



Edition 70 - July 2020 FREE - ALSO AVAILABLE ONLINE

Quote for June

"Be happy with what you have. Be excited about what you want." – Alan Cohen

That subject for June

Now we can get out and about, where would you go for a weekend away?

Welcome to our July newsletter, Our June edition didn't make it to press but we are back, and hope you find interest in our stories. We will return to cafes with printed versions as soon as the Covid restrictions allow, but if you would like a paper copy you will find them at CRC front office. We continue to be thankful for our situation during this fear we are experiencing, being in West Australia would be many people's dream, with so many countries suffering terribly as victims of the dreaded virus. May we continue to stay safe, and observe the recommendations to save our lives. Thanks to our guest writers, we always appreciate community contributions. Happy winter everyone. Stay warm.

Walk Yourself Happy



The Heart Foundation Walk Yourself Happy group are back pounding the footpaths once again. The winter start time is 9am and all levels of walking are catered for. There is a free social cuppa at the end of the walk—BYO cup!. We meet at the Sandra Donovan Sound Shell in the Heritage Park. Feel free to bring your furry friends :)

Call Tara on 9771 8160 or email volunteer@manjimup.org.au for further information

Store Closure In Manjimup

Target Country are due to close their Manjimup store in 2021. Manjimup Chamber of Commerce and Industry President, Victoria Howe, has started a petition through change.org with the aim of showing the disappointment that the community feels at this announcement. If the petition is not successful, it can be used to show other businesses that there is demand for a similar store in our area. If you would like to register your support, sign the petition at [change.org/Target Manjimup](https://change.org/Target%20Manjimup).

It is a delight to pen a few words about the Manji Pantry and to update everyone where we are to date. The Manji Pantry began in the second half of 2019 as a one-off trial "Pop-Up Pantry" to gauge the community's response. As a result the Pop-Up morphed into the Manji Pantry and became a monthly event. Early in 2020 a clothing op-shop was a popular addition to



the pantry with their range of good quality and affordable clothing and Manchester lines. As a combined Christian churches venture we have volunteers from a range of denominations and some wonderful community helpers. It's tempting to name names but fear I would miss some, so in general terms thanks to the (alphabetically) Anglican, Baptist, Catholic, Seventh-day Adventist and Uniting Church members that assist. Also, the management and volunteers from Vinnies Retail (Op-Shop). And our wonderful community ladies and gents who pitch in whenever called upon. Of course, I cannot forget the CRC team for assistance with publicity – just for starters. Manji Pantry is also supported by Food Bank WA and Faith FM (88.0fm). Food Bank is the source of a majority of stock and we have a

plies of fresh produce. Faith FM (88.0fm) Christian Radio (positively different!) assist us with free on-air advertising. On April 30th this year the Manji Pantry went "drive-thru" – for two reasons. One, that we knew the community appreciated the pantry and two, our desire to keep serving in some way – taking Covid-19 social restrictions into account. The Manjimup Shire were an awesome assistance with the logistics of the day. Shire personnel provided traffic control and we can't thank them enough for the supply of hand sanitizer – a rare commodity at the time, but essential. Thanks again to Vinnies Retail (Op-Shop) management and volunteers for assisting on the day. In the future, the Manji Pantry has big plans, including becoming more frequent. The CEO of Food Bank WA has heard about our



pantry and is planning on attending with the WA Director of ADRA (Adventist Development & Relief Agency) to see how they can help us achieve this goal! For now, we'll be back on the last Thursday of the month between 10:00am and 1:00pm at the Seventh-day Adventist Hall, 33 Highfield St. Registration information call Ross 0456 747 719 or email

small, dedicated and generous, team of volunteers who drive to Bunbury to collect stock. These volunteers donate their time and vehicles allowing Manji Pantry to keep costs down. It is our aim to not charge more for the items purchased than we pay. And a massive shout out to some of our local primary producers for the sup-

rosscraig@adventist.org.au. Please note you will need a Centrelink card of some description to qualify. However, in some situations we may vary this condition.

Story By Kathy Hill Photography by Ross Craig

Fantastic Fungi Safaris

Thanks to Lyn Neal for contributing this interesting information on a local Community Group.

Dirty knees are the order of the day for members of the Manjimup Photo Club whenever they forage in the undergrowth for fungi. To these keen photographers, all fungi are magic mushrooms when captured on their camera SD cards. On a recent day out excursion with members of the Manjimup Photo Club on a recent weekend excursion, visiting Big Brook Dam and the Cascades armed with refreshments, cameras and tripods, the quest was to find and photograph as much fungi as possible and we were rewarded many times over. Members were keen to collect photos of our fantastic fungi in what is turning out to be a very productive and colourful season. Think “colours of the rainbow” and brighter more defined colours and markings. The Manjimup Photo Club have recently joined the Regional Photography Body Concept involving Clubs from the lower south west to coordinate activities, events, and outings. No sooner said than done, the next combined forest safari will be on Sunday 28th June, 2020. Members of the Regional Photography Body have rallied to travel to Manjimup to fill their photographic coffers with stunning images of fungi in anticipation of the Fantastic Fungi Exhibition in 2021 and no doubt other photographic competitions. Due to Covid 19 the Fan-



tastic Fungi Exhibition was cancelled for 2020 but we anticipate a fabulous exhibition in 2021, a brand new look with framed prints. Working with Ms Vanda Dei Tos of the Manjimup Gallery, this exhibition will hang for 5 or 6 weeks. Ms Dei Tos has emphasised the fascination and attraction that past exhibitions have held for visitors to the Gallery and the disappointment expressed due to the short duration of previous exhibitions. In the meantime, Ms Dei Tos has invited the Manjimup Photo Club to host a mini exhibition in August/September of this year, and of course the Club has jumped at the opportunity. The theme will be ‘Nature that nurtures’. During this extraordinary period of The Covid 19 Pandemic, have you stopped to consider our good fortune that we live

within the Manjimup Shire? After the lock down where did you go? Deep into the forest? To sit by a river? Visit your local park? Fishing at Windy Harbour or Walpole? Enjoy a special corner of your garden? Importantly, did you experience calm and reassurance to soothe your mind? Would you like to join the Manjimup Photo Club? They would love to have new members. Contact secretary, Mrs Lyn Neal on fairywrens@bigpond.com, to be welcomed and learn about membership and activities.



Story & Photo's By Lyn Neal

Southern Forests Alcohol and Other Drug Committee Media Release May 2020

The Southern Forests Alcohol and other Drug Committee (SFAODC), with membership from key agencies in the region as well as community members, urge people to consider the impact that Covid 19 has had on their intake of Alcohol. Recent research from the Foundation for Alcohol Research and Education suggests there is increased purchasing and consumption of alcohol associated with the changed COVID-19 environment. The SFAODC would like people to be reflective of their alcohol consumption and consider, rather than turning to alcohol for short-term stress relief or because of boredom, understanding that rather than being an effective coping mechanism, alcohol can exacerbate stress and anxiety. Alcohol can also weaken the immune system, making it more difficult to fight off viruses and infection, and can increase the risk of developing alcohol-caused disease, like cancer and stroke. The Mental Health Commission with the Alcohol Think Again Campaign, recommend the following strategies to lower your alcohol consumption- Try having at least two or three alcohol-free days each week, switch to low or no alcohol alternatives, and ignore all of the promotions to purchase and stock up on alcohol. As restriction ease across the state and regions, and we return to a new normal, the SFAODC urge the community to seek help if they are concerned about their own or someone they knows alcohol use.

Alcohol and Drug Support Line- 1800 198 024

Parent and Families Drug Support Line- 1800 653 203

For more information-

<https://fare.org.au/>

<https://alcoholthinkagain.com.au/Campaigns/Campaign/ArtMID/475/ArticleID/15/Alcohol-and-Health-Glassbody>

Good Sports is here to work with your Club.

It has been a challenging time for all sporting clubs across Australia, and Good Sports would like to acknowledge the strain being placed on communities across the country as the impacts of coronavirus unfold. Here at Good Sports, we are passionate about sport and helping clubs to create a positive sporting culture. We recognise the hard work that many clubs put in to create a safe and inclusive environment. Sporting clubs play a prominent role in bringing their communities together, lifting their spirits and creating connections. We understand that you may not be able to operate as usual and many clubs out there have moved their business online, conducting committee meetings through virtual chats or via email. It is important that your club continues to operate and we are here to help with free, personal support. So while you're off the field, get everything sorted behind the scenes with Good Sports. Now more than ever, it is important to make sure your alcohol and drug management policies are in order, so you can best support your members when the doors open again.

For more information visit <https://goodsports.com.au/> or get in touch with Alana Walker at alana.walker@adf.org.au



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SPORTS TODAY**



Liz's



Kitchen Rules

Feijoa Jam

Feijoa have a sweet aromatic flavour when ripe, green skin hides a juicy, fleshy interior with a distinctive taste, it has been described as somewhat like a combination of pineapple, apple and mint.

Acca sellowiana is a species of flowering plant in the myrtle family native to the highlands of southern Brazil, Paraguay, Uruguay, northern Argentina and Colombia. It is widely cultivated as an ornamental tree and for its fruit which is variously called feijoa, pineapple guava or guavasteen. *Feijoa sellowiana* Berg is from the genus which German botanist Ernst Berger, named after Portuguese naturalist Joao da Silva Feijo and fellow German Friedrich Sellow who collected specimens of feijoa in Southern Brazil. It has been widely grown in New Zealand but has become a popular crop in Australia. Manjimup has the majority of trees in Western Australia, our climate proving suitable as it needs about 50 hours of winter chilling to set the fruit which are generally picked in April and May. The fruit falls to the ground when ripe which is great for the home gardener, commercially it may be picked earlier to prevent bruising. Feijoas stay the same shade of green and it is sometimes difficult to tell whether they are sweet enough to eat, to test for ripeness give the fruit a soft squeeze as you would a banana.

The skin is edible, but the fruit is usually eaten cut in half and the sweet juicy pulp scooped out with a spoon. They are lovely added to smoothies and can be cooked and used as you would any stewed fruit in pies or crumbles. They can be used to make wine or cider and even feijoa infused vodka!

Feijoa contain vitamins B, C, E and K, minerals iron, calcium, potassium, manganese and phosphorus. They also contain antioxidants and dietary fibre, all the good things.

If you have a glut of feijoas, a simple way of using them is to make feijoa jam, the following recipe is easy to make and tastes delicious.

FEIJOA JAM

Ingredients: 1 kg feijoa peeled sliced, 2/3 cup water, 1 kg sugar, 1 lemon grated and juiced.

Method: Bring water and feijoa to the boil in a pan, and cook rapidly until the fruit is tender. At this stage you can use a hand held blender or potato masher if you prefer a finer mixture. Add lemon juice, rind and sugar, and stir until the sugar has dissolved. Boil rapidly until the jam will set when a small amount is placed on a cold saucer, (I put a saucer in the freezer), start testing after about 10 minutes of cooking time.

Bottle in sterilised jars when the mixture is cold.

This is lovely on toasted bread or muffins for breakfast.



Foy's Ambulance Queen

Stepping back 63 years to 1953 with a trawl through Trove, revealed the plaque's history and an interesting story of our past community. To quote The West Australian Nov 6th 1953: Manjimup Gets New Centre for Ambulance. Ten years ago community donations of £900 came forward in seven weeks to provide a St John Ambulance van. (*And with 1943 being the stressful war years this was very generous.*)

Then in 1953, 444 trips later, the sub centre needed a new van, plus a £4,000 headquarters to store it in. Thanks to more intensive fund raising, mainly through the Ambulance Queen Competition, the necessary funds were raised. Five local girls were selected as Queen contestants representing different sections of the community: Tobacco Queen Miss Anna Radunovich; Foy's Queen Miss Kay Johnston; Services Queen, Miss Margaret Amour; Farmers' Queen Miss Leta Decke and Timber Queen Miss H. Clayle.

Manjimup Warren Times 10 December 1952. **BRILLIANT FINALE TO MANJIMUP QUEEN COMPETITION:** Foy's Charity Ball was held in Manjimup Town Hall last Friday night. Proceeds of fund raising amounted to £3,416/16/-, and this figure will increase by about £200 when the ball profits are added. The Lotteries Commission also donated £1000.

Winner of Queen competition was Foy's Queen entrant, Miss Kay Johnston, who polled 273,334 votes at 3d (pence) each raising the sum of £1059/12/-. Her proud grandfather Mr William Johnston, one of the founders of the Manjimup Trading Company recollected how he had taken up the first business block in Manjimup 42 years prior, and in that year he drove the first "ambulance", a wagon drawn by two horses, to

Bridgetown for medical assistance, as Manjimup did not have a doctor at that time Johnston Crescent was named in honour of William Johnston. The new ambulance arrived with much fanfare in

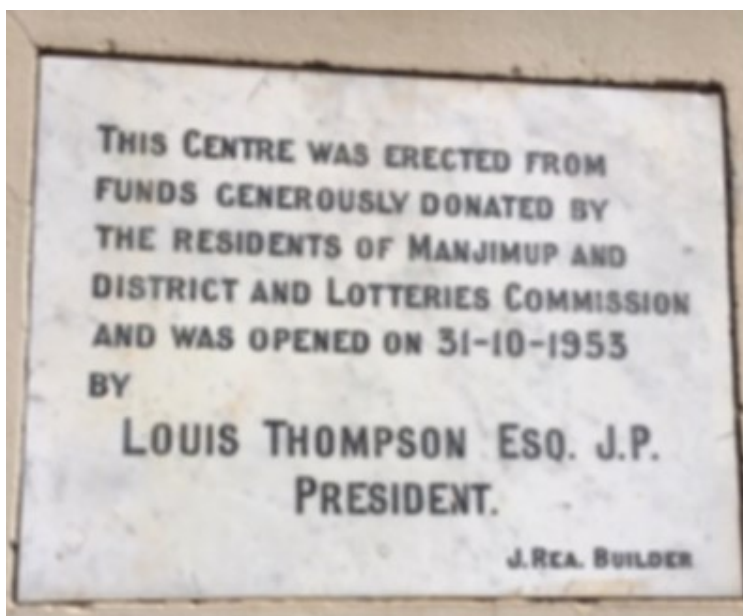


Photo supplied from Helen Court's collection.

November 1953, driven through town by Kay Johnston, being preceded by the Manjimup R.S.L. Band to the van's 'new and imposing home'. A crowd of several hundred people were present for the occasion, the plaque was unveiled by Mr L Thompson.

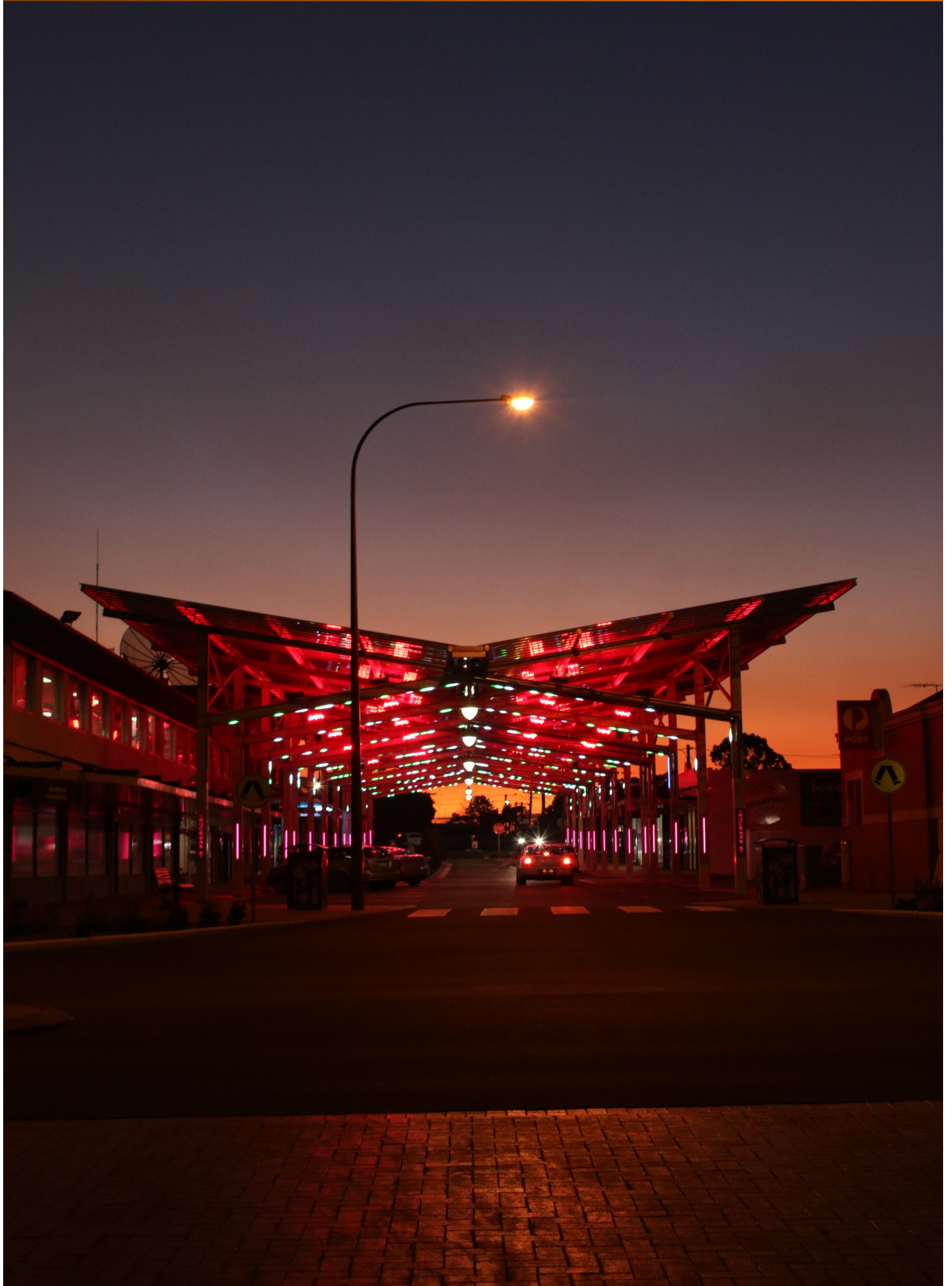
This much applauded Ambulance Centre is now the Repertory Club rooms, so next time you enjoy a stage performance you may spare a thought for the original excitement and pride in the front section of the building when it was opened in 1953, partly thanks to the generosity of the Manjimup Community. A generosity that has continued into this era, evidence of this with how so many have stepped forward to help people in need during the Covid 19.

Congratulations Manjimup. A long history of community caring.



Have you seen this plaque?

What we love about Manjimup



Yellow Paper Wasps

The yellow paper wasp, (*Polistes dominulus*), is an introduced species, it was first discovered in Western Australia in 1986, and is now found throughout our south west. Paper wasps make their honey comb like nests from plant and wood fibre which they chew and mix with saliva to a paper mâché like consistency. Nests can range in size from a golf ball to a dinner plate but are most commonly about the size of the palm of your hand. They are fixed in place by a single attachment point. Queens start building new nests in early spring continuing through summer and into autumn. New wasps are hatched and begin to collect food for the colony, caring for young, maintaining the nest and defending it. Adults feed on plant nectar and insect honeydew and forage for caterpillars and other insects to feed the developing young. The colony dies in late autumn and newly mated queens go into hibernation, generally in hollow trees or wall cavities. Paper wasps have adapted well to urban environments, they will nest under roof capping, eaves and tiles, gates, clothes lines, play equipment and quite often letterboxes. It wasn't until we went to clean the gutters that we discovered a colony had moved in, the nests blocking the gutter and needing to be removed. They seemed quiet enough when I went up the ladder but a couple objected to nest removal. I can report after two stings, that the pain is more intense than a bee sting but not as long lasting. A little googling informed us that spraying with a knock down fly spray or surface spray either after dark or before sunrise is the easiest way to remove them. Nests must be crushed and disposed of to kill the pupating young. I'm happy to report that did get rid of them, however I think we will be checking for any sign of infestation next year and the man of the house can go up the ladder next time!



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Liz Coley

Well Done Manjimup

April in Manjimup was full of sunny and warm days, which had made life a bit easier for people self isolating. However, in the first week of May we were given a reminder of what Winter in Manjimup is about. Due to Covid-19, Manjimup and surrounding areas were housing a lot of backpackers, most of whom had not come here for Winter. A call out was made on notice board for warm clothes to help the backpackers. Due to the closure of the Op Shops in town, they did not even have access to second hand clothes to buy. However, there was no need for concern. The Manjimup community raided their wardrobes and were dropping off donations within an hour of the call. The collectors were overwhelmed by the response from the community and immediately set to work sorting and distributing to the backpacker hostels in Manjimup and Pemberton. The Parish also did a collection and opened the doors for all in the community that needed to rug up. The backpackers were so extremely grateful for the support shown by the people of Manjimup. It was an amazing example of compassion and empathy for people that had been caught out by Covid-19. One of the back packers asked the ladies collecting clothes why they were doing it for them. The response was simple. "Because it is cold and we can". To all of you that donated clothes to this cause, I feel that I can honestly say that if the back packers could they would personally thank every one of you. *Well done Manjimup.*

Kathy Hill



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