fresh cherries (pitted), 50g caster sugar, 1 lemon (juiced), ½ teaspoon vanilla extract. For the topping: 150g plain flour, 100g cold butter, ½ teaspoon salt, 70g soft brown sugar, 100g rolled oats, 40g flaked almonds.

Method: Place the cherries into a med oven dish (around 28cm) and mix with sugar, lemon and vanilla, set aside. Place the flour and butter into a mixing bowl and rub together with your fingertips to a breadcrumb like consistency. Stir through salt, sugar, oats and most of the almonds. Tip over cherry mixture and top with remaining almonds. Heat the oven to 190 deg C, bake the crumble for 30-35 minutes or until topping is golden brown, serve warm with ice cream or cream.



FAREWELL TO SHELBY

This month we say goodbye to Shelby McGovern who has been with us at the Manjimup CRC since starting her employment as a casual at reception in 2019. After completing her traineeship in certificate III in business administration, Shelby was offered a permanent position as a customer service officer.

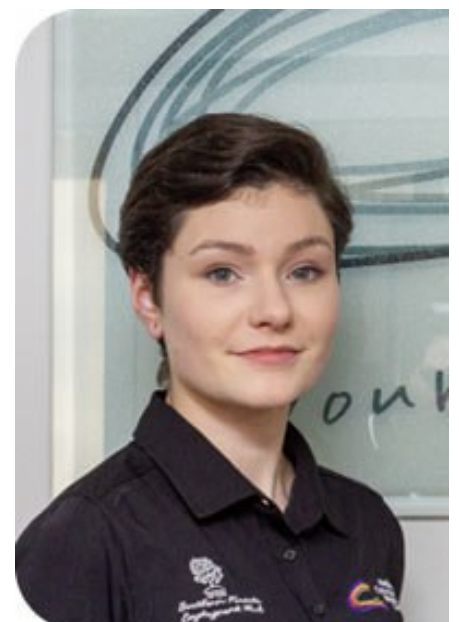
It is sad to say goodbye but we are proud of our departing staff, Maddi Copley who has joined a mining company in the city, Shakila Haidari now part of the Southern Forest Medical Centre team and finally Shelby who is moving on to join Enable in Manjimup.

We wish her all success in her new career and we thank her for being a much appreciated member of our staff.

Chairperson - Liz Coley presents a farewell gift from staff and board members



Shelby's staff photo



VOLUNTEER UPDATE

I'm sure time is somehow speeding up yet again as we head into the busy season! However here's a quick round up:

The Cherry Harmony Festival Art Award was on Friday night with a fabulous opening ceremony and presentation of awards to winners. Well done Fay Dunstan and all the sponsors and volunteers that make this event happen. Great to see so much talent and to have the opportunity in Manjimup to shine a spot light on visual art and artists.

Looking ahead to Monday November 29th is our last Days for Girls sewing bee for the year. Has been a great opportunity to support and contribute to this cause via the CRC. Community members are welcome to attend the sewing bee at the MCRC conference room, starting at 10:30 and finishing at 2.00 pm, lunch and morning tea included. Sewing machines and over lockers are available to use, but if you have your own, please bring.

The big news is that via successful grant funding from the Department of Communities, this year we can do more than a thank you and a cuppa for our hard working community volunteers. We can address the core issue and concern that we all have: Successfully attracting more volunteers to reinforce our tired troops. Presenter for the forum will be...PETER KENYON from the Bank of Better Ideas!!! Peter has reduced his fee to enable his attendance to this event, which will be at the Family Centre on Sunday December 5th, with cuppa, meet and greet at 10:30, forum at 11:00 and lunch, 12:30. This free event is open to all members of the community and with being precious few times to problem solve and think as a community – I feel that together we will come up with some solutions.

(This is also our volunteer sundowner for December. Save the best 'til last 😊)

Following Thank a Volunteer Day is the Cherry Harmony Festival, so fingers crossed for a cool, but fine day to be enjoyed by all.

Happy holidays coming up next month and see you next edition!

Sharon Rose



WHO ARE WE? The Bytes Team who bring you this publication are:

Yarn spinners: Liz Coley & Kathy Hill

Design: Tracey Bingham

Contribute your story to us: manjicafeytes@gmail.com

Editorial responsibility: Sharon Rose

(08) 9777 2774 or volunteer@manjimup.org.au

Funded and printed by the Manjimup Community Resource Centre Inc.