

THE BIG CHILL SLEEP OUT

Manjimup Farmers Market

6.30pm Friday 9th to 9.00am Saturday 10th August

Imagine what it would be like to not have a warm, safe place to sleep tonight...

With many people doing it tough this Winter, we're doing everything we can to provide support for people who are homeless or at risk of being homeless.

Rain or shine, we're putting ourselves out in the cold for the night and invite you to rug up, make a gold coin donation and join us for **The Big Chill Sleep Out**.

Or, simply donate cash, non-perishable food or blankets to any Life Without Barriers Office so we can provide extra Emergency Packages for those in need.

To register for the sleep out or to make a donation, call (08) 9771 9402 or email wbeac@lwb.org.au



Australian Government
Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Wednesday, 24 July 2019

9 am to 4 pm

Manjimup Resource Centre car park, Rose Street

MANJIMUP

For more information, go to humanservices.gov.au/mobileoffice



Australian Government
Department of Human Services

humanservices.gov.au



SFEH

The Southern Forests Employment Hub
www.southernforestsemploymenthub.com.au



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

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Manji Cafe Bytes

Byte sized stories

July 2019, Edition 62

Artist: John Duncan



Welcome to July, with the crispness of winter around, sometimes going right through us, but thankfully the rain so long awaited has arrived. Our thoughts are with all the homeless who will be spending bleak times facing the cold. We are always hatching stories we hope are of interest, and are very pleased to have some reader contributions this month, our thanks to Peg Johnstone, Klaus Mueller and David White. Hope everyone enjoys reading this month's Bytes, snug and warm by your heaters. And you will find that the plot is definitely thickening in the Winds of Change!

Quote for June.

"The best preparation for tomorrow is doing your best today." – H. Jackson-Brown Jr (1940 -)

Chat subject for June.

What's your favourite thing to do on a cold winter day?

SPREAD IT AROUND



After the First World War imported products were slow returning to Australia. An Australian company Fred Walker & Co gave their employee, Cyril Callister, the task of developing a spread to fill in for Marmite breweries. Cyril took on the challenge and found that blending yeast extract being discarded by Breweries, with salt, celery and onion, produced a sticky black paste.

In a competition to name this new paste, Sheilah Walker, daughter of the company owner, took the cake with her suggestion, Vegemite. It hit the market in 1922. In 1928 the name changed to "Parwill" but in 1935 returned to Vegemite.

During World War II Vegemite was included in Australian Army rations, "Vegemite fights with the men up north!" It had secured its place in Australian history. Boasting as one of the richest sources of B vitamins, specifically

thiamine, riboflavin, niacin and folate, also containing 2.3% potassium, 3.45% sodium. It does not contain any fat, added sugar or animal content. Vitamin B6 and B12 are added to the low salt version, which was introduced in September 2014. It does not fit gluten free category.

There are 22 million jars per year produced at the Bega Cheese Port Melbourne, Fishermen's Bend factory, using the original recipe, with 90% Australian content. Until 2006 it was also produced in New Zealand, for over 50 years. Vegemite's web site, where this information was sourced, has some recipes to try, including Sweet Vegemite Brownies!

A promotional jingle popped up on radio in 1954, many readers will recall the tune: We're happy little Vegemites As bright as bright can be. We all enjoy our Vegemite for breakfast, lunch, and tea. Our mummies say we're growing stronger every single week, Because we love our Vegemite, We all adore our Vegemite, it puts a rose in every cheek. Australian rock band Men at Work's 1981 hit song "Down Under" holds a "Vegemite sandwich" in the second verse and Mem Fox's 1983 children's book Possum Magic spreads Vegemite as well.

A final word from The Vegemite Web Site. Our recipe is a closely guarded secret - and Vegemite tastes like Australia.

Kathy Hill

LIZ’S KITCHEN RULES



Almond trees in full bloom are a sight to catch the breath, bare branches covered with white and palest pink blossoms, they bring the promise of spring and warmer days ahead. Native to Iran and surrounding areas they were spread by humans in ancient times along the shores of the Mediterranean and into North Africa and Southern Europe. White flowering almonds are the sweetest, while pink flowers generally denote bitter almonds. Species prunus fenziiana appears to be the most likely wild ancestor as it is native to Armenia and western Azerbaijan where it was thought to be first domesticated. Almonds were found in early Bronze Age (3000-2000BC) sites in Jordan and in Tutankhamun’s tomb in Egypt (c.1325BC). The word almond comes from the old French almande or allemande. Almonds can be eaten raw or toasted and used as a garnish or decoration. The Greeks like to use blanched almonds as a base for a number of desserts, because of their white colour they are traditionally served at wedding banquets. In Hejaz (Saudi Arabia) ground almonds are used by adding them with cold milk, cinnamon powder and cornflour to a hot coffee cup to make almond coffee. Green almonds are dipped in salt and eaten as snacks in street markets in Iran, Italians use bitter almonds as a base for amaretti, almond paste is used in Sicily to make delicious small cakes often decorated with jam, chocolate or pistachio, the Moroccans make a sweet almond paste as the main ingredient in pastry

THUMBS UP!

Congratulations to the Manjimup Golf Club team for organising the recent Girls Night Out. Many hours would have gone into producing the smooth running parade of over 40 wedding dresses, an entertainment plus event which over 150 ladies thoroughly enjoyed.

And to the team responsible for such a huge, amazing Truffle Kerfuffle, congratulations on yet another outstanding success. The weather man threatened, but in the end it wasn’t too south west wintery.

A big thumbs up to Karamfiles Builders for persevering though the inclement weather to continue with the upgrade of Brockman Street, not to mention the businesses that are located in that area hanging in throughout the process.

fillings and desserts. Almond milk is a good alternative for the lactose intolerant, once processed the mild flavour and light colouring make for a healthy alternative to dairy. Almonds were most probably brought to Australia by the first fleets and Australia is the largest producer in the Southern Hemisphere. The industry began in South Australia, in the past 30 years it has expanded into Victoria and New South Wales. Most of the almond orchards are located along the Murray River in New South Wales, Victoria and South Australia. Western Australia produces about 3%, mostly grown in the Mid-West to Perth and the South West. An interesting fact for us chocolate lovers: chocolate makers use 40% of the world’s almonds. Who would believe there is so much goodness packed into such a small space, almonds are loaded with antioxidants, high in Vitamin E, a good source of protein, regular consumption of almonds may reduce the risk of heart disease by lowering blood levels of LDL cholesterol. All you need is a small handful (approx. 30g a day), try this easy and delicious recipe to get your almond boost.

GRANOLA BARS

Ingredients: 1 heaped cup of packed dates, ¼ cup maple syrup or honey, ¼ cup salted peanut butter, 1 cup unroasted almonds (loosely chopped), 1 ½ cups rolled oats. Method: Process dates in a food processor until they form a dough like consistency, place oats, almonds and dates in a large mixing bowl. Warm peanut butter and maple syrup or honey in a small pan over low heat, stir and pour over oat mixture, mix well. Line a 20cm x 20cm square tin with baking paper. Press mixture into tin, cover with plastic wrap and place in the refrigerator for 30 minutes or until it has firmed up. Remove from pan and cut into 10 bars, store in an airtight container. Makes a yummy snack for morning tea and is ideal for lunch boxes.



WORLD SNAKE DAY



At first glance a snake celebration day may not sound very appealing, but let’s take a closer look at these mysterious reptiles, and you just might change your mind. World Snake day will be celebrated on Tuesday, 16th July this year, origins of the day are somewhat obscure but obviously someone thought it was a good idea and it is now celebrated world wide by many wildlife enthusiasts. The idea is to bring together snake lovers world wide in a national day of celebrating these fascinating and often misunderstood creatures. Pentecostal churches in the Appalachian region of the United States use snakes as part of church services, holding venomous snakes as they pray, sing and dance, needless to say many have been bitten and the practice is outlawed in most states, but apparently still practised by some. In 1967 a snake farm was established in Texas, punk rockers the Ramones visited and started wearing snake farm t-shirts, in no time at all everyone wanted a shirt and the place became a tourist destination, it was even immortalised in song by blues singer Ray Wylie Hubbard. I imagine they are going to have an influx of snake lovers on July 16th. There are more than 3,000 species of snakes worldwide, approximately 600 are venomous, Australia is home to

WELCOME ST JUDE’S

We love good news, so are very happy to have this article to share with our readers: Thank you St Jude’s for bringing this service to our town. Hi everyone, my name is David White, you may know me either from my time in Manjimup as a Police Officer, or maybe I wash your dog (WashaDog) or from the work I am currently doing in Disability Services. I have recently taken on a part time role as a Service Coordinator for St Jude’s Disability Services, one of the first questions I often get asked is, “St Jude’s, that sounds very religious, do you have to go to church?” The answer is no. There are no religious expectations for either employees or individuals that obtain services from St Jude’s, and all individuals are welcomed. St Jude is the patron saint of hopeless, desperate situations and lost, impossible, or forgotten causes. St Jude’s was named by its founding member because that was the way he and his family felt when trying to find assistance for a family member with a disability a very long time ago. St Jude’s has been providing services to individuals with disabilities and psychological needs in Western Australia since 1982 and has been consistently growing and developing since then.

211 species including 103 land and 36 marine venomous types. Antarctica is the only continent that snakes won’t call home for obvious reasons, they like to stretch out in a warm spot in the sun and there’s not much of that down on the south pole. The longest snakes are of course, pythons which can range between 9 to 10 metres, they are nonvenomous but can give a nasty bite if threatened. The southwest does have a number of venomous snakes, Dugite, Tiger Snake and Western Brown being the most well-known, most snake bites occur when they are accidentally stepped on or otherwise disturbed. Snakes would rather avoid human contact if they can and will generally slither peacefully away. They have an important role to play in our eco system by controlling introduced rodents such as rats and house mice, their diet consists of mainly mammals, frogs, birds and other reptiles such as skinks and geckos. Ancient civilisations worshipped them, they are found in many rock carvings throughout the world, in Australian indigenous mythology the Dreamtime stories tell us that the Rainbow Snake or Serpent came from beneath the ground and created huge ridges, mountains and gorges as it pushed upwards. Snakes have a prehistoric lineage, giving us a glimpse of times long past when the earth was ruled by reptiles, the snakes we see today are literally the living, breathing cousins of dinosaurs. All this proves that humans and snakes have coexisted for a very long time and as long as we take sensible precautions, we can continue sharing the planet with these fascinating and beautiful creatures. Happy World Snake Day!

Liz Coley

We are now offering accommodation options in Manjimup and Bunbury (as well as the metro area). We understand that access to safe and secure accommodation (either permanent or for a short stay) is one of the key challenges for individuals with a disability. In offering accommodation support, our key driver is for individuals to experience a sense of home, independence, strong connections to their community, and an increased sense of belonging. St Jude’s also offers a variety of other services, if you would like to discuss any of the services we offer please feel free to contact me (David White) on Mobile: 0427 291 555, Phone: 9279 4343 or visit www.stjudes.com.au



David White in the St Jude’s Manjimup House.

THE MOUNT STREET SCENE HAS CHANGED

Many locals have been watching with interest the progress of Cherry Glades housing complex at the old Manjimup Primary School site - the Seniors Living project being brought to us by Department of Communities, in partnership with Shire of Manjimup, with support from the State Government Royalty for Regions, and South West Development Commission. That’s a lot of people working together!

Every day we see something new on the scene, with houses popping up like mushrooms, Pindan Builders don’t seem to be letting the winter weather slow them down. Each house will have its own title, and be complete with floor coverings, window treatments, reverse cycle air conditioning, patios, paving, landscaping and fencing included. The advertised price seems reasonable for all of that! One of the interesting aspects is that co ownership will be available, i.e. Private ownership shared with Government Department of Housing (conditions apply). This could be a very attractive option to many.

Depending on demand, there could be over fifty houses total when the project is finally completed. A competition to name the housing complex last year was won by Glenys Cope with her suggestion Cherry Glades, and the first nine are expected to be completed around Cherry Harmony Festival perhaps. Perfect timing.

Kathy Hill



YOU CAN’T BELIEVE EVERYTHING YOU READ!



A snippet gleaned from Trove. Sunday Times. April 1919...

During the recent spell of wet weather down the South-West a commercial traveller hit Manjimup. It is a somewhat unbearable place even in fine weather, but when the drizzle continues for a week and the roads are sloppy and the houses reek steamily of rain and mud, it is a splendid place not to be in.

Owing to a breakdown in Perth, the commercial man's samples failed to arrive on time, the consequence being that he was stranded in a rain-soaked hamlet, surrounded by seas of slush and miles of mud.

He played billiards, cards, draughts, rope quoits, and

even joined the Shickerbill Debating Society on the pub front verandah. No good.

He tried reading the local paper, printed about 50 miles away. Useless. One day the sky cleared and the hotel landlord suggested that the commercial man, pending the arrival of his samples by train, should hire a motor from Bunbury, and take him (the landlord) and family for a country joy-ride. "There are some splendid drives out of Manjimup." "My dear sir," said the depressed traveller, "all the drives leading OUT of Manjimup are excellent!"

Kathy Hill

WINDS OF CHANGE - CHAPTER TWO



The story so far.....

Amy works in real estate, she is on her way to meet a client in East Perth, held up by road works, she thinks about her abusive relationship with Matt, and wonders how it had all gone so wrong. As traffic begins to move a car slams into hers, Amy has concussion and bruises and is taken to Royal Perth Hospital for an overnight stay.

Chapter 2

Amy sat at her desk, still a little bruised and sore, she gazed out of the window at the busy street, unable to concentrate she felt bored and restless. Perhaps a coffee would help, she shrugged into her jacket and popped her head into Marie’s office next door to say she would be out for a while. As she stepped outside, the familiarity of the city was all around her, the Chinese restaurant with the aroma of last night’s Dim Sums still in the air, exhaust fumes and dusty pavements, movement and colour.

She ordered a black coffee and sat at a table by the window, someone had left Saturday’s paper lying on the window ledge. She picked it up and idly turned the pages as she sipped her coffee. Looking at real estate was an occupational hazard Amy thought ruefully, as she checked out the opposition. “Two-bedroom house in an idyllic location, partly furnished, views over the water, ideal weekend getaway”. Amy was intrigued, she tore the page out and pushed it into her bag.

Her day got busier with phone calls and clients, Amy eventually left for home just after 6.00pm, she kicked off her shoes inside the door and poured out a large glass of red wine, she took the scrap of paper from her bag and unfolded it to read again. There was a small photo of the house, painted white, a sandy track led across short grass to the front door, white limestone rocks peppered a steep hillside that rose behind it.

Amy began to wonder if she should consider it seriously, after the events of the last few months she felt that she needed to get away and have some time to herself. It sounded ideal and at a price she could afford, she had always wanted time to paint and she was sure there would be many lovely views she could capture with the watercolours that had been in the top of the cupboard for ages.

That was it, decision made, she would ring the agent first thing.

A month later and Amy struggled with her bags as she

walked up the sandy track that led to the white house, Windy Bay was aptly named she thought, the wind whipped against her face, a loud roar from behind made her leap for the safety of the scrub as an ancient red ute roared past, fishing gear, crab nets and assorted bits and pieces rattling around in the back. How odd Amy thought, the driver hadn’t even acknowledged her with a wave or a smile.

She unlocked the door and stepped inside with a sense of anticipation, she could see a comfortable lounge, a table and chairs and a small kitchen tucked into the corner of a large room. Doors to the side led to two bedrooms, a bathroom and laundry. She drew back the faded blue curtains and sunlight flooded through, Amy watched the waves rolling in to shore, she would go down to the beach later, after she had unpacked and cleaned the house, little flakes of dust floated in the sunlight and a few cobwebs clung to the corner of the ceiling.

A walk along the beach was just what she needed, she stood by the sand dunes and watched the sun set over the cliff at the far end of the bay, the sky streaked in pink and pale yellow as the sun sank slowly below the horizon. The light was fading fast and she had not thought to bring a torch with her, Amy hurried back along the beach, the ever present wind blew through spiky grass along the crest of the dunes, casting eerie fingers of shadow which flickered towards her. She thought she heard a noise behind her, footsteps on the rocks, Amy ran to the cottage, breathing heavily as she locked the door, she ran to the windows to close the curtains. There was someone standing outside, she was sure she saw a pale face upturned towards the house, a brief second and then the figure blended into the dark shadow of bushes that rimmed the edge of the lawn.

Intermittent beams of light stretched out across the waves, she floated towards them, white foam surged against jagged boulders that tumbled against the base of the cliff, the lighthouse gleamed palely in the moonlight.

Liz Coley

The next chapter of Winds of Change will be in our August issue, Don’t miss it!

THE BLUE TREE

Have you seen the blue painted tree in Rose Street? The Water Corporation encourage their employees to be aware of mental illness, our local branch doing their bit by installing a striking blue tree at the entrance to their Rose Street office. Or you may have noticed the one just north of Boyanup? Seeing them I was immediately alerted to the story behind these because my special friend in Mukinbudin, the wheatbelt town from where the idea originated, had previously told me the story. It was a sombre thought provoking idea, and one that has spread to many parts of WA and even overseas.

The Blue Tree project started in 2014 when a young man, Jaydon Whyte, for a practical joke painted an old dead gum tree bright blue on his father’s property at Mukinbudin. Sadly a few months later Jayden, aged 29, took his own life. His close friend Simon Comerford with his cousin Jared Beagley, as a memorial to Jayden, painted a 15 metre old dead gum tree bright blue on Simon’s father’s property. This was well received, a photo posted on Facebook went viral creating a lot of interest in the concept. The presence of “blue trees” has helped a lot of people talk about mental illness where prejudice and lack of knowledge previously was normal. Jayden’s blue joke has been embraced by many other groups, schools, etc to help bring awareness to the tragedy of loved ones taking their own life.

Doctors at Emergency Centres are so busy, that when a person presents looking physically OK there isn’t always the appropriate time available. Suicide is leading cause of death among Australians aged between 15 and 44, more than double the statistics for the road toll. The health system is overwhelmed and it just doesn’t seem to cope with the mental health issues we have in society. Although there are several phone contacts listed on TV there is a need for more facilities.

The Blue Tree project is raising more awareness of the illness, the original simple “joke” has intrigued and inspired all who have come in contact with a blue tree to think about it!

Thanks to Peg Johnstone for contributing this special story.



BESIDE THE FIRE

I Sit Beside the Fire and Think was a song found in J.R.R. Tolkien's The Fellowship of the Ring, sung by Bilbo Baggins in Rivendell, a few days before Frodo and the Fellowship set out to Mordor.

I sit beside the fire and think of all that I have seen
Of meadow flowers and butterflies in summers that have been
Of yellow leaves and gossamer in autumn that there were
With morning mist and silver sun and wind upon my hair

I sit beside the fire and think of how the world will be
When winter comes with a spring that I shall ever see.
For still there are so many things that I have never seen
In every wood in every spring there is a different green

I sit beside the fire and think of people long ago
And people who will see a world that I shall never know
But all the while I sit and think of times there were before
I listen for returning feet and voices at the door.
J R R Tolkein Lord of the Rings



THE BENEFITS OF CHILDREN DOING KARATE



Are you interested in your children learning karate? Karate originated on the Japanese island of Okinawa and currently 100 million people on 5 continents and in 192 countries practise Karate.

Children benefit from doing Karate by becoming more active. The workout in Karate will develop motor skills, flexibility, reflexes, fitness and dexterity which creates a good athletic base to help them perform well in all other physical activities. Suitable for all ages all year round karate can provide them with good habits and physical activity that can continue for the rest of their life. With obesity, social media and addiction becoming such a problem in our society children need to develop good healthy life habits. Kids Karate isn’t only training, there are also lots of activities and Karate oriented games. Karate encourages nonviolent methods to resolve and avoid conflict, and to only use Karate in times of danger and potential harm. Kicking and punching in class is a safe outlet for excess energy, allowing kids to release frustration or anger in a supervised environment. Anti-bullying strategies are also taught to children if required. One of the main focuses at Karate is self-discipline –the ability to control or regulate behaviour, emotions, desires and impulses. It is an essential lifelong skill to learn from a young age, teaching kids patience, the value of working for achievements and to resist the desire for instant gratification, so prevalent in our society.

As kids learn new techniques and earn new belts and grades their confidence and self-esteem will get a boost, which will be present in other aspects of their lives. Feeling good about themselves sets them up for success in life, from schooling to friendships, helping them to take on new challenges, cope with mistakes and to get up and try again. “People who continue to practice the martial arts for prolonged periods are different from the general populace in these ways: they have lower level of anxiety; an increased sense of responsibility; they are less likely to be radical; they have an increased level of self-esteem; and they are more socially intelligent.” (Source- Psychology Today, May 1985.)

When your children learn Karate, respect to the instructors and other students is an important prerequisite. Some children today have difficulty showing respect to authority, which can cause problems at home, school and in adulthood. Karate builds relationships with the instructor, and students do not want to disappoint them with inappropriate behaviour. Experts believe that the respect

learnt in Karate can be the most important benefit, translating into improved behaviour and grades. The ability to build social skills is a benefit to all kids but possibly especially for kids who may struggle in some social scenarios. Karate allows them to build social skills in an environment where their peers share a common interest, feeling a sense of belonging. Karate is based around an accomplishment system of colour belts and grades, ranging from white for beginner, to the black belt for the advanced, encouraging students to keep striving to reach the next level. Because Karate is all about individual development and not a team sport, it allows children to develop at their own pace. In addition, it maximises their physical activity, they’ll never be ‘on the bench’. The award of different coloured belts boosts self-esteem and keeps them motivated.

- The Southern Forests Rinbukan Goju-Ryu Karate-Do virtues are:
1. We are proud to study the way of Goju Ryu Karate.
 2. We are courteous in manners.
 3. We strive to develop courage and fighting spirit.
 4. We cultivate fellowship and understanding.
 5. We respect the ideals of loyalty and honour.

Kids Manjimup Training times are 5.15 to 6.00 pm Monday and Wednesday at the Collier St Hall and at 6.00pm at the Pemberton Sports Centre Tuesdays. Please contact Sensei Klaus Mueller 6th Dan on 0427711005 or email jillian_mueller@dodo.com.au for more information. All instructors have working with Children Cards, current first aid certificates and are Australian Institute of Sport accredited Coaches

The Cafe Bytes Team thanks Klaus for this karate insight.

