



Edition 77 - December 2020
FREE - ALSO AVAILABLE ONLINE
<https://www.manjimup.crc.net.au/cafe-bytes.html>

Quote for December

"To improve is to change; to be perfect is to change often." -Winston Churchill

That subject for December

What's your favourite thing about Christmas?

Welcome to our December Newsletter, hope you enjoy reading our snippets of local stories. Our community volunteers have featured well this month!

What an amazing year it has been, and most of us won't have many regrets as we say farewell to 2020. We had no concept of the nightmare ahead as we welcomed the year in, and we can only hope and pray that 2021 will see the world free of Covid-19. May life begin a return to 'normal'.

Happy New Year.

ROCKIN' AROUND THE CHRISTMAS TREE



Christmas is on its way, and although some of us cringe at the very thought of it, most of us find we settle down and enjoy when the festive season actually arrives.

Probably our Café Bytes readers will have passed their childhood, and surely will have some happy memories of Christmases through the years.

Roast turkey, plum pudding - which included lucky tokens, church, family gatherings, the excitement of presents. So why do we cringe when Christmas is first mentioned? Perhaps it is because of the commercialism that has developed, and which we feel starts too early.

Maybe if we stopped and considered how we would feel if Covid had prevented us from celebrating with family and friends we may take a fresh look at what Christmas really means to us. A lot of people in countries that celebrate Christmas but are unable to gather this year will surely envy us for being as lucky as we are.

Merry Christmas, have a festive time.

PANCAKES IN THE PARK

Once again members of the Seventh-day Adventist Church are offering a free breakfast on Christmas morning. 8 am to 10 am in Manjimup Heritage Park.

The park is a beautiful setting for breakfast, and pancakes with fruit, and a drink would certainly be a lovely way to start Christmas Day.

Thank you to the volunteers who are offering this delicious breakfast.

SAILING AWAY. BUNBURY TO FREMANTLE

Trainees at Manjimup Community Resource Centre have been fortunate in the past to be selected to participate in Leeuwin Ocean Adventures, and it's happening again. Two new trainees in the Manjimup office, Maddison Copley and Shakila Hadari will be taking part in the Leeuwin Youth Explorer January voyage. More than 40,000 young people have enjoyed the ocean experience since its beginning in 1986. Participants are aged 14-25, and have fantastic fun, working together, growing together, forming life time friendships. The Leeuwin is a working ship, and duties include setting and furling the sails, climbing the masts, working aloft, and standing watch during the night. There would surely not be a dull moment. On the last day the ship is handed over to the young team, so they will need to have been listening to their training!



It seems long term loyalty to the Leeuwin by our Manjimup CRC has reaped very worthwhile generosity, as DPIRD have offered a grant which will cover one of the trainees, and the other will be covered from the Leeuwin Captain's Fund, leaving a \$500 fee for each to be paid.



The Manjimup CRC Board voted for nomination of this year's new trainees to experience the 2021 three day voyage, and accepted the \$500 cost, for each trainee. There will need to be some fund raising to cover this cost.

A generous local sponsor who wishes to remain anonymous, has donated \$500, which leave \$500 to be raised.

Good luck Shakila and Maddi, we look forward to hearing about your adventures.

Kathy Hill



Enrolments for New Year 2021

First week back at school 2nd - 4th February

Classes run by school term

Term Starts 8th February 2021

For more information

Email: performingartsstudio.inc@outlook.com

or

Phone Dee: 0420 576 843

CHERRY HARMONY FESTIVAL



2020 has been a roller coaster of a year due to the restrictions that Covid-19 brought with it, despite the challenges, the Cherry Harmony Festival will be back this year on Saturday 12th December.

In order to meet with WA Government Health guidelines visitors to the festival are requested to register their attendance this year for contact tracing information. You can register in advance by clicking the box on the Cherry Harmony home page at <https://www.cherryfestival.com.au/>

There will be plenty to see and do with photography, quilting, wood turning and other displays plus stalls and entertainment. The long table lunch has a different format this year and will take place on Saturday evening at Newton Orchards 6.00pm to 11.00pm. This will have a Cherry and White theme, dress code is semi-formal with a twist, you must wear white from head to toe!

Book this date in your calendar, register your attendance and have a great day.

Liz Coley



VOLUNTEERING

Our community has an amazing number of volunteers, giving their time and energy to help others. It possibly would be surprising to document just how many people put their hand up to help whenever the word is out that volunteers are needed. We sincerely hope the volunteers of SES and Fire Brigades are not called upon through the hot dry summer that is ahead.

Too often we find ourselves overwhelmed with the negative stories we hear about unpleasant people doing unpleasant things in the community, but we need to remember that they are in the minority. Christmas wishes to all the generous volunteers, who work together to bring warmth to our community.

Kathy Hill

A FEEL GOOD STORY

Do you realize that when you donate to Manjimup Community Op Shop you are giving a donation directly into this local community?

Five days a week a team of volunteers open the door at the Community Op Shop in Rose Street, and it is thanks to these generous people and the community's wonderful array of donations that we have seen some very grateful groups in town receiving donations from the proceeds the Op Shop recoups.

The latest round of grants to the community includes two bariatric beds, costing approx \$5000 each. And who knows what a bariatric bed is? These are the beds that make caring for seriously ill people a little easier and can accommodate larger patients. The Op Shop has donated one to the Wellness Centre, and the other has been welcomed by the Hospital for the same purpose.

Other groups in town to benefit are the Community Garden, receiving \$800 to help provide a gravel pathway; funds to the Manjimup Rifle Club to assist with providing a toilet for disabled; Funding to Apex Club to help with the Seniors' Christmas Luncheon; the Historical Society are being assisted with money to help with an upgrade of the listing of grave sites at the cemetery, and work at History House; Middlesex Social Club children's play area is also getting a much needed shade sail, helped along with Op Shop funds.

So, any time you donate, or purchase from the Community Op Shop you can be sure you are assisting local good causes. Café Bytes team extends congratulations and gratitude to the team who give their time and efforts to operate the shop. They made a promise almost one year ago and they are keeping it.

Kathy Hill



Liz's



Kitchen Rules

COCONUT & LEMON CAKE

Nothing conjures up visions of a tropical paradise with turquoise waves lapping on pristine white sandy beaches fringed with palms than a coconut.

Coconut trees are a member of the Palm family (*Arecaceae genus Cocos*). Spanish and Portuguese explorers visited the Pacific Islands in 1521 and thought that the shell reminded them of a ghost or witch called Coco, (which means head or skull), the three indentations on the coconut shell were believed to resemble facial features)

Often referred to as the “tree of life”, it provides food, fuel, folk medicine, building materials and cosmetics. Coconut milk and flesh forms a large part of the diets among people of the tropics and subtropics. The hard shell, fibrous husks and leaves are used for a variety of furnishing and decorative products. Used by humans for thousands of years they were probably spread around the world by Pacific Island settlers.

The coconut palm thrives on sandy soils and is highly tolerant of salinity, perfect for growing at the edge of a sandy beach, they require a lot of sunlight and regular rainfall to crop. Approximately 74% of the world's supply of coconuts come from Indonesia, the Philippines and India. They are a large Palm, with the right conditions they can reach a height of 30m and yield about 30 to 75 fruits a year, full-sized coconuts weigh about 1.4kg. Thailand has been raising and training Pig tailed Macaque Monkeys to pick coconuts for around 400 years. Training schools for Macaques still exist in Southern Thailand and Malaysia. They do grow around the northern coast of Australia but the Australian industry is small and most coconut products are imported.

Coconut milk and coconut cream extracted from grated coconut is frequently added to curries and stews and used in desserts. Oil extracted from the milk is used for frying and cooking. Coconut water makes a refreshing drink, just about all parts of the nut can be used, shells are often used as bowls or drinking cups.

Coconut flesh is highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous.



Ingredients: 1½ cups SR Flour, ½ cup desiccated coconut, 2 teaspoons finely grated lemon rind, 1 cup caster sugar, 125g melted butter, 2 eggs, 1 cup coconut milk. **Icing:** 1½ cups icing sugar, 2 tablespoons lemon juice.

Method: Preheat oven to 180degC. Line a 10cm x 22cm loaf pan with baking paper. Combine flour, desiccated coconut, lemon rind and sugar in a mixing bowl. Whisk melted butter, eggs and coconut milk in a smaller bowl then add to the flour mixture, stir to combine. Pour into prepared pan, smooth surface and bake for 45 minutes. Turn onto a wire rack to cool. To make icing, combine lemon juice and icing sugar to form a runny paste, pour over top of cooled cake.

This makes a lovely, moist cake, I didn't make icing as I served it as dessert with ice cream. You can substitute lime for lemon, it works just as well.

St Vincent de Paul Society has been around for a very long time. Internationally since 1833, and research revealed the founding of the Society in Australia was in 1854. That's 166 years of Australian good will. Fr Gerald Ward is credited with bringing St Vincent's to Australia. He migrated from UK in 1850 to work in a Melbourne Mission and it is reported that he saw many destitute people, following gold discovery excitement in Victoria, and he wanted to help, addressing the problem of the increased number of homeless and deserted children roaming the streets.

One of his admirable accomplishments was in establishing the St Vincent de Paul orphanage in South Melbourne, which opened in 1857. Fr Ward obviously had a lot to offer the underprivileged, but sadly he passed away aged 52 in 1858.

Thankfully, the good works of St Vincent de Paul have continued and we have two arms here in town. There's Vinnies retail, and also St Vincent de Paul Welfare and Emergency Relief, with Conference Member Tracy Lambert at the helm for this year's Christmas food hamper collection. Last year over 80 large hampers were compiled.

To quote Tracy: We encourage community members to play a small part in putting a smile on many faces at Christmas by supporting our annual food hamper drive. And along with food, donations of toys for children would be most welcome for those who may be going to miss out on the Christmas spirit. Last year more than 100 children received surprise gifts, bringing lots of smiles. Brad and Jenny at Toyworld are supporting the drive very generously, and until December 14th you can drop a toy or two into the collection in their store.

There are also deposit boxes at Coles and Woollies, which will take any long life food you would like to donate while doing your shopping, and you can also drop toys at these depots. But because of the Covid 19 concerns, this year organisers are unable to accept pre-loved donations.

And why not a fun stocking filler or two, there's nothing like the joy of Christmas to bring smiles and warm hearts.

Kathy Hill



WHAT WE LOVE ABOUT MANJIMUP



SOUTH WEST BLACK COCKATOOS

South West Black Cockatoos. Thanks to Peg Johnstone for this story.

In the mid-1900s this part of the South West was heavily invested in orchards, mainly apples. A farmer I knew in Bridgetown had several acres which had to be removed when Codling Moth struck, and South West's black cockatoos were the bane of orchardists due to the destruction they caused. In those days a rifle was always handy to frighten them away, and a bounty would be paid for the body of a dead cockatoo.

In the farmer's later retirement years, around 1983, he planted a few acres of apples which he tended with loving care. Unfortunately, the cockies loved the trees too and a neighbour reported him for shooting. This necessitated him going to court in Bunbury. The Magistrate told him that his fine should exceed four thousand dollars but because he was elderly it would be three thousand.

At his daughter's home one of the old apple bins has been made into a pond which is named after him, and resting quietly on this pool is a sculpture of a black cockatoo.

Now when a small flock of cockies fly over my home they evoke so many memories. Much as I admire their body and calls the negatives of their decimation of the fruit comes to mind.

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Peg's story is a reminder of how things between humans and cockatoos have been in the past. We have three species of black cockatoo here in the South West, Baudin's Cockatoo and Carnaby's cockatoo, both with white tails, and the Forest Red Tailed Black Cockatoo. When their numbers seriously declined they were placed on the endangered, threatened list, believed to have been caused by forest clearing taking away their habitat, and orchardists protecting their fruit as in Peg's story. According to some current news reports the birds have now increased in such large numbers that crops are

again at great risk of being destroyed, with farmers' incomes being nipped away by these birds' vicious beaks.

If you would like to learn more about the fight for the cockatoo's survival, log on to <http://museum.wa.gov.au/cockatoo-care>

Kathy Hill