



EDITION 82 - MAY 2021
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<http://www.manjimup.crc.net.au/cafe-bytes.html>

Quote for May

"My mother thinks I am the best. And I was raised to always believe what my mother tells me." – Diego Maradona (1960 – 2020)

That subject for May

What's the best thing about Autumn?

Welcome to our May Café Bytes, autumn is such a beautiful time of year and trees in parks and gardens around town are beginning to turn red and gold as the season changes. May 9th is Mother's Day and we wish all the wonderful Mums a happy day and we hope you get thoroughly spoilt, you deserve it!

MOTHER'S DAY

Mother's Day or Mothering Sunday in the UK and Ireland is a day to show love and appreciation to all the awesome Mums out there by giving flowers, gifts and cards.

Mother's Day dates back to the ancient Greeks who would celebrate Rhea, the mother of the Gods and Goddesses every spring with festivals. The Romans also celebrated mother Goddess Cybele as far back as 250BC.

Like many traditions and festivities, Mothering Sunday had a religious purpose, held on the fourth Sunday in Lent, it was originally a day to honour the Virgin Mary. It was believed to be essential for people to return to their home 'mother' church to make it a true family occasion. Families were reunited and it gave children who worked as domestic servants, or as apprentices away from home (from as young as ten years old), the opportunity to have the day off to join their family and see their mother.

The US celebrates Mother's Day on the second Sunday in May. The holiday was formed much later than Mothering Sunday, and was created in 1908 by a lady named Anna Jarvis from Grafton, West Virginia, in honour of her late mother. Anna pushed hard for a holiday to celebrate all mothers after the death of her own, and after lots of hard work, determination and promotion President Woodrow Wilson finally made it an official holiday for the US in 1914.

Australia celebrated Mother's Day for the first time in 1924 when Sydney woman Janet Heyden began the tradition because she wanted to help lonely, elderly mothers at a hospital she visited.

Giving flowers on Mother's Day is thought to have originated with workers returning for Mothering Sunday who would pick wild flowers to give to their mothers when they returned home. Chrysanthemums are the traditional Mother's Day flower in Australia, Roses and Carnations are also very popular with gift givers.

However you wish to celebrate Mother's Day we hope you have the best day, happy Mother's Day!

Liz Coley



Photo – Liz Coley

Liz's



Kitchen Rules

PUMPKIN AND CASHEW CURRY

Technically a fruit, pumpkins are one of the world's oldest domesticated plants having been used as early as 7,500BC. They are members of the cucurbit family (*Cucurbitaceae*) which also includes cucumbers, gourds, melon, squash and zucchinis and are believed to have originated in North America. The term pumpkin has no agreed scientific or botanical meaning, North America and the United Kingdom call them winter squash, with only certain round orange varieties known as pumpkin. Australia and New Zealand refer to all varieties as pumpkins.

Most parts of the pumpkin are edible, including the skin, leaves and even flowers, the seeds known as pepitas make a tasty and nutritious snack. When ripe, pumpkins can be boiled, steamed or roasted, pumpkin pie is a traditional part of Thanksgiving meals in Canada and the United States. The Middle East uses pumpkin in sweet dishes, China cooks the leaves in soups and Thailand steams small pumpkins with custard inside as a dessert. The Italians use it with cheese as a stuffing for ravioli while Australia likes it baked with other vegetables as part of a traditional Sunday roast.

Jack-o-lanterns are a Halloween tradition in the United States that was brought over by Irish immigrants. Its

name derives from the strange phenomenon of light flickering over peat bogs, commonly called will-o'-the-wisp or jack-o-lantern. The Irish carved faces out of turnips but pumpkins were more readily available in their adopted country and were used instead.

Pumpkins are a vigorous, prostrate, annual vine with an extensive root system. They are able to put down peg roots to support the plant and their tendrils twine around other plants to prevent them from being blown around. Pumpkins have separate male and female flowers on the same plant. A rich, loamy soil is ideal, the large seeds need warmer weather for germination and take about 4 – 5 months to mature which makes them just right for the cooler days of autumn and winter. The most popular varieties in Western Australia are Kent, Jarrahdale, Queensland Blue and Butternut. The Guinness Book of records lists the world's heaviest pumpkin grown by Mathias Willemijns (Belgium) at 1,190.49 kg, that takes some beating!

Pumpkin is a great source of potassium, calcium and magnesium, as well as vitamins E, C and some B vitamins. The bright orange flesh of the blue varieties is rich in beta-carotene which is converted by our bodies to vitamin A, good for your eyesight!

PUMPKIN AND CASHEW CURRY

Ingredients: 1tbsp vegetable oil, 1 large onion peeled and chopped, 2 garlic cloves crushed, 100g cashews, 300g chicken breast chunks, 3 tablespoons medium curry paste, 300g butternut pumpkin peeled and cut into 2.5cm chunks, 3 medium carrots, peeled and chopped into chunks, 1 400ml can Coconut Milk, 2 capsicums deseeded and sliced, small handful chopped coriander leaves (to serve).

Method: Heat oil in a wide based pan, add onion, cashews and chicken stir over a medium heat for 5 minutes or until onion has softened and nuts are beginning to brown slightly, stir regularly. Add garlic and curry paste, stir for one minute until fragrant. Add pumpkin and carrots, pour over coconut milk and refill can with water and add to pan, stir well. Cover and bring to a gentle simmer, cook for about 30 minutes stirring occasionally. Add capsicums, return to a simmer and cook uncovered for a further 5 or so minutes, stirring occasionally. Season with salt and ground pepper, scatter with coriander leaves before serving.

Serve with rice or leafy greens, the chicken can be omitted for a delicious vegetarian option.



AUTUMN LEAVES



Photos – Liz Coley

THERE WITH CARE SUPPORT SOLUTIONS

Thanks to Amy for contributing information on There with Care, a wonderful new caring service we now have in town. They can be found in the complex in Rose Street, opposite Coles.

Kathy Hill



THERE WITH CARE SUPPORT SOLUTIONS

There With Care Support Solutions officially opened our Manjimup office on 26 February 2021.

We provide services depending on a person's National Disability Insurance Scheme (NDIS) plan.

Our services include; Nursing, Daily Living, Community Access, Support Co-ordination, House and Yard Maintenance, Domestic Assistance and Transport. We also have a Craft Group and an Independent Living Group.

Craft Group

Would you like the opportunity to explore how getting creative can help with wellbeing? If this sounds like something you would be interested in, please join us at our Craft Group where you will have the opportunity to have a laugh, a chat and develop community connections.

We encourage anyone from the Community to come in and join our group. A small fee of \$10.00 applies for these members of the community.

Every Wednesday from 11:30am – 2:30pm – afternoon tea provided

Independent Living Group

Our staff support you to reach your full potential and enjoy a fulfilling home life.

The reason behind the Independent Living Skill workshops is to make clients feel comfortable within their environment. Our Support Workers can come into their home and teach them about living independently and respecting their boundaries.

Each Client takes home a recipe book each week with the recipe. All recipes provided are budget friendly and the group clients work out how much each recipe costs and what ingredients they need for the cooking experience. We focus on teaching the clients to use what ingredients they already have in the pantry and what alternatives can be used in each recipe. We work on a skill for 1-2 months depending on the required skills the client needs to learn.

Additional areas we will be working on is self-love (taking time for yourself), personal care, laundry (attending the local laundromat), budgeting, plus many more skills.

Every Monday from 10:30am – 1:30pm

TAWNY FROGMOUTH

The hot weather we have endured over summer has brought its share of sleepless nights and those of us who are trying to get some respite from the heat may have heard a soft, continuous low boom in the distance. Quite a distinctive call and often heard on a moonlit night, this is the sound of one of our nocturnal predators, the Tawny Frogmouth (*Podargus strigoides*).

This species of frogmouth is native to Australia and found throughout the country. They are big-headed stocky birds often mistaken for owls due to their nocturnal habits and similar colouring. They are more closely related to nightjars and have wide forward facing beaks to scoop up insects and other prey, hence the name frogmouth. Stealthy and efficient hunters, their broad wings beating softly and silently as they plunge down on an unsuspecting mouse, lizard or frog, they are also considered to be effective pest controllers with a diet that consists of spiders, slugs and snails, beetles, ants and centipedes among other insects around our houses, farms and gardens.

Tawny frogmouths form partnerships for life and once established, pairs will usually stay in the same territory for a decade or more. The breeding season is from August to December, both share in nest building by collecting twigs and mouthfuls of leaves to drop into position, usually between horizontal forked tree branches. Leaf litter and grass stems are used to soften the centre, eggs laid are between one to three and both parents share incubation rarely leaving the nest unattended.

Although they are often heard at night not many of us are lucky enough to see one of these elusive predators, you may catch a glimpse of one in your headlights chasing the moths attracted by the light, or gliding silently through the trees but try and see one in daylight, they have the ability to merge into their surroundings and just disappear. Their silvery grey plumage is patterned with white, black and brown streaks which allow them to perch on low branches perfectly camouflaged as part of the tree. Frogmouths will often choose part of a broken branch, perch upon it with head thrust up at an acute angle and freeze.

So, listen out for that booming sound, and know that you are lucky enough to have one of these delightful creatures somewhere around your area, but good luck with trying to spot a frogmouth during the day, that's when they become invisible and who among us would not envy that ability now and again!



AUSTRALIAN HERITAGE FESTIVAL

The National Trust has been celebrating our heritage with the Australian Heritage Festival for 40 years, the national program of events has become the country's largest festival, 2021 brings 32 days of events. Manjimup Heritage Park and Donnelly River Mill have been invited to take part in this year's celebrations.

The festival runs from the 16th April to 18th May in Western Australia, the theme being "Our Heritage for the Future", with special events, demonstrations, exhibitions and tours to enable us to learn more of our history.

Donnelly Mill will celebrate the installation of a replica of the whistle which became a familiar sound heard by the mill workers and their families for many years. The Wheatley family started the Donnelly Karri and Jarrah Company in the early 1900s, Timber was carted in a large bullock drawn wagon to the Yornup siding to supply telegraph poles to the government. Bunning Brothers purchased the site and built the mill and town which was officially opened on 24th April 1951, the mill closed in June 1978. Visitors to this event will see the unveiling of the specially made whistle which replicates the sound of the steam driven whistle heard each day, there will also be an opportunity to visit the Donnelly Museum housed in the old school building. **Free entry 15th May 2021.**

The Manjimup Heritage Park started as a wildlife sanctuary in 1964, the State Timber Museum was built on an adjoining reserve in 1977. The Shire of Manjimup began

managing the area in 1986 and there have been many alterations and improvements since then including completion of the Power Up Electricity Museum and the adventure playground, a unique and special area for all the family.

Manjimup Heritage Park will have several tour options available as well as opening a special temporary exhibition - Gas: early power in Western Australia. There are plenty of opportunities to explore the State Timber Museum, Power Up Electricity Museum and the Hamlet which has some interesting local buildings on display. The Gas; early power exhibition will be open every Friday during the festival.

Event dates from 5th to 19th May. Details and bookings contact www.manjimupheritagepark.com.au

Liz Coley



Photos – Liz Coley



Photo – Tracey Bingham

MASKS OF MANJIMUP

The masks of Manjimup was held on the 19th of April at the Manjimup CRC. Thanks to all the volunteers who participated and to Sylvia and Sharon for organizing this event.

Who knows what the future holds, Masks might be on again soon!

Maddi Copley



Photos– Maddi Copley

VOLUNTEERING OPPORTUNITIES

Our presenter for the
5th of May for the
Volunteer Sundowner
is Brenda Dawes from
Days for girls
Australia!

Volunteering Sundowner

5 mins or 5 hours...
It all helps!

Come join in the fun, enjoy afternoon tea and find out more about helping the community!

EVERY FIRST WEDNESDAY OF EVERY MONTH @3:30pm

MANJIMUP CRC'S MULTI-FUNCTION ROOM

Light refreshments and nibbles provided
For more information contact: Jane Pratt
Volunteer@manjimup.org.au



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

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