



Edition 90 - January 2022
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www.manjimup.crc.net.au/cafe-bytes

Quote for January

"Write it on your heart that every day is the best day in the year." – Ralph Waldo Emerson (1803 - 1882)

Chat subject for January

Who likes hot January days?

Welcome, to our first newsletter for 2022, our 90th edition. Happy New Year, may we have the good fortune to stay safe while we live with Covid amongst us.

Thanks to Dot Jacobs and Sue Kipp for their contributed articles, we love to have other voices join the team.

Enjoy summer's warmth, after our long winter the sunshine certainly is welcome.

A SURPRISING HEALTH BENEFIT

Before modern technology came along, that is before TV, tapes, CDs, Spotify, which have brought instant music into our lives, people had to make their own music. Imagine that, no switches to fill the silence. Piano recitals would be the evening entertainment in homes, sing alongs around camp fires were popular, and breaking into song while working was common. When Covid entered our news, we heard about lockdowns in European countries, and saw people out on their balconies, singing their hearts out and joining in with near by neighbours, singing together.

Recently I read an interesting article about singing, and thought it worthy of sharing. This is what online research produced. Believe it or not.

The values of singing: Apparently singing lowers anxiety and stress, it is relaxing, and eases muscle tension. Plus, it releases endorphins. And what are those we ask. Well, it seems endorphins are the body's natural 'feel good' chemicals, making them an essential component in a balanced happy life.

Also, singing strengthens your immune system, helping to improve blood circulation and oxygen. It even assists in quietening snorers down. As a bonus, singing can be fun, and above all, it increases your brain power.

So, if you are convinced by this research into singing, there are a couple of groups in town who would be sure to welcome new members, Manjimup Music Makers ukulele group.

Kathy Hill

Editor Sharon's comment: Dan Millman and Louise Hay publications also tell us that – especially women – tend to shallow breathe, which doesn't promote efficient gaseous exchange at a cellular level. Singing is one way to encourage more efficient breathing. Especially if we have the right voice/ breathe training...

I also saw an interview on TV of an Australian opera singer who was recovering in hospital from covid. The doctors told her it was because of her singing training that she survived as her lungs and respiratory system was very strong, but told her it was unlikely she would sing again. But – humanities will power can be strong and she is now singing again!



LIVING WITH COVID IN USA

Thanks to my friend Sue Kipp for writing this article for we South Westers, Sue has visited here a few times with her long time pen friend, my cousin, so is a little familiar with our community. Kathy

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I live in Saratoga Springs, New York, a small city about four hours north of New York City, where I grew up. Saratoga Springs is a lively city, with a major racetrack for horses, and is known for its openness to visitors. My husband and I moved here in 2006, a few years after retiring from teaching. We thought that our lives would continue as planned, but, as everyone knows, life usually doesn't follow our plans.

In 2019, when Covid was spreading throughout the world, it wasn't always taken seriously here in the United States. Many politicians were not listening to scientists and there were various thoughts on the cause of the virus and how it should be handled. I didn't think it would turn into such a catastrophic event.

In May of 2019, my husband, unfortunately, suddenly died. After many thoughts, I contacted a long-time friend, a pen pal from Perth, Australia. He and I had been writing for over 50 years and we had visited each other through those decades. I did not want to be in New York in April and May of 2020 as that would have been my 50th wedding anniversary and the first anniversary of my husband's death. So, Colin and I planned my visit to occur during those months.

But then Covid took over. In the summer of 2019, things stayed pretty much the same, but when fall started in September, changes came. There were so many more cases of Covid, with people being hospitalized with the worst effects of the disease, and many of them dying. We were asked to wear masks (some of which I made myself) both when we were inside and outside. I disliked this as my glasses would fog up and it was difficult to see and breathe, but I followed the scientists' suggestions. There was talk of vaccines that wouldn't be available until the beginning of 2020. Stores began to close down and people were staying home, not meeting in any kind of group. Meetings ended up being on Zoom, as did the services from my Temple and from other religious organizations. People were working from home and schools were starting to close down.

I had to cancel my trip to Australia. If I had been able to leave, I wouldn't have been able to return as countries were shutting their borders.

2020 was a sad year. I was home, alone, most of the time, with a life that changed in a way I never imagined. Friends would call and if the weather cooperated, we could meet outside. My quilt group would come over and we would sit in the park across the street from where I live. The racetrack was closed to visitors, as was the Saratoga Performing Arts Center, which always had headliners performing all summer, with huge crowds. Saratoga Springs did not have the normal crowds and local stores and restaurants felt the loss.

By the end of 2020, vaccinations became available and I was able to receive my first vaccination the last day of February 2021, then my second vaccination six weeks later. That gave my friends and me a great deal of relief. But, once again, there were always politicians claiming false facts about the virus and many people chose not to get vaccinated. Numbers of people getting the illness were falling in areas where people were getting vaccinated and our area was one of them. So, summer of 2021 was "almost normal" again. I still wore a mask in stores, but not while walking outside or being in an outside venue. The racetrack opened up to visitors as did the Performing Arts Center. Stores and restaurants were getting customers back.

Now we have the booster vaccine, which I received in early October. I still wear my mask indoors, and because of the newest variant and people still not believing in vaccines, numbers of illnesses are rising, with many of them occurring in people who did not take the shots. In Saratoga Springs, masks are required indoors now, and I have noticed many more people wearing masks when they walk. Winter is here and hospitals are full, mainly with those who did not get vaccinated.

As 2021 will be in the rear-view mirror, and 2022 is on the horizon, we realized how weary we are of the life we now have, but there is so much hope on the horizon.



JAZZ IN THE JARRAH

Thanks to Lions Club Members for organising Jazz in the Jarrah community entertainment, fund raiser for Royal Flying Doctor. And thanks Dot Jacobs for this interesting article on the history of Lions' very popular annual event. Anyone keen to join Manjimup Lions Club would be made very welcome.

In October 2009 I was travelling back to WA from a family wedding in Townsville. Sitting in Brisbane airport quietly checking emails on my laptop I was startled by a "face time" connection implemented by Colin Rouse. He was inviting me to spend an extra day in Perth on my way home so we could attend a pickup night at the Perth Jazz society. For the uninitiated a pickup is an evening when musicians, many of them retired just turn up at the venue with their instruments, meet old mates and decide to play together. The thing I love about Trad Jazz is just this aspect. No scored music or chord charts, no practice, just a few mates Jamming. That evening we paid \$10 a head to enter the Yokine Bowls club and all money raised was donated to the Lion Eye Institute. At the end of the evening, we got to vote on which impromptu group was the best of the night. Colin suggested that the Lions club in Manjimup could organise something like this to raise money for a charity. I thought for a short while then took the idea to the Lions Club, they asked how much will it cost, where will we find a venue, who will pay, none of which I had answers to so they quite rightly told me to pull my head in and the idea was dropped. Those of us who know Colin know that he will never drop a good idea. He kept talking to friends and ex-neighbours and by mid 2010 the lovely Lisa and Toby Lambert had offered their front lawn at the beautiful Fern Hill farm as a venue and I had to get to work to find performers. We settled on a date and using my contacts as a member of Jazz Freo I engaged the Blue Monk Quintette and they brought the gorgeous jazz singer Libby Hammer as their vocalist. We had a small grant from South West Development Commission to pay the band, the team from the community centre provided the sound and lighting and a group of local ladies provided the catering for the performers in Lisa's kitchen. We charged \$30 a car to come in and all of the small amount of money we raised went to RFDS. 150 people attended that night.

Fast forward to 2014. We had outgrown the front lawn and need a bigger venue. The Timber & Heritage Park is the obvious answer but means hiring a stage and a bigger sound system with professional sound engineers. Enter Lottery West, Shire Community Grants and Health Way and we were up and running at our new venue.

2016 the day was wet in fact pouring. We moved into the Round house, only a small quartet from Margaret River performing that year so we fitted in nicely, the acoustics are fabulous.

2017 The Shire was in the middle of a new \$6,000,000 project to redevelop the park. The Sandra Donovan Sound Shell is being constructed along with the Park Café, Power Up electricity museum and new Visitor Centre. With no suitable venue available we reluctantly cancelled Jazz that year and returned the grant funding so generously supplied by the Shire.

2018 we had our first taste of the excellent facilities at the Sandra Donovan Sound Shell. Since then with continued funding from the Manjimup Shire, Lottery West and now Forrest Products Commission we have been able to afford to present a free event to the community. We have had quartets, quintettes, sextettes, and big bands. For 10 years the Table for Two trio have been our opening act. We still raise funds for RFDS and I am continually amazed and delighted at the generosity of our community in their eagerness to support "The Flapping Quacks" and now our Lions Club charities as well, by tossing all their spare change and sometimes quite large notes into the collection tins and boxes that we have on hand.

Thank you all for your support over the last 11 years and please join us again at 5:30 pm on February 5th 2022 in the Manjimup Heritage Park for yet another great night of jazz, swing and rock and roll at the Manjimup Lions Club Jazz in the Jarrah.

Dot Jacobs

Liz's

Kitchen Rules



LIZ'S KITCHEN RULES

Phoenix Dactylifera, commonly known as date palm, is a flowering plant species in the palm family, Arecaceae, cultivated for its edible sweet fruit. The species is widely cultivated across northern Africa, the Middle East, and South Asia, and is naturalized in many tropical and subtropical regions worldwide. Fossil records show that the date palm has existed for at least 50 million years in the Middle East, later cultivated and been a staple food for thousands of years.

The ancient Romans used palm fronds in triumphal processions to symbolise victory, frescoes from Pompeii show date palms and the Spanish introduced them into Mexico and California in 1765. Dates are grown commercially in two regions of Australia, the South Australian Riverland and the Desert Fruit Farm near Alice Springs. The Afghan cameleers arrived in the 1800s as “pilots of the desert” to help colonise Central Australia, feeling homesick, they brought palm trees and planted them in the desert, the deep sandy soils and hot dry climate of the Northern Territory provided ideal growing conditions.

Date Palms are tall, they can grow up to 21-23 metres and bear fruit 4 to 8 years after planting, a mature palm can produce between 70-140kg of dates per harvest season, they do not all ripen at the same time so several harvests are required. Egypt, Saudi Arabia, Iran and Algeria produce most of the world's dates. The most popular varieties being Medjool (Morocco), Deglet Noor (Algeria), Yahidi and Hallawi (Iraq) and Mazafati (Iran).

Dates can be eaten just as they are or pitted and added to a range of sweet and savoury dishes, they can be added to tagines, cakes, puddings and bread. Vinegar made from dates was a traditional product of the Middle East, when Muslims break their fast in the evening meal of Ramadan, a date is always eaten first. Date seeds are soaked and ground up for animal feed and stripped fruit clusters used as brooms.

Dates are an excellent natural sweetener, they are cholesterol free, contain vitamins A, B, C and E and are high in disease fighting antioxidants and they taste delicious too.

DATE & OAT BRAN MUFFINS

Ingredients: 1 1/2 cups oat bran, 1 1/2 cups plain flour, 1/2 cup dark brown sugar, 1 1/2 teaspoon bicarbonate of soda, 2 teaspoons baking powder, 1 teaspoon cinnamon, 2 eggs, 1 cup chilled apple sauce, 4 tablespoons canola oil, 1/2 cup pitted dates soaked in hot water.

Method: Line or grease 12 cup muffin tray, preheat oven to 200 deg. Mix oat bran, flour, brown sugar, baking powder, bicarb soda and cinnamon in a large mixing bowl. Add eggs, chilled apple sauce, oil and dates with hot water. (Add water a little at a time until you have a smooth mixture). Let stand for 10 minutes then bake for 15 minutes until golden brown.

Warm from the oven, split with a little butter they are perfect for morning tea.



AUSTRALIA DAY CELEBRATIONS

This year's Shire Australia Day ceremony will be held at Walpole, being promoted as Av'a G'Day in Walpole, Wednesday 26th January 8.30 am to 1 pm. Citizen of the year awards will be from 10.30 am.

The Walpole community are getting together to make it a special day out, with activities throughout the day including face painting, sheep dogs and shearing demonstrations, live music by Sweet Water, billy tea and damper, vegetarian and beef burgers, bouncy castle and lots of market stalls. Something for everyone to enjoy. Sponsored by Live Lighter.

MANJIMUP ART GALLERY

The Manjimup Art Gallery features regular exhibitions showcasing the work of local artists and cultural organisations.

The current exhibition, open from January the 5th to the 31st during library hours features the work of two very talented young artists, who won the Manjimup Cherry Harmony Festival Young Artist Award in 2019 and 2020 respectively.

Definitely worth a viewing.

To find more information visit, <https://www.manjimup.wa.gov.au/our-places-and-spaces/artgallery/Pages/default.aspx>

NEW YEAR RESOLUTIONS

The excitement begins for me as soon as the sun rises on New Year's Eve, for this is a special day, my birthday. When I was young (not that long ago), I used to think all the celebrations were just for me, a grand finale as it were to all the events of the day. I was a bit disappointed when I found out that fireworks were heralding in the New Year all over the world.

Despite all the birthdays since then and where ever I happen to be when a new year arrives, I always feel that I have to make at least three New Year's resolutions. And it seems that I am not on my own, every year millions of people do the same, you might find one or two in this list that appeal to you.

The Top Ten are: 1 Exercise more. 2 Lose weight. 3 Get organized. 4 Learn a new skill or hobby. 5 Live life to the fullest. 6 Save more money. 7 Quit smoking. 8 Spend more time with family and friends. 9 Spend less time on social media. 10 Read more.

Quite a list there and my three are included, however I am not going to tell you what they are as like millions of other people, despite the best of intentions once the glow of a fresh new year has worn off good intentions fly out of the window!

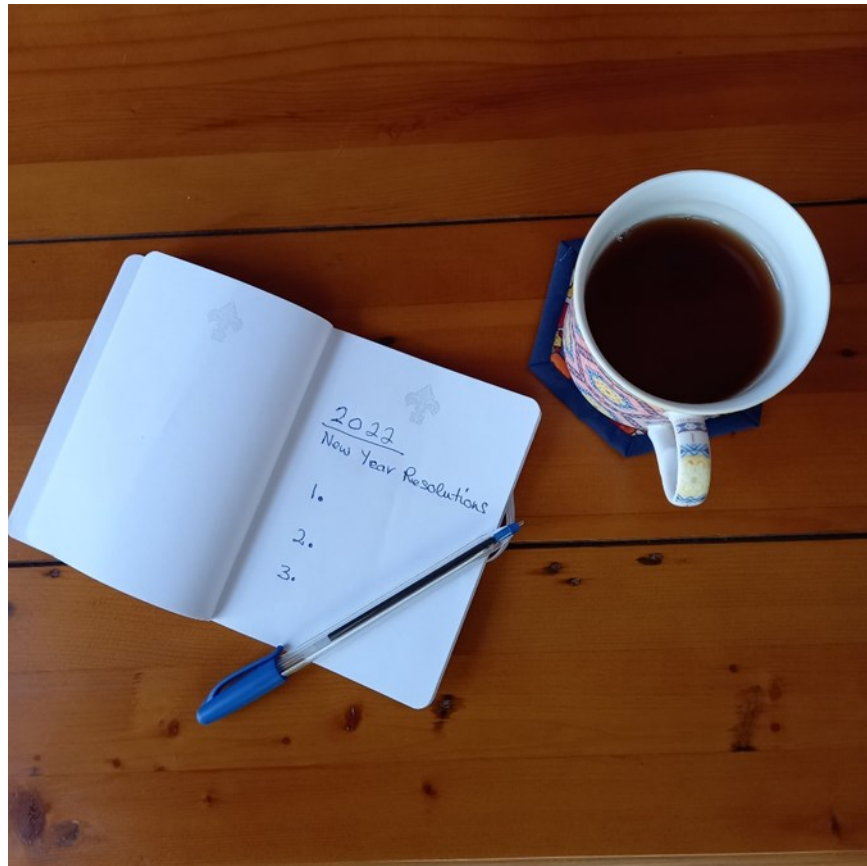
It's hard to pinpoint exactly when our tradition of making New Year's Resolutions was first established, references to self-improvement go back centuries, to Chinese antiquity and the Romans.

The practice of setting goals on New Year's Day was well-established by the 1860s, as seen in one of Mark Twain's letters:

"Yesterday, everybody smoked his last cigar, took his last drink, and swore his last oath," he wrote on 1 January 1863. "Today, we are a pious and exemplary community. Thirty days from now, we shall have cast our reformation to the winds and gone to cutting our ancient shortcomings considerably shorter than ever. We shall also reflect pleasantly upon how we did the same old thing last year about this time."

So, there we have it, let's make our resolutions, striving for self-improvement is always a good thing and 2022 may well be the year that we succeed, if not we can be like Mark Twain and do the same thing next year, good luck to all my fellow resolution makers!

Liz Coley



RED-TAILED BLACK COCKATOO

There are three subspecies of the Red-Tailed Black Cockatoo) in Western Australia with the South Western population (*Calyptorhynchus banksii naso*) now being listed as Vulnerable under “Schedule 1 – Western Australian Wildlife Conservation Act” and Vulnerable under “Federal Environmental Protection and Biodiversity Conservation Act”.

Known to the Noongar people as Karrak, Red-tailed Black Cockatoos were fairly common but are now rare and patchily distributed around the south west. Populations have declined due to the destruction of forests and woodlands, competition for nest hollows with native and exotic species and the impact of fire. The birds are usually seen in pairs or small flocks uttering loud harsh cries as they fly overhead, a flash of bright red tail making them easily distinguishable from other species.

They are quite a large bird with an average length of 53-55cm, weigh 600-610g, adult males are glossy black with a dark grey or blackish bill and a bright orange red band towards the tip of the tail. Females are glossy black with a paler greyish white bill, head and wing coverts spotted with pale yellow, barred orange yellow underneath and a narrow band of orange yellow on the outer tail feathers, young have similar markings to the female. Pairs will mate for life, and generally start breeding from about four years of age. They use large natural hollows for nesting that form in very large and old Marri trees. Nest hollows have a diameter of approximately 30cm and are generally more than 1m deep, one egg is usually laid on wood chips at the bottom of the hollow. The female is responsible for preparing the hollow for breeding, incubation lasts between 29-31 days, hatchlings are covered in sparse yellow down and the chick is fully feathered within 48 days.

Approximately 90% of the forest red-tailed black cockatoo diet is made up of Marri *Corymbia calophylla* seeds and Jarrah *Eucalyptus marginata* fruit, but they will also feed on Blackbutt *Eucalyptus patens*, Karri *Eucalyptus diversicolor*, Sheoak *Allocasuarina fraseriana*, Snottygobble *Persoonia longifolia* and *Hakea* species.

Forest red-tailed black cockatoos are not known to cause any damage to commercial crops in the south-west. Killing of black cockatoos has been considered an offence since 1989 under the provisions of the Western Australian Wildlife Conservation Act 1950. Unfortunately, black cockatoos continue to be illegally shot each year, resulting in injuries and deaths.

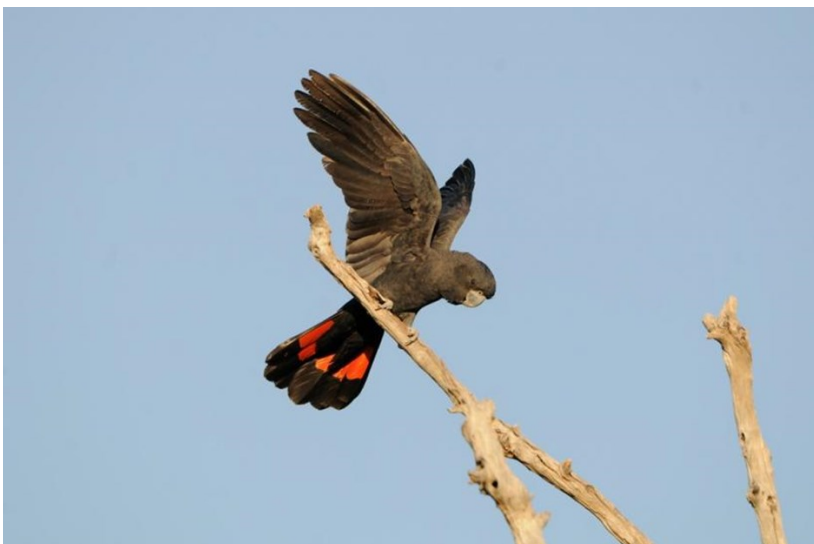
If you think you have seen a forest red-tailed black cockatoo, fill out a fauna report form and send it to the Department's Species and Communities Branch at fauna@dbca.wa.gov.au. This helps to track the distribution of threatened species in order to monitor population trends. The Great Cocky Count, supported through funding from the Alcoa Foundation, is a long-term citizen

science survey that monitors known roost sites of Carnaby's cockatoos, but also takes note of Baudin's and Forest Red-tailed Cockatoos. Anyone can get involved, with volunteers participating in the one-night survey every autumn across the south west.

Email: greatcockycount@birdlife.org.au

Liz Coley

(Photo – Tony Kirkby)



Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an **INDEPENDENT** water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire survival plan: mybushfireplan.wa.gov.au. You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and

Environmental Regulation website: water.wa.gov.au/fireplanning.

Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.

The Emergency WA website emergency.wa.gov.au provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the SES **132 500** for emergency assistance.



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