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Manji Cafe Bytes

Byte sized stories

June 2019, Edition 61

Artist: John Duncan



FREE



Welcome to June Café Bytes, here we are almost half way through the year already, and it will soon be tax time. We hope you enjoy this month's edition, and recommend you don't miss reading *The Winds of Change*, our ongoing story which is already shaping up to be an intriguing mystery. It's a work in progress so the author can't tell us yet how many Bytes' issues there will be before we read *The End*, we will just have to wait patiently, and enjoy the journey.

Quote for June.

"No matter what people tell you, words and ideas can change the world." – Robin Williams (1951 - 2014)

Chat subject for June.

Fashion trends change, which one do you hope never comes back?

WABI-SABI



The Japanese have incorporated many artistic and Buddhist influences from China, including a belief in Wabi-sabi. Around 700 years ago, particularly among the Japanese nobility, it was believed that understanding imperfection began the first step to satori or enlightenment. The original meaning of wabi referred to loneliness or solitude, sabi meant chill or withered. Around the 14th century these meanings began to change to have more positive connotations. These days the meaning of wabi-sabi has become wisdom in natural simplicity or being accepting of flawed beauty. It is the finding of beauty within a crack in

a vase, or the patina of weathered timber, fading paper or fabrics. Many of the Japanese arts have been influenced by this philosophy such as Bonsai, Ikebana and Haiku. All display some imperfection within their design and Haiku is well known for its minimalist poetry.

The relentless pursuit of perfection, in possessions, relationships and achievements often leads to stress, anxiety and depression. Wabi-sabi invites us to take a pause, to focus on our blessings, to celebrate the things we have rather than focus on how we think they should be. The thinking incorporates three simple realities: Nothing lasts, nothing is finished and nothing is perfect.

Wabi-sabi doesn't require training or special skills, it is more about slowing down, relaxing and taking a deep breath, understanding and accepting yourself, appreciating the things you have, the people you love, shifting the balance from doing to being, valuing rather than striving for perfection.

In simple terms, wabi-sabi gives you permission to be yourself, so stop counting those grey hairs, embrace the laughter lines, don't get caught up in the superficial and focus more on friends and family, get out in the garden with a coffee, feel the warmth of the sun, listen to the birds, look at the flowers, taste that coffee and just enjoy being.

Liz Coley



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

Contribute your story to us: manjicafeytes@gmail.com

Design: Tracey Bingham & Adam Purdy

Editorial Responsibility: Jane Giles (08) 9777 2774 or volunteer@manjimup.org.au

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GIRL IN A TINY HOUSE

Ashlee De Campo is a primary school teacher who is taking a break from full time work to slow down her pace of life and travel Western Australia. She moved into her tiny house in December 2018 and has lived in Manjimup for the past few months. In May, she will be heading North to Broome for the winter. She is currently unsure how long her tiny living journey will last but is enjoying it so far and very excited about the possibilities it may bring for her in the future.

Could having less actually bring us more in life? How and why tiny houses are increasing in popularity in Australia

The tiny house movement is a reasonably new concept to many Australians. Many people are familiar with the television shows on our lifestyle channels that feature, predominantly American, couples building or renovating tiny houses to live in permanently. The concept allows people to simplify their lives by living minimally and within their means. There are many financial benefits to shifting to this style of living, but the most appealing influence to most who live tiny, is the lifestyle.

Living in a tiny house means having less stuff in general; less to clean, less to organise, less to worry about. The idea of having less provides you more time for other things. Rather than spending hours on your weekends cleaning spaces in your homes that are rarely used or organising things that are not particularly necessary in your life, you will have time to do what truly brings you joy; spending time with your loved ones, travelling, painting, hiking or just relaxing! Those of you who have been on camping trips will understand the sense of relief that comes with the simplicity of just having what you need. Living in a tiny home encapsulates this concept on a full-time basis but it also includes the comforts of living in a full-sized home. I am currently living a tiny house. The move into my tiny home has been very exciting but also very daunting. I came across tiny homes when I was considering options for flexible living in a variety of locations. I wanted to temporarily move closer to my family but also remain independent. I also wanted the flexibility to move to other locations around Western Australia, but not be locked into rental contracts or rely on family and friends to ‘put me up’ for a few months at a time - we all know how quickly that could go wrong! I mean, I’m sure I would be a wonderful guest, but we all need our space at times (especially me), and I want to maintain a space that I can call my own.

When exploring my options, a tiny house was a far more appealing concept to me than a caravan or living in a van. Just like many others, I like some of the modern creature comforts in life so I wasn’t willing to give up everything I currently enjoy in my home. My tiny house includes a full-sized shower, fridge, washing machine, 3 seater couch, a large kitchen sink and a queen-sized bed. I have all the comforts of any home including a reverse cycle air conditioner, a gas hot water system, a 32-inch television, an oven and a two-burner hot plate. These things have been carefully placed in a uniquely designed space that includes tap fittings, cabinetry, tiles and bench tops that have all been carefully selected by me, to suit my needs and style.

A contemporary, transportable space that is truly my own! Tiny homes can also provide us with options to significantly reduce our environmental footprint in the way we live. The smaller space requires less energy to run it. There are tiny homes that are completely ‘off grid’, generating enough solar energy to power the whole home all the time. Tiny homes are usually fitted with composting toilets, a system that saves a significant amount of water and doesn’t require a black water tank. Instead, the ventilated toilet composts the human waste in the system and when full, the compost can safely be buried in gardens or added to larger compost heaps.

Tiny home living provides people with another option in the difficult world of housing. Many people are purchasing tiny homes for their dependants; an elderly or teenage family member who need their own space but who also need to remain close to the family home. It is a far cheaper option than adding extensions to a home that may not be needed long term. Others are moving their whole family into a tiny home. Creating a space that fits families of five or more. In Australia, where we have plenty of land and space, it is a very different concept for living to what we have typically been exposed to. Tiny home living is less about real estate and more about lifestyle. It may not be the lifestyle for everyone but to have it as an option for those who it may suit, is a very innovative and exciting prospect.

Although the lifestyle of tiny living offers many freedoms, those who wish to take on this way of living are still facing many constraints in meeting planning regulations, which can make things very difficult for those wishing to explore the option of living tiny.

Currently there is no specific legislation for tiny homes in Australia. Tiny homes built on wheels fall under caravan regulations and those in a fixed location must meet building codes and be approved by local councils. If the tiny house is licensed as a caravan, then it can only be occupied for 60 days within a 12-month period on one particular property causing issues for those who wish to permanently reside in a tiny home. The tiny home movement, however, is gaining traction with several councils around Australia considering the development of legislation around tiny home living. It will be interesting to see the developments that may come in the near future.

Despite the difficulties with legislation, the tiny house movement has well and truly begun in Western Australia and is quite established in the Eastern states. It is being considered as another living option for the elderly and teenage dependants, a cheap solution for housing for the homeless, a great option for holiday accommodation, an alternative for travellers and an ideal selection for those who wish to simplify their lives and live more minimally. The lifestyle offers flexibility, financial freedom, sustainable living and simplicity. It is simply another modern option for Australian living.

Ashlee De Campo

Pictures for Girl in a Tiny House on next page >

DIAMOND CELEBRATION



The Manjimup Golf Club’s Girls’ Night Out on June 15th will be sure to entertain with a roll back through the years of wedding dress fashions, from the 1940s to today. Life styles and customs have changed a lot since 1940, but many wedding traditions are still popular. As a warm up to the night I asked the organisers to suggest one of the dress owners who may like to tell us a little about her wedding day, and here’s the result:

Kay Hargrave, daughter of Dorrie and Ted Hargrave, grew up at Jardee. After leaving school Kay lived at home with her family as was the custom then, and worked for 4 ½ years at what was known as the Forest Department in the ‘50s, nowadays Dept of Biodiversity, Conservations and Attractions. Something that has changed: married women were not employed by Government public service until mid-1960s.

Kay was only a young lass when she married Doug Edwards, son of Albert and Gertie, on 8th November 1958, tying the knot at the historic Dingup Church, with Reverend Mark Scammel officiating. Weddings in that era were always in a church or a registry office, celebrants weren’t around until the 1970s, so park or garden weddings which are so popular now weren’t an option.

Kay’s mother made the wedding dress from Flock Nylon, a new fabric for that time. Bridesmaids were Joan Hargrave/McLean, Norma Edwards/Moloney, and Lynette Ipsen/Ryan, one wearing pink, one lemon and one blue.

Kay’s Aunt Mavis Hargrave made the bouquet using roses from her own garden.

The current day Hens’ Parties are a much different scene to the Kitchen Teas in the past, when ladies gathered to quietly drink cups of tea, and nibble on “patty cakes”. Kay’s kitchen tea was held in the Dingup Hall, the centre of much of her social life in those young days. The wedding reception was also held in the Dingup Hall with a Wedding Breakfast (first meal together as husband and wife) then after the Bridal Waltz an evening of ballroom dancing followed. The bride always left at around 10.30 to change into her “Going Away Outfit”, gather her luggage then back to the hall, where the guests formed a circle singing Wish me Luck as you Wave me Goodbye, and the newlyweds would go around the circle saying farewell and receiving good luck wishes. Then away they would dash to spend their first married night somewhere out of town. Kay and Doug drove to Bridgetown and on to Perth and Geraldton for their honeymoon. And Kay then began her life as a farmer’s wife.

A few things about 1958. The population of Australia was less than 10 million. Currency was still in pounds, shillings and pence. Johnny O’Keefe was singing Wild One - music was on the change. Baystone won the Melbourne Cup on November 4th. Cat on a Hot Tin Roof with Elizabeth Taylor and Paul Newman was the top movie. TV had only just reached Australia but certainly not in Manjimup homes, and the internet couldn’t even be imagined.

Kay and Doug celebrated their 60th wedding anniversary last year in great style, an adventurous trip to Sydney with six other 2018 Diamond Anniversary locals, the celebration included a cruise to Melbourne for the Melbourne Cup.

Thank you Kay for sharing your wedding memories and photo with us, and congratulations on your recent Diamond Anniversary, sixty years is a wonderful milestone!

(Tickets for the Girls’ Night Out are available at the Visitor Centre)

Kathy Hill





Chapter 1
Amy sighed and drummed her fingers against the steering wheel, she usually enjoyed driving along the freeway to work, traffic normally moved in a steady flow towards the city but today it had slowed to a snail's pace, she glanced at her watch, now she was going to be really late. She considered her options, rubbing her forehead with her fingers, something she always did when stressed, which was a lot more often lately she thought ruefully. Perhaps she would go straight to East Perth to meet her client at the new redevelopment she was selling, the busy real estate office she worked for would just have to manage without her. The ongoing road works were a constant source of annoyance, with trucks and traffic lights, vehicles crawling along at 40 kilometres and sometimes stopping altogether. Amy looked to her left at the sparkling reflection of the sunlight on the river, a young couple strolling hand in hand along the river bank caught her eye. They looked so happy together, without a care in the world, she felt envious and a sudden longing to swap places. Where had it all gone so wrong? She and Matt had met at the Cocktail Bar she sometimes went to with her work colleagues after work on Fridays. Amy had turned from the bar and spilt her Cosmopolitan all over him, Cranberry Juice rapidly stained the front of his immaculate white shirt and she was mortified. His amused brown eyes gazed into hers as Amy spluttered an apology, they spent the rest of the evening together and it was perfect. On reflection she decided that she had moved in with Matt without really knowing him, at first she had liked all the attention he showered on her and even the constant questioning, who had she talked to at work, where did she have lunch, why are you late home, she was so besotted she put that down to him being protective of her. But then it escalated, she found him going through her handbag, checking the calls on her phone. Amy was annoyed and as it was Friday, she decided to join the others for drinks after work. It was the first time for ages, she had been making excuses, putting Matt first, knowing he would be upset if she went anywhere without him. She shuddered

as she recalled walking inside, she was prepared for the questioning but not for the punches, that came out of nowhere. Afterwards Matt begged her to forgive him and swore it wouldn't happen again. But it did. Amy realised that she didn't want to be with Matt, she no longer loved him and feared for her safety. Eventually she left and drove across the city to her childhood home. Sadly, Mum had passed away, a sudden major heart attack, the house belonged to her now, as far as she knew she had no other family. Matt had tried calling her and Amy told him it was over, but he kept calling, she changed her phone number. She saw him outside the office and then he started following her on the freeway, she had new locks on the doors and security cameras installed. Amy knew he was stalking her, she should have told someone, she reasoned that there wasn't a lot to say and she felt ashamed too, not wanting anyone to know he had hit her. Cars began to move again, suddenly there was a loud screech of brakes to her right, she turned her head and caught a glimpse of movement as a car slid sideways towards her, there was the grinding clash of metal on metal, she felt the impact and her little car spun crazily, then everything went black. Amy dozed off in Royal Perth Hospital, just a bump on the head, concussion they said, which explained the dizziness and splitting headache, but they would keep her in overnight for observation, Amy didn't argue, she slept most of the day. *She drifted along on the tide, waves lapping gently against the rocks, the dark edge of seaweed close to shore contrasting against the deep blue water, there were a cluster of dwellings reaching down to the water's edge, a small white house stood apart from the rest, almost like a child's drawing, two windows set either side of a wooden door.*

The next chapter of Winds of Change will be in our July issue, don't miss it.

Liz Coley



LAUREL'S RAW INTENTIONS FOR OUR FUTURE

The recent Commonwealth elections had the media delivering intense awareness about climate change and what we need to do to rectify the damage that our lifestyle has caused. Laurel Attwell is looking to a healthier future with her business Raw Intentions, encouraging the use of recycled materials, reusing containers, and offering local talented people the opportunity to display their crafted products. Included in the stock are nuts, dried fruits, soaps, kokedamas, loose leaf tea and locally grown produce.

Laurel is proud of all her suppliers and rightly so, the shop definitely caters for our need to return to natural basics. When you step in the door you immediately realize you are not in a dressed up glitz and glamour business, the recycled display units have been gained from various places such as a church; an old mill house; an apple packing shed. The building at the north end of Giblett Street has a history of businesses through the years, including a butcher shop soon after it was built, a Sony shop and there are signatures in the cement flooring hinting at some of its history.

Because of Laurel's other work commitments Raw Intentions is only open two days of the week. Opening hours are Thursdays 9.00am to 5.00pm except between 2.00pm to 3.00pm, and Saturday 9am to 2 pm the days of operation will be increased in the near future.

Congratulations Laurel for taking the stop towards supplying products aimed at caring for the future, for our health and the health of the world.

Kathy Hill



LIZ’S KITCHEN RULES

Chickpeas (Cicer arietinum) are an annual legume, also known as the Garbanzo bean, Bengal gram and Egyptian pea, they are an important staple of Middle Eastern and Indian cuisine. They are one of the earliest cultivated plants, remains have been discovered in Turkey, Greece and most of the Middle East dating back to late Neolithic times, (about 3500 BC). Ancient people associated chickpeas with Venus because they were believed to have medicinal uses, such as increasing sperm and milk, and helping to treat kidney stones. Nicholas Culpeper published Culpeper’s Complete Herbal and English Physician in the early 1600’s and noted that chick peas are less windy than peas and more nourishing. Ground roast chick peas were used as a substitute for coffee in Europe in the late 1700s, and they are still sometimes brewed instead of coffee. India produces about 64% of chickpeas grown throughout the world, there are several different varieties, Desi Chana has small, dark seeds and is mostly grown in Pakistan, India and South East Asia. Garbanzo or Kabuli Chana are lighter coloured, the name is believed to have come from Kabul, Afghanistan. A less well-known variety, Ceci Neri, a larger, darker variety is grown only in Apulia in south eastern Italy. Chickpeas are a key ingredient in hummus, dhal and masala, they are ground into flour to make falafel. They are added to salads, soups, stews and curries. Chickpea flour, known as Besan is used extensively in South Asia, it is used to make Burmese tofu. Hummus is the Arabic word for chick peas, enjoyed worldwide as a delicious dip or side dish. The first commercial crop of chick peas in Australia was grown at Goondiwindi during the early 1970s, they have now become an important crop in NSW and Queensland and are becoming more widely grown in Victoria, South Australia and Western Australia. WA’s chickpea crops grew rapidly from the mid-1990s and became a significant legume crop until the arrival of fungal disease which devastated the industry. Currently production is less than



10,000 tonnes. They are mainly grown in the northern and eastern parts of WA, it is hoped that new varieties will have an improved resistance to ascochyta blight and help with the growth of the industry. They have many health benefits, being a good source of fibre, vitamin K, vitamin B-6, high levels of iron and they are gluten free. All good reasons to eat more of them!

VEGETARIAN ROGAN JOSH WITH CAULIFLOWER RICE

Ingredients: 3 tbsp olive oil, 2 onions, 300g butternut pumpkin peeled and chopped, 3 garlic cloves sliced, 1 small red capsicum deseeded and sliced, 200g portobello mushrooms chopped, 400g can chickpeas drained, 2 tbsp Rogan josh paste, 400g can chopped tomatoes, handful of kale. For the Cauliflower Coconut Rice: 1 cauliflower broken into florets, 1tbsp coconut oil, 1 tbsp desiccated coconut.

Method: Rogan Josh: Heat the oil in a saucepan or large frying pan, fry chopped onions for 3 minutes. Add butternut pumpkin, garlic, red capsicum and mushrooms and cook for a further 3-4 minutes. Stir in the chickpeas, Rogan josh paste and tomatoes. Cover the pan and simmer for 20 minutes or until vegetables are tender, add water if necessary, to loosen the sauce. Stir in the kale and cook for a further 2 to 3 minutes. **Method:** Cauliflower Rice: Blitz cauliflower in a food processor until it has a rice like consistency, heat coconut oil in a wok, add cauliflower and desiccated coconut, fry gently over a low heat, stirring occasionally until cauliflower is tender.

Serves 4, nutritious and delicious, what more could you ask for?

Liz Coley

ALTERNATIVE ARCHIVE – NECTERE (MANJIMUP SHIRE)

The Bytes team asked for assistance in describing the next Manjimup Art Gallery exhibition, which sounds amazingly interesting, and Fay Dunstan kindly helped put the following together. The Manjimup Gallery exhibition coming up this month, is part of a WA Regional challenge that was issued to artists throughout country WA from Kununurra to Albany, Esperance etc.(and of course Manjimup Shire.) We have about 40 Local artists taking part in the “Nectere” Exhibition, with Fay Dunstan and Anna Czerkasow in the role of artist mentors and mentee curators. The title is ALTERNATIVE ARCHIVE (literally) and their take on it for the Manjimup Shire is “Nectere” a latin word meaning – to bind or to tie. So our Shire Artists have been asked the Question.... What ties, or binds YOU to your spot, in this Shire, and then to put their Answers into their favourite art medium. The Director of the John Curtin Gallery, and also Anna Louise Richardson, Lead Curator, will view and assess the works in person at each of the 13 Regional Openings. Their Selections will be formed into an Exhibition in May 2020 which will be shown at the Perth John Curtin Gallery. The “Answers” displayed in Nectere include works in oil, acrylic, soft silks and cottons, silver, reeds, metal and wood, and many combinations of these, using common and uncommon techniques. Each of the Regional Groups have defined a Theme and then invited their Artists and artist groups to create a contemporary visual archive of

FRIDAY NIGHT REVOLUTION YOUTH ACTIVITIES



Recently I stumbled onto a great initiative in our community, and when I was told this has been happening for around twenty years, I decided that seeing as I didn’t know, perhaps there are others who are not aware, so I am sharing this good story. Every Friday night from 6.30 pm to 10 pm during school terms, Years 7 to 12 students are invited to Warren Valley Church to take part in a night of supervised entertainment. To find out what it is all about I spoke to Cam and Natasha Whelan and they were happy to explain. Chaplain Sue McCreddin starts the evening at 6.30 with Chips and Chat, which is exactly as it sounds, tuck into a feed of chips and enjoy a chat, and because it is a church event there is a little Christian education in the chat. Then at 7.30 Cam and Natasha, and Cam’s brother Corey take on entertainment of the group. A weekly program is drawn up for each term, and there’s usually around 30 young ones ready to take part in a fun night out. They start with

this aspect or viewpoint of their community and region. They have drawn from personal relationships with the people, places and stories around them that they feel should be highlighted for their implicit personal, cultural or social value. The exhibition will be on display at the Manjimup Art Gallery from Tuesday June 4th until Wednesday July 3rd.

Kathy Hill



energy burning games, then the current week’s program takes over. There’s a variety of entertainment, perhaps a sport night, or dress up themes and relative activities to suit the theme. Over the four terms Revolution Youth’s team work on having two collaborations with other youth groups from Perth and the South West, perhaps going somewhere out of town. They also host visiting youth groups, or have a trip away with just Manjimup’s youth group during the year. The cost for the regular Friday Night is \$5 each, with Shire funding helping cover costs. Hats off to the volunteers who hold these teenage events, something to be very proud of, we at Café Bytes applaud your commitment.

Kathy Hill