

## LIZ'S KITCHEN RULES

Chia is the edible seed of *Salvia hispanica* and *Salvia columbariae*, natives of Central America and Mexico. The plant was widely cultivated by the Aztecs and was a staple food for early South Americans, 16th century texts state that it may have been as important as maize as a food crop, offerings to the Aztec priesthood were often paid in the seed. It is still used today for nutritious drinks and food, either ground or whole, in Argentina, Bolivia, Guatemala and Mexico.

These tiny oval seeds became popular worldwide in the 1980s, marketed as a superfood, however these health claims have not been proven conclusively. They add a delicious nutty texture when used as a topping, they can be whizzed into a smoothie or soaked in water or any kind of juice to make a gelatine like substance.

This ancient grain is now being grown commercially in Western Australia's Ord Irrigation Scheme where the sunnier days and sandy, fertile soils provide ideal growing conditions. After several trials, a new variety has emerged which is achieving a good quality crop with higher yields which is an exciting breakthrough for the Ord growers. What about these superfood claims? Well they are virtually tasteless, easy to digest and super nutrient dense, they are an excellent source of calcium, magnesium, iron, zinc, boron and niacin. They contain Vitamins B, D & E and more digestible protein than beans, soy or peas. Chia means strength in the Mayan language, Aztec warriors were known to use chia seeds to give them high energy and endurance, especially during battles. They were so highly valued for their medicinal properties and nutritional value that they were used as a form of currency. Maybe they are a superfood after all!

### CHIA POT

Serves 1

Ingredients: 2 tablespoon Chia seeds, 125 ml almond milk (or dairy free milk of your choice), ½ teaspoon vanilla extract, ½ teaspoon ground cinnamon, 1 tablespoon fresh or frozen berries (I use blueberries).

Put all the ingredients except the berries in a jar or bowl and stir well, add half the berries and stir again. Cover with clingwrap and leave in the fridge overnight. Serve with remaining berries and ground almonds or flaxseed, a spoonful of yoghurt is nice too. This is a delicious and satisfying breakfast, guaranteed to give a good start to your day.



### 100 YEAR OLD CURE ALL

Many of us have grown up with VapoRub as a remedy to ease winter colds and coughs, as our ancestors would have done, because online research tells me it has been around for over 100 years.

That's a long time. And my research also led to some suggestions for other uses apart from being a decongestant applied to your chest and throat when winter lurgies strike. I see that it also does a great job as an anti-inflammatory if rubbed into sore muscles, or a little on your forehead eases headaches. It is even supposed to help with healing cuts and abrasions, and can we believe it is a repellent for mosquitoes, flies - and cats! To stop your cat from sharpening its claws on the furniture apply some vaporub onto the chosen spot, because apparently they hate the odour. I also discovered a warning I was not aware of, that vaporub should definitely not be used on children under two years. It's amazing what you can find on Google.



# Manji Cafe Bytes

## Byte sized stories

June 2018, Edition 49



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Artist: John Duncan

Welcome to our collection of stories for June's newsletter.

We hope you have been blessed with a good start to the year as we head towards the half way mark. It was a long wait for the rain to arrive but thankfully at last there's been a downpour or two. Our sun seekers will already be on their way heading north escaping the chill that will be around for the next few months.

Manjimup will be on the map for the Truffle Kerfuffle Weekend, congratulations to those who have done all the organising we are sure it will be the usual resounding success of previous years. And the motor bikes will be scrubbed and tucked away until next year. Enjoy winter and stay warm.

### PARK SCULPTURE

Not every town is as fortunate as we are to have a park such as our Timber and Heritage Park which is growing in attractions and will surely draw many people to town in the future.

There's a very interesting art project on the drawing board which involves artist Eliane Clocherty who is at the helm of the building of a sculpture for the park. With the assistance of volunteers.

Locals are being invited to assist during June, some on site and some busily working on contributions to the sculpture while at home. The time frame for the construction is from Friday June 15th to Sunday June 24th.

Tuesday 19th to Friday 22nd June groups of volunteers (up to 30) from local schools and community can join the artists in sessions of 1 hour. There will be up to 5 sessions per day from 9am - 5 pm.

Saturday/Sunday morning the general public are welcome to participate, up to 20 at one time. Then on Sunday afternoon there will be a community celebration 2pm-5pm.

Art work area will be marked out with pegs or flags. We will have 2 marquees on site from the Warren Catchment Council, and hopefully a wood fired heater to help set the mood - as well as provide warmth! Local film maker Kim Redman, assisted by local young folk and students, will be documenting the making of the installation.

The underlying concept of this is an integrated celebration of region, people, environment and the legacy of both Indigenous and Non-Indigenous peoples to present day.

For further details please contact Sharon Rose, [skrose@our.ecu.edu.au](mailto:skrose@our.ecu.edu.au) or 0407 795 170. Or Project Leader Julian Sharp, [julian.sharp@warrencc.org.au](mailto:julian.sharp@warrencc.org.au) or 97760206.





SCHOOL HOLIDAY FUN

We are so fortunate to live in this beautiful part of Australia, but sometimes we forget to soak up that natural beauty as much as we should, unless perhaps when we have visitors. We proudly show them around, and then we kind of slip back into forgetting it’s all out there on our door steps. I consider that one of the highlights of the South West is Karri Valley, it is a special place to visit and with RAC having taken it over, we expect there could be improvements to what is already there in time to come. With school holidays on the horizon for July perhaps locals should give thought to occupying those energetic youngsters with a trip down to Karri Valley to experience the range of activities they have on offer there. A family of 4 gave glowing accounts of the wonderful day they had, at a very reasonable price. Great choices of archery, canoeing, mini golf throughout the day for a very low fee - under \$50. Activities available are Basketball, Tennis, Volleyball, Bikes, Paddle Boards and Row Boats which can be done at any time during the day. As a set number can only be fitted in each session, bookings are needed for Archery, Guided Bush Walks, Animal farm and kids Art & Craft or Games depending on what the day is like. The restaurant is recommended for lunch, there’s a delicious lunch on the menu at reasonable prices. Kathy Hill

**FANTASTIC FUNGI:** Manjimup is a hotspot for native species of fungi, and thanks to funding from the Western Australian Government's State Natural Resource Management Program there’s a jam-packed festival on Native Fungi and related topics on offer, involving Farm, Forest, Food and Photography 5th – 8th July, 2018

**Saturday 7th July** Fantastic Fungi Photograph Exhibition and Competition. For further details, contact Rose Woodrow – 0438 934 215. Photos will be on display at The Gallery, Manjimup Library 3rd to 13th July. Official opening and awards presentations 6.30 pm July 7th.

**Sunday 8th July** Macro Photography Course 9.30 to 12. 2 ½ hour workshop with Kingsley Klau, Professional Photographer. Cost \$50 including morning tea. Enquiries to Rose Woodrow – 0438 934 215

**Saturday 16th June, & 14th July. Dingup House Truffle Adventure** Go Truffle hunting with trained dogs, learn about the industry, how to cook with truffles and then enjoy a truffle meal. Luxury Accommodation package deals available. Bookings essential with Chris 0407193231 or [chris@dinguphousebnb.com](mailto:chris@dinguphousebnb.com)

**Saturday 7th & 14th July 1pm to 4pm** - \$45 per person Manjimup Community Garden, Timber and Heritage Park 3 hour workshops. Learn Asian method of growing shiitake mushrooms on logs and inoculate your own log to take home. Contact Julian Sharp - 04273723215 or email [julian.sharp@warrencc.org.au](mailto:julian.sharp@warrencc.org.au) .

**Thursday 5th July Forest Fungi and Fauna at Perup.** Dr Adrian Wayne (DBCA) will give an overview of the native animals, unique fauna, and their protection in the Perup area. Fungimap vice-president, Roz Hart, presenting on the important relationship between native fungi and native animals, followed by a fungi foray, learning about their importance in the environment. Event is suitable for the whole family. Bus leaves Manjimup 9am and return about 3pm Cost: Adult \$30 and \$10 child. Enquiries Warren Catchments Council 97718180 by 28th June, 2018

**Friday 6th July.** Fungi and Phosphorus. St Joseph Parish Centre 10am – 3pm Paul Storer, Senior Soil Microbiologist and Plant Physiologist, who has been instrumental in developing mineral/microbe farming systems and innovative revegetation programs and technologies to rehabilitate depleted and disrupted soils. Dr Sapphire McMullan-Fisher will describe methods to reintroduce native fungi when restoring native vegetation. FREE – lunch provided. RSVP: [kathy.dawson@warrencc.org.au](mailto:kathy.dawson@warrencc.org.au) or Phone 97718180 by 3rd July.

**Saturday 7th July** Fabulous Forest Fungi and Forays. Join Fungimap and the WA Naturalists’ Club in discovering the hundreds of amazing fungi which grow in bushland and forests in the Manjimup area. Meet at Conference Room at the Wellness Community Centre, 10am – 4pm Cost: \$50 – transport, lunch & afternoon tea provided. Enquiries, Warren Catchments Council 97718180 by 28th June, 2018.

**Warren Catchments Council would like to that sponsors and volunteers who have supported this event and made it possible**

BOUNCE DOWN

Thomas William Sherrin was the man who invented the Australian Rules Football in 1879, when the Collingwood saddler was given an odd shaped rugby ball to fix. Round and rugby balls were used in early Australian rules matches, with the rugby ball becoming the most popular as the game developed in the 1870’s. However, the free running and nature of the game meant the ball bounced a lot and not always in the direction intended, rugby balls used to wear out a lot too, especially on the pointed ends. Tom Sherrin thought there had to be a better way, he repaired footballs regularly and he also knew the game pretty well, as he played for the Britannia Football Club, he started to wonder what it would be like if a football had blunter ends. He designed a ball with indented rather than pointed ends which gave a better bounce and took a couple up to the Britannia Football Club, they loved it and soon everyone wanted one. Tom Sherrin’s business grew and he branched out into other sporting goods including cricket balls, boxing gloves and punching bags, but the company still remains most widely known for its footballs. Tom Sherrin was a director of the Britannia club and helped to form Collingwood in 1892. By 1897 the Sherrin Brand was the official manufacturer for the Victorian Football League and remains the official supplier today. The Australian National Football Council adopted the size and shape of Sherrin’s football as the national standard for senior games in 1938. The Kangaroo Brand was one of several models produced by Tom in the early days and went on to be the best selling, highest quality and most favoured, instantly recognizable, this is the traditional football bounced wherever Aussie rules is played today. When a player takes a strong mark you often hear the old saying “He had his name written all over it”. The Sherrin family can truly say that, a legacy to be proud of. Liz Coley



**Quote for June:**  
“Nothing great was ever achieved without enthusiasm”  
– Ralph Waldo Emerson (1803-1882)

**Chat subject for June:**  
What’s something that will always be in fashion, despite the passing of time.



The Australian Music Association in partnership with the Make music Alliance would like communities all over Australia to join in Make Music day 2018. It’s all happening on the 21st June, musicians in over 120 countries will turn public spaces into music stages. Thousands of amateur and professional musicians, bands, orchestras and all things musical will come out to perform in streets, parks and ovals, schools are invited to participate as well. The Fete De La Musique began in France in 1982 and since then has developed into a truly international event. Last year nearly 800 cities worldwide joined in the celebrations and this year you can be a part of it when Australia joins the party on June 21st. The Australian Music Association welcomes enquiries, if you are interested in encouraging creativity and celebrating music with the community contact [info@australianmusic.asn.au](mailto:info@australianmusic.asn.au). Liz Coley

LIVELY LIVE MUSIC EVENT.  
July 14th at Tall Timbers.

It won’t be long and the ice of winter months will be crackling around our heels, but an opportunity to warm our souls - and our toes - has been organised by the Warren Arts Council. Many of you will know and love Powderkeg’s lively music from their previous visits to Manjimup. They are from around our south west – 2 who now live in Tasmania are flying back. Tickets, which include food, will be available online at I Wanna Ticket: Special offer for long term supporters of Warren Arts Council as we celebrate 25 years - only \$55 per person. WAC subsidised Pension concession of \$45 can only be purchased from Vetted Books, 120 Giblett St. Wednesday to Saturday. (\$55 tickets also available there.) Cash only. There are a limited number of tickets, any still available after special offer cuts out will be \$85.00. We read that the ‘20s was the era of the “flapper”, those fun loving ladies who danced with such great enthusiasm, their short skirts raising eye brows, while they earned a place in history in their mission to bring a new image to females. So dress to impress in your glam party gear to set the mood! Time: 6.30 pm for 7.00 pm start. July 14th. (French Bastille Day)