

A Night of Burlesque

SSPAS inc
Southern Stage Performing Arts Studio

18+ EVENT ONLY.

Saturday 16th November 2019
The Manjimup Gateway Hotel

Doors open 6:30pm.
Show starts 7pm.

\$10 Early Bird Tickets

Available at:
The Manjimup Gateway Hotel,
Manjimup CRC &
Manjimup Newsagency.

\$15 tickets available at the door (if not sold out prior)

\$2 from every ticket sold will go towards

PINK HOPE
supporting Women's Health.

Raffle and a door prize will be drawn on the night.

Bar snacks and beverages available for purchase

Photos by: Jayne Fouracres Photography

THE MANJIMUP GATEWAY HOTEL

MANJIMUP NEWSAGENCY

Manjimup Community Resource Centre
Your local connection

alcoholthinkagain

SO-MY-fest

YOUTH FESTIVAL 2019

MANJIMUP • NORTHCLIFFE • PEMBERTON • WALPOLE • QUINNUP

FREE TRANSPORT
BOOKING NUMBER: 97717777

FREE FOOD, DRINKS & ENTRY

Acts By Local Youth
Monster Ball
Lego Challenge
Lions' Train
Henna Paintings
Face Painting
Inflatable Sports
Football Clinic
Freedom Fairies

SPECIAL GUEST:
Lara Filacampo
Freemantle Dockers Clinic
ACT - BELONG - COMMIT

FAMILY FRIENDLY
2-6pm 19th October
Manjimup Heritage Park

PROUDLY SUPPORTED BY:

SHIRE OF MANJIMUP
GOVERNMENT OF WESTERN AUSTRALIA
healthway
act belong commi
Quinnup Community Association
Manjimup Community Resource Centre
Your local connection
Pemberton Sports Club Inc.
LDAG Local Drug ACTION Groups inc.
Northcliffe Family & Community Centre
Government of Western Australia
Department of Communities

Manji Cafe Bytes

Byte sized stories

October 2019, Edition 66

Artist: John Duncan



FREE

Find us on: facebook

Welcome to our brimming over newsletter for October. How have we got to the tenth month so quickly? We are enjoying the sunshine but the low rainfall figures are a warning of a dry summer ahead, we will all need to remember our water saving skills. And to be aware of fire danger. Thanks to the Manjimup Primary School for their contributed stories, it's great to hear about our young people's lives. A very happy group of young students walked past my house recently on a tour of town showing them our community, I was told. Their excited chatter was a beautiful sound.

Quote for October.

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

Chat subject for October.

What items of clothing will always be in fashion, no matter how time passes?

SPRING AT GREENFIELDS



Most locals know all about the generous volunteers who offer the wonderful services at Rose Centre, but just in case a reminder is needed, here's an update. Back in December 2013 a few caring ladies got together to offer support to those suffering chronic illness, and also for their carers. At that time the clinic was located in one of the old Hospital buildings, and the entry path passed a beautiful rose garden, which is how their name was chosen. Today the Rose Centre operates on the corner of Brockman and Bath Street, with a new rose garden recently planted, and although fewer therapists are available there's still the opportunity for a comforting massage and a warm supportive session under expert hands, with benefit from Bowen Massage, Emmett Therapy, Oncology/Relaxation massage, Tender Touch hand and foot massage or tuning fork therapy. How lucky we are that these caring ladies give their time and skills for others' benefit. If you can offer therapy skills and have a little spare time the team would love you to join them. Although the services are all provided by volunteers there are still overheads to cover, and the ladies are organising a fund raiser which they assure us will be a fun day out

for anyone who can attend. As their promotion says: "Our hands give freely but the Centre covers costs through your generous donations, thank you". The date for this is Saturday October 19th and for a mere \$5 entry fee you can join in the light hearted day's entertainment, starting from 10 am at Faith Jones Property, Greenfields. Faith has a beautiful garden, and Open Gardens will be on soon after this date so you would have the benefit of mingling in the lovely garden Faith nurtures plus joining in with fun outdoor activities/games that are planned. These include croquet, putt putt and bocce, plus the ladies are plotting a few other ways to lighten the day, and they are planning light refreshments to be served with a cup of tea or coffee. Please take some extra coins to help with their fund raising. It sounds like a lovely way to spend a Spring Saturday. You will find Greenfields at 288 Jones Road, Yanmah which is a very pleasant drive along Graphite Rd, towards One Tree Bridge. Rose Centre contact phone number 0497 022 708. Kathy Hill

healthway

Go for 2&5
FRUIT VEG

Quinnup Family Fun & Market Day

Sunday 13th October 2019
10am to 3pm

FREE ACTIVITIES FOR CHILDREN

Market Stalls, Food, Live Music & Wine Tasting

All QCA food outlets use regional Produce and bio-degradable containers and utensils

PROUDLY SPONSORED BY THE FOLLOWING BUSINESSES

SHIRE OF MANJIMUP
Hanging • Northcliffe • Pemberton • Walpole

coles
save every day

MT BARKER
FREE RANGE CHICKENS

Woolworths
Australia's fresh food people

BANKSIA DOWNS
1924

Manjimup Community Resource Centre



In 2010 members of Soroptimist International, Fremantle, made an ‘I Spy’ quilt as a prize for a raffle the club was holding to raise funds for a small charity in Bali. On completion of the quilts the small group involved decided to make more quilts and find a group of children to whom they could donate the quilts. Around that time, there was a news item about children in Foster Care and how they had few, if any possessions when moving into care. The process of being taken from the family home is in itself traumatic for a child, regardless of the reasons for them having to be placed in the care of the State.

On contacting Foster Care Association of WA we met with Faye Alford, the Director, and Faye informed us that there were over 5000 children in foster care in WA alone. We had found ourselves a group of deserving children for whom to make quilts! As a small group (3) there was no way we would be able to make so many quilts so we put out a call to quilt and craft groups and shops across WA, asking if they could help by making quilts for the children and we would pass them on to Faye for distribution.

Our mail out to 20 groups was sent in July and by September we had received our first batch of quilts and by November there were 150. Since that time there has been no further callout but quilts still come in at a rate of approximately 800 per year. Many of the groups in the regions take their quilts direct to Department of Child Protection to save on the freight costs. In the Perth - Mandurah area we still have at least 8 groups who make quilts every year, some handing over in excess of 100 at a time.

In Fremantle, following publicity in the local newspaper, we had requests from people who wanted to help but didn’t have resources or didn’t know how to quilt and so in 2011 we set up a group for local women in The Meeting Place, South Fremantle. That group continues to meet fortnightly throughout the year and has an average of 12 women making quilts, supported by SI Fremantle. The club raises the funds for the purchase of wadding but all other fabrics come from donations.

For the last 2 years we have used donated non-‘I Spy’ fabrics to make quilts for SOS - Starting Over Support, which supplies household items to single Mums or families after they leave crisis accommodation.
Lynne Jones, Fremantle.

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Thanks to Lynne for this warm story about quilt making. If anyone is inspired to join in the foster children’s quilt project, Sew Gentle Era in Bridgetown are a collection point and they will happily give you the quilt size, etc if you phone them - 9761 1490. It’s a very worthy cause for us to put our hearts and skills into.
And in case Soroptimist is a new word to readers; it is related to latin words soror and optima meaning sister best, and the members say they are women at their best helping others to be their best. Soroptimist International is an organization for today’s professional and business women, committed to achieve their individual and collective potential, realize aspirations and have an equal voice in creating strong, peaceful communities world wide.
Kathy



The story so far...
Amy reflects on her abusive relationship with Matt as she drives across the city, she is taken to hospital with concussion after a car accident. She realises she needs to slow down and on impulse buys the White House at Windy Bay. Feeling less stressed after her trip to Westcliffe Amy climbs the steep hillside to the lighthouse where she spends time sketching, as she returns by the road, she is sure that she is being spied upon. Amy begins to suspect Tom O’Mara.

WINDS OF CHANGE

Chapter 5

Amy entered the Westcliffe store, she was hoping to see Josh, he was nowhere to be seen this morning, much to her disappointment, she had thought to ask him a little more about Tom O’Mara, maybe over a coffee. There had been a little spark between them she was sure of it, his blue eyes smiling into hers lingered in her memory. Maggie gave her a friendly greeting as Amy took her purchases to the checkout, “How are you getting on down at the Bay, not too lonely for you is it?” “I think I need some quiet time”, Amy replied “I’ve done a lot of walking and sketching and I am enjoying the solitude”. She paused for a moment, “I met Josh the last time I was here, how is he?” Maggie smiled, “Josh is fine, he’s in the coffee shop today.”
“Thanks, I was going to get a coffee anyway”, Amy turned away, not wanting Maggie to see how pleased she was. “Oh, and there was a young man in here a few days ago asking for Amy Gibson, said he was an old friend just passing through, I didn’t tell him where you were living, he said he would keep an eye out for you”.
Amy’s blood ran cold, Matt! A wave of panic swept over her and she wanted to turn and run, she steadied her breathing as she realised that Maggie was looking at her anxiously, “Are you alright?”. “Yes, just need my coffee”, Amy replied.
Josh’s smile made her heart give a little leap of happiness as he did look genuinely pleased to see her. He made two coffees and sat down to join her. Sensing her

mood Josh didn’t pry, just chatted about his job, he taught at a high school in the city, he told Amy he had taken twelve months leave and travelled around Australia, returning to spend a month with Maggie before he went back to work.
Amy told Josh a little about herself, telling him that she had bought her house at Windy Bay from an advertisement in the paper, Josh gave her a searching look. “Tom O’Mara, he must be in his eighties now, his family took care of the lighthouse, the place you live in was the first house built at Windy Bay. The salmon boats followed the fish down the coast in those days and anchored at the Bay to repair their nets and boats before sailing back home. Tom was heading for shore when he first saw Orla. She sat on a rock on the tip of the island, silhouetted against the setting sun, he shouted and she slid into the water and swam toward the boat. Tom always said that Orla had swum to the island after her boat was hit by an enormous wave and had sunk far out at sea. There was no trace of the stricken vessel, no wreckage and no other survivors. It was as if Tom was bewitched, he was deaf to anyone who questioned her sudden appearance, they married and it wasn’t long before a daughter was born, Isabel was about three months old when Orla disappeared.” He paused for a moment, “it was thought that she missed her old life at sea, she used to sit on the cliff and watch the boats pass the island, maybe she fell off the cliff or perhaps she decided to end it all, there were rumours that Tom had something to do with her disappearance, but her body was never found, so maybe she just ran away. Tom just went to pieces, he searched the beach and the cliff every day, he couldn’t look after Isabel, his older sister came and took care of the baby, she was married but had no children of her own, one day she just took Isabel away, she didn’t come back”.
To her horror Amy’s eyes filled with tears, Josh put his arm around her, she turned towards him, he smoothed her hair back from her face, long moments passed as they gazed at each other. A couple walked towards the café and they moved apart, Amy stood up “I should go”, and she almost ran to her car. Without thinking she drove towards the lighthouse, the setting rays of the sun bathed it in a golden glow, she shaded her eyes and looked towards the island, gulls wheeled high in the air, their shrill cries tossed on the wind, white foam crashed against the rocks far below. Amy shivered a little thinking about Orla, the light house seemed to loom above her, dark and forbidding, she shook her head, her imagination was working overtime, preoccupied she walked back to the car. The wind blew hard across the dunes, his breath suspended in the cold night air, still he watched and waited.
The moon rose, enormous, pale and ethereal, silvery rays touching the highest tip of the island, a soft smile curved her lips, red hair flowing down rocks, blue petals drifting, rippling water moving in an ever-widening circle.

Liz Coley

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



The Manjimup Family Center is really rather amazing. The services available, the classes, groups and activities on offer are exceptional and unbelievably affordable. Sharing premises with the Library and Gallery, the Child and Youth Clinic, Timber Tots and Relationships Australia on the corner of Mount and Bath Streets, there is something for everyone available each week day. The Manjimup community is no more visible or vibrant than here. The simple charter of the Family Centre is to support families, which once saw it focussed mainly on parents with young children, but its scope has now broadened to include both parenting and community-based activities for all ages and generations. The Family Centre continues to offer an incredible range of regularly scheduled services for pre-school children and their parents, including the ever-popular Playgroup at just \$25 per term or \$40 for two, as well as Young Mums, Baby and Me and First Aid for Parents courses. Other classes for the young include Little Chef's and the Circle of Security, which helps parents better understand the underlying causes of children's behaviour. Classes for the young at heart include the Intergenerational Playgroup, the German and Italian Movie Clubs, and Buzz, a community activity group that offers a differ-

ent experience each week ranging from international foods to belly dancing and Christmas wreath making classes. The English as a Second Language course, in collaboration with TAFE, also provides a creche service. There is Tai Chi classes with Klaus Mueller and others scheduled to begin soon. Another regular feature of the Family Centre is the Really Free Market, where people are encouraged not only to donate things they no longer use but to spend a little time to set up a stall and share the story of those items as they are passed on to other good homes. All families and households cycle through phases of life, with so much of what we no longer use ending up in landfill, all the while people coming into similar circumstances have little choice but to buy new, but community should not be second place to consumerism. The next Really Free Market is coming up on the 29th November from 11am to 1pm. For details on the full range of the Family Centre's services and classes there is a calendar produced each term that is available from the Centre or on its Facebook page. For further information about what's on and who can get involved, contact Ruth on 9771 1654.

by Kim Crotty



One of the oldest community groups in the district is the Warren Art and Craft Group, whose members meet each Wednesday from 9am to practise their crafts and spend some quality time with their friends. The atmosphere within the group is exceedingly friendly and welcoming, as members talk and share not just the skills of their respective crafts, but also their lives and a genuine love for each other, as well as the region. Their combined knowledge and information on all things crafting and Warren Districts among the predominantly, though not exclusively, women's group makes Wikipedia a comparative children's book.

Some of the armed and dangerous crafts being taught and practised with an effortless mastery include knitting, embroidery, crocheting and cross-stitch, with some of the work truly stunning. The knitted jackets for premature babies at King Edward Memorial Hospital are impossibly cute. Appliqué, diamond art and quilling are practised alongside these crafts, jostling for space on the tables with much discussion and good humour. The more meditative and messier arts of oil, acrylic and water colour painting, drawing, tiling and candle wicking are banished to another lovely and well appointed workspace to prevent accidents: hell hath no fury like a acrylic stained knitter. There are also card making workshops on the 2nd and 4th Monday of every month, so no matter which craft you practise or would like to learn, there is bound to be

an expert in residence to help guide you on your journey and likeminded friends to be made along the way. There are currently around 25 members of all ages and abilities, with membership fees just \$30pa. Non-members are welcome to their first session free and just \$3 per session thereafter, and that includes a fabulous home-made morning tea. The Warren Craft Group holds just two raffles a year to raise the money to purchase essentials, any unused funds are donated to charitable causes such as the RFDS or Motor Neurone Disease Association of W.A. Keep an eye out for their next raffle on October 24th, there is scarcely a more deserving group. There are also beautifully crafted items for sale at Warren Art and Craft Group premises, located on the corner of Collier and Johnson Streets, near the hockey and soccer grounds. You can find the Warren Arts and Craft Group on Facebook or give President Kay MacMillon a call on 9771 1213.

By Kim Crotty.



WABBIT SEASON. DUCK SEASON. BACKPACKER SEASON!



It's that time of year again. As the Southern Forests region readies itself for another season of fruit and vegetable harvesting, the carparks, lay-bys and hidden places begin to sprout well travelled vans and clapped out cars. It's a familiar sight to everyone who lives in the region and at times a source of consternation for locals, but for the travellers I'm sure they think it's never been done before and no one will ever notice the dishevelled occupants of a barely legal vehicle living between Coronation Park the Visitors Centre. Luckily there is something you can do! No, I don't mean report them to the police and have them moved on. I mean have a chat with them, enquire as to where they're from and how you may be of help. In the last 5 years I have welcomed backpackers into my home, to occupy my spare room or even just park up in my back yard so that they can use my bathroom and kitchen facilities. It isn't hard to determine to whom you may or may not like to extend your hospitality and is usually established in the first few minutes of conversation but trust your own

judgement.

In my own experience, Pete, from the Czech Republic was so immediately amiable he felt like family and stayed 6 months. Max and Felix, from Germany, were hilariously funny and favourites of my two sons as Max was a professional gamer. Indrek and Karit were a lovely young couple on a brief working holiday before they took over Indrek's enormous family farm in Estonia. They occupied my home for 3 months while I worked away FIFO. Thomas and Maureen, from Brittany in France, were also unbelievably nice and are currently working on a farm in Pemberton.

Without the annual influx of foreign casual workers, the Southern Forests region would be in serious trouble at this time of year. Backpackers get a one year visa and are required to do 88 days agricultural work to qualify for a second year. This is a once in a lifetime opportunity for many of them, and they are usually here to work hard and save money during the harvest season, so that they can then enjoy the rest of their Australian holiday. So if you get the chance to chat with the young adventurers, you will find the majority of them to be really wonderful people. You might even find yourself compelled to offer a little of that famous Australian hospitality

by Kim Crotty.

LIZ'S KITCHEN RULES

Pepita is the Mexican Spanish name for pumpkin seed (pepita de calabaza) "little seed of squash". They are as the name says the edible seed of certain cultivars of pumpkin and squash. Evidence of the domestication of Cucurbita dates back 8,000 to 10,000 years ago in Mesoamerica, (historical region which extends from Mexico down to Costa Rica) about 4,000 years before the domestication of maize and common beans. Agricultural knowledge of crop breeding evolved over the centuries with squash leading the way, maize second, followed by beans, these became part of the Three Sisters agricultural system. This was really an early form of companion planting, maize providing a structure for the beans to climb and squash leaves acting as a living mulch.

Pepitas are a common ingredient in Mexican cooking and are much loved roasted, sometimes salted and spiced and served as a snack, they are known as pipian in Spain, lightly roasted and salted, they are popular in Greece served as a snack where they are known by the Italian name of passatempo (pastime). Pressed oil from the roasted seeds is used in Central and Eastern Europe cooking as pumpkin seed oil and also made into a nut butter.

These little seeds contain vitamin E, B complex vitamins, copper, manganese, potassium, calcium and iron. They are a versatile addition to recipes whether scattered on a salad, added to cakes, muffins or bread.



BREAKFAST GRANOLA

Ingredients: 100g coconut oil, 100g maple syrup, 2 teasps ground cinnamon, 1 tablesp vanilla extract, 100g rolled oats, 350g mixed nuts walnuts, almonds, hazelnuts or cashews chopped, 50g pepitas, 80g ground flaxseed. Method: Preheat Oven to 100 deg C, gently heat coconut oil, maple syrup and cinnamon in a saucepan until melted. Remove from heat and stir in vanilla extract, combine oats, nuts and flaxseed in a large mixing bowl. Add the saucepan mixture and stir well to combine. Line a large baking tray with baking paper, then spread out the granola in an even layer. Bake in the oven until golden, about 1-1 1/2 hours, check and turn it once or twice during cooking. Turn off the oven and allow it to cool overnight. Next morning, break up any clumps and store in a sealed container. Delicious for breakfast with a spoonful of yogurt and blueberries, strawberries are good too.

Liz Coley

MANJIMUP PRIMARY SCHOOL CHOIR AT ONE BIG VOICE



The Manjimup Primary School Choir made its way to Perth on Friday 30th August to participate in the largest children's choir event in Australia. The One Big Voice Festival filled the RAC Arena with over 4000 students all sharing their love of singing.

The MPS choir students learned 11 songs over months of work to prepare for the event. The many choirs then combined to sing different parts to produce fabulous harmonies and filled the venue with amazing sound and choreography. Many parents, grandparents, and friends made the trip to Perth to be part of the special event. The sheer passion and excitement displayed by the students eliciting goosebumps, smiles, and tears in the audience.

This is the second year the Manjimup Primary Choir has been a part of One Big Voice and it has offered the chance to perform for a large audience, develop music skills, learn to sing alongside others in harmony and spread positive messages to the community.

This year I conducted a section of over 400 students, the students learning quickly each conductor has a unique style. It was exciting and terrifying at the same time, being responsible for so many students and knowing they are relying on you to keep them on track. A huge buzz! I was amazed at how the students were able to adapt to the

different cues from the conducting teachers.

The songs this year were a mixture of old and new, Ella Fitzgerald's jazz number A Tisket A Tasket, High Hopes by Birds of Tokyo, A Million Dreams from The Greatest Showman and several new arrangements highlighting Australia, our heritage and values. All the songs chosen are positive, uplifting and celebrate the joy of singing. A highlight would have to be the entire stadium, choirs, teachers, the audience singing together "You're the Voice". The experience was exhilarating.

The trip to Perth included a very enjoyable morning exploring the Nature Play Area at Kings Park followed by a wonderful BBQ picnic lunch before the journey home, singing all the way.

The students loved participating and will remember the excitement and adrenaline rush for a lifetime. The first question when we arrive back at school is always "can we go again next year?"

Andrea Roper
Music Teacher