



Edition 79 - February 2021

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

Quote for February

"Love is a game that two can play and both win." – Eva Gabor (1919 - 1995)

That subject for February

Love is in the air, who will be your Valentine in 2021?

Welcome to our February newsletter, the shortest month of the year. Where did January go we ask, whisked away much too quickly. But possibly would not have done for the more unfortunate countries who are suffering so much as Covid continues.

February has started with our return to lock down. The delay of school starting will mean a lot of plans changing for many people, an example of how we never know what a day is going to bring.

May we all stay safe.

HELPING OUR WEST AUSSIE FIRE RAVAGED COMMUNITY

The visions of the fires in the hills area have been difficult to witness, our deepest sympathy to those who have lost so much. The teams who worked to fight the flames deserve our heartfelt thanks, what an amazing effort. Watching the devastation had us thinking, how can we possibly assist these poor people.

The Manjimup Community Resource Centre Inc are proud to be involved in the "Haymanji Project". Generous locals stepped forward very quickly, under the guidance of Bill Bickerton, in association with EASE WA, to supply urgent stockfeed to the devastated fire victims of Perth, our fellow West Aussies. A huge shout out to Brodie Ricetti, who immediately procured a road train load of hay, and headed north.



If you don't have any hay, many of us do not, there's another opportunity to help. You can drop a cash donation into Manjimup CRC, every cent of your donation will go to help pay for the costs of trucking the hay.

Manjimup CRC are registered with Australian Charity Commission, so you will be issued with a tax-deductible receipt.

We feel so helpless when we see disasters happening, it's wonderful to have an opportunity to help.

Well done Haymanji.

Kathy Hill

AUSTRALIA DAY AWARD

The Manjimup Speedway Club received the Active Citizenship Community Group or Event Award at the 2021 Australia Day Celebrations held at Manjimup Heritage Park.

The club celebrated their 50th year in November 2019, approval was received from the Shire of Manjimup in 1969 to develop the site of a disused gravel pit on Middlesex Road, with the aid of some determined volunteers the track was prepared and the Manjimup Hot Rod Club was off and racing. There was a name change in 1986 when new name Manjimup Speedway Club Inc was adopted.

The old track had a sharp dogleg on the back straight which was gradually changed to a smoother curve, eventually replaced by the oval track raced on today. Resurfacing work was carried out in 2015/16, the clay surface ensures exciting racing and record breaking lap times, 585m on the kerb makes it one of the largest tracks in Australia.

Many varied events have been held since the club's inception, some notable ones over the years were the WA Standard Saloon State Title in 1977, Motorcycle Masters featured sidecar champions in 1992, there have been several Sprint Car title races, Late Models are always popular and none more so than the USA v WA Late Model Invasion Tour in 2012, American drivers returned on numerous occasions



featuring in Late Models and the Speedcar shootouts in 2016/17. The annual Street Stock Stampede is one division that local racers want to win, generally held over two days around new year and guaranteed to have plenty of thrills and spills this has been well supported by drivers and spectators.

Six local drivers travelled to Albany recently to compete in the WA Street Stock State Title, 79 cars took to the track including many interstate competitors, Manjimup driver David Fall started at position 14 in the A Main to finish 4th and gain a spot on the podium. Well done to all the local drivers representing Manjimup Speedway Club who participated in a top weekend of racing.

The next event on the calendar will be held on 6th March as the club gears up for the Supermod WA State Title supported by Street Stocks, Productions and Juniors.

Congratulations to Manjimup Speedway Club for winning their award, thank you to all the dedicated volunteers and our local drivers who give their time and effort to bring these events to Manjimup. We wish you all success in the future and look forward to many more years of exciting racing out on Middlesex Road.

Liz Coley

STELLAR VIOLETS

Stellar Violets is vastly fortunate to be located and operate on Pibelmun Noongar Boodja. We acknowledge the traditional, and ongoing custodians of this land, and pay our respects to elders across time. Together we seek to listen deeply for what's needed, voice truth, foster understanding, and steward this land well.

Stellar Violets Life Library, Living Museum and Gallery is a local cultural centre named for founder Lucinda Giblett's grandmothers, Stella and Violet. From 2012 the initial focus was to reconnect people to food provenance and traditional living skills - those our grandparents took for granted as part of everyday life. In the naming, we acknowledged our matriarchs and ancestors; their resilience, fortitude, struggles, and triumphs.

From sourdough making and preserving, to fermentation, non violent communication and painting 'en plein air' - we explored it, and brought people together to learn with us. From 2014, we quietly started travelling the South West to give talks with Stellar Violets 100% Electric Ute.

Stellar Violets' long term vision was to create a special place from the ground up, that gives ecological context to the healthier culture we wished to see. Come 2015, the first heritage rail cars from Hotham Valley Tourist Railway trundled into 21 Middlesex Road on trucks to begin the place-making venture. Popup dining made for a cosy first couple of events in the carriages, held in tandem with regional festivals, the TK and Cherry Festival.

More creativity followed suit. Local women dreamed up a Nature Playgroup, and in concert, a garden volunteering program bloomed for several seasons. Copious garlic was planted, harvested and trimmed for sale, baskets of fruits and vegetables tumbled in to share among volunteers, and Manjimup Produce Swap. One of the train carriages in the field is a 1940s Sleeping Car, with 8 beautiful little cabins still intact. We'd love to see this repurposed into a special overnight space for youth groups...

But how will we make our next chapter happen?

We have a challenge ahead. Stellar Violets' location at 21 Middlesex Road has evolved over time, and we have been in dialogue with Manjimup Shire along the way. When we started to bring in train carriages, it was suggested we rezone the land to enable the change of use. After

three years preparation, Stellar Violets submission, "Amendment 23", was put to Manjimup Shire, and will be advertised for public comment shortly.

We propose to rezone the 8 acres from priority agriculture to 'special use', to allow for quiet accommodation, and cultural experiences to be offered through the seasons.

Stellar Violets wishes to help people connect to nature, and experience a way of life that is gentle, generative, and creative. The feel will continue to be that of a quiet 'sanctuary', where one can really unwind among the gardens, birdsong and eclectic settings.

To help get the rezoning passed, Stellar Violets need letters of support for our submission.

Can you help?

Have you enjoyed something offered by Stellar Violets in the past?

Can you see the value of this project to our community, and Western Australia?

Do you agree that we should have permissions to operate properly?

We've included all the detail about our submission to Manjimup Shire on our website, and invite you to take a look - visit <http://www.stellarviolets.org/development>.

From there, if you're willing to help, follow the links to submit a letter of support.

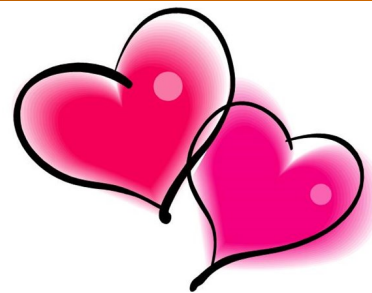
Please get in touch if you have questions, comments or requests for the volunteer Stellar Violets team, write to support@stellarviolets.org.

Lucinda Giblett



BE MY VALENTINE

As Valentine's Day nears, hearts beat a little faster, love is in the air, Valentine cards are on display and there are red roses everywhere. But how do you meet the love of your life? The answer it would seem is get on the internet and swipe right for love.



Yes, it's as easy as that, more people meet their partner online than anywhere else nowadays, it appears a third of Australians found their hearts a flutter as they spied their perfect match. Online dating has been around for as long as the web made it possible for two people to communicate, now millions log on to apps and sites everyday to search through photos and profiles hoping to find that special someone. Singles all over the world are kissing fate goodbye and looking for love digitally as they search through dating apps, online hook ups have become the norm.

Times have changed, a few years ago if someone told you they met online it was said with a touch of embarrassment, a little awkwardness or maybe a giggle or two. No such inhibition now as couples declare quite openly that they met online, digital daters are out of the closet and it's not going to change any time soon.

As some of us approach those milestone wedding anniversaries let's take a look at how we met our perfect other back in the dark ages before internet. The most popular would seem to be - meeting through friends as part of a group you hung around with - getting together with a work colleague - growing up in the same street, it would seem some have married the boy or girl next door - school days and meeting and marrying your childhood sweetheart and so on. All of which tells us that although we weren't actively looking for love Cupid's arrow struck anyway.

Love will always find a way and as Valentine's Day is getting closer it's time for lovers to celebrate as they exchange cards sent with a romantic message, chocolates, flowers and maybe champagne or a wine or two, after all as W S Gilbert once quoted "It's love that makes the world go round."

Liz Coley

AUSTRALIA DAY CEREMONY

Congratulations to Manjimup Shire, the Australia Day ceremony in the Heritage Park was a special community day. Big congratulations to all the nominees of Citizenship Awards, each and every one of those awardees deserve to be recognised for all that they achieve as volunteers.

The ceremony began with Shire President Paul Omodei's warm congratulations to Dr James Bowie who has received a well deserved Order of Australia for his dedication to Medical Service. Dr Bowie's official presentation will take place in April at Government House, Perth.

Following the ceremony volunteers operating three barbecues offered choices of sausage sizzle, bush tucker or vegan burgers. With the large crowd that had attended, the queues were long. Grateful thanks to the volunteers. Local musicians entertained until packing up time at 2 pm.

A question arose regarding one of these. We are all familiar with the Aboriginal flag, but some, including myself, were wondering about the origin of the other. Paul Omodei informed that it represents Aboriginal and Torres Strait Islanders.

Online research reveals the Torres Strait Islander flag is a symbol of unity and identity for Torres Strait Islanders. In 1992 a competition for a flag design was launched by the Island Coordinating Council, Queensland's statutory body representing community councils in Torres Strait. The winning flag was adopted by Aboriginal and Torres Strait Islander Commission (ATSIC), and in 1995 was given equal prominence with the Australian Aboriginal Flag. The significance of the colours in flag are: green, representing the land; black representing indigenous peoples; blue, representing the sea; white representing peace. The five pointed star represents the five island groups within the Torres Strait, and the star is a symbol of navigation for sea farers.



Kathy Hill

Liz's



Kitchen Rules

PLUM SAUCE

Plums are plentiful at this time of year, they are lovely stewed and served with cream or ice cream, this versatile fruit can also be bottled and made into jam, chutneys and sauces.

They may have been one of the first fruits domesticated by humans as three of the most grown cultivars are not found in the wild but grown around ancient villages and settlements. *Prunus domestica* is found around the east European and Caucasian mountains, *prunus salicina* and *simonii* originated in Asia, plum remains have been found in Neolithic archaeological sites and are thought to have originated in Iran.

There are sweet and tart varieties of this fruit, they are delicious eaten as they are or cooked in a variety of recipes, the juice can be fermented into plum wine. Damson plums are grown in Hungary and used to make a plum paste jam or Palinka (a traditional fruit brandy) 80% of the plum production in Romania is used to create a similar brandy known as Tuica. Prunes are dried plums and are a good source of fibre which helps to moderate digestion.

Plums vary greatly in colour and flavour, they are quite hardy and don't care about soil type and will deliver kilos of fruit with little fertilising. There are very few self-pollinators, almost all need to cross pollinate with another variety to produce fruit. The two most common types in WA are the Japanese and European varieties, they have different chill requirements but most need winter temperatures to drop below 7 degrees to achieve a good fruit set. Japanese plums (*Prunus salicina*) are best suited to our Mediterranean climate, varieties include the very juicy blood plums such as Santa Rosa, Satsuma, Mariposa and Ruby Red. They will crop heavily from December to March which means they are plentiful right now.

Plums contain calcium, magnesium, phosphorus, potassium, folate and vitamins A, C and K. All the good stuff.

Ingredients: 1 kg fresh plums pitted and quartered, 1 small onion, 1 peeled and chopped garlic clove, 2 cups white sugar, 1 cup cider vinegar, 1 tablespoon ground ginger, 1 teaspoon ground cinnamon, 1 teaspoon mixed spice, ½ teaspoon smoked paprika

Method: Process plums, onion and garlic in a food processor, transfer to a large saucepan. Stir in the remaining ingredients and bring to the boil. Reduce heat and simmer for an hour, stirring occasionally, until reduced by half. Cool, then pour into sterilized jars or bottles.

This is a lovely spicy sauce which goes well with any meat or poultry and is equally good with strong cheese.



LEEWIN ADVENTURE

Ranui spent Australia Day on a very important retrieval mission

This is what the young trainees had to say about their adventure on the seas.

"On Wednesday the 20th of January 2021 Maddi and I embarked the Leeuwin 2 with other trainees from Perth and all over the southwest. It was an amazing adventure to have a shore day at Garden Island, seeing a large group of dolphins, rowing the boat while singing sea shanties and the performances every watch did on the last night. I also had lots of fun experiencing what it's like to be all hands on deck, heaving together to hoist a sail and trying our hand at steering the tall ship. As I look back on my experience it has been an exciting and emotional roller-coaster from having sea sickness every day to being burnt a different colour. Nevertheless the memories that I have with me are forever that I will cherish constantly." -Shakila

Shakila climbing the rigging



Everyone on Garden Island

LEEWIN ADVENTURE — CONTINUED

“Although I cried myself to sleep every night, I look back on my week on the Leeuwin and I really do miss waking up to the ocean and all the adventures each day had in store. On the 20th of January Shakila and I were dropped off at the Bunbury port, ready to set sail on our seven day voyage. I was so excited and was expecting some sort of luxurious cruise ship. 20 minutes after being on the boat I was in tears because it was nothing like I had visioned. Throughout the week I experienced every type of emotion as it was probably the toughest week of my life. Although it was an emotional struggle, I look back now and couldn't be prouder of myself. From sea sickness to home sickness to happy and then sad, I think it's safe to say it was an emotional roller-coaster. As I reflect on my week, I realise it was not all bad and that some parts were really quite amazing. Every evening I got to watch the sun meet the horizon, creating the most beautiful sunsets. I got to watch a huge pod of dolphins swimming next to the boat. I got to be adventurous and climb the tall sails of the ship. I got to eat the yummiest food. I met many inspiring people with the most amazing attributes who really pushed me to keep going. I really enjoyed getting to know different people from different places and creating new friendships with people I wouldn't usually mix with. The Leeuwin voyage has taught me a lot now that I think about it, it has taught me about independence, being brave, and being grateful. I am so grateful I was given this opportunity and I know that I will look back on this experience forever.”

-Maddi

Maddi climbing the rigging



Team building

INSIDE OUT HEART COLLECTION

LOCAL AUTHOR

Thanks to Lucinda Giblett for sharing this positive review on Simon's book.

MINDFULNESS AT THE TIME OF CARING FOR A DYING LOVED ONE

Book review by Charlotte Thaarup, Founder & Managing Director, The Mindfulness Clinic

My dear friend Simon Dooley has recently released INSIDE OUT HEART COLLECTION

Volume 1: Poems for my dying father & after; &

Volume 2: Diary notes of being with my dying father.

Inside Out Heart delves deeply into the mysteries of life, death, suffering and old age, just like the young buddha upon departing from his father's kingdom.

When we first met I gave Simon my copy of Neale Donald Walsch's "Conversations with God," neither of us knowing that many years later Simon would be sharing his own book of intimate encounters with the world.

Inside Out Heart takes you on a meandering journey down the path of a father and son's final year together, as Simon and his father Peter do their best to navigate Peter's inevitable demise from advanced, inoperable brain cancer. As the year goes on and Peter's capacity declines Simon finds himself more and more alone, and in these moments he writes. The result is two separate but related works. A book of poems, and a book of diary notes in which Simon expresses the suffering and poignancy of the experience he and his father are going through. Simon's practice of mindfulness helped him and his father. It helped Simon to really be there, present with his father, day after day. And, it helped him to see with the eyes of benevolence what was really going on, and to be with that, and to receive healing and replenishment.

There is an honest, tender beauty in Simon's musings. What makes it extra lovely is that this is written by an Australian man who allows himself to be in the not knowing, in the wondering, in the pain. The writing has a lovely rhythm that brings me to the body, to a 'realness', to the heart. This is a lovely, and deep piece of writing that makes the world a gentler place.

See more about Inside Out Heart by SJP Dooley

at <https://www.stellar-violets.org/book-shop/>

