

YOU'RE INVITED!

Are you a Volunteer? Would you like to find out more about Volunteering? Then come along, hear our guest speakers & share a **FREE** light lunch while mingling with like minded others.

Thursday, May 23rd 10am - 2:30pm

**Gateway Hotel Conference Room
Lot 1 Case St (cnr South Western Hwy)**

Volunteering is a very important part of community. With out volunteers bush fires would flourish, ambulances would have no driver, the local show would not happen, sports groups would not exist, and that's just to mention a small few. A little bit of time can go a long way to making this a wonderful community. Come and hear about spontaneous volunteering, Red Cross Visitors Scheme and how Fire and Emergency services also need volunteers in the office!. Ask questions, get answers and enjoy a light lunch and chat.

RSVP: volunteer@manjimup.com.au

Proudly brought to you by:

Manji Cafe Bytes

Byte sized stories

May 2019, Edition 60

Artist: John Duncan



Welcome to our May Café Bytes. You will notice that the newsletters are growing, and this month we are delighted to have community contributors to help us out, our thanks to Bruce, Sharon, and Peg, we know everyone will love reading your stories. We hope this will be an encouragement for others to put pen to paper, please remember contributions are always welcome. To celebrate our 60th edition we are bringing Bytes readers something new, a mystery story which will be continued over the next few months' editions. Read about it on Page 3.

Quote for May.

"Be yourself, everyone else is already taken."
– Oscar Wilde (1854 - 1900)

Chat subject for May.

What is something you are really obsessed with?

UNEARTHED PEMBERTON

Part of our neighbouring town's fantastic Unearthed Festival is the Pemberley Vineyard Sculpture Competition, the opening night and winners announcements being held on May 2nd.

At time of printing Bytes we have been unable to obtain a list of prize winners but do know that local artist Paul Fontanini achieved the Farmlink Prize with his beautiful piece combining wood and metal, "Vineyard in the Jarrah". Winner of the Shire Acquisitive \$5000 was Northcliffe Artist Peter Hill, who grew up in Manji, and has family close to Café Bytes team, so we will claim him for Manji. Peter's young son Xavier also took out the award for his section.

Gail Ipsen Cutts of Manjimup Shire tells me there is never a decision on where the winning sculpture will be installed until the announcement of winner, it always depends on the construction and where it would best be displayed.

Congratulations to all winners; to the Unearthed Pemberton Team, and Pemberley Vineyard for providing an opportunity for local artists to be part of the current interest in sculptures in the Art World.

Kathy Hill

Peter Hill's Sculpture "Head Stack"



WHO ARE WE? The Bytes Team who bring you this publication are: Yarn Spinners, Liz Coley & Kathy Hill.

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PYTHON HUNT

Thanks to Bruce Ward for this amazing story, a continuation of last month’s Airport History. It all began late one Tuesday afternoon when the phone rang in my office and I was asked if it would be possible to do an aerial tracking mission over the city to locate a carpet python that had been stolen from the Woodvale Research Centre the previous weekend. The reason the python was at Woodvale was that some researchers at Dryandra Reserve near Narrogin were radio tracking some woylies and tracked one of the woylies to the python which of course had the woylie for dinner. The python was then taken to Woodvale so that they could recover the expensive radio transmitter. It was placed in a secure box and kept in a store room to wait for the snake to regurgitate the collar. The snake was stolen from this facility which is when we received the phone call. It was too late in the day to mount a tracking mission and the forecast for the next two days was for wet windy weather and not suitable for flying. The researchers anxious to get their snake back made a public appeal and an amnesty for handing in any protected animals. The next day a carpet python was handed in and we thought that was the end of the story, but it turned out not to be the right snake. Further discussion about the possibility of successfully tracking the snake suggested that finding a snake inside a box inside a house may not work. We pointed out that we successfully tracked bilby which were 2 meters underground from 5 kilometres away. This encouraged them to give it a go. The next problem was to get clearance to fly over the city in a grid pattern with lines about two kilometres apart. A call to the Civil Aviation Safety Authority to get the necessary approval was met with a blunt “No”. Our pilot, not satisfied with this decision, decided to call his (ex) brother in law who worked in CASA as an air traffic controller. He outlined the story and the need for clearance to enter

ANT DETERRENTS

Further to our ant deterrents mentioned in the March issue of Café Bytes, this is one you may like to try in the garden. Citrus trees often become infected with scale or aphids, the ants will not harm your tree but they will harvest the honeydew that these pests produce. Very often trees become covered in sooty mould which weakens and damages the tree. A simple way to get rid of the ants is to wrap grafting tape, (plumbing tape works just as well), about 6cm wide in a band around the trunk of the tree. Smear the tape with Vaseline, this provides a barrier which the ants will not cross. It will take a few days but eventually ants will drop out of the tree and then a spray of white oil should get rid of the scale/aphids and clear up the mould. You will need to repeat this monthly if there is a heavy infestation.

Liz Coley

Perth air space. He pointed out what a good story it was and the (good) publicity CASA would receive from participating. Over the next couple of days the concern shifted to the fact that the mission was becoming common knowledge and the snake may be taken away or disposed of. CASA by now were very interested and quite helpful. We thought they would probably have turned 747s away to let us through. By Friday the weather had cleared up and we were able to get off. We tracked up the coast and started the radio tracking from about Mandurah. We entered Perth air-space and continued north. We were just entering Pearce Military Airspace when we picked up the signal and orbited around crisscrossing the site to fix its position. The problem we were having was that mobile phones shared the same frequency and just as we were about to fix its position a mobile phone would go off and knock out our signal. We eventually made a fix and phoned the coordinate through to the crew on the ground who were waiting with a wildlife officer and a policeman with a search warrant. It turned out that our coordinate was within 30 meters of the snake and left no doubt which house it was in. When confronted with “We suspect you have a stolen snake and we are coming in to investigate”, there was an instant denial “No we haven’t”. Their response was “Well we are coming in anyway”. The snake was recovered and the man, thinking on his feet, said he bought it down the pub but didn’t know the person’s name. This reduced the charge to receiving stolen goods. But he couldn’t believe how he was tracked down. This story rippled around the world and would have made front page news except that it occurred on the same day that Michael Jackson died.

Bruce Ward



LIZ’S KITCHEN RULES

The deliciously decadent fig, Ficus carica, was known to the Egyptians as the “Tree of Life”. Beloved by the ancient Greeks and Romans, it has been cultivated for thousands of years. Native to the Middle East and Western Asia it is now widely grown throughout the world. It would seem that the early settlers brought fig trees to Australia, they prefer a Mediterranean climate, with warm to hot summers and a cooler winter, so are well suited to the south west. They are reasonably drought tolerant but a good watering will enable a better harvest. Figs like a rich free draining soil, they don’t like wet feet and prefer a sunny spot out of the wind. A good layer of mulch, either straw or compost will give trees a boost. Give your tree a light trim in winter to stimulate new growth for fruiting and remove any dead or diseased wood. Figs are very easy to propagate from hardwood cuttings taken in late autumn, cuttings should be about 20-30cm long with several nodes, plant these in a free draining propagation mix and stand back and watch them grow. There are a few varieties of figs to choose from but these are probably the most widely grown: Black Genoa, black fruit and white flesh, delicious eating but no good for drying. Brown Turkey, an almost unkillable small tree, purple brown fruit with pink flesh. White Adriatic, green fruit and red flesh, a good all-rounder, great for eating, drying and jam making. Remember to pick your figs when they are slightly soft to the touch and sweet smelling, they will not continue to ripen when they have been removed from the tree. You may have to fight the parrots and the possums for them but it will be worth it! High in fibre and vitamin C and rich in amino acids, figs are fabulous eaten fresh, but they can be poached, glazed or dried, the sap is reportedly useful for getting rid of warts and they are said to be an aphrodisiac, plenty of reasons to eat more of them.

FIG AND RICOTTA CAKE

Ingredients: 150g butter (at room temp), 1 cup sugar, 3 eggs, 1 cup ricotta, 2 tablespoons sour cream, 1 teaspoon vanilla extract, ½ teaspoon grated lemon zest, 1 1/4 cups plain flour, 1 tablespoon baking powder, 8 large or 12 medium fresh figs, stems removed and quartered, 1 tablespoon raw sugar. Cream or Crème fraiche for serving. Method: Preheat oven to 190degC. Grease and flour a 22cm (approx.) round cake tin. Beat butter and sugar until light and fluffy, add eggs one at a time and beat until smooth. Add ricotta, sour cream, vanilla and lemon zest and mix until combined. Sift flour and baking powder together, add dry ingredients to the batter, mixing until just combined. Pour the batter into the prepared cake tin and smooth the top. Place figs on cake, cut sides up and sprinkle with raw sugar. Bake for 35 to 45 minutes, until top is lightly browned. Allow to cool in the tin for about 15 minutes, transfer to a plate and serve warm with cream or crème fraiche. Yum!



THE BEAUTY OF MOTHS

As darkness begins to fall, we close the blinds, cocooned in our own little space, unaware that there is a magical world of wonder outside. Beneath the night sky the moths begin their flight, and artist Chelsea Hopkins-Allan has captured some of the many species to be found around the South West with an inspirational display of colour and texture. In her own words the former environmental scientist relates that she wanted to create an exhibition that was locally relevant to invite viewers to look more closely at the variety, fragility and beauty of moth species in their area. Moths are categorized in the order Lepidoptera. Australia has 20,000 to 30,000 species of moths, some species found in the South West and Great Southern regions are not found anywhere else in the world. Chelsea drew from her own photographs and others provided by friends, by using this method and zooming in on the detail, she has been able to recreate features of some of the tinier species invisible to the naked eye. This is an inspirational exhibition, a world of colour and charm, and I will be leaving the outside light on a bit more often and hope to see some of these exotic creatures as they go about their nightly excursions.

The Manjimup Art Gallery, Cnr Rose and Mount Streets will be exhibiting Chelsea’s works from 10th April – 18th May 2019. More info: Contact 08 97771 6940.

Liz Coley

36 Dryandra Moth by Chelsea Hopkins-Allan



VISITING OUR RED CENTRE



Example of a Cooper Pedy home

Coober Pedy would be classed as one of the most unique towns in Australia, but because of its isolation it isn't a place everyone has the opportunity to experience. I had the good fortune to visit there last year and the memories stay strong in my mind, with the stark differences between there and here, I recently sought out a local who lived among those miners for thirteen years, just to hear what it was like to be a resident of this unusual town. She was happy to share those experiences with Bytes readers. Stories I have read on Coober Pedy around the 1970s paint a rough tough scene, so it was very interesting to hear another view. Gladys Miszkiewicz/Stal was a young girl when her family migrated from Poland after WW11. The Northam migrant camp was their first stop, then they moved south to Shannon River Mill, her parents remaining there until the mill closed in 1968. Gladys finished her education at boarding school in Bunbury then worked in Perth, where she met her future partner, who happened to be a Coober Pedy opal miner. So this brought about a huge life change, being married in the underground Catholic Church at Coober Pedy and remaining in the opal town until 1983. Could anything be as different: The thick Shannon River forests, to the stark barren red earth of Coober Pedy, where 80% of the population live in dug out underground homes. How bizarre to think of actually living underground! But escaping the above ground temperatures which reach up to 52 degrees followed by very cold nights, to the option of living in a constant 25 degrees certainly would be an advantage. And the average rainfall is a mere 175ml, 6.8". It's a hot dry place! My accommodation was underground, and included in the half day tour I did was visiting an underground home. I just could not get my mind around what it would be like to wake up each morning without a window to the outside world. In Gladys's Coober Pedy era the population was over 3000 but nowadays it is down to 1700, the school currently has 270 students, approximately half from 1970's

days. It's the isolation that would be the most difficult to adjust to, being 850 km from Adelaide and no significant towns under 540 km distance. That lengthy rough red dirt road would have been a testing drive, which you would only do when you had to. The road from Port Augusta has now been sealed, and the Ghan train has a stop 40 km from Coober Pedy. Gladys remembers a great social life, lots of friends, house parties and weekly outings to the Italian Club, dining and dancing. A doctor flew in once a month with the nursing post handling medical problems between those visits, and RFDS for emergencies. So think about that, 3000 people without a doctor, what a responsible role those nurses filled. Pregnant women would need to leave by their seventh month, and await the birth in a town that had a hospital, Gladys waited in Adelaide for her daughter's birth. If the shops ran out of anything well bad luck, you would just have to wait for the next transport delivery. Australian opals are world renown, a most beautiful gem and extremely valuable so the thought that the next dig could bring a prize opal is what keeps those miners at it, and the locals say you don't ever hear about valuable finds, they are kept secret as no one wants any raiders visiting their mines in the dark of night. Anyone, visitors included, can go "noodling", i.e. sieving the earth mounds at the head of the mines, to see what has been missed in the big dig. Some worthy opals have been found that way, and what a fantastic souvenir to take home. Or the other option is to visit one of the many souvenir shops, all selling beautiful locally made jewellery. The drive in movies still operate, a rare survivor of its kind. And of course, some of the iconic Priscilla Queen of the Desert was filmed at Coober Pedy. Gladys's immediate reply when I asked how she felt on her arrival at Coober Pedy in 1971 was "I nearly died!" she was in shock at the thought of making this her home town. The first twelve months were spent in a caravan so moving into their own underground residence was very welcome, even though they only had generator power and a kerosene fridge, it was comfortable and cool! Their four bedroom home cost \$5000, and today would probably be worth around \$300,000. Space won't allow me to share all her adventures on the Opal Fields, but if you know Gladys I suggest you ask about her life there, it's certainly a fascinating story.

Many thanks to Gladys for sharing with us.

Kathy



PHILOSOPHY PICNIC GROUP

What's it all about?
"Be happy and grateful for this moment."
Philosophy Group

Do you:

- Stretch first thing every morning?
- Drink water regularly throughout the day?
- Chew your food slowly?
- Listen to music?
- Breathe deeply?
- Turn off your mobile when meeting with others?

These are just some of the things you can do to be mindful every day.

Mindfulness - or living in the moment – is a state of conscious attention on the present, observing your thoughts from moment to moment without judging them or worrying about the past or future. Want to have some deep and meaningful discussions?

Come and join the Philosophy Group, meeting next in May. We're not high-brow – everyone's welcome!

Contact: Sharon Rose for details – 0407 795 170 Blog <https://sharonrose.com.au>



FAN TAILED CUCKOO

Living on a large block surrounded by garden and trees gives a lovely outlook from our many windows, but it does have one drawback, now and again birds, especially if startled, will fly towards trees reflected on the glass. I heard a loud bang recently and on looking out saw a smallish brown bird with distinctive tail feathers lying on the lawn, luckily just stunned from the impact. I wasn't sure what type of bird it was so grabbed the camera to take a few photos, as I did so he struggled to his feet giving me a baleful stare, as if to say it was all my fault. After checking out my bird book I discovered that this little fellow was a fan tailed cuckoo, most likely an immature bird as his feathers were mostly brown, adults having more reddish-brown plumage. These birds are found throughout our south western area, through to eastern Australia and Tasmania. Birds in Tasmania also migrate to the mainland in the non-breeding season, which seems a very long way for a small bird. Fantailed cuckoos are also found in New Caledonia, New Guinea, Fiji and New Zealand. They have a liking for hairy caterpillars but will also eat a variety of insects and their larvae, they search for food while perched on a convenient branch and will either take their prey in flight or from the ground, returning to the perch to eat.

WINDS OF CHANGE - INTRO



Winds of Change

A city girl makes a decision that changes her life forever. Past and present entwine as Amy begins to realise that there is much to learn about the new life she has chosen, and much to learn about Windy Bay and the secrets hidden there. She begins to feel a sense of foreboding, who can she trust?

The first chapter of Winds of Change begins in our June issue, don't miss it.

Liz Coley



As with most cuckoos, birds lay their eggs in the nests of other birds, most often flycatchers, fairy wrens and thornbills. A single egg is laid in the nest and one of the host's eggs removed, the young cuckoo generally hatches first and pushes out the other eggs or hatchlings. The foster parents rear the cuckoo chick seemingly unaware of the swap. I am happy to report that this little bird recovered and flew off into the nearest tree, feathers a bit ruffled, but otherwise ok!

Liz Coley

IN SEARCH OF ORCAS



Many thanks to Peg Johnstone for contributing this story. We are fortunate to have the Royal Gala Tour Company, located at Mullalyup, and many of us have enjoyed their knowledge and hospitality. In March I went to Bremer Bay on their four day tour, mainly to view the Orca, also known as killer whales, and we did see several. We had to go aboard the boat leaving Bremer Bay early a.m. and endured a VERY rough time, proving what a roller coaster swell is in the Southern Ocean, until we left the Continental Shelf which was approximately 38 nautical miles from the coast. It was almost impossible to move around safely during the trip, we were given lifesaving regulations. Fortunately I took some sea sick tablets, as about half of the passengers were sick – there were 52 passengers and 5 crew, including the girl giving the excellent running commentary. Once past the worst section we were over the very deep canyons, which provide foods etc for the Orcas, hence their main living area. The Bremer Canyon is 200 km long, 70 km wide, 3.5 km deep and we were told that there are 22 trenches stretching to Albany. This canyon along with the Orca hot spot was first discovered by Dave Riggs in 2005, research continued and tourist opportunities to see the Orca began in 2014. It was very interesting to see the Orcas, which only stayed

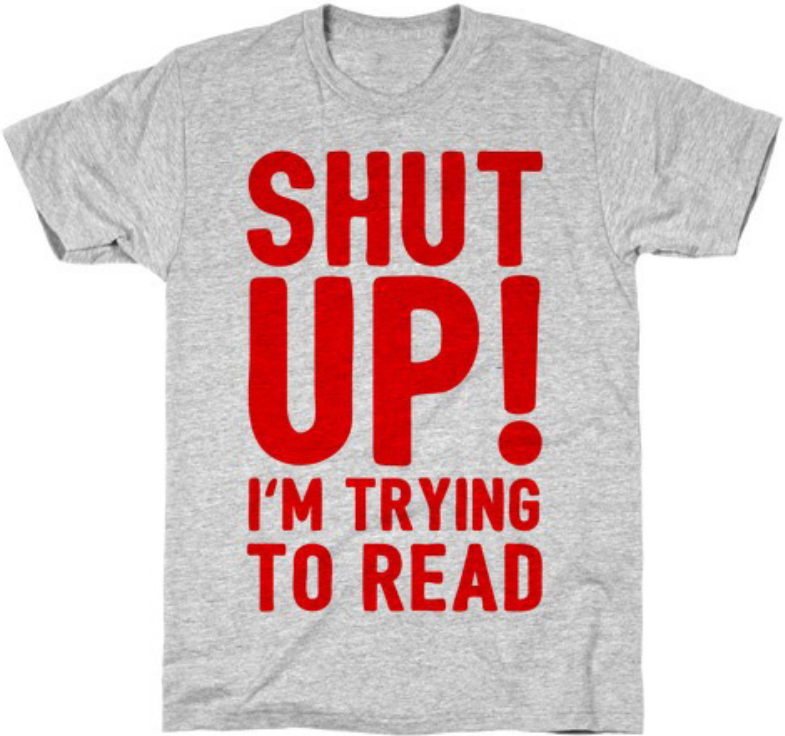
STFU

To accompany our Library story this month, we thought we would share a reading story that was recently notice in the media. What do you think STFU would stand for? It is a Reading Society which was created for Melbourne book fans to gather together every second Sunday of the month, “Shut The F#@* Up and do some reading”, at a Silent Reading Party! This sounds kind of amazing doesn’t it, why would you bother to make the effort to gather in a group, sit in silence and read a book? But then, is it any different to gathering and screen surfing? Which people do quite often. This new reading initiative group meet in parks at present but the weather will soon change the venue and they will find indoor meeting spots where they can be silent. And read. A timer is set for the first reading session, then there’s a 15 minute break to allow freedom for whatever takes their fancy in a park, even perhaps a chat about books! Then the alarm is reset and serious reading begins until the allotted two hours are up. Is anyone interested in starting a Manjimup STFU group?

Kathy

on the surface for a short time. Their sizes vary but approximately 6 metres in length, and weighing 6 tonne or more. Adding to the scene were several whales, dolphins and bird life aplenty. Although we call the Orcas whales, they really belong to the dolphin family. They are truly killers, latching on to prey and pulling them under the water until they drown. Nothing like a shark bite, but I imagine they nibble on the flesh. We were at sea over eight hours when one of the crew noticed an oil slick, which often means something dramatic is going on beneath the water, which brings dozens of birds and we stayed around to see the action. The trip back to Bremer Bay was more comfortable - IF one was not unfortunate to be sick. The whole of the four day tour was very interesting, on the journey across we stopped at Kojonup and visited The Kodja Place which has wonderful insight combining history of Kojonup’s Noongar and white settlers’ lives. We also visited Wellstead Museum, Fitzgerald National Park, a winery, and Mount Barker Police Station Museum. There was an unexpected optional trip back from Bremer to Albany (160 km) to pick up one of our fellow travellers who had suffered a painful knee problem and had been taken to hospital by Bremer Bay ambulance. Recently on TV there was a very good film of several pods of Orcas attaching, killing and demolishing a whale. The canyon season is over for this year, it is only from January to March, but if you get the opportunity next year to experience this amazing adventure, I strongly recommend you go.

Peg Johnstone



LIBRARY HISTORY



Fans of Trove will no doubt already be enjoying the addition of extra newspapers that have become available online in recent times. And those who are wondering what Trove is, it is a “treasure trove” of digital access to old newspapers, holding an amazing amount of information on past news events. Recently I was alerted to the addition of The Manjimup Mail, also covering Jardee, Pemberton and Northcliffe from 1927 to 1950. Among all the local history I also found some very special family occasions recorded, the newspaper article on my parents’ wedding for starters. In a general news report I read of the opening of Manjimup’s first library on August 31st, 1934. Stated as being a new phase in Manjimup’s cultural development, made possible by community fund raising and “a generous grant of £25 from the Road Board three per cents fund” which would have been quite a substantial amount in 1934. The library was installed in the Road Board building, open five days per week one hour per day. Library was officially opened by Chairman of the Road Board, Mr Margerison, (who has a town road named after him). He congratulated the committee and agreed with the Library Chairman’s comments regarding the value of reading as a pastime, being the cheapest kind of recreation. He declared that this was a small beginning, but he hoped that the library would grow until the Road Board Room could not contain it. Those who visit our wonderful Manjimup Library nowadays could assure him it has definitely grown and extended in its 84 year existence. A very proud moment came for me when I read that my Nana was the first Manjimup librarian. Trove can be found under https://trove.nla.gov.au

Kathy

EVENTS OF INTEREST



HORSE ASSISTED LEARNING PARENTING PROGRAM

UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES

One Day Workshop: Saturday May 18th or Sunday May 19th

Parents/Carers are invited to enrol in a **FREE** and **Catered** six hour, one day workshop;

- Developing an understanding of moods in relationship
 - Understanding & interpreting body language
 - Correlation between Mind/Body
 - Listening and communication
- through connections with Horses.

Horses have the ability to learn and respond to human body language and give participants feedback. They assist with mindfulness and being 'present emotionally'.

Parents/Carers will become more confident in their role as well as enhancing connection with their children/family.

Please contact **Chris Scott** to enrol on:
Tel: 0431627186 or Email: chris@horsevision.com.au

Please note: No horse experience is necessary but numbers are limited for these workshops!



pain revolution

Pain, do you get it?

Tuesday 7th of May 2019
9:00 – 10:00 am
Department of Education
Conference Centre
51 Rose Street MANJIMUP

A Free Public Seminar
Presented by:
Abbie Norrish

RSVP to: -
GP down south
08 9754 3662

Scientists are re-thinking pain and how it works. They have made some exciting discoveries.

It's time to get this exciting new knowledge to those who need it most – you!

Learn how you can make these discoveries work for you and change your sense of what is possible. Bring your partner.

Bring an open mind and a sense of discovery!

Working towards all Australians having access to the knowledge, skills and local support to prevent and overcome persistent pain.

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www.painrevolution.com

re-think pain | re-engage | recover

This event is sponsored by:

GPds acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Perth North, Perth South and Country WA PHNs.

WAPHA
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phn
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