



*Edition 78 - January 2021*

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<http://www.manjimup.crc.net.au/cafe-bytes.html>

### *Quote for January*

*"I have found that if you love life, life will love you back." – Arthur Rubinstein  
(1887 - 1982)*

### *That subject for January*

*A new year has arrived, what do you hope to achieve in 2021?*

Welcome to our January newsletter for 2021, heralding in the year we have been awaiting with hope in our heart that the world will recover from the current Covid19 horrendous situation before too many pages are turned on the calendar. Twelve months ago we welcomed 2020 with excitement, which soon quelled when the virus spread and we started living in fear of what was ahead, and so many things changed in our lives. Instructions from the Government on social distancing, washing or sanitising our hands, mustn't touch our face, limited numbers in gatherings, wearing masks, don't hoard toilet paper, just to name a few.

The inconveniences of border closures have been our saviour. May we continue to stay safe, as we live through what will be recorded as a nightmare time of world history.

Happy New Year!

## **OUR STORY TELLING SERIES**

### **SAVE THE DATE - Saturday 30<sup>th</sup> January**

Manjimup Repertory is starting the year a little differently this year with a new type of production which we think the community of Manjimup will absolutely love.

For one night only, an evening of true stories told by local community members which will be entertaining, heartfelt and thought provoking.

There will be 8 speakers who will get 15 mins on stage each sharing a story from their life or an experience they've had. Featuring: Michael Smith, Ken Littlefair, Barbara Hunter, Ronnie Quaiffe, Ray Sullivan, Bob Peruch, Rod Simmonds & Willah Sewell.

During intermission there will be a small bar with wine and beer available for purchase, as well as a complimentary tea and coffee station.

Tickets will go on sale Monday January 11<sup>th</sup> and can be purchased online via <https://www.trybooking.com/BNXGI> or you can visit our friendly staff at the Manjimup Library for cash sales. Limited tickets will be available due to Covid venue capacity restrictions so make sure you grab your tickets quickly!

This will be evening not to be missed!

Thank you to Elle Yovkoff for the rep club update



Manjimup  
Repertory  
Club Inc.

## VOLUNTEER OF THE YEAR

And what a year 2020 has been. Congratulations and thank you to Bill Temmen for generous services to our community. Bill has been awarded CRC Volunteer of the Year for all the hours devoted to helping others, which includes being a regular at HACC driving people to Bunbury and Busselton for medical appointments, sometimes three days a week.

We asked Bill to introduce himself to our readers:

*Why do I volunteer? Why not? I would like to thank the people I met when I first moved here, like Gail from the choir that I joined, Jane, who I walk with on Mondays for Heart Foundation, and quite a few others too numerous to number, this is sort of the reason to make you put in the effort.*

*I also drive for HACC, another wonderful organisation, I meet people who love to tell you about their time on and off the land in Manjimup. I would love to thank them for all the time, just to tell me of their life stories, which I always enjoy hearing.*

*My wife Julia got me started in volunteering when she volunteered for HACC in Bridgetown. She has continued in volunteering here in Manjimup as well.*

*I came to this area in 2011 when working for Alcoa, and we were drilling at Pemberton, checking for bauxite, and I rented a house in Manji.*

*I would like to thank the people involved with the great honour that was given me by making me 2020 Volunteer. I moved to Manjimup when I retired in 2013, from the big smoke, where I had been living on a boat for about four years and working for an engineering firm building mine sites etc. I was with them for 26 years, the same firm who recently re-built the Perth Museum. Pacific Industrial Company.*

*Why do I volunteer is a question that I am quite often asked. I would like to thank my wonderful wife Julia for this and I have found the people of Manjimup most kind and easy going to talk to, and happy to help in every day life's problems.*

Thank you Bill for contributing your story.

Kathy Hill





## MANJI PANTRY SAYS THANKS...

The Manji Pantry and ADRA Clothing Shed would like to take this opportunity to say a huge thank-you to the community for their ongoing support and generosity.

On the last Saturday night in November the Manji Pantry, with the help of some talented local and not-so-local performers staged the "In Times Like These" concert at the Manjimup Wellness Centre. As a first time event we were quite nervous about the support we might get – seeing we were on the same night as the Manjimup Speedway. However, the Manji community did what they are becoming well known for and that's supporting organisations who aim to support the town. The turnout was wonderful and the amount raised was more than we initially thought possible. With the story in the Manjimup-Bridgetown Times the week preceding, the word certainly got out. In fact we received donations from as far as Perth and BRISBANE – yep the East Coast! If you missed the concert but would still like to make a donation please contact the Manji Pantry on 0456 747 719.

This concert was held (and we are planning another so keep your eyes and ears open) to help us raise funds for kitchen upgrades. These upgrades will mean that the Manji Pantry can open a Community Café. At present it is still in the early planning stages but the vision includes providing a cooked meal at least one night per week for free to those who may find the going a bit tough from time to time

At the December Pantries our volunteers were officially recognised as such with the presentations of "Certificates of Recognition" signed by the Hon Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation. We truly could not provide the service we do without you all – thank you.

On Saturday night the 19<sup>th</sup> December the Pantry in conjunction with the local Seventh-Day Adventist church held a cake and craft auction with social games in between. At the time of writing this article the event had not yet taken place but I am sure it will be a success. So thank you in advance to all who attend and go home with something special to go under the Christmas tree.

In the New Year the Manji Pantry and ADRA Clothing shed aims to continue serving the community by having regular pantries on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays each month from 10am until noon. We will also continue to raise funds for the necessary works to make our vision of the Manji Community Café a reality.

Hoping and praying that your New Year is as great as it can be,

Ross Craig

Director – Manji Pantry



10am – 12pm

2<sup>nd</sup> & 4<sup>th</sup> *Thursdays every month*

Seventh-day Adventist Church Hall

33 Highfield St, Manjimup

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More info: Ross - 0456 747 719

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## JAZZ IN THE JARRAH 2021



The Lions Club of Manjimup have been organising the annual Jazz in the Jarrah concert for several years as a fund raiser for the Royal Flying Doctor and other local charities.

If you want to Jazz along to the sounds of the Royal Australian Navy Band and Manhattan Hot Swing as they take the stage at the Sandra Donovan Soundshell in the Manjimup Heritage Park, be sure to mark Saturday February 6<sup>th</sup> 2021 in your diary.

The concert is free, gates open at 5.00pm and concert starts 5.30pm. Bring your own picnic food but no alcohol as wine and beer will be available to Purchase on site.

It promises to be a great night of musical entertainment, enjoy the sights and sounds as you relax with a few nibbles and a glass of wine.

For further information: Facebook Lions Manjimup or contact Geoff Mabey Jazz Committee Chair/ Secretary on 97721001 or President Pat Martin: 0419 949 173

Liz Coley

## AUSTRALIA DAY - 2021

With the current debate around Australia Day, a little research found that the first January 26<sup>th</sup> Australia Day celebration was observed in 1935 and the first year a Public Holiday was declared was in 1994. It is only in recent times that local Australia Day ceremonies have been held on January 26<sup>th</sup> each year. Many will remember the big day out at Fonty's Pool which would be held on the weekend nearest January 26th. Found in Trove digital newspaper history, these started in 1947 and soon became extremely popular. South Western Times, January 1954 records an account of the day's events being held on February 1<sup>st</sup> with 21 log chop challenges, which 66 visiting axemen joined in competing for the prize money.

It was claimed that the Fonty's Pool Australia Day sports was one of WA's major holiday features. In 1954 as well as the visiting axemen, more than forty swimmers travelled from the metro, with South Fremantle Club taking part in races, and diving and water polo exhibitions.

More than 100 visitors from Como and South Fremantle, including a considerable number of officials and competitors were welcomed at a dance held at Deanmill on the Saturday night, dancing till 1 a.m., and a farewell dance in the Manjimup Town Hall finished the celebrations the evening following the sports.

The Shire now holds the official ceremony in a different Shire location each year, and buses are offered to transport people from the other towns. This year it is Manjimup's turn and will be held at Sandra Donovan Sound Shell in Heritage Park, January 26<sup>th</sup> 10 am to 12 noon. Congratulations to all the nominees for Shire Citizen of the Year.

We are invited to enjoy a BBQ lunch, hosted by local Councillors, so here's a chance to say hello to our Councillors.

Live entertainment will be on stage from 12 till 2 pm. In this Covid year of social restrictions it has been gratifying to see several events in the Sandra Donovan Sound Shell, a bonus for our town.

Kathy Hill



# Liz's



## Kitchen Rules

### CHERRY CHUTNEY

With cherries ripening in the south west from November until late January and the annual Cherry Harmony Festival in December, it is easy to see why cherries have become synonymous with Christmas around Manjimup, and really what could be nicer than a bowl full of these delicious red fruit over the festive season?

Cherries have a long history being native to most of Europe, Western Asia and parts of North Africa where the fruit has been eaten since prehistoric times. Most of our eating cherries today are derived from either *Prunus avium*, the sweet cherry, or *Prunus cerasus*, the sour cherry. Australian cultivation began about the late nineteenth century in South Australia. They have a short growing season and the temperate climate of the south west and our rich soils are ideal growing conditions. Cherries are mostly grown in Western Australia in a narrow area between Donnybrook and Pemberton, 85% of WA Cherries are produced here. Manjimup's cherries begin to ripen mid to late November, depending on the season and the fruit usually lasts until mid-January. Varieties grown include Sweetheart, Stella, Van, Bing, Lappin, Noir and the sweet, white fleshed Rainier.

The French word for cherry is *cerise*, a truly exotic name which describes them very well, cerise being a deep pinkish red just like a ripe cherry.

The deep red colour shows that they are a rich source of antioxidants and vitamin C and are anti-inflammatory as well so they have many health benefits, always a good excuse to eat a few more.

Look for local cherries, available at the Farmer's Markets and shops.

**Ingredients:** 500g Cherries, halved and pitted, 1 cup red wine vinegar, 1 red onion finely chopped, ½ cup brown sugar, ½ cup dried cranberries (craisins), ½ cinnamon stick, 2 tsp freshly grated ginger, 3 cloves.

**Method:** Combine all the ingredients in a heavy-based saucepan. Stir over low heat until the sugar has dissolved, then increase the heat to medium-high and bring just to the boil. Cover, reduce the heat to low and simmer for 45 minutes. Remove the lid from the pan, and adjust the heat so the mixture continues to simmer. Cook for a further 10-15 minutes, until the liquid has reduced and the mixture has thickened slightly (it thickens further when it cools). Remove cinnamon stick and cloves, cool to room temperature, and transfer to a glass or ceramic bowl. Cover with a lid or plastic wrap, and refrigerate for up to 2 weeks.

This goes perfectly with ham, pork or turkey.





## WORK ON A WHIM

The Manjimup Men's Shed have restored several historic items which are now on display in Manjimup Heritage Park, their latest project is on a much larger scale as they have undertaken the restoration of two whims used in the local timber industry.

One of the whims is almost ready for display and looks great, however there is a great deal of work to be carried out on their next venture. A lot of local people would remember seeing this one at the front of the Manjimup Processing Centre on south west highway.

Whims were introduced into the karri forests very soon after the timber industry began in the mid-1800s. In the early days initial sawmilling took place in the forest using saw pits dug at the site. When sawmills became established in the area huge karri logs had to be moved from their stump to the mill for sawing. Some mills used steam hauling via rail but that was not always possible, hence the introduction of the whimwham arch, most often referred to as whim. This clever device was able to lift huge karri logs clear of the ground and move them with the aid of a bullock or horse team to landings, they were then transported by horse drawn jinkers and rail to the sawmill.



Using a whim required a great deal of man power, first the fallers would erect their scaffold around the butt of the selected tree using axes and crosscut saws to fell the tree. Once on the ground, limbs were removed and the tree was cut into lengths, the whim was then placed into position, the swamper would attach the belly chain around the log and the bullock or horse team would begin dragging the log slowly through the forest. It was there that the bullocky developed his colourful repertoire of curses as he urged his team onward, the swamper riding the whim to apply the wheel brake if needed. Around the 1930s to early 1940s crawler tractors replaced bullock and horse teams and in time whims too were replaced by modern machinery.

It is believed that the whims that are being restored were made in either Deanmill or Pemberton and although a bit dilapidated at the moment it won't be long before the Men's Shed have them looking as good as new. We look forward to seeing them both on display at the Manjimup Heritage Park.

Liz Coley

## LOOKING BACK ON 2020

What a year 2020 was! Who could have possibly imagined as the year began that we would all be self-isolating from the threat of Covid-19, the only safe place in a changing world seemed to be our homes where we watched our TV screens with growing horror as the death toll rose around the world. Businesses closed, jobs were lost and fights erupted over toilet roll stocks in supermarkets and hoarding became a way of life. As the year closed, we gave thanks that we live in our beautiful south west where life continues much as normal, although Café Bytes had a bit of a hiccup last year we managed to print when we could, we may not be offered in some of the places you found us before due to health restrictions but we are available online at [www.manjimup.crc.net.au/cafe-bytes](http://www.manjimup.crc.net.au/cafe-bytes). Below are just a few stories from the past year.

**January:** Our first edition featured the opening of the Power Up Electricity Museum at the Manjimup Heritage Park. The displays of the history of electricity in Western Australia from 1800s-1900s are a popular destination for tourists and locals with the Park Café and Tourist Bureau housed in the same building.

**February:** We brought you 60 years of changes with some input from Peg Johnstone and Gail Ipsen-Cutts on the history of Manjimup Heritage Park from its establishment in 1963 as Manjimup Native Game Sanctuary to the lovely area we enjoy today.

**March:** A brush with Carol depicted native birds that talented local artist Carol Hackett had painted on Western Power boxes on Graphite Road. Her striking art work brightened up the view of the front yard for a grateful home owner. We hope that Carol is able to enliven a few more streets around town.

**April:** Anzac Day brought memories back in Those that size up, the Australian Women's Land Army played an essential role during WWII, helping to plant and harvest crops, tend livestock and keep the nation and troops fed. Thanks to Clare Bailey.

**July:** Manji Pantry began in the second half of 2019 as a one-off trial and has been very well received as a much needed service in our area. Pastor Ross Craig of the Seventh Day Adventist Church thanked all donors and volunteers.

**August:** Another new initiative began with the Manjimup Repair Café at the Wellness and Respite Centre, a pilot project which provided a way for household items to be fixed and the older community to get together and perhaps learn new skills. Thanks to Jacqui Tibbits.

**September:** Faye Bird took us back to pioneering days as she related the tale of her great grandfather Clarence Isaac (Ike) Doust who, with wife Agnes, was involved with the establishment of Dunreath Cottages.

**October:** Despite the constraints of Covid-19 Manjimup came alive on the long weekend in September when the Bluegrass and Old Time Music Weekend came to town. Lisa Halpern and Kaiya Ashworth enjoyed volunteering for this event.

**November:** The Blue Tree Project began as a reminder that men's mental health is an important issue and we need to be aware that it can affect anyone facing life's ups and downs. The Jukic family and friends donated, painted and installed the blue tree at Manjimup CRC. Many thanks to them all for their generosity.

**December:** Gave us the chance to thank all the volunteers in our community for giving their time and energy in a variety of ways, our gratitude to you all and our good wishes for the new year.

Liz Coley



# ALCOHOL THINK AGAIN

Thanks to Christina Mann for this health information

If you're considering a New Year's Resolution, why not consider a healthier you!!

Christmas and the Summer Holidays can be a great time in our region, however it is important to remember that this time can be just as enjoyable without the consumption of alcohol. The Southern Forest AOD Committee are wanting you to be aware that every drink increases your risk of developing alcohol-caused cancer. Yes the 'C' word Cancer, the word that evokes feelings of sadness and worry in almost everyone.

Did you know??

Alcohol is classified as a Group 1 carcinogen, which means there is no doubt it causes cancer, just like tobacco and asbestos.

There is strong evidence that drinking any type of alcohol increases the risk of cancer in at least seven sites of the body, including **mouth, throat, breast, liver and bowel.**

In 2017, 154 Western Australian's died from alcohol-caused cancer, equating to one life lost every third day.

Over the next 25 years, if Australian's limited their drinking to no more than two standard drinks per day, almost 30,000 cases of cancer could be prevented.

For more evidence based information about the short and long-term adverse health outcomes please visit- <https://alcoholthinkagain.com.au/alcohol-your-health/>

Here are some top tips to reduce harm and live lighter this Christmas;

The safest choice is not to drink or use drugs.

It is *your choice* as to whether you drink or use drugs.

Eat before and during drinking, but avoid salty snacks that can make you thirsty.

Know your [standard drinks](#) by using the [standard drink tool](#), set yourself a drinks limit and stick to it.

Space your alcoholic drinks with water, sparkling water or try some other non-alcoholic drinks – Live Lighter have some great recipes [here](#).

Drinking and driving don't mix - organise a skipper, taxi or Uber.

If you have children, arrange to have your children minded or organise a sleepover for them if you plan to party

For more information or if you would like support to make changes to your alcohol or other drug use visit your GP and call [The South West Community Alcohol and Drug Service](#) on 9721 9256 or [The Alcohol and Drug Support Line](#) on 1800 198 024,

Or find further information at <https://alcoholthinkagain.com.au/campaigns/alcohol-and-health-spread/>

