

Would you believe that worldwide three billion cups of tea are drunk every day? This makes tea the world’s most popular beverage and as someone who has never been known to turn down the offer of a cuppa, I would agree with that wholeheartedly.

Tea originally came from China and legend has it that people started to make tea at the request of Emperor Chen Nung who lived around 3000BC. One day he asked for hot water, something distracted him and a few tea leaves fell into his cup. Chen Nung liked the ensuing flavour so much that he ordered everyone to collect and preserve the leaves, then issued a decree making tea a national drink. The Chinese have a saying: Firewood, rice, oil, salt, sauce, vinegar and tea are the seven necessities to begin your day. The Chinese tea ceremony is all about making tea, appreciation and enjoyment, sharing friendship and learning traditional values and etiquette. The tea drinking ceremony is more associated with Japan nowadays where Chashitsu (tea room) are designed specifically for people to socialise, chat and drink tea. Green tea is made from Camellia sinensis leaves that have not undergone the same withering and oxidation process used to make black teas. It became a staple among the cultured people of Japan and reputedly has many health benefits.

The British are renowned lovers of tea, a love affair that began in 1662 when Catherine of Braganza, the wife of King Charles II, introduced it as a fashionable breakfast drink, soon becoming more popular than beer with the gentry. The Duchess of Bedford promoted the afternoon tea tradition in the mid 1840’s and it is still a welcome mid-afternoon break today.

Britain began tea production in India in the 1820s, with the aim of breaking the Chinese monopoly. Lipton tea was established in 1915 and the company patented a novel four-sided tea bag, known as the flo-thru tea bag in 1952. The first tea bags were produced from hand sewn silk muslin around 1904.

Tea arrived in Australia aboard the first fleet in 1788 and is still a large part of modern Australian culture. Our tea production remains small, primarily in Northern New South Wales and Queensland with Daintree and Nerada Tea being the most recognised brands. Small quantities of Green tea are produced in the Alpine region of Victoria and closer to home, Southern Forest Green tea in Northcliffe. Alfred Bushell opened the first Australian tea shop in Queensland, his sons moved to Sydney in 1899 and began selling tea commercially after founding the Bushell’s Company, still a popular tea today.

If all this is making you thirsty, pop the kettle on and then try this delicious recipe from the 1960’s.

GRANDMA BINGHAM’S PLOM DOFF

- Ingredients:**  
2 cups SR Flour,  
1 cup mixed fruit,  
1 cup currants,  
½ cup sugar,  
1 cup strong black tea,  
2 teaspoon Carb soda,  
1 tablespoon butter.
- Thank You!  
Grandma Bingham!*

- Method:**  
Rub butter into flour, place fruit into a separate bowl, put carb soda into hot tea and add to fruit.  
Add to flour mixture and mix well together.  
Soak pudding cloth in boiling water, spread out using tongs and sprinkle with plain flour.  
Put the pudding mixture in middle and tie up ends.  
Boil in pudding cloth 2 hours.  
Warming and filling, delicious served with hot custard and a good cup of tea!



# Manji Cafe Bytes

## Byte sized stories

October 2018, Edition 53

FREE

Find us on: **facebook**

Artist: John Duncan

Welcome to October and let’s hope many more days of the lovely spring weather we have been enjoying lately. Our south west corner is renowned for having one of the most diverse collections of wildflowers found anywhere in the world. Our bushland starts to come alive again at this time of year with native wisteria, coral vine, hibbertia and wattles colouring the landscape with a profusion of colours. Approximately 75% of the 11,000 species recorded in WA grow in our south west corner, they are found nowhere else on the planet, we are indeed blessed to have all this on our doorstep. Enjoy this month, bask in the sunshine and take a walk among the Wildflowers.

An Eye for Detail - John Duncan

Back in 2014 when we presented the idea to the Community Resource Centre to hatch stories for a newsletter, we were taken under the wing of Polly Valentine, CRC’s organiser of volunteers at that time. She gathered John Duncan to sit in on the discussions, and as artists do, John brought along his sketch pad and while we tossed ideas around he sat and sketched the bonny lass who has looked down on our Bytes since the first edition. At that time John lived in Manji and did a bit of volunteering at our Resource Centre, since then he has moved to Pemberton, and we have tracked him down for an update on his artistic life. What we discovered while visiting his studio is that John’s talents extend far and beyond pencil sketches, his paintings are certainly something else! Mostly local scenes which certainly catch the eye, beautiful depictions of our magnificent oceans, forests and winter water courses. You can check out examples of his art on ozartfinder.com. John is an amusing fellow to chat to, when I asked for a quote to include he quipped “Many people may be as good as me but not many are as modest.” We were still chuckling as we left his studio.



With Christmas bearing down on us you may be interested in John’s Art Calendar, featuring forests and seascape scenes from our South West. This is a perpetual calendar, one to record important birthdays and anniversaries, and is very fairly priced at \$29.95 - available at Manjimup Visitor Centre.

Kathy Hill

Quote for October:

“The public is wonderfully tolerant. It forgives everything except genius!” – Oscar Wilde (1854-1900)

Chat subject for October:

If you had to change your name, what would your new name be?



When November comes around it will be 26 years since I started on the receptionist team for Dr Bowie, and following his recent retirement I am sharing a few of my thoughts on those years. Retirement will take a lot of adjustment, bringing a huge change in his life, the end of 50 years’ dedication, 43 of them here in Manjimup. So he is experiencing the closing of a very significant door. In the early days he was on duty behind his desk five days a week, very long days, beginning at 7.30 am at the hospital, and not finishing his day until around 8 pm, as well as being on call for hospital emergencies throughout those days, and on call after hours 24/7. His red MG has been a part of town’s identities, and I have heard people along the route from his home to the hospital say if the MG’s distinctive motor went by after hours they would know he was heading to help someone in trouble. Around 1997 he joined the rostered hospital emergency weekend doctors so he at least had two weekends out of three for family time, and to check on his properties in Bridgetown. His farms have been an immense interest to him, but there was little time to spare for farming. Patients will recall how every November there would be a locum doctor behind the desk for a few weeks and Dr Bowie would be out smelling the new mown hay from his tractor seat - a favourite time of the year for him. In fact when I once asked what he would have done with his life if he hadn’t been devoted to medicine, his reply was instant, second choice of career would have been to farm. Any of his farming patients would tell you he loved hearing their updates whenever he had the opportunity.



My 26 years there have been very fulfilling, and mostly enjoyable, the negatives being seeing people suffering and trying to fit those who were in need into our busy day. I liked catching up with the patients - being paid to chat I sometimes used to say, but in my defence of course there was a lot more than talking attached to the role. We worked very long hours. In the early days with Dr Bowie on full time hospital duty, plus maternity, he was often called away to attend accident victims, or to deliver babies and as he hurried to the door I would usually remind patients waiting in the surgery where they would rather be!

And back in the day, local doctors had regular operation mornings at WDH, repairing a variety of ailments. Appendectomies and other urgent operations would be done at Manjimup at a minute’s notice. Possibly not many are aware that the operating theatre at our amazing new Warren Health Service has been named after Dr Bowie, a very fitting tribute.

Earlier this year he received another very significant recognition at WA Country Doctors Annual Awards Night, when he was presented with The Chairman’s Award, and also People’s Choice Award.

It has been a pleasure working all these years for Dr Bowie, he has been a generous, caring employer. I could have retired some years ago but have remained on the team, and will miss my contact with him, and with the patients. Yes, a very big door has closed, for many. My warm wishes go to Dr Bowie in his well deserved retirement, having served our Community with such committed dedication for 43 years.

Kathy Hill

Holiday Fun

Looking for a way to keep the kids occupied? Messy Play Day at the Manjimup Heritage Park sounds like a lot of fun, play with slime, mud, soap, paint and dirt, old clothes a must. If you would like to join in the fun, get down to the park between 9.30am to 11.30am on Thursday 4th October.

Liz Coley.



The Rotary Club of Manjimup is again teaming up with the Shire of Manjimup to present the Anne McKay address which will be held on Friday, 19th October at Manjimup Town Hall.

The address is named in honour of Anne McKay, a role model to many women, Mrs McKay initiated the local branch of the CWA and established the Girl Guides in Manjimup. She was also the first woman elected to local government in Western Australia becoming a Manjimup Shire Councillor in 1948.

The Hon Liza Harvey MLA, Deputy Leader of the Opposition, Shadow Minister for Transport, Planning and Lands, Member for Scarborough is this year’s guest speaker.

Doors open 5.30pm for 6.00pm start.  
(A light supper and networking will conclude the event).  
Admission is free.  
Bookings: Email: [secretary@manjimuprotary.org.au](mailto:secretary@manjimuprotary.org.au)

Liz Coley



Historic Dingup House Anniversary

We thought we would share this special historical event, the celebration of 150 years of the beautiful Dingup House. The big day will be Saturday October 13th, with free entry and it sounds like a wonderful family day out. Manjimup Farmers Market will be there, stalls laden with fresh local produce and some Wine Tasting from a few of our local wineries. Entertainment with live music, ‘The Pioneer Bush Band’, from 11am-4pm. And Yarns of ‘Dingup days gone by’ around the bar 2-4pm, which will bring out some very interesting tales. Craft stalls, Face painting, Bouncy Castle, Devonshire Teas, Sausage sizzle, Raffles, and kids old fashioned games will wind the clock, at 1 pm. Licensed Bar from 11am - 5 pm.

You are invited to set the mood and dress in period costume to fit the 150 years history. There’ll most likely be a photo taken similar to the historical one back ‘then’, to go down in history for the next big Dingup House celebration.

Kathy Hill





According to Wikipedia, the first recorded history of the Golliwog began during the British occupation of Egypt in the late 1800s, when Egyptian workers wore the letters W.O.G.S signifying that they were Working On Government Service. These labourers were nicknamed Ghuls (the Arabic word for Desert Ghost) by the British Troops. Children in Egypt played with black stuffed material dolls, nicknamed Ghuliwogs, which were often taken home to UK by the soldiers, for their children.

Then in the late 19th century Florence Upton published a fictional children’s book about a black rag doll, which she named The Golliwogg. The story book doll was subsequently produced commercially and by home toy makers, becoming immensely popular in UK and Australia. They were generally a male doll, making them suitable as a soft cuddly toy for young boys.

Sadly Golliwogs have become rather controversial, regarded by some as being racist. Robertson’s Marmalade will be remembered as having a Golliwog as their icon, but this can no longer be found on supermarket shelves.

How many of us recall cuddling up to a favourite golly in our childhood.

Kathy Hill



Loud Shirt Day

Loud Shirt Day is the perfect excuse to wear your brightest clothes, dye your hair and raise money to help give the gift of sound and speech to deaf children.

Deafness is the most common disability amongst children in the western world, critical early intervention services are necessary to provide these children with the best opportunity for speech and hearing skills.

Loud Shirt Day is a great way to get together with your friends, your workmates, community groups or schools to spread the message that deaf children can learn to listen and speak through early intervention.

Get a group together, wear your brightest frock, your most hideous shirt, an outrageous outfit or colour your hair on Friday 19th October 2018 to raise money for a worthwhile cause and have a great time. Go to [www.loudshirtday.com.au](http://www.loudshirtday.com.au) to register and find out more.

Liz Coley



Share Your Story with us...

If you would like to share a story in the Cafe Bytes Newsletter be sure to follow us on Facebook and put your story on our page. We would love to hear the stories you have to tell.

From the Cafe Bytes Team





**Australian Government**  
Australian Digital Health Agency



My Health Record

# You're invited

## My Health Record Community Information Session - Manjimup



You are invited to attend a FREE information session to learn about the benefits of My Health Record.

By the end of 2018 every Australian will have a digital My Health Record, unless they actively choose not to.

My Health Record is an online summary of your health information. You control what goes into your record, and who can access it. Share your health information with doctors, hospitals and other healthcare providers anywhere, anytime.

**Date:** Monday, 8 October 2018  
**Time:** 2:00pm – 3:00pm  
**Venue:** Conference Centre, 51 Rose Street, Manjimup WA 6258

**RSVP:** Register via [www.wapha.org.au/events](http://www.wapha.org.au/events) or call 6272 4928



**WAPHA**  
WA Primary Health Alliance



**phn**  
PERTH NORTH, PERTH SOUTH, COUNTRY WA  
An Australian Government Initiative

For more information go to:  
**MyHealthRecord.gov.au** | Help line 1800 723 471

# MANJIMUP LIONS CLUB INC.



## Annual Shearing Weekend

12 - 13 OCTOBER 2018  
Stoiche's Shed, West Boundary Rd. near Ipsen St.  
(look for sign at corner)

**This is a LIONS Fundraising Project**

**Cost \$10 per sheep**  
Drenching, shearing & lice control included in price.

Delivery of sheep accepted from 9am Friday morning 12th October 2018  
Please ring and book before 8th October 2018

Murray Fouracres - 9772 1325  
Jim McGlinn - 0407 389 880 (no SMS texting please)

# Global Girls Festival



**FREE EVENT**  
Women's Health  
Food and Beverages  
Empowering Activities  
Days for Girls Information  
Raffles  
Yoga  
Art and Crafts  
Donations of underwear, facecloths, ziplock bags would be appreciated.

Come celebrate International  
**DAY of the GIRL**  
11th October, 2018 12:30pm - 3pm  
Bridgetown Family and Community Centre  
9761 2139 [bridgetownwa@daysforgirls.org](mailto:bridgetownwa@daysforgirls.org)



**DAYS FOR GIRLS**  
BRIDGETOWN WA



**BRIDGETOWN**  
FAMILY & COMMUNITY CENTRE INC