

CHAT SUBJECT

You heard a song playing somewhere and it ran through your head all day, what was it?



AS BUSY AS A BEE

We've all heard that saying, and they certainly are busy, flitting from flower to flower collecting pollen from sunrise to sunset, but how much do we know about bees? Well, this story has a sting in its tail, as one of your bytes team discovered the other day which prompted a little research into the lives of these fascinating little creatures.

The bees that inhabit your garden are predominantly the European honeybees, there are 2000 types of Australian native bees, unfortunately the stingless variety can only be found from the Hamersley Ranges northward and they produce very little honey and do not live in colonies, making them unsuitable for commercial beekeeping.

We are blessed with a huge range of wildflowers, orchards, vineyards, other horticultural enterprises and of course our own gardens and vegetable plots which means a smorgasbord of pollen for our industrious workers to graze on. There are approximately 1,000 beekeepers registered in WA and more than 90% are amateur beekeepers.

Beekeeping started a long time ago, there are ancient rock paintings over 8,000 years old that show people collecting honey from beehives. Bees were considered sacred in Egypt as it was believed they were made from the tears of God. The ancient Greeks called honey Ambrosia, the nectar of the Gods. The European bee was brought to Australia around 1822 and they have certainly spread since then. The oldest known bee preserved in amber, lived 100 million years ago.

A honey bee colony can contain 60,000 bees ruled over by the queen Bee, her job is to lay eggs that the worker bees look after, they must be kept busy as she can lay up to 2,000 eggs in one day. The workers are female and the smallest bees in the colony, they live for about 6-8 weeks. For the first three weeks of their lives they clean the hive and feed the young, store food and defend their home. Eventually they leave the hive to gather pollen, nectar and water to thin the honey and cool the hive. Drones are male and almost the same size as the queen, they live for around three weeks and are fed by the worker bees. Their job is to mate with the queen after which they die.


Swarming generally occurs as spring sunshine warms up the hive and flowers begin to bloom, the old queen will leave the colony taking about 60% of the worker bees with her as they search for a new home. This is how many bees have colonised and spread, often finding hollow trees to reside in. Sometimes they may choose your house or a tree in your backyard, it is always advisable to contact your nearest beekeeper to remove the swarm for you.

The worker bees are the stingers, for those that are not allergic, the painful, itchy swelling and redness usually disappears after


a few days. The best treatment is removal of the stinger as soon as possible, application of ice or a cold pack and calamine lotion to soothe the itch.

We should protect our bees, they are essential for our environment and pollinate our fruit and vegetable crops, we have a healthy bee population in WA, being one of the last places in the world where bees haven't been affected by pests and diseases. So, what can we do? Plant bee friendly flowers around your garden, they love lavender, buddleia and penstemon, sage and borage among others. Stay pesticide free if you can manage it, use organic fertilisers and provide a small dish of water for your bees, buy local honey, it's good for you and you will be ensuring that we get to enjoy the soft buzz of busy bees for the benefit of us all.

By Liz Coley



MANJIMUP ROVERS SOCCER CLUB



PLAYERS WANTED

Join the rovers today! We are an amateur soccer team who play throughout the south west over a six month winter season. For more info find us on facebook.

BIT MORE ABOUT US

- Men and women
- March - October
- \$250 registration fee
- Sunday games
- 17 years and above
- Mid week training

The Manjimup Rovers are currently training down at Collier Street and registering players for the 2018 season, everyone welcome but more players are required for the women's team, if you would like to become a part of the soccer community this year contact: Troy on 0458 470 339 or check them out on Facebook.

Manji Cafe Bytes

Byte sized stories

March 2018, Edition 46



Artist: John Duncan

FREE

Welcome to our new edition newsletter!

As summer officially ended on 28th February, welcome to Autumn with shorter daylight hours and a little freshness in the air. The combined Churches of Manjimup are holding Fun in the Park 10th March from 4- 6.30pm at the Timber Park, take the kids along for an afternoon of activities, music and fun. Warren District Agricultural Show will be a one-day event this year held on 17th March, 9am to 9pm, all the fun of the show ending with a firework display. And for the dirt track cowboys the 2017-18 WA AMCA State Title plus supporting features will roar off at 6.00pm 17th March at e Manjimup Speedway on Middlesex Road. All good reasons for getting out and about and enjoying our lovely autumn weather while it lasts, winter will be here before we know it!

We always welcome your ideas and invite you to share them with us on our Facebook page. If you would like to view previous copies go to: <http://www.manjimup.crc.net.au/cafe-bytes.html>.

LIZ'S KITCHEN RULES

The lemons on my tree are taking a little longer to ripen this year, must be due to the strange weather we have been having over the last few months. However, that does mean they are lasting a lot longer on the tree and are a welcome sight as summer rolls on.

Lemons (Citrus x limon) are believed to have originated in the Assam region of North East India, China and Burma and are a hybrid between the bitter orange and citron genus. Although they have been around since the time of the Ancient Romans and Egyptians it is believed that they were not widely cultivated in Europe until the fifteenth century. Records show that oranges, lemons and limes arrived in Australia with the first fleet in 1788; most ships at that time carried a supply of citrus, the juice added to the diet for the prevention of Scurvy which is caused by a lack of vitamin C.

They are used in a wide variety of food and drinks, the juice to make lemonade and soft drinks and also delicious squeezed over pancakes and fish dishes, added to a marinade it makes an excellent tenderiser for meat or fish. The juice and rind are used for marmalades and as a garnish for food and the zest gives a lovely flavour to cakes and puddings. Limoncello from Southern Italy is a well-known liqueur, tangy and delicious when served chilled with ice and soda.

Common varieties around the south west are Eureka, Lisbon and Meyer. Eureka perhaps being the most commonly grown as it bears a prolific crop, fruits over a long period between autumn and winter and has fewer thorns. They are heavy feeders and will appreciate regular applications of a blended organic fertiliser every six weeks from spring to autumn supplemented with an autumn boost of trace elements. Water deeply and regularly during dry periods and your lemon tree will reward you with a bumper harvest.

Lemons contain vitamin C, B-complex vitamins, calcium, iron, magnesium and fibre. They also contain more potassium than apples or grapes, potassium is beneficial for your heart, so there are plenty of reasons to eat more of them!

PICKLED LEMONS

Ingredients:

1 lemon,
2 teaspoons mustard seeds,
1 level teaspoon turmeric,
¼ to ½ of a fresh red chilli, (depending on how hot you like it)
pinch salt.

Method: Cut the lemon into eighths, deseed and finely slice, finely slice the red chilli, place a small pan onto med/high heat, add a drizzle of olive oil, the mustard seeds, turmeric and sliced chilli. When it starts to sizzle add the sliced lemon and cook for a minute or two. Place in a bowl and allow to cool. Delicious served with Rogan Josh or your favourite curry and a slice of Naan bread.

By Liz Coley



SUN DIAL TRIBUTE

Back in the district’s very early days, up to around 1920s, babies were born at home as there was not a hospital here until around 1916. Mrs Mary Anne Reeve of Balbarrup was a highly skilled nurse and mid wife and from before 1900 she would ride horseback, up to 40 miles distance to assist wherever she was needed. What an amazing lady she must have been. She was known as The Doctor, and would have attended the births of most of the pioneer children. Never ignoring a call for nursing help of any kind she would saddle up and head out, no matter the weather or the time of day, and was known to have saved many lives. Locals who are descendants of Mary Ann Reeve can be very proud of having this lady in their family history. Mary Ann was married to George Reeve who was transported as a convict in 1862, having had two criminal charges, first for stealing two donkeys, then he stole ten turkeys, and on his third offence of stealing two shillings he was transported for a six year term. He was given ticket of leave in 1863 and indentured to Charles Rose in 1864, then granted a conditional pardon in 1866 having served his time for stealing the two bob. Charles Rose must have thought well of him as he wrote a letter requesting assistance from the Governor for Mary Anne and their three children to join him here. The family arrived at Fremantle in 1865. Mary Ann and the children lived in a Workhouse in UK while George was serving his sentence, and it is recorded that she often assisted the doctor there, thus gaining those valuable skills in midwifery and nursing. What an Angel of Mercy she must have been. She was responsible for her children’s schooling as well as all the general motherhood chores, a very busy lady.



One of their sons, Alfred Charles Reeve, started the butch-ering business A C Reeve & Son, in the building that is now Chicken Treat. Alfred was also a local Shire Councillor for 39 years. George and Mary Anne’s daughter Harriet followed in her mother’s footsteps, becoming memorable in her own nursing right. Nurse Harriet McAlindin has her place in Bridgetown history, a highly respected midwife with her own nursing home. Another lady who offered nursing skills in the early days of 1900s was Mrs Rachel Shaw. During the First World War era while her husband was away serving King and Country, Mrs Shaw would travel by horse and cart, rattling along the rough gravel roads to assist wherever she could. Also, it is recorded that over the war years she fostered up to twenty children for various lengths of time, helping mothers whose husbands were away. Another Angel of Mercy. Mrs Shaw and Mrs Reeve were near neighbours, and you can imagine they would have spent many hours discussing nursing stories, and skills. When Mrs Shaw passed away she nominated in her will that money be allocated to erect a sun dial in memory of Mrs Reeve, who had died aged 91 in 1922. A large gathering of people attended the ceremony for the unveiling of the sun dial in 1956. You will find this tribute to Mary Anne in Coronation Park, apparently it has been moved around a couple of times but is currently in the same area as the plaque for Mrs Annie McKay. And a thought that comes to mind is, could Mrs Shaw have ever imagined there being such a thing as a digital clock which we see everywhere today.

By Kathy Hill



NOT ENOUGH WORDS

Sometimes there really aren't enough words to say thank you for the support offered by this community in times of need. It seems like a long time ago now, but one outstanding example is the support that came through for the Christmas Hamper Appeal. A simple call out to the community and businesses meant that we could offer almost 50 families a generous Christmas Hamper and a large basic food hamper at a time when people are doing it tough. On top of that we were able to give nearly 90 children a beautifully wrapped gift. So where do the accolades go? To kindness. To the volunteers at the Resource Centre who picked up the food donations and also wrapped the gifts, to the kind people who donated food items, people just like you and me, to Coles and Woollies management for allowing a collection point, to Toyworld for having a donation point and for donating toys, to Vinnies and Warren Valley Community Church - I would hate to miss someone, and if I have I apologise as kindness should be acknowledged. To say the experience was overwhelming is, in fact, an understatement.

So where to from here? Appeals like this highlight the need in our community, ordinary people, doing it tough for a number of reasons.

With the cold weather just around the corner an appeal for warm soups, tins of stew and similar will be needed. At the parish we will be holding a FREE Community Lunch, as we did last year. Everyone will be welcome and, with the support of local businesses who made the soup for us last year, a delicious soup and roll lunch will be on offer. WATCH THIS SPACE for details.

If you would like to be a part of the event please let me know on 9771 2873

"BE THE REASON SOMEONE BELIEVES IN THE GOODNESS OF PEOPLE"

By Tracy Lambert



Young Women Empowered

A free event for young women aged 12 and over

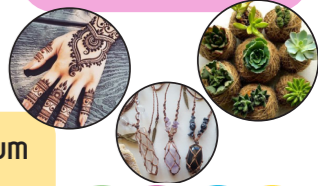
- Enjoy free activities including:
- Makeup tutorials
 - Manicures
 - Hair tutorials
 - Yoga
 - Henna art
 - Boxing classes
 - Kokedama workshops
 - Macramé jewellery workshop
 - Tie dying
 - Laser tag
 - Nutrition information sessions
 - Deportment workshops



Hear Amy Combes, Veronica Bravo & Dr Sarah Youngson talk about the issues young women face in their lives and strategies for coping & thriving.

Free transport available from Pemberton, Northcliffe, Walpole & Bridgetown. Bookings essential. Call 9771 7777 to book. Hop on, hop off bus available in Manjimup.

Performances by Veronica Bravo from The X Factor



Manjimup Indoor Stadium
10 March 2018
2pm to 7:30pm



Manjimup Community Tech Club
Tablet & Smartphone Classes.
9:30am - 10:30am
Reaccuring every Thursdays

Manjimup Parkrun
The Manjimup Park run is a weekly 5km run - it's you against the clock.
8:00am - 9:00am
Reaccuring every Saturday

Manjimup Community Tech Club
Computer Classes.
8:00am - 9:00am
Reaccuring every Tuesday

Tuning into Teens
A FREE 6 Session parenting program for parents/ cares of Children aged 10-18
6:00pm - 8:00pm

Bridgetown's International Women's Day Breakfast
Ran by Blackwood Youth Action.
8:30am - 11:30am
8th of March

Young Women Empowered 2018
Every young woman needs to be there!
2:00pm - 7:30pm
10th of March

The Great Cocky Count
'The Great Cocky Count is the biggest single survey for black-cockatoos in Western Australia.
8:00am - 9:00am
Reaccuring every Saturday

Living With Wild-Life Workshop
Covering the benefits of living harmoniously with wildlife,
8:00am - 9:00am
Reaccuring every Saturday

For further information in relation to any of the events you see here go to:
www.manjimup.crc.net.au/whats-on-at-the-crc.html