



## Edition 76 - November 2020

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#### *Quote for November*

*"If you have the courage to begin, you have the courage to succeed" -  
Herbert Clark (Harry) Hoover (1874 - 1964)*

#### *That subject for November*

*What's something that will always be in fashion, no matter how much time passes?*

*Welcome to our November newsletter, the sun is shining, flowers are bursting with colour, it is a beautiful time of the year. We are heading fast towards Christmas, and sincerely hope we don't lose the freedom to be able to gather together to celebrate. We are so very fortunate.*

*November 11<sup>th</sup> is the day we honour the suffering and losses in our armed forces, who gave so much for their country. Our country. Lest we forget.*

### A NEW BLUE TREE

If you have been to the Manjimup CRC recently you will have noticed the addition to the garden as you enter.

A team of caring males have been at work to prepare and set up a blue tree, which you can't miss. The tree was sourced from their friend's property at Rocky Gully and given a new life here in Manjimup.

Blue trees like this are popping up in many places nowadays, their purpose is as a reminder that we need to be very aware of men's mental health, and to encourage conversation with anyone we feel could be feeling the stresses of life.

Thanks to Peter, Damon and Jack Jukic, Darren Dinan and Matt Brown for their team work for the installation, a big step towards bringing the community together to help each other during tough times. Mental health can affect any person and at any age, it is not discriminating against anyone.

For more information about "The Blue Tree Project" visit

<https://www.bluetreeproject.com.au/>

Check out our photo page inside the newsletter to see some of the installation's stages.

Kathy Hill



## NEEDLES & PINS

*Thanks to Sue Edmonds for this interesting story about her sewing life, and if you are a participator at the Repair Café you will have noticed she has the machine buzzing constantly with repair stitchery. A generous volunteer.*

My mother was good with a needle – a sewing needle that is. She also had a sewing machine. It was a black, cast iron table model with a hand-turned wheel and weighed a ton. The maker's name, Jones, was in capitals across the front. There was great excitement when a motor was fitted to it and sewing moved into the fast lane. We were surrounded by sewing all through childhood but it was always mother who did it.

My first effort at sewing was in first year high school. We all had to make a cap sleeved blouse. My mother found me enough stuff to make the garment. It was a pale green with pink check through it. I cut it out at school. Homework was to tack the seams. I struggled. The fabric edges wouldn't stay together; my big stitches were totally ineffective; the material got grubby with over handling and the edges began to fray.

"Oh, for goodness sake, give that to me," said my mother in exasperation.

And in no time she had put the sad rag of a thing under the sewing machine and buzzed the seams together.

But all was not well. The next week at sewing, Miss Owen looked at the machine stitching and I was told to unpick it all and do it as instructed. By the time it was finished I had grown a lot and it never fitted. I decided that I hated sewing.

I made my first dress when I was sixteen. My mother had gone to visit our relatives in Bristol and I was left at home. One Sunday morning with time on my hands I decided to give sewing another chance. I found cotton material and a pattern simple enough for a first effort. It was a square necked sundress with a drawstring under the bust. I had to follow the instructions to the letter and I learned heaps. It worked out all right and I wore it quite a lot.

After finishing uni in 1970 we came to Australia ready for adventure. The umbilical cord was severed with the homeland but a thread remained - the sewing connection.

In 1971, when I had saved the \$98, I bought my own machine and a McCall's Sewing Book. Boy, did I get my money's worth out of that book. I learned tips that I had never seen my mother use and I sewed with my foot pedal to the floor until the machine started to smoke! I made curtains and cushions, all my own clothing, my husband's shirts and pyjamas, even an overcoat! In the end I think I was a much more proficient seamstress than my mother.

I have always sewed since the sundress, sometimes though, not touching the machine for months. When I had an accident in 2014, which left me paralysed, I did a bit of sewing in the Occupational Therapy room as part of my rehab program. It wasn't easy with the foot pedal up on the table having to operate it with my elbow. I managed some straight seamed slide sheets for use on the wards. There was so much that I could no longer do, I felt glad that at least I could still sew.

It wasn't until HACC approached me to make some soft toys out of recycled material that I thought about buying a modern machine. I found one with a start/stop button which was operated with no foot pedal. It filled the bill perfectly.

I love my new machine. I have made quite a few whales and sharks, recovered my outdoor sofa and I have become involved with the new Repair Café group at the Wellness Centre. Last week I discovered a darning function on my machine. It did a super job. There is always something new to learn and yes, I've decided that sewing is definitely OK.

Sue Edmonds





# Liz's



## Kitchen Rules

### SWISS CHARD

#### SWISS CHARD

Swiss Chard is one of the main ingredients in this quick and easy recipe for two.

Chard is a green leafy vegetable from the species (*Beta vulgaris*), the leaves can be green or reddish with white or yellow stalks, Chard has been used in cooking for centuries, variously known as silver beet, perpetual spinach, Swiss chard and leaf beet. Like sugar beet and beetroot, it is a cultivated descendant of sea beet first described in 1753 by botanist Carl Linnaeus, the name Chard descends from 14<sup>th</sup> century French *carde* meaning artichoke thistle or cardoon. The origin of Swiss is unclear as it was originally a coastal plant and not native to Switzerland, however it is used in traditional Swiss cuisine.

That is a pretty chequered history for such a well-known plant! Silver beet has been a vegetable garden staple for many of us with colourful Rainbow Chard often grown among a patch of flowers for its red, yellow and orange stalks. It can be planted all year round in the south west although it doesn't like frost or temperatures above 38deg C. Plants can be put out now, about 60cm apart in a well composted soil, give them plenty of water and you should be harvesting in two months. Pick the older leaves first, leaving half a dozen or so smaller leaves on the plant to encourage new growth. Plants are biennial and can last about two years, after that leaves become bitter.

Swiss Chard contains a lot of the good things, an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fibre.

Rainbow Chard is a little milder in flavour than silver beet and looks pretty in this stir fry, quick and easy to make and very tasty.



#### STIR FRY BEEF WITH CHARD

**Ingredients:** 500g sliced beef, ¼ cup peanut oil, 100g mushrooms (any sort) sliced thinly, ½ bunch Rainbow Chard chopped, 450g long grain rice cooked. **Sauce ingredients:** 1 tbsp mustard powder, 2 tbsp honey, 2 tbsp dark soy sauce, 1 tbsp sesame oil, 1 tbsp ginger paste, 2 garlic cloves crushed, ¼ cup water.

**Method:** Make the sauce, add mustard powder, honey, soy, sesame oil, ginger, garlic and water to a large mixing bowl. Heat a large wok on high heat, then add peanut oil and fry beef for 1 minute, or until browned. Remove from wok, place aside on a plate. Fry mushrooms and rainbow chard for 3-4 minutes. Return beef to wok. Add cooked rice and sauce, then increase heat slightly, stirring to coat evenly for 2-3 minutes.

Healthy, and easy to make, perfect!

## REMEMBRANCE DAY

One hundred years ago on November 7<sup>th</sup> 1920 four unidentified British bodies were exhumed from temporary battlefield cemeteries at Ypres, Arras, the Asine and the Somme. None of the soldiers who did the digging were told why. The bodies were taken by field ambulance to GHQ at St-Pol-Sur-Ter Noise. Once there, the bodies were draped with the union flag. Sentries were posted and one body selected at random, the other three were reburied.

On the morning of the 8th November, a specially designed coffin made of oak from the grounds of Hampton Court arrived and the Unknown Warrior was placed inside.

On top was placed a crusaders sword and a shield on which was inscribed:

"A British Warrior who fell in the Great War 1914-1918 for King and Country".

On the 9th of November, the Unknown Warrior was taken by horse-drawn carriage to the quayside where his coffin was loaded onto HMS Vernon, placed on the deck and covered in wreaths and accompanied by the French Honour Guard to Dover.

Upon arrival, the Unknown Warrior was met with a nineteen-gun salute and transported aboard a special train to Victoria Station, London. The fallen soldier remained there overnight, on the morning of the 11th of November, he was finally taken to Westminster Abbey.

The idea of the unknown warrior was thought of by Padre David Railton who had served on the front line during the Great War, the union flag he had used as an altar cloth whilst at the front, was the one that had been draped over the coffin. It was his intention that all of the relatives of the 517,773 combatants whose bodies had not been identified could believe that the Unknown Warrior may very well be their lost husband, father, brother or son.

There have been many who have lost their lives in subsequent battles, WW2 and the Vietnam War are two of the more recent that come to mind. The Manjimup RSL has a great display of memorabilia dating from WW1 through to the Vietnam War, they include donations from local families and some purchases to build up the collection, all with the aim of preserving original items to give us a snapshot of life in the services. Included among the objects on display are service uniforms, knives, guns, grenades and bullets, communications, ration packs and much



*Ration Pack – Photo Liz Coley*



*Communications – Photo Liz Coley*



*Knives and swords donated by Bob Morgan – Photo Liz Coley*



more. The PRC47 HF transceiver was used by the Australian Army in Vietnam and generally set up for base communication, the smaller PRC25 usually taken on patrol, both look quite heavy and bulky. Each soldier would be issued with six 24-hour ration packs and carried up to 10 litres of water in water bottles, as well as a rifle, spare batteries for the radio, ammunition, and an additional 200 rounds of ammunition for the machine gunner. In all about 40kg. Imagining the weight of all these items I can only say that each and every one of our veterans deserve our respect and thanks.

Everyone is welcome to join with the Manjimup RSL on Remembrance Day and if you decide to join them afterwards on Brockman Street, take the opportunity to have a look at the items on display.

The Unknown Warrior is the reason we wear poppies on November 11<sup>th</sup> but at the going down of the sun, and in the morning, we will remember them all, each and every one.

Liz Coley



*Naval Uniform – Donated by Wayne Hughes*

## MUSIC IN THE AIR

If you were in the Heritage Park on Saturday 24<sup>th</sup> October, with the sunshine and blue sky making it a glorious spring day, you would have been fortunate to have had some free musical entertainment.

Twelve of Catherine Bamess's ukulele group, 'Beyond the Cs', had set up under the shade of a gum tree, and anyone wandering into the park with the tunes wafting around as a greeting had a rare treat.

Comments from the players were all positive. They had really enjoyed an outdoor sing-along, and an observer at one of the picnic tables was heard to say, "Thanks for the nice touch to an afternoon in the park". Keep an eye and an ear out, the group are planning a return.



*Photo By Pip Ellis*

Just another example of what value our Heritage Park is and how fortunate we are to have WA's Park of the Year. Well done Catherine, for organising your uke group to step out into the community.

Kathy Hill

## SOUTHERN FOREST ALCOHOL AND OTHER DRUG COMMITTEE

Given the current Covid 19 environment, the Southern Forest Alcohol and other Drug Committee are urging the community to consider their alcohol intake and the impacts this could have in contributing to a weaker immune system.

One can of full strength beer is 1.4 standard drinks, or a restaurant serve of wine is 1.4 standard drinks. Keeping this in mind, *The National Health and Medical Research Council recommends for adults to drink no more than two standard drinks daily to reduce the risk of lifetime harm, and no more than four standard drinks in a drinking session to reduce the risk of injury.* (Alcohol Think Again, MHC).

So, when was the last time you truly considered how much alcohol you drink....really thought about how many standard drinks you would consume in one day or in a week?

Some people may turn to alcohol for short-term stress relief or because of boredom, but 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 Australian health system is currently already stretched and here in WA there is a persistent concern about how a second wave of the Covid 19 virus will impact health services. With every drink, the risk of accidents and/or injury increase for the person drinking and others around them. Alcohol increases the likelihood of adding to the health crisis in ways such as:

- A person being involved in anti-social behaviour and conflict, that can lead to fights and violence
- Injury due to falls, burns, car crashes etc
- Unprotected or unwanted sexual encounters
- Increase in Mental illness and Suicide/ Self harm behaviours

### Top four tips to help reduce your alcohol intake-

#### SET YOURSELF A DRINK LIMIT AND COUNT YOUR DRINKS.

Set yourself a drink limit that is consistent with advice from the National Health and Medical Research Council (NHMRC), which is no more than two standard drinks on any day or no more than four in a single drinking session and stop once you've reached it. You'll find you can do without that extra drink after all and your body will thank you for it the next day.

#### HAVE A FEW ALCOHOL-FREE DAYS A WEEK

Having a few alcohol-free days each week will help you stay healthy and break any bad habits, such as reaching for a drink each day after work. Take this opportunity to adopt some other healthy behaviours, such as eating well and exercising.

#### SWAP TO LOW OR NO ALCOHOL ALTERNATIVES.

Low and no alcohol products are a good alternative for people who want to reduce their drinking – they have the same or similar taste but contain less alcohol. There are an ever increasing range of low and no alcohol products available at many retailers.

#### KEEP UP YOUR WATER AND FOOD INTAKE

If you're thirsty, reach for water or a non-alcohol alternative instead of alcohol.

And make sure to alternate your alcoholic drinks with non-alcoholic drinks. A glass of water, soda water, juice or soft drink will do the trick.

Drinking on an empty stomach will increase the rate that alcohol is metabolised in your body. Eating before or while you drink alcohol will help it be absorbed into the bloodstream at a lower rate.

#### SUPPORT PEOPLE WHO DON'T WANT TO DRINK

Try and surround yourself with supportive people who like to get together and socialise without alcohol. Speak up, look after your mates and others, and don't try to encourage people to drink if they don't want too.

*For additional support to address your alcohol or other drug use please contact the Alcohol and Drug Support Line 1800 198 024 for free counselling and advice 24 hours a day, or South West Community Alcohol and Drug Service on 9721 9256, or contact your local GP.*

*Supplied by Christina Mann*



## WHAT WE LOVE ABOUT MANJIMUP



Pete Jukic chopping the tree



Debarking the tree



Painting the tree



Installing the tree

Photos By Tracey Bingham



## BOARDERS WITH A DIFFERENCE

Eighty five years ago on November 11<sup>th</sup> 1935 Windsor House was opened in Rose Street, referred to then as "The Hostel". It was superior accommodation, an impressive change for Manjimup, with morning and afternoon teas a specialty. Mrs. Ball and Mrs. Black were the proprietresses. This was in the era that single people needed to board, units and flats weren't available. Windsor House welcomed up to 22 boarders, and visitors to town also. The Hostel was built by Mr W Barrett of Busselton for Mr E Sherrington.

Thanks to Jane Muir and Trove for this information.

Windsor House was taken over by Muir Ford, used as their offices then demolished in the 1990s.

Kathy Hill



1970s



Now -The palm tree remains as history of the site

## WALK YOURSELF HAPPY GROUP

The sun is beginning to shine and Christmas is on its way, what better time to start getting out and about in the fresh air. Increase your fitness, meet lovely people, enjoy a free cuppa after.

All levels of walking and abilities catered for. You can bring along your friendly furry friends too.

We meet at the Sandra Donovan Sound Shell at 9am every Monday morning. The walk (depending on your fitness/ability) ends about 9:45am at the same place. We all then enjoy a lovely social, free, morning tea. Please BYO your own mug.

Contact Details

[tara.luke@westnet.com.au](mailto:tara.luke@westnet.com.au) - 0428 340 609

[volunteer@manjimup.org.au](mailto:volunteer@manjimup.org.au) - 0491 219 869



**WHO ARE WE?** The Bytes Team who bring you this publication are:

Yarn Spinners, Liz Coley & Kathy Hill

Design: Tracey Bingham & Jane Pratt

Contribute your story to us: [manjicafeytes@gmail.com](mailto:manjicafeytes@gmail.com)

Editorial Responsibility: Jane Pratt (08) 9777 2774 or [volunteer@manjimup.org.au](mailto:volunteer@manjimup.org.au)

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