

Ant Deterrent

In recent years many Manjimup people have had the problem of small black ant infestations in their yards, and at times they venture into homes, which is difficult to live with.

A Bytes reader has offered this suggestion:
Mix 1 1/2 cups sugar, 1 1/2 cups hot water, 1 1/2 tablespoons of borax. Simply leave small containers of this around where the ants are seen.

Or a simple chemical free recipe:
Equal quantities of carb soda and icing sugar, moisten to edible paste with water. For the small amount of effort involved this seems to be a worth-while control.

Pink & Grey Galahs



A flock of Pink and Grey Galahs seem to have decided that Manjimup is a great place to live as several have been spotted around town recently.

A bit of research tells us that the galah is a small cockatoo with 2 subspecies: (Cacatua roseicapilla), originating in northern or eastern Australia has a light crown and crest and deep red skin slightly wrinkled around the eye. (Cacatua r. assimilus, originating in western Australia are slightly larger with a pinker crest, paler underparts and pale grey to white wrinkled skin around the eye. The latter are generally the birds we see around the south west.

Galahs are the most widespread of the cockatoo family, (although some areas invaded by corellas may disagree), their natural habitat was mainly inland semi-arid shrubland and drier northern coastal areas. Clearing of the Wheatbelt for cropping and the establishment of permanent water has allowed the western subspecies to expand deeper into the south west. Galahs forage mostly on the ground for seeds, grasses, cereal crops and Wattle Acacia seeds.

Tree hollows near a water source are used for nests and can be spotted as bark is usually stripped from around the entrance and the hollow lined with green eucalypt sprigs that also cover the surrounding ground. An average of four eggs are laid between July and October, both parents take turns in rearing the brood, (incubation period is approximately 23 days), young leave the nest 45-50 days after hatching and are dependent on their parents for food over the next six to seven weeks. It is believed that birds are 2 to 3 years old before they breed, they generally mate for life, pairs find a suitable hollow and will roost near it every night, young birds move to colonise other areas. It is not known how long they live in the wild but a tagged bird was recorded aged 20 years.

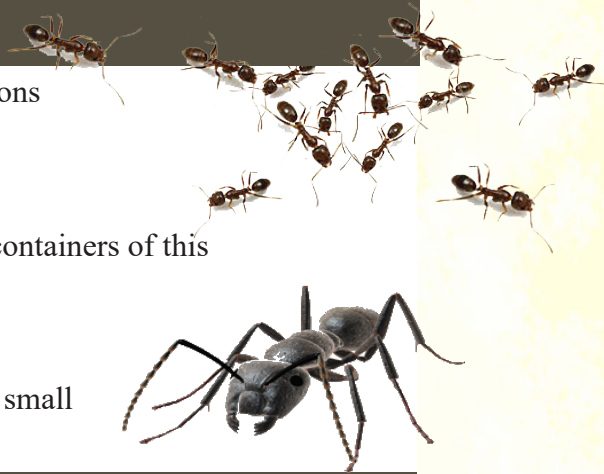
They are very sociable birds, flocks of up to 2,000 galahs have been recorded. They can become a nuisance in some areas through their habit of digging up grass roots for food in parks and ovals, they have been known to chew through wiring and windscreen wipers and their loud, raucous calls often disturb the peace and quiet of early mornings.

How did the galah get its name? It originated from the Yuwaalaraay people of northern New South Wales and was variously spelt in early records as galar, gillar, gulah etc. The early settlers used the galah as a food source, a 1902 edition of the Truth newspaper reported the following: “The sunburnt residents of that godforsaken outpost of civilisation were subsisting on stewed galah and curried crow”, galah pie was quite popular too.

All this tells us that galahs have been around for a very long time and without a doubt are here to stay.

Further reading: dbca.wa.gov.au

Liz



Manji Cafe Bytes

Byte sized stories

March 2019, Edition 58



FREE

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Artist: John Duncan

Welcome to March, starting in fine form with a long weekend to enjoy, before the weather turns cooler. The holiday is in honour of Labour Day, all about celebrating work days being officially eight hours, instead of much longer hours in years gone by. Although, some of us do still work more than eight hours in a day. And of course, March 1st will bring in the Autumn season, watch for the magnificent colour that nature’s display will soon be enthralling us with.

Some Musical Notes

Music is definitely joyful, it actually has therapeutic powers, we all know that don’t we - although it can depend on whether the music in the air is to your taste as to whether it holds positive therapeutic advantages or not. Music tastes are certainly individual choice.

Recently when an offer of ukulele lessons was spied on the local supermarkets’ notice board it held a note of interest for me, having musicians in my family and being involved supporting Warren Arts Council’s annual Manjimup Bluegrass Event. I was keen for a Bytes story on the ukulele lessons, so phoned the number, and spoke to the tutor, Catherine Bamess, asking her about the prospects of a yarn. End result being I went along to the first lesson, just to experience what it was all about. And I finished up taking part.

The atmosphere was grand, fifteen students of a wide range of age, some not sure if they were in their right mind or not to be doing what they were, plucking nervously at ukulele strings, but the lesson soon turned into fun, with everyone taking part and trying to raise a tune, singing along happily with the most encouraging teacher you could find. There were smiles all around. Catherine says her goals are purely for musicians to enjoy singing and playing the ukulele, to learn new skills and develop a solid repertoire of songs that they feel confident to play. And in time, if they are comfortable with a public performance then perhaps this could happen. Time will tell.

Well done Catherine for initiating these lessons and spending your time sharing your skill.

And another touch of happy music, assisting physical fitness in a fun way, is the opportunity to join in with the boot scooting group at the Middlesex Hall. It’s held on Tuesday evenings, 6 pm to 7.30, \$2.50 per night to cover cost. One of the organisers, Ron Quaife says: “Spread the word - Everyone Welcome”. So dig out those dancing shoes.

Kathy

Quote for March:

“Be happy for this moment. This moment is your life.”
– Omar Khayyam (1048 - 1131)

Chat subject for March:

Who is going to grow a giant pumpkin for next year’s show?

SWEET CORN

Is there anything sweeter than home grown corn? Cooked or simply plucked straight from the plant, there are very few vegetables which produce such a sugar hit. Sweet Corn (zea mays convar. Saccharata var. rugosa) also known as sugar corn or pole corn is a variety of maize. This plant was grown by several Native American tribes, the Iroquois gave the first plants to European settlers in 1779, it soon became a popular food in the southern regions of the United States and is now grown and consumed in most countries around the world.

Some unusual varieties of sweet corn are Anasazi, a multi coloured corn whose kernels range from yellow, red, burgundy and blue, this was grown by the Anasazi Indians in the south west of America between 100BC to 1300AD and is apparently delicious eaten raw or cooked. Blue Mini Popcorn produces large dark blue coloured cobs and is a much sought-after heirloom variety, reputedly great for popcorn. Manning White (creamy white) was once grown as a grain crop by dairy farmers in the Manning valley, New South Wales, it would have been lost but for the efforts of a local farmer in saving the seed, it can be eaten fresh when young or used as animal feed.

According to the Guinness Book of Records, the tallest sweetcorn plant measured on 22 December 2011 grew to 10.74m and was grown by Jason Karl of Allegany, NY, USA. Tyler Craig of Swedesburg, Iowa, USA holds the record for the most corn cobs on a single plant, a massive total of 16, counted on 13 October 2009. That certainly gives us something to aim for, I can't guarantee that your corn will be in the Guinness Book of records but try these planting tips and who knows what may happen!

Sweet Corn love a little warmth and seed should be planted in the garden around October – December, sow the seeds direct into the soil at a depth of about 25mm. Space plants 20-30 cm apart in blocks of 4 to encourage germination. If you have a good rich soil, they will love you for it, otherwise fork in some compost, they like a good drink on the hotter days and appreciate a mulch with pea straw. You can under plant with cucumber or beans that will happily twine around the stalks. They can be harvested between 11-14 weeks. Wait for the silky threads to turn brown and test for ripeness by pressing a grain with your fingernail, and if it is milky, it's ready to harvest. It is always best to cook within an hour of picking for optimum sweetness. Varieties that do well are "Honey Sweet" or the bicolour "Snow Gold".

Corn is a good source of antioxidants and also contains many of the B-complex group of vitamins such as thiamine, niacin and folates. Minerals include zinc, magnesium, copper, iron and manganese, and also a good source of vitamin C.

CORN & POTATO SALAD

Ingredients: 2 corn cobs husks removed, 1kg baby potatoes quartered, 150g green beans trimmed, ½ cup mayonnaise, 1/3 cup fresh lemon juice, 1 avocado halved and sliced, ½ small red onion thinly sliced, 12 cornichons (baby cucumbers) thinly sliced, ¼ cup fresh dill sprigs.

Method: Preheat a chargrill pan or barbecue grill to a high heat, cook the corn for 15 minutes, turning often, until tender and lightly charred. Meanwhile cover potatoes with water in a large pan and bring to the boil, cook for 10 minutes or until tender, adding beans for last 2 or 3 minutes of cooking. Drain well in a colander and set aside to cool. Whisk mayonnaise and 2 tablespoons lemon juice in a bowl. Place avocado on a large plate and drizzle with remaining lemon juice, turning to coat. Slice the corn kernels from the cobs, place cooled potatoes, beans, avocado, onion slices, cucumbers, corn kernels and dill on a large platter, drizzle with the mayonnaise mixture.

Makes a delicious accompaniment to chicken or you can simply serve it as is for a light lunch.

Liz Coley



The Manjimup CRC has our Multi-Function Room set up with up-to-date computers for you to learn and develop your skills before you purchase your own or if you want to learn and become more confident on your own device, bring it into the Manjimup CRC on the day of lesson.

REGISTER TODAY!

TUESDAYS 10:00am to 12:00pm "Technology Club"
ALL MEMBERS WELCOME Personal Laptops Welcome Membership costs: \$5.00 annually Computer Class: \$5.00 per term

These classes are for everyone, so don't hesitate to join. Our friendly instructors are here to help you learn at your own pace.

Technology Club Lessons Term 1

05/02/2019	Navigating your Desktop - Taskbar, start button, keyboard.
12/02/2019	C' Drive, Hard Drives, USB - Learning computer terminology.
19/02/2019	Emails - Providers and VOIP (Voice over Internet Protocol).
26/02/2019	Tips for using your MOUSE.
05/03/2019	Word - typing, creating a document AND enlarge & minimise your screen.
12/03/2019	Cyber Bullying & Your security.
19/03/2019	Using internet search to search for images and insert them into a document.
26/03/2019	MyGov Tutorial online. (Be confident NOT confused).
02/04/2019	Apps and Programs
09/04/2019	Search Engine differences - Internet Explorer Edge, Chrome, Google & Firefox.

School Holidays Term 2 starts 30/04/2019



The February exhibition, Freedom of Expression, displaying Joni and Aimee’s art at Manjimup Gallery so impressed me I contacted the girls’ parents and mentor Yael Harris and asked for their comments to bring a personal angle to the exhibition. I am delighted to be able to share their thoughts with Bytes readers.

Aimee’s Mum, Fiona Dickson: Aimee was diagnosed very early in life with Autism and through her school years, developed the love of art. We were very lucky that we came across some very positive and wonderful art mentors, through school and afterwards, who have inspired Aimee to produce her quirky art works. They range from portraits of famous people, caricatures of wildlife, to her take on the masters, ie. Caravaggio. Aimee also loves to work with paints on silks and marbelling, which creates another aspect of her art and craft. Aimee has also been diagnosed with Epilepsy and extreme anxiety, but with the love from family and carers, and so much support from the wonderful people of Northcliffe, she has flourished and been able to produce some fantastic work. She has produced a yearly calendar since 2013, which sells outs, and has illustrated a published children's book, called #Harmony Tweet, to Author Diane Jackson Hill. Aimee also has exhibited at Sir Charles Gardiner Hospital and the Bunbury South West Survey and has won awards at the Pemberton Arts Group Annual Spring Exhibition and the As We Are Perth Exhibitions.

Aimee has also had her own exhibition in 2012 as well as being one of 8 HOST disabled artists in last December's "Aimee and Friends" exhibition. These were both held at the Painted Tree Gallery in Northcliffe and were very successful.

We are so very proud of Aimee and all she has achieved to date. Aimee is very gentle and loving and we hope she can continue with this passion of drawing, throughout her life.



From left to right: Bev Marlow & Joni Marlow

Joni’s mother, Bev Marlow, shared some history on her talented daughter: Joni has always enjoyed art and craft from a very young age and her work is unique and beautiful. She does need assistance to motivate her to do her art but has produced a variety of brilliant paintings and collages with different mentors. Joni is forty and was diagnosed originally with schizophrenia at 15, then autism much later on. She had no extra help at school but had a very caring English teacher with whom she produced a lot of insightful writing. Her extreme anxiety has made life difficult but she enjoys sharing a home in Manjimup with three other ladies and carers and has a busy and active life.

Kathy

Being an art mentor is extremely rewarding, not just because of the wonderful work my clients produce, but mostly because of the amount of pleasure and calmness it brings to them. For non-verbal individuals in particular, making art provides a calm space in which they can create and express their inner thoughts and ideas without the ever-present struggle of trying to explain themselves.

The first challenge when working with any artist is to find the appropriate medium, one that is a natural match for them. Some prefer pens and pencils, where others might take to water colours, acrylics, sculpting mediums and so on. Once the artist and I have found the right medium (a process that can take quite a few sessions of trial and error) I have to find ways of stimulating their mind to create. Often, an artist with a disability might need an image or an object to stimulate or prompt them to initiate the creative process. Music in the background can be helpful too in some cases.

From my experience, I have found that one of the most calming elements of art making is repetition. I often suggest repetitive patterns and colours, which can contribute depth to the work. During this process I use minimal words to convey my prompts. I try to interfere as little as possible and allow the artist to lead the way. It’s been a joy to curate this exhibition, which features unique art works that are true labours of love, rich with self-expression.

Yael Harris.

High Tea for a Reason

Having experienced some tough times while living in Brisbane, and gaining valuable support from a women’s help group over there, Sharon Rose, now back living in Manjimup, decided she would like to offer local women an opportunity for similar uplifting benefit as she received when in need.

So, back in December Sharon put forward the suggestion that a branch of SNUG, standing for Support, Nurture, Understand and Grow, be formed here. And the High Tea on March 8th, a SNUG group project, will be an example of how women can enjoy fellowship, which engenders understanding support. SNUG meetings encourage personal growth, with volunteer presenters bringing ways that can build strength within, helping us to cope when things in our life go pear shaped. And we all know that we cannot escape some unpleasant times popping up. Keep an eye out for notices of future SNUG meeting days, if you wish you could be added to the email list for updates.

March 8th is International Women’s Day, and yes it is definitely International, celebrated by women throughout the world on March 8th or near to that date and this year Manjimup is joining in, with the High Tea with a Difference. The global day celebrates social, economic, cultural and political achievements of women. The very thought of women all over the world celebrating on the same day brings to mind togetherness, something that isn’t very common in this fractured world in which we live.

Researching the history of the day was enlightening, its beginnings going back to 1911 in Europe, thought to be started by the Suffragettes in their fight for female equality. Australia’s first IWD was held in Sydney, 1928. I found mention that some countries have the tradition of men honouring their mothers, wives, girlfriends, colleagues with flowers and small gifts on IWD, the equivalent to our Mother's Day, with children giving small presents to their mothers and grandmothers.

Guest speaker Helen Seiver will hold our attention with her love of art and her interesting life stories. There may be a second speaker, not definite as yet, and musical entertainment will be provided by Bridgetown’s talented Mary Myfanwy. Registration is necessary and as it is a FREE event, you are asked to please bring along a small share plate of food. Food safety regulations require no meat products to be included. And would you please nominate if your food is gluten free. Manjimup CRC has registration forms available.

2019’s theme for IWD is: Balance for Better. Better the Balance, better the world.

Kathy

