

With cherries ripening in the south west from November until late January and the annual Cherry Harmony Festival in December, it is easy to see why cherries have become synonymous with Christmas around Manjimup, and really what could be nicer than a bowl full of these delicious red fruit over the festive season?

Cherries have a long history, being native to most of Europe, Western Asia and parts of North Africa where the fruit has been eaten since prehistoric times. Most of our eating cherries today are derived from either *Prunus avium*, the sweet cherry, or *Prunus cerasus*, the sour cherry. Australian cultivation began about the late nineteenth century in South Australia. They have a short growing season, the temperate climate of the south west and our rich soils are ideal growing conditions. Cherries are mostly grown in Western Australia in a narrow area between Donnybrook and Pemberton, 85% of WA Cherries are produced here. Manjimup’s cherries begin to ripen mid to late November, depending on the season and the fruit usually lasts until mid-January. Varieties grown include Sweetheart, Stella, Van, Bing, Lappin, Noir and the sweet, white fleshed Rainier.

The French word for cherry is cerise, a truly exotic name which describes them very well, cerise being a deep pinkish red just like a ripe cherry.

The deep red colour shows that they are a rich source of antioxidants and vitamin C and are anti-inflammatory as well so they have many health benefits, always a good excuse to eat a few more.

Look for local cherries at the Farmer’s Markets and at the Cherry Harmony Festival, they are available in The Cherry Box and most supermarkets under the Genuinely Southern Forests brand.

CHOCOLATE CHERRY CHEESECAKE

Ingredients: 250g plain chocolate biscuits, 125g melted butter, 500g softened cream cheese, ¾ cup caster sugar, 2 tablespoons sifted cocoa powder, 2 eggs, 300g sour cream, 300g pitted halved cherries, extra cherries and small amount of icing sugar to serve.

Method: Preheat oven to 160degC/140degC fan-forced. Grease a 5.5cm deep x 24cm springform pan. Process biscuits until mixture resembles fine bread-crumbs. Add butter and combine. Press mixture into pan, cover and refrigerate for 30 minutes. Beat cream cheese and sugar with an electric mixer until smooth, add eggs one at a time, beating until combined. Beat in cocoa and sour cream, fold in cherries and spread over biscuit mixture. Bake for 35 to 40 minutes or until centre is just firm, cool in oven for about 3 hours, leave door slightly ajar. Refrigerate overnight, just before serving dust with icing sugar and top with cherries. If you want more chocolate, shave a few chocolate curls over your cheesecake.

If you make this the day before, it will be perfect for Christmas lunch, Merry Christmas!



Manjimup Community Generosity

It seems our community is rallying around in various ways to make sure everyone has a Happy Christmas, there certainly are a lot of generous people in our community. Take some time this year to help someone in your area, even if it is not by donating to one of the local organisations, sometimes generosity can be as simple as mowing the lawn of someone who can’t. Giving leaves a warm feeling.

Way to go Manjimup!



2018 Annual Electors Meeting

We often hear people querying some of the Shire decisions, so attending the Annual electors’ meeting would be a good way to find out why things happen the way they do.

The Shire’s Annual Electors Meeting will be at 5 pm on Wednesday 12 December.

This meeting is open to residents, owners and occupiers of property within the Shire and is an opportunity to present your questions or concerns of community matters.

The Annual Report can be viewed at the Administration Centre; Shire libraries, or download from the Shire’s website.

If you do have any questions regarding Shire matters you need to lodge these in writing to the Shire at least 2 working days prior to the meeting.

Kathy

Manji Cafe Bytes

Byte sized stories

December 2018, Edition 55

FREE

Find us on: facebook

Artist: John Duncan

Welcome to our final newsletter for 2018. A new year awaits, but first there’s Christmas with all its trimmings.

It seems we all look differently on the Festive Season but whatever your choice we hope it lives up to your expectations. One thing we would like to remind you of is please shop local. We need to keep our money in the district so that we all have a Happy New Year and not be faced with closed doors around town.

Merry Christmas one and all.

Congratulations Dawn

Recently a past resident of Manjimup received a big thank you award. Ex Manjimup resident Dawn Hargrave recently received the Parkinson’s Volunteer of the Year Award, for Outstanding Service. What a great achievement. Dawn was born and bred in Manjimup, living here until recently. Her move to Busselton was done with much reluctance and deep regret at leaving her home town, but it seemed necessary for her future health needs.

Dawn was diagnosed with Parkinson’s in 2001, since then she has worked hard to live life to the full around the problems the disease brings, totally determined not to give in. Anyone who knows Dawn feels huge admiration for her strength in coping as well as she has, with very few complaints ever heard. Dawn believes her religious Faith has helped her immensely.

After diagnosis she very soon joined the Parkinson’s support group, which at that time was based in Bridgetown, since then being re located to Manjimup. She quickly became a strong and valuable member, taking on the role of encouraging other Parkinson’s sufferers to join in the support that this group offered, advising of informative speakers and helping organise Christmas luncheons. Coping with Parkinson’s can lead to depression, and Dawn felt definite benefit being involved with a group of fellow sufferers, and encouraged others to join for support.

Since moving to Busselton she has continued her role in the branch over there and I suspect to achieve the award she may do more than she is admitting to, but she was reluctant to elaborate. Official recognition of her contribution is something she and her family can be very proud of. Congratulations Dawn!



Kathy

Quote for December:

“Christmas is a season not only of rejoicing but of reflection”
– Winston Churchill (1874-1965)

Chat subject for December:

Do you have any Christmas traditions that you celebrate every year with family and friends?

Christmas is getting closer and so is the annual Cherry Harmony Festival! There will be plenty of entertainment on offer as 2018 promises to be bigger and better than ever. Dates to mark in your calendar are Friday, 7th December when the streets in the CBD close for the Manjimup Chamber of Commerce Festive Fun Night. There will be lots to see and do with music and entertainment by DJ Rev, Street Theatre, stalls and an opportunity to buy your Christmas gifts as shops stay open for late night trading. And it wouldn't be Christmas without the appearance of the man himself, Santa is expected to arrive at 6.30pm so start writing out that wish list. Finish the night with the firework display beginning at 8.50pm.

There will be plenty of entertainment at this year's festival with the Grand Parade through Cherry Central, Australian Navy Band – Perth, The Filth, Pirateman, Cherry Fairies, Kitty Cowgirls, The Sirens, Elavina, DJ Rev, Troy Bennell & Middar Dance Group, Clown Show, Street Theatre and the Southern Belle Fashion Parade. Theo Kalogeracos, the Master Pizza Chef will be back tossing pizzas and MC's are the perennial Jon Doust and Wyatt Nixon-Lloyd.

It wouldn't be Cherry Harmony Festival without the annual Cherry Pip Spitting Competition, pucker up and get ready for that one. Heats outside the Visitor Centre at 9.00am and finals the main stage at 11.00am.

The fabulous Long Table Lunch held under glorious rows of cherry trees in Newton's Orchard on Sunday 9th December is a wonderful way to finish off a great weekend in our beautiful south west.

For full information on events, competitions and much more check out Manjimup Cherry Harmony Festival on Facebook or go to www.cherryfestival.com.au

Liz Coley

Cherry Blossoms



You may have noticed the recent tree plantings lining the streets of the CBD as part of the Manjimup Town Centre Revitalisation. These lovely trees are Kanzan flowering cherry (*prunus serrulata*) and are going to provide a fantastic show when they begin flowering.

This is a deciduous small tree and well known for its large double vibrant pink flowers, at full bloom approximately 5cm diameter. Red buds appear first followed by masses of blossom in mid to late spring, the leaves are deep bronze coloured, eventually becoming dark green above and paler underneath, turning back to orange or bronze in autumn. They will grow to about 5m high with a 4m spread which makes them ideal for street planting.

Kanzan flowering cherries are native to Japan, Korea and China. The name comes from an old Japanese word conjuring an image of a "native land or village of one's birth that lay in a valley". Cherry blossoms are richly symbolic to the people of Japan and can be an allegory for the feudal samurai who could be expected to sacrifice his life for his master. During World War 2 the representation of a cherry blossom was used to inspire fighters to give their lives as kamikaze pilots.

An interesting history for such a delightful tree, and a good choice for our town, being part of the largest cherry producing area in Western Australia.

Liz Coley

Christmas day dawns with much excited anticipation for a lot of people, time spent with family and friends, at home or away, enjoying the festivities of the season.

For a number of reasons not everyone gets to experience the blessings that many people do. Being aware of this, some families from the local Seventh-day Adventist church thought to share their Christmas joy. An idea was hatched to host a free community meal. The Timber park was the perfect location for a Christmas breakfast.

For the past three years we have served up fresh cooked pancakes, fresh seasonal fruit and hot and cold refreshments, which have been enjoyed by a variety of people, including young families, backpackers, senior travellers and friendly locals stopping by for a cuppa before their busy day begins. People enjoy the relaxed, friendly and safe environment, while being nourished with fresh, delicious food.

We would love to see you this Christmas at the Timber Park, December 25th, 8am-10am. There is no cost, however you are welcome to give a donation.

Thanks Rochelle Price for writing this article and thank you so much to the Seventh Day Adventist Church for their generosity.

Fun & Carols in the Park..... AND IT'S FREE!

Thanks to Cassandra McCredden for contributing this information. What amazing generosity by the Combined Churches to supply such wonderful Christmas Spirit for our community.

Thank you.

The spirit of Christmas is alive and well in Manjimup! The combined churches of Manjimup will be putting together another year of Christmas in the Park & Carols on 16th December at the Timber Park. From 4-6pm the people of Manjimup can expect a free, family friendly event with a whole host of events and activities. A climbing wall, bouncy castle and the Lions Train will be popular features. The face painting tent is always full of excited little people and after tiring themselves out on the activities, icy poles, pop-corn and crepes are available for refreshment.

Devonshire Tea will also be served and this is a welcome sight for many. A sausage sizzle will be provided from 6pm, just before the Carols service commences at 7pm. Be sure to bring along your chairs and blankets and reserve a spot for some 'jolly' good fun as the singers bring in the Christmas feeling with a variety of favourites for young and old.

The event is a wonderful way to bring together the town of Manjimup in fun and community spirit. Committee member Sue McCredden, Pastor of Warren Valley Community Church said, "I love that we get to be a part of putting together such an enjoyable event for the whole community. It's important to us that it be a free event, so that everyone can get involved. This is a great way to celebrate Christmas in Manjimup".

Manjimup Cherry Festival Photo Competition

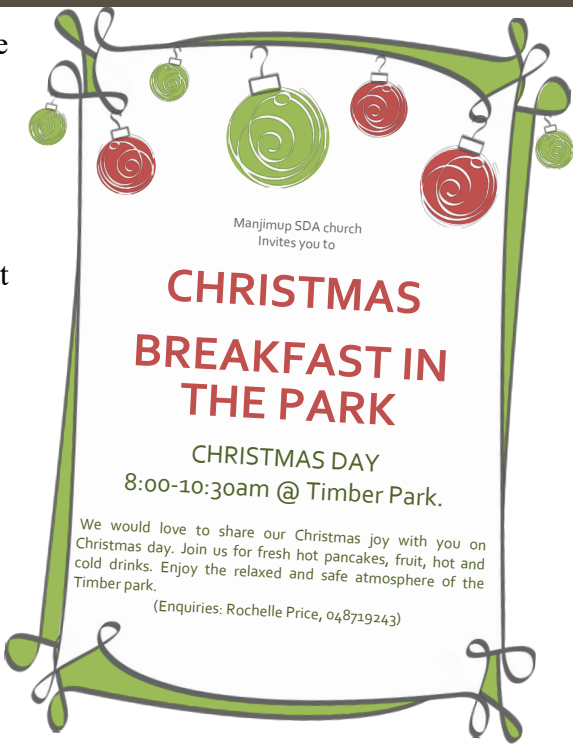
The Manjimup Photo Club in conjunction with the Manjimup Cherry Harmony Festival have been busy with entries for their annual competition (entries closed 30th November).

Photographers had several options including My Beautiful Region (any place in WA you enjoy visiting), Timber (related to the WA timber industry), Primary School and High School (Up to 3 any subject) and Macro (subject must be recognisable).

There are sure to be some wonderful photos on display during the Cherry Harmony Festival on the 8th December between 9.00am – 4.00 pm at the Manjimup Town Hall on Brockman Street. Prizes Presentation will be held at 12 noon on that date.

For further details contact Brad Hanrahan 97772550 / 0488127638 or Carole Paterson 97772580 / 0427772580 .

Liz Coley



How the Grinch stole Christmas is the familiar tale of the cynical and egotistical creature who despises Christmas and the people of Whoville. He likes to play dangerous and harmful practical jokes on them all and as a result no one likes or cares for him.

The story tells us that he reluctantly saves the life of sweet little Cindy Lou and she wants to know all about him. She discovers that he was adopted by two elderly sisters and arrived in Whoville when he was a baby. He was bullied at school by Augustus May Who and other classmates because of his appearance, this caused the Grinch to flee to Mt Crumpit, Cindy Lou offers the Grinch an invitation to the festivities, however he refuses and then changes his mind as he learns that his old sweetheart Martha will be at the celebration. Augustus asks Martha to marry him and upsets the Grinch who ruins the party by burning the Christmas tree. However, a new one is soon erected and the celebrations continue. The Grinch decides to steal all the presents while Whoville sleeps. He is about to push the stolen gifts off the top of the mountain when Cindy Lou arrives to wish him a Merry Christmas, he soon has to rescue her again as she is in danger of falling off the cliff with the sleigh. Grinch suddenly realises what Christmas is all about, not just material gifts, but spending time with loved ones and family, this insight causes his shriveled heart to grow to three times its original size. He returns to Whoville with the gifts and is reconciled with everyone, including Martha and they all celebrate a Christmas feast with him in his cave.

This wonderful book came from the fertile imagination of Theodor Seuss Geisel, (more well known as Dr Seuss), American children's author, poet, animator, screenwriter and filmmaker. He wrote and illustrated more than 60 books under this pen name, and his books are among some of the most well-known and well-loved children's stories of all time. After a stint with the US Army during World War 2, he returned to writing children's books, the most well-known being Horton Hears a Who, The Cat in the Hat, Green Eggs and Ham, The Lorax and of course How the Grinch stole Christmas! Dr Seuss had a unique drawing style, instantly recognizable as in the faces of Cat in the Hat and the Grinch. He was born in Springfield, Massachusetts in 1904 and passed away in La Jolla, California in 1991 at the age of 87. His memory stays with us in the fantastical and amazing stories that children (and many of us kids at heart) enjoy today. Wishing everyone a Grinch free Christmas!

Liz Coley

Bare all Gardeners

No, it's not World Naked Gardening Day, you will have to wait until next May for that, this is a new concept that was launched recently at Tweed Heads.

Queensland company Bare all Cleaners have been creating a bit of a stir on the Gold Coast having put their scantily clad cleaners to work last year. Not wanting to be accused of sexism they have now launched one for the ladies, Bare all Gardeners started their male backyard service recently and reportedly it has been quite a hit.

A company spokesman said that with the warmer weather arriving it made sense to take things to the great outdoors, their gardeners are trained professionals who know their way around all your yard jobs including pool cleaning.

Leeroy Evan said the job was a natural fit for him as it married his two passions, getting his gear off and gardening. And in case you were wondering Leeroy assures us that he will be wearing appropriate footwear and protective eyewear.

So, there we have it, if you would like a hunky gardener, pruning, mowing and weeding, wearing nothing but a true blue Aussie Akubra hat and a smile, the good news is that they are going nationwide, be on the lookout, Manjimup might be next on the list!

Liz Coley



A new group for women is forming in Manjimup. The Support-Nature-Understand-Growth group (SNUG), is an initiative supported by the South West Women's Health and Information Centre, the Department of Communities and Act-Belong-Commit. 'SNUG', has groups throughout the south west with the name being coined by the Capel group.

This exciting new initiative is to connect, support and foster friendships between women and help them develop both personally and professionally in the community. This free group especially welcomes women new to the area and those seeking to connect; providing a bridging platform to other groups and activities within the Manjimup Shire.

Says Manjimup SNUG coordinator, Sharon, "I am thrilled about the concept of this group, which is similar to a QLD initiative. When I lived in Brisbane, away from familiar people, this group became my lifeline. Since then I have wanted to develop a group like that, here".

"I feel that although women by nature are relationship builders, our western goal focused world doesn't always allow time and space to build authentic, supportive relationships with each other".

The first monthly get together for the Manjimup SNUG group will be a morning tea picnic (supplied) at the Community Land Art Sculpture in the Manjimup Timber and Heritage Park on Tuesday, December 11th from 10.00am to 12 noon. **The Land Art Sculpture is located at the northern end of the park, by Graphite Rd, and west of the Community garden.**

For further information contact Sharon on 0407 795 170 or email skrose@our.ecu.edu.au

Sharon Rose



Photo: Courtesy of The West Australian

Warren Arts Council

If you think Warren Arts Council is only about music, and if you don't happen to be a Bluegrass fan, you may be interested in spreading the wings of art and bringing another event to town. There are many forms of art that entertain.

You could show your interest by attending the AGM of Warren Arts Council, and thus ensuring the continuation of opportunities for variety in the arts in Manjimup.

It's to be a social breakfast AGM, set for Wednesday 8.30 am on 12.12.2018 at the Corner Inn, and is guaranteed to not be a long boring meeting. If you have any questions, phone the Secretary on 97711174, everyone welcome!



Changes in Town

A drive around Manjimup at present is kind of amazing, with all the construction work that is continuing to astound. So much money is being poured into our town, and so many changes evolving. Bustling action includes the awesome amount of heavy equipment working at the old primary school site for the over 55 housing; our wonderful new hospital that has brought Manjimup into today's medical field; the new roundabout entry; the railway line pathway; the six million dollar building in the Timber and Heritage Park; Manjin Park family fun area and next will be Brockman Street Transformation. I may have missed some! You will find information on any questions you may have on all the changes by visiting the Shire office in Brockman Street, or online on Shire website.

Ex residents will surely be very surprised when they re-visit little old Manjimup and see how we have developed. Very exciting indeed, we are a very fortunate town.

Kathy

Merry Christmas All