



LIZ'S KITCHEN RULES

Health studies can be confusing, especially when it comes to certain food and drinks, one minute a superfood and the next minute an indulgence you want to hide at the bottom of your shopping trolley! That is why I was so pleased to hear that two of my favourite indulgences, dark chocolate and red wine are actually good for you.

Chocolate is derived from Theobroma cacao seeds, roasted and ground. It is processed in the form of a liquid, paste or block, and has been cultivated for a very long time. Earliest evidence of use can be traced back to Mexico in 1900 BC, where the Olmecs enjoyed chocolate beverages along with the Mayan and Aztec civilisations, who knew it as chocolatl. Seeds of the Cacao tree have an intense bitter taste and are fermented to develop the flavour, after which they are dried, cleaned, roasted and ground to cocoa mass. This mass is liquified by heating, then cooled and processed into cocoa solids and cocoa butter. Needless to say, chocolate has become one of the most popular food types and flavours in the world, included in desserts, cakes, puddings, mousses and chocolate bars, we drink hot chocolate and chocolate milks, it is also found in some alcoholic drinks such as crème de cacao. It has become traditional to exchange chocolate eggs at Easter and chocolate hearts on Valentine's Day, I can't see that changing any time soon, chocolate is definitely here to stay. Dark chocolates with a cocoa content of 70% or higher are rich in flavonoids, which are beneficial for lowering blood pressure, and antioxidants which protect us from toxins and help repair damage within our bodies. Red wine contains an antioxidant called resveratrol that may help to prevent damage to blood vessels, reduce our LDL (bad cholesterol) and prevent blood clots. Moderation is the key here, one glass of red wine and 3 to 4 squares of dark chocolate two or three times a week and you'll reap the benefits and there is no need to feel guilty, how nice is that!

Chocolate Eggplant Brownies

Ingredients: 1 med eggplant (about 200g) peeled and diced, 150g dark chocolate, 60g coconut oil, 60g pitted dates diced, 3 eggs beaten, 1 teaspoon baking powder, 80 g ground almonds.

Method: Steam the eggplant for 15 minutes until soft, place in a large mixing bowl, break in the chocolate and add the coconut oil and stir in, the warmth from the eggplant should melt the chocolate. Add the chopped dates and blitz with a hand blender or food processor until smooth, add the beaten eggs and baking powder, blitz again for another minute then mix in the ground almonds. Spread the mixture on to a medium sized baking tray lined with baking paper and cook in a 170degC oven for about 20 minutes. Slice into squares, serve just warm with a glass of red wine, perfection!

Liz Coley.

NOT JUST GIVING IN

Every community needs people who are prepared to step forward and defend their beliefs. Currently we have a few issues that are being very strongly supported, with submissions presented to the Government. The Pemberton and Bridgetown Camp Schools are threatened with closure, which is a very sad decision. Not only do our local children benefit from these camp schools, city children and other regional areas regularly make use of their excellent facilities. If you would like to support the team who are fighting for the camps' survival, please contact Wendy Eiby by April 9th. wendy.eiby8@bigpond.com.

To add strength to this protest there will be a rally in Bunbury on Friday April 20th, rallies always draw the attention of our politicians so it is important for as many as possible to attend. Buses will be provided by the Shires of Manjimup and Bridgetown-Greenbushes (bookings essential! Manjimup 9771 7777), departing Manjimup 8.30 am for 10.30 am march to Adele Farina's office. At 11.45am there will be a Thank you BBQ, then at 12.30pm Buses depart for Bridgetown and Manjimup.

Also, a very active group of locals are presenting the Government with food for thought regarding the planned demolishment of the old Warren District Hospital. What they are asking for is time for a true assessment on any future use for the building before the demolishers move in. If you would like to know more, and add your voice to the cause, contact Mary Nixon at ManjimUP-CYCLING or email mrsmarynixon@gmail.com. Kathy Hill.



WHO ARE WE? The Bytes Team who bring you this publication are: Rae Starr, Manjimup CRC Liz Coley & Kathy Hill Yarn Spinners manjicafeytes@gmail.com Design: Tracey Bingham. Manjimup CRC: Adam Purdy Contributions: manjicafeytes@gmail.com Editorial Responsibility: Rae Starr (08) 9777 2774 rae@manjimup.org.au Funded and Printed by The Manjimup Community Resource Centre.

Manji Cafe Bytes

Byte sized stories

April 2018, Edition 47



Artist: John Duncan

Welcome to our newsletter for April. On Sunday April 1 as we change the calendar's page we may very likely be breakfasting on chocolate. We wish all a happy and safe Easter weekend. Then April 4th will mark forty years since Cyclone Alby flew in with raging winds and threats of destructive fire. Forty years - but there are a lot of Manjimup residents who still feel the fear in their memories. Let us hope there is never a repeat. Friday April 20th is the date for the official opening of the Sandra Donovan Sound Shell, from 6 pm to 9 pm. It will more than likely be a cool night but don't let that put you off, rug up and join in on this very special occasion, honouring a very special person. On April 25th at the Dawn Service, followed by a gunfire breakfast and the march at 11 am we will be acknowledging the horror and suffering that war brings to all humanity. Thanks to the RSL for all the effort they put in to organising the day's remembrance events.

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>.

A CENTURY OF FOOTBALL

Deanmill Football Club will be celebrating 100 years of football in 2018 and to mark this special year, will be holding a centenary celebration at the Deanmill Football Oval on Saturday 9 June after the game against Southerners Football Club.

The Deanmill Football Club would like to invite all past and present players, members and supporters to join them for an evening of celebrating the past 100 years with keynote speakers from each era of the club's history, memorabilia and auctions along with canapes and refreshments.

Tickets are now available, contact deanmillfc@hotmail.com or Anthony East on 0419 920 938 for more information. The Lower South West Football League was formed in 1959 from a merger of the Nelson Football Association and the Warren Football Association. Deanmill have won the coveted end of season flag sixteen times, winning their first title in 1963, with two back to back premierships, 1990 & 1991 and 2008 & 2009 and a rare achievement, triple premierships in 1972, 1973 & 1974 with their most recent win being 2015. The Deanmill Football Club can be justly proud of the fact that some of their footballers have achieved at the highest level with John Todd, Paul Peos, Mathew Priddis and Tayte Pears all playing AFL. There have been a number of WAFL players too, including Sir Ross Hutchinson, Ron Hinds, Jack Murray, Ray Richards, Lindsay Carroll, Ray Giblett, Gary Bygraves, Gary Boterhoven, John Brealey, Geoffrey Paganini Heath East, Riley Hutchinson and Clayton Giblett. Another distinction to bring honour to the club is a number of these players (Ross Hutchison, Hinds, Murray and Richards) were involved in State Football. There are four players who have played over 300 league games - George Rice, Harvey Giblett, Michael Spiroff and Todd East, all life members of the club.

1997 brought changes to the club with the introduction of new look guernseys and a change of theme song. Originally bearing the nickname of simply "the mill", it was decided to adopt the Hawk logo and the present song reflects this with "we are the mighty fighting Hawks". The traditional maroon and gold was kept for the team guernseys which feature the hawk and DFC, which stands for Deanmill Football Club and Dedication Fellowship & Courage. Many generations of fathers and sons have played for Deanmill over the last century, and a family-oriented culture has developed over years of continued tradition and values, passed down from one generation to the next. The club is now looking forward to 2018 with League coach David Fall, Reserves coach Braden Gibellini and Colts coach Ben Farquhar, let's hope this season brings another flag back to the mill! Our warmest congratulations to Deanmill Football Club on your history making century of football. Liz Coley



WHAT EGGSTROARDINARY THINGS SOME GIRLS CAN DO

The current title for chook houses is the slightly more elite chicken coops, and we are going along with today's term, bringing you this cracking good story by local hen owners Dallis and Ken Proudfoot, about a discovery in their chicken coop. They tell us that when checking on their girls productions recently it took them a while to recover from the shock when they found the nest amazingly overflowingso , with the whopper you see in the photo. Although not totally rare, and there have been a couple in the news recently, it would certainly be on the border of unusual. And it wasn't just a double yolker, it was one extremely large complete egg - with a smaller egg inside. Kind of like a family meal edition.

We googled chickens eggs and found just how they are formed and expelled from the hen's body. Very interesting, and worth a bit of your time to check it out, but the short version is, when the hen gets an urge to produce she climbs into the nest box and after heaving and panting, out pops the egg.

Could this be correct, would a hen heave and pant at laying time? And if we believe they actually do heave and pant, we are left to imagine the raucous sounds that may have come forth while this magnificent example struggled out. And what kind of a post delivery cackle would the hen have issued, surely a whole lot more triumphant than the usual warble. That's if she was capable of doing anything much at all.

We asked Ken and Dallis if there had been any unusual noises coming from the chook house around that time, perhaps something sounding like those victorious songs - Simply The Best? We Are The Champions? I'm Still Standing? or maybe the Scorpions' song, No Pain No Gain.

But they insist they heard nothing unusual. We think their hens deserve a pay rise!

Kathy Hill.



Happy Easter

From The Dream Team @ The

 **Manjimup
Community Resource Centre**
Your local connection



THE GREAT SHAVE

The Leukaemia Foundation's World's Greatest Shave began in 1998 and 20 years on it remains one of their biggest fundraising events. People all over Australia, young and old, cut off pony tails, trim man buns, shave heads and beards, colour hair pink, purple and all the shades of the rainbow to help raise money for vital research needed to find a cure for blood cancers. Local man Steve Liebrechts was diagnosed with Multiple Myeloma in September 2014, and Team Liebrechts joined the Light the Night walk in Bunbury later that year to raise money for the Foundation's research. Steve decided to participate this year by shaving his head, a brave decision as he had lost his hair previously like many cancer sufferers due to chemotherapy. A sausage sizzle was held on Sunday the 18th March, hair clippers were brought out after lunch and with the help of wife Sarah, two of their daughters Jessica and Emma and great nephew 5-year-old Lucas, those luxuriant red locks were gone in no time. Steve opted for a number 1 and raised \$1,314 for the Leukaemia Foundation, donations can still be made and will be accepted until June 30th. The family would like to thank everyone who donated, every amount raised helps with research and the ongoing emotional and practical support that is needed for cancer sufferers and their families.

Around 1700 people a year are diagnosed in Australia with multiple myeloma, blood cancers claim more lives than breast cancer or melanoma. There is currently no cure for myeloma, the current treatment is stem cell transplants and chemotherapy to reduce the amount of myeloma in the body to as low a level as can be achieved. Then more treatment is needed to prolong remission as long as possible, there are a variety of options used and careful monitoring is required as each patient responds differently. The good news is that new and experimental treatments are being developed all the time and there are clinical trials being held all over Australia and other parts of the world.

That is why it is so important that this valuable work continues, the Foundation receives no ongoing government funding and relies on our support, if we all continue to help and donate, their aim for better treatments and a cure for blood cancers will hopefully be realised.

If you would like help, go to www.leukaemia.org.au and follow the prompts.

Liz Coley



QUOTE FOR APRIL:

"I can resist everything except temptation"
Oscar Wilde (1854 - 1900)

CHAT SUBJECT FOR APRIL:

We are all good at something, but what do you reckon you are much better at than you actually are?



MMCC Junior and Senior State Championships
hosting the Junior and Senior State Championships
April 1st
ALL DAY EVENT



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



Manjimup Community Tech Club
Computer Classes.
10:00am - 12:00am
Reoccurring every Tuesday



Manjimup Community Tech Club
Ipad Classes.
9:30am - 10:30am
Reoccurring every Thursday



Dementia Friendly Communities
Free community training 'Great minds think alike'
2:00 PM - 3:30 PM
Apr 10, 2018



Dementia Friendly Communities - Business Session
Training for local businesses.
5:30 PM - 7:00 PM
Apr 10, 2018



SWCAG (Mental Health)
Have your say in service direction, education, training and much more..
11:00 AM - 12:00 PM
Apr 24, 2018

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