

AUSLAN COURSES

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AUSLAN FOR ADULTS

INTRODUCTION

An introduction to amazing facts about Auslan, a beautiful visual language. Learn to greet people, discuss your family, pets, favourite sports and delicious snacks.

SESSION 1

Build your sign vocabulary to discuss the rooms and items in your house, your local school and the shops.

SESSION 2

Add to your sign knowledge by learning to describe people, the weather, locations, places and holidays around the world and within Australia.

SESSION 3

Use your knowledge and extend it, in a supported environment, to discuss books, movies, current events and topics of interest.

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Manji Cafe Bytes

Byte sized stories

August 2019, Edition 63

Artist: John Duncan



FREE

Welcome to our August Bytes, and how many of us are relieved to be reaching the eighth month, meaning Spring will soon be in the air. The daffodils and wattle are joyfully colouring our lives in beautiful yellow, a sight for winter eyes. We hope you enjoy our articles, and thanks to Gail, Chris and Sienna for your contributions. The plot is definitely thickening at Windy Bay, can't wait to see the next episode!

Quote for August.

"Be happy for this moment. This moment is your life."
– Omar Khayyam (1048 - 1131)

Chat subject for August.

What food combinations do you love that most people might find a little odd?

THE MANJIMUP HISTORICAL SOCIETY BRIDGES



The Manjimup Historical Society has a challenge on this year that we hope you are able to help with. They are researching bridges in the Shire of Manjimup area to add information to their historical records. Bridges have been a very important part of our local history allowing access to the other side of rivers for expansion of agriculture, forestry, tourism etc. Even some of the more well known bridges like the One Tree Bridge has been around for a long time but does not have all of its history documented. Although Main Roads and Shire of Manjimup have been very helpful providing more recent information, it is the historical information as far back as the coastal droving days that we have trouble finding - who built them and when, why and what has happened to them since. Members of the MHS have chosen a bridge

or two and are documenting as much information about those bridges as possible. Results will not only go into the MHS archival system for future reference, a display of results will be open to the public toward the end of the year to show what has been found. The \$2,000 FPC grant that the MHS was awarded will help produce posters and photos for the display to celebrate the history of our bridges. In the meantime, if you have any information about any of the 250+ bridges that we have in the SoM area, both rail and vehicle bridges or crossing, any stories or photos would be most welcome to help bridge the gaps in our knowledge. For further information contact Margaret Jacob 0407722374 or Lee Fontanini 97771105

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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YEAR 6, KEARNAN COLLEGE DEMENTIA STUDIES



At school we have been studying the topic of dementia as part of our Health Education studies. We have been looking at how dementia impacts a person, the causes and how people can be helped with the disease. Sadly, we learnt that dementia is an incurable disease which affects about 342,000 people in Australia. Dementia which is also called Alzheimers is generally diagnosed in adults. It is expected that the rates of dementia which is on the increase will affect over 400,000 people within a decade. As an eleven-year-old I was fascinated by this subject as I learnt that the disease is caused by an attack on the brain which causes memory loss and instability. I wondered how it would be to live without your memory and I felt saddened that many of my friends’ grandparents could be affected by this disease.

As part of our studies our Year 6 class visited the Manjimup Wellness and Respite Community Centre on the corner of Rose and Edwards Street. The building is beautiful with nice gardens and a large activity room. Our class visited the centre twice and we worked with a group of elderly people making ‘Fiddle Blankets’. Fiddle Blankets are designed to activate memories and provide comfort,

as well as giving people with dementia something meaningful to do.

To make the Fiddle Blankets we started off with a piece of cotton fabric and then we sewed a number of objects onto the fabric. We used buttons, pockets filled with sensory items, ribbons and small stuffed toys in some cases to create a blanket that had a range of sensory appeal for its owner.

I really valued the experience of learning about dementia and then visiting the centre. It helped me to understand an issue which could affect my own family members in years to come. It is sad to think that this disease is on the increase and that it could rob a person of their life memories. I think the experience will give me more understanding of the disease but more importantly it will enable me to have more empathy of someone who is in this situation.

Sienna Smithin, Year 6, Kearnan College.

LIZ’S KITCHEN RULES

What could be nicer than the distinctive, fresh scent of a lemon plucked straight from the tree, it lifts the senses, soothing and refreshing in a way that no other fruit can. The soft yellow of lemons ripening among green leaves is a welcome sight in the cooler months and we can make the most of this bounty as they will last on the tree for some time. Lemons (Citrus x limon) are believed to have originated in the Assam region of North East India, China and Burma and are a hybrid between the bitter orange and citron genus. Although they have been around since the time of the Ancient Romans and Egyptians it is believed that they were not widely cultivated in Europe until the fifteenth century. Records show that oranges, lemons and limes arrived in Australia with the first fleet in 1788; most ships at that time carried a supply of citrus, the juice added to the diet for the prevention of Scurvy which is caused by a lack of vitamin C. They are used in a wide variety of food and drinks, the juice to make lemonade and soft drinks and also delicious squeezed over pancakes and fish dishes, added to a marinade it makes an excellent tenderiser for meat or fish. The juice and rind are used for marmalades and as a garnish for food and the zest gives a lovely flavour to cakes and puddings. Limoncello from Southern Italy is a well-known liqueur, tangy and delicious when served chilled with ice and soda. Common varieties around the south west are Eureka, Lisbon and Meyer. Eureka perhaps being the most commonly grown as it bears a prolific crop, fruits over a long

period between autumn and winter and has fewer thorns. They are heavy feeders and will appreciate regular applications of a blended organic fertiliser every six weeks from spring to autumn supplemented with an autumn boost of trace elements. Water deeply and regularly during dry periods and your lemon tree will reward you with a bumper harvest.

LEMON RICOTTA CAKE

Ingredients: 3 eggs, 200g caster sugar, 4 tablespoon olive oil, 170g ricotta, 210g SR Flour sifted, 70g almond meal, finely grated zest and juice of 2 lemons, 1 teaspoon vanilla essence, icing sugar for dusting, cream or mascarpone. Method: Preheat the oven to 170°C (150°C fan-forced). Butter and line a deep 20cm cake tin with baking paper. Beat the eggs with the sugar in a large bowl until pale and creamy. Add the olive oil and ricotta and mix until smooth. Gently fold in the flour and almond meal, then add the lemon zest and juice and vanilla essence. Pour the batter into the prepared tin and bake for about 35–40 minutes or until a skewer inserted into the middle comes out clean. Allow to cool completely in the tin (about 30 minutes) before turning out onto a plate. Dust with icing sugar and serve as it is or with a dollop of cream or mascarpone. Delicious with coffee at any time!

WARREN FAMILY HISTORY GROUP OPEN DAY

The Warren Family History Group Inc began in 1996 when a group of enthusiastic people formed this club. The School House at Quinninup became a place suitable for our expanding library and as a meeting place. After 20 years we have now relocated to the Warren Craft Group premises, Johnson St, Manjimup. We provide the resources to begin and further research into family history and have developed a collection of local history books. The Group’s members have the skills and knowledge to help people in their search for “lost” relatives.

Gail Brearley



GREAT WALL OF CHINA TREK

Most of us would have heard about the Great Wall of China, it is probably one of the first destinations that most tourists would put on their itinerary if they were planning a visit to that part of the world. An ancient series of walls and fortifications stretching across Northern China, it is estimated to be about 21,000 km long. The Great Wall was originally conceived by Emperor Qin Shi Huang as a way to keep out barbarian nomads in the third century BC. Some parts of the wall are just mounding of earth, a steep slope or a gentle bank, the battlemented structure with steps and towers that we are most familiar with was built during the Ming Dynasty (1358-1644). Although the wall did not effectively stop invaders from entering the country, it has become a powerful symbol of China’s enduring strength. Local girl Jessica Liebrechts became involved with fundraising for the Leukaemia Foundation in 2015 when her Dad was diagnosed with Multiple Myeloma, a type of blood cancer, the Liebrechts family have received excellent support from the foundation throughout Steve’s illness. Jess was a member of the Liebrechts team when they took part in the “Light the Night Walk” in Bunbury and “Steve’s World’s Greatest Shave” and more recently the “HBF Run for a Reason”, but she wanted to do more. Inspired Adventures undertake tours for different foundations and charities and they were advertising the Great Wall of China Trek in aid of the Leukaemia foundation, Jess decided it was something she really wanted to do,



and this enterprising young lady made it happen. A long flight to Beijing on June 7th, meeting up with the rest of the team and support workers, plus a Tai Chi class and an Asian meal as an introduction to China began 5 days of walking up and down very steep staircases and more arduous unrestored slopes for Jess and the rest of the fundraisers. The group of 16 began their adventure at Taipingzhai Gate, a three-hour drive from Beijing, all the trekkers had a connection with blood cancers, some were in remission, some had recently lost relatives, others like Jess were walking in support of friends and family. The group were a mixture of ages, ranging from twenties to late sixties, all were encouraging and supportive of each other as the walk progressed, someone was always there to lend a hand when needed and there was a great feeling of achievement at the end of each day. The weather was hot and humid with the temperature over 30 deg, walks began after lunch as the day started to cool down, this had the added bonus of fantastic sunsets which were enjoyed by everyone. The sum total raised by the group for the Leukaemia Foundation is over \$98,000, Jess has raised \$5,600 so far and would like to thank all those who donated to her fundraising, she says it has been a great experience, emotional and uplifting, tough at times but so very worthwhile, well done Jess! Liz Coley



WINDS OF CHANGE - CHAPTER THREE



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. Once back at work, Amy begins to feel the need for something new, she buys the White House at Windy Bay with the intention of spending time away from the city. The stresses and strains of the last few months begin to ebb away and she begins to feel more relaxed, but was she followed as she returned from the beach to the white house?

WINDS OF CHANGE Chapter 3

Amy drove along the winding road that led to the small settlement of Westcliffe, she needed supplies from the store, the dozen or so full time residents, mostly fishermen, of Windy Bay had never felt the need for a shop or pretty much any of the modern comforts, the holiday cottages had power but the fishermen shunned such niceties preferring their generators, TV was patchy and there was no mobile reception unless you were near the lighthouse. A school bus was just pulling away from the carpark as Amy drove in, it was still quite early, some of the young mothers chatted as they waved goodbye to their offspring and Amy suddenly realised that she had not spoken to anyone over the last day or so. She hadn’t looked at her mobile either, there was reception here and she checked her messages. Not that she expected any, she had taken leave from the office, her boss had been sympathetic, realising she needed a break and now here she was, weeks of downtime ahead of her. A pleasant looking woman was busy filling shelves and gave her a cheery good morning as she entered the store. Amy filled her trolley and went to the checkout, the woman chatted as she placed her goods on the counter. “Are you staying at the Bay”, she asked, “Yes, I’ve just bought one of the cottages, I’m here for a few weeks”. Amy told her about the white house, and she nodded, “I know it, been empty for some time, old Tom O’Mara owned it, we all thought he would never sell but seems he put it on the market a while back.” Amy said that she

thought he would miss Windy Bay, “Oh no, he hasn’t lived at the white house for years, he used to look after the lighthouse at one time, he moved out and built himself a hut down by the beach, ramshackle old place it is too, but he keeps to himself and no one bothers him”. Amy was curious and would have liked to ask more but she had a feeling that Maggie, as she had introduced herself, had ended that conversation. There was a small café next door, she ordered a coffee and a toasted ham sandwich and sat on a bench in the sun, she shaded her eyes against the glare as a vehicle entered the car park. She thought it was the old red ute that had passed her on the track the day before, she watched with interest as the driver climbed out. He wore faded blue jeans, stained with salt water marks, a jacket that had seen better days, strands of grey hair escaped from the tattered brown beanie he wore pulled down low on his forehead. Looking neither left nor right he entered the store, Amy could hear Maggie greeting him, “Hi Tom, is it the end of the month already? My how time flies, I’ve packed a box for you, do you need any extra”. Amy was intrigued, was this Tom O’Mara? She watched as he walked across the car park, a dark haired man carrying a large box of groceries followed him out of the store and placed the box on the passenger seat, Amy rose from the bench and decided she would introduce herself as the new owner of the cottage, the young man paused as she drew level with him on his return to the store. “Hi, I’m Josh, it’s nice to meet you”. His handshake was firm and warm, his blue eyes crinkled at the corners when he smiled and Amy felt suddenly shy. “Nice to meet you too”, she turned as Tom reversed the ute back, the breeze blew strands of Amy’s red hair around her face and she brushed it back impatiently. Tom stared at her, an odd expression on his face, Amy opened her mouth to speak as he suddenly accelerated away in a cloud of dust and gravel, fishing gear tumbling and clattering as he roared back towards Windy Bay. “Don’t take any notice of Tom”, Josh sensed her discomfort, “he is always like that, been on his own too long, I guess”. Perplexed, Amy said she had to get back to the Bay, Josh watched as she drove away, preoccupied with his own thoughts, a slight frown on his face. Amy took her sketch pad down to the beach in the late afternoon, she found a seat on rocks still warm from the sun, above her the lighthouse rose, tall and white, almost on the edge of the cliffs. A small group of plovers darted about at the water’s edge, pecking and bobbing along the shore as waves receded, the gentle lapping of waves was soothing, Amy’s pencil slid from her grasp as her eyes closed. Behind white limestone rocks a lone figure crouched low, watching and waiting. Sand surged back from the beach in the receding tide, swirling and eddying against the flow as each tiny grain battled against the force of waves moving ever closer to the island, rivulets of midnight water slithered over slick black rock. Liz Coley

A LOCAL DANCE YOUR QI OPPORTUNITY

Back in 2015 when the fires raged around Northcliffe Cathy Rabbitt’s family property was seriously under threat. Thankfully their home was saved by volunteer fire fighters, but their sheds and outbuildings that contained special family keepsakes were destroyed. Fortunately they have been able to move past that down time, and we are happy to share Cathy’s latest venture, Dance Qi, which is being taken up enthusiastically.

So what exactly is a Dance Your Qi class all about? We wondered, and thinking others may wonder, we asked Cathy to explain. Firstly we had to learn that Qi is pronounced Chee, not Q-eye. It is similar to Tai Qi and Yoga, but differs by using dance to bring balance to body, mind and soul.

The dances include access to greater amounts of physical and mental energy, resulting in increased stamina, vitality and strength as well as feeling more balanced and even in emotional responses. Classes run for approximately 1 hour. The therapeutic modality will consist of five parts.

1. Makka Ho stretches....a set of stretches designed to open and stretch the meridian pairs. They were developed by Shizuto Masunaga who was responsible for the formation of Zen Shiatsu Therapy. Done on a regular basis, the Makka Hos will help to develop flexibility, and balance the flow of Qi through the meridian pathways.
2. Shiatsu Self Massage - this is a nourishing way to bring energy back into body, get it flowing.
3. Warm up sequence through shaking and breath. This is an easy way to free up the Qi before you start to dance. We use Hara breathing. Hara is a Japanese word meaning ‘the centre’. Building Hara strength will assist you to remain focussed, and balanced when facing a physical challenge. If it is strength of the mind that you need, building Hara strength will help. It will allow your ability to remain calm in difficult emotional circumstances. A strong Hara will be of immense value.
4. An easy to learn dance that stimulates Qi flow through all the 12 meridian pathways in a flowing routine that can be done by almost anyone.
5. Finishing with a relaxation meditation that will bring you to a relaxed and peaceful

KNIT YOURSELF SOME GOOD HEALTH

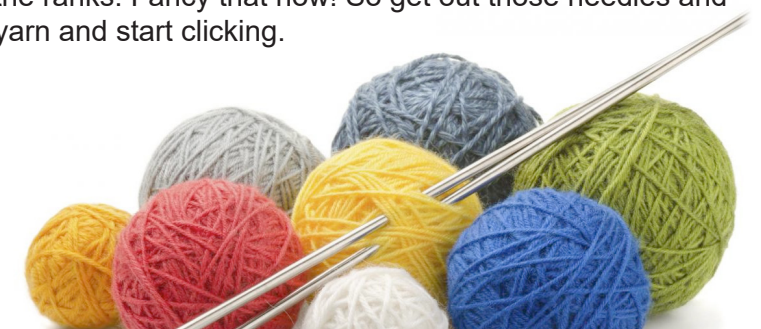
Most of us have had knitters in our family, and before the chain stores opened our warm clothing would all have been made at home, knitters sitting beside the fire with needles clicking as the garment grew. And now online research reveals there is evidence which strongly suggests knitting is beneficial to a healthy mind and body, being highly effective in treating depression and chronic pain, associated with meditation and yoga, and can lower heart rate and blood pressure, reducing harmful blood levels of the stress hormone cortisol. It seems the rhythmical, repetitive motions could enhance the release of serotonin, a hormone that regulates mood, learning, and sleep. It can also help arthritic fingers remain more flexible.

A recent Cardiff University survey of 3,500 knitters found that the more frequently people knitted, the happier and calmer they believed they felt. Knit to Quit helps smokers give up the habit, and Knit to Heal is beneficial for people



state of being. Cathy’s sessions started on July 24th, and are held in Northcliffe on Wednesdays 1.30 PM, & Saturdays 9.30 AM; Quinninup Friday 10 AM and Pemberton Saturday 3.30 PM. Fee for a casual attendance is \$15 and \$120 for ten classes over four months. Anyone interested, simply phone Cathy on 97766001, or email chevrolet55@bigpond.com.

coping with health crises, such as a cancer diagnosis. An exciting concept in research also suggests that crafts such as knitting and crocheting may help to stave off aging decline in brain function. Another positive is that knitting gifts, or for charity, gives self-esteem a further boost and there are quite a few avenues where knitting can be donated for good causes. Apparently there’s a resurgence of interest in needle and other handicrafts, with men and schoolchildren swelling the ranks. Fancy that now! So get out those needles and yarn and start clicking.



ALL ABOUT PROBUS

Thanks to Manjimup Probus Member Chris Young for this informative contribution.

Probus is a club for active members of the community who have retired or who no longer work full time. Probus was first formed in the UK in 1966 as a community based forum to meet the social and intellectual needs of newly retired people. It has since grown to include clubs in New Zealand and the Philippines as well as Australia wide. Now in 23 countries, there are males only clubs, females only and mixed clubs. Probus offers many member benefits and a chance to enjoy your retirement with like-minded people, in a purely social setting. Well that’s the theory – now for the practice:

Manjimup Probus Club is a very friendly and active group of around 65 members, meeting every third Wednesday of the month at the Manjimup Hotel. Meetings start at 10 am with a rousing discussion on all activities and plans for outings along with the usual house-keeping of minutes and finances. Then we break for a cuppa and a catch-up chat between members, followed by the guest speaker of the day. We listen or watch on the big screen or maybe take part in some activity that is being demonstrated.

Over the years we have had many varied speakers: bird watchers, taxidermists, artists, ambulance officers, community officers, Police officers, Rotary Exchange students, head teachers, Diabetic nurse, people who have been overseas to donate aid, a Nurse who went overseas for Medicine Sans Frontiers, local identities and business people, Travel companies, accountants, wildlife warriors, even some of our own very interesting members.

And every month we partake in an outing or activity which delights the senses, fills our bellies or informs our minds – sometimes all three together. We also have lunch or dinner outings as well. We’ve been to Mandurah cruising the canals to see the Christmas lights; to Penguin Island: and on a magical night time Donnelly River cruise. We also have had many informative and enjoyable bus trips – both commercial tours and some that the club members have arranged. It would be easier to say where we haven’t been!

Sometimes we go on tours such as a two-day bus trip

to Albany to whale watch and a four-day wonder trip to Kalgoorlie, touring, eating and learning about mining, taking the opportunity to meet and mingle with the Kalgoorlie/Boulder Probus Club. We have also been on an eight-day trip to South Australia to cruise along the wonderful Murray River, and have joined with a few other clubs from the Busselton district to go on a five-day return cruise Fremantle to Esperance. There is a monthly coffee date for those who don’t travel, but like to catch up with all the news from their Probus buddies.

The last two outings were great fun and informative. In May we went by bus to visit the newly built Bannister Downs Creamery in Northcliffe, and were their first visitors. This is a world class processing and distribution facility of award winning milk products. They welcome visitors on Thursday and Fridays with a great café on site. Then in June we traipsed off to Bridgetown, joining some members from Bridgetown Probus at the local Cidery, having a jolly time together espousing the Probus way of Fun, Friendship and Fellowship.

Manjimup Probus has its own newsletter, which highlights all our outings and visitors, and also a calendar of events published every month, so members can be reminded of all the outings and entertainment yet to come. Belonging to Probus has many benefits; chief among them is the friendship and companionship each person receives from their fellow members. There are also benefits that we receive as part of a huge tribe of Probus Clubs, there are travel clubs, access to travel insurance, an “Active Retirees” magazine, member benefits scheme, and as part of the membership fees each member is covered by insurance for meetings and outings, in case of any injury.

Manjimup Probus welcomes visiting Probians, and anyone who may be interested in joining in our group. Come along and see how much fun you have and meet new friends.

Enquiries to President Dorothy Dunstan on 0408 547 806 or Vice President Ian Jones on 0417 179 453. We are proof that it isn’t only young people that know how to have a good time.

