



EDITION 83 - JUNE 2021  
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<http://www.manjimup.crc.net.au/cafe-bytes.html>

### *Quote for June*

*"The way I see it, if you want the rainbow, you gotta put up with the rain." – Dolly Parton (1946–)*

### *Chat subject for June*

*What's your favourite thing to do on cold, wet days?*

A very warm welcome to readers of our June newsletter, as we cross the threshold into Winter. The fires will be crackling, shedding a glow of warmth into our lives. The autumn trees are still sharing their beauty, and Foresters Wood has some magnificent fungi amongst the fallen leaves. A beautiful sight, a consolation for the change of weather.

We hope you enjoy our stories, photos, and Liz's recipe.

Contributors are always welcome and this month we thank Scott Martin for sharing his thoughts on life overseas during Covid, we appreciate Scott's time and writing talents.

## TIME TO SAY GOODBYE

Ranui Harris has been a familiar face at the Manjimup Community Resource Centre for several years, she has been the go to person for volunteering, community events and support for a number of organisations.

The Café Bytes team met Ranui in 2014 when Kathy Hill and Liz Coley decided that Manjimup needed a community magazine, they had stories, they had ideas but not a clue how to print and get it out there to the public. They met with Ranui, she loved the idea and her enthusiasm for the project and offer of a staff member to help them put it all together and funding for printing has been behind every copy since June 2014.

However, Ranui has now decided it's time for a change and is winging her way north to blue skies and sunshine. Yes, she been offered a great FIFO opportunity.

We wish Ranui all the very best and will miss her smiling face around the Centre. We hope that if there are any good stories up there she'll let us know, the bytes team will be on the next plane.

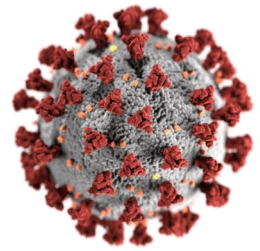


Ranui is bravely seated on the purple bench to raise awareness of Domestic Violence, sadly that has contributed to her decision to begin a new chapter in her life.

Farewell Ranui,

Café Bytes Team

Many thanks to Scott Martin, an ex Manji guy who has been living in UK for quite a few years, but still calls Australia home. Scott has agreed to write about the experience of living through the Covid pandemic over there so we could share with our Bytes readers. Kathy Hill



What was lockdown like in UK, and how is it now

By the time lockdown was declared over 1000 different sources for the virus had entered the country and were spreading freely amongst the community, eradication was never possible. We watched as China then Italy unfolded, knowing that it was inevitable things were going to get bad. With densely populated areas and older communities, forecast numbers were bleak. Britain as a whole is very civil, conservative and law abiding so the government lockdown was followed almost without question. Fear of catching the virus and dying was very real and the government encouraged this mood as it scrambled to act. It was horribly under prepared.

The people on the other hand took it in their stride, with a reputation for liking a queue, lockdown gave them ample chance to enjoy one. Life which was way too hectic slowed right down and took a breath. Families which ran past each other or stared at screens had no choice but to interact. Dogs had never had so much exercise as they were an exemption to staying in.

School and work for many was now at home, many parents got to listen first hand to the children's lessons, the poor teachers did not expect that. Though many kids found lockdown a miserable time. The shops that did stay open catered very well, there were no shortages, garden centres stayed open too, how very British. Internet shopping became very mainstream and the food delivery companies blossomed and raced takeaways all across town. We were so good that they let the public free as case numbers dropped, as it turned out we stuttered and started all summer before reality kicked in again, Christmas was cancelled and a serious second lockdown was needed.

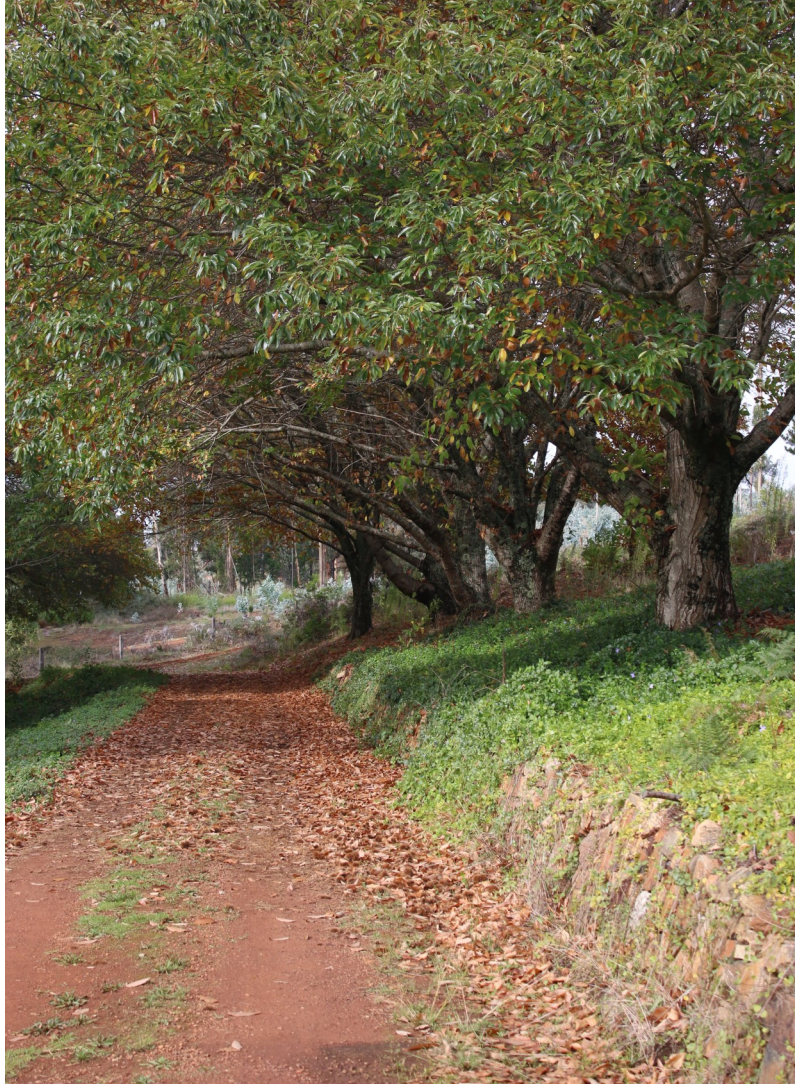
By now we all knew the rules and how to bend them slightly. You could not meet people but if you happen to exercise at the same time and place, that is a handy coincidence. Remote Schooling was a lot better second time around and there is now a good system in place if it needs to happen again, providing you have internet and a computer to use, not all kids do. Remote working also continued to improve and the office will never be the same again. Many will now work one or more days from home, some will never go back, technology has stepped up and become invaluable in the new modern balance of life. While locked down, the news was that vaccines were getting tested, then some promising results, but all this to a backdrop of thousands of deaths a day and our hospitals straining to cope. This made a big impression on the wider community and the desire to get vaccinated. By then, end of February, 95% of over 50s had very willingly had one jab and looking forward to number two.

The U.K. may have been woefully slow to act but gets top points on vaccination. By the time lockdown was eased so many of the vulnerable have been protected that the country is looking forward to opening everything. By June all things being good we will be out the other side of this pandemic.

The virus will still be around, but the vaccine and new treatments mean the U.K. as a community will feel safe again.



WINTER'S ON ITS WAY- TRACY BINGHAM





# Liz's



## Kitchen Rules

Cauliflowers belong to the *Brassica* family and are an annual vegetable, they are instant recognisable for the edible white head which is the part of the plant generally eaten. The origin of the name is from the Latin word *caulis* (cabbage) and flower.

Pliny included what he referred to as cyma among his descriptions of cultivated plants in Natural History, (1<sup>st</sup> century AD). "Of all the varieties of cabbage the most pleasant tasting is cyma". His descriptions most likely refer to an earlier variety of the plant we know today, Arab botanists wrote about it in the 12<sup>th</sup> and 13<sup>th</sup> century, its origins said to be Cyprus. All of this tells us that the cauliflower has been around for a long time and probably arrived in Australia with the first settlers.



They are a versatile vegetable and can be roasted, boiled, fried, steamed, pickled and eaten raw, cauliflower rice is a popular and healthy way of eating this vegetable. It is finely chopped into rice size pieces and put into specific packaging which can be microwaved for a quick addition to a meal. The Ryan family are value adding to their crop by using the 40% which is normally thrown away to venture into a West Australian made cauliflower rice.

If you want to grow your own there are seedlings available at the moment, autumn is a good time for planting in the home garden. Dig your soil over well, adding well-rotted compost,  $\frac{3}{4}$  handful blood and bone and a handful of lime per square metre, plant 60cm between rows and 50cm between plants firming down well. Water in, they love the sun but don't like to dry out. When heads begin to form, feed weekly with a liquid plant food, bend some leaves over the curd or provide shade as exposure to the sun will discolour them. I should mention the dreaded White Cabbage Butterfly which absolutely loves all the brassica family, you can either cover your rows with netting or simply check every day and either spray with a safe product or do what I do, pick the little green caterpillars off and dispose of them before they can do any damage. Harvest when the head is fully developed, white and firm.

One serving of cauliflower contains 77% of the daily recommended intake of Vitamin C, a good source of Vitamin K and Vitamin B6 and fibre, all the good things, due to the ideal growing conditions in our south west they are always available, a good reason to eat more of them!

## CAULIFLOWER CHEESE AND WHITE BEAN BAKE

**Ingredients:** 1 large onion, 1 tablespoon cooking oil, 1 x 400g tin of butter beans, 1 x 400g tin of cannellini beans, 500ml chicken stock, 1/2 teaspoon mustard (any sort), pinch of grated nutmeg, 1 large head of cauliflower, 150g cheddar cheese, 4 tablespoons dried breadcrumbs.

### Method

Peel and finely slice onion and add to a large non-stick pan. Add a tablespoon of oil and a pinch of salt and cook gently over low heat for five minutes to start to soften.

Drain and thoroughly rinse your beans and tip them into the pan. Cover with the stock, then add the mustard and nutmeg. Bring to the boil, then reduce to a simmer for 20 minutes. Heat oven to 180°C. Lightly grease a decent-sized ovenproof dish (around 20cm x 20cm). Remove leaves and chop cauli into small florets. Add cauli to pan and stir through. Cover to retain as much of the remaining liquid as possible, then cook for 15 minutes, or until cauli is soft. Tip the contents of pan into your prepared dish. Grate cheese over the veg and top with breadcrumbs. Bake in the oven for 15 minutes to crisp the crumbs and melt the cheese. Serves 4.



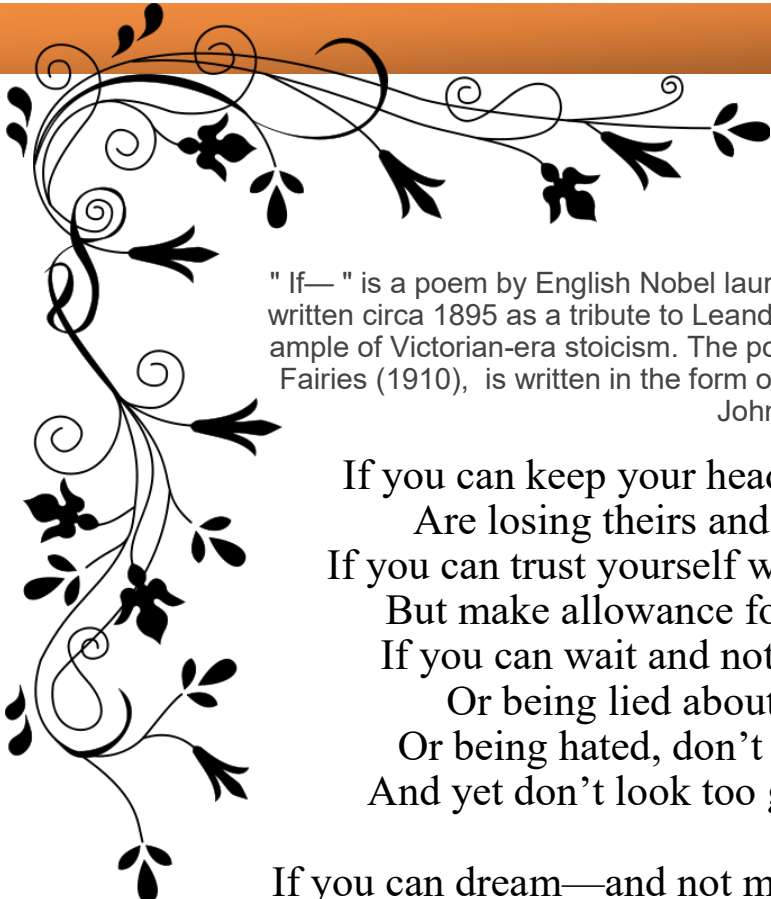
## BROCKMAN STREET HISTORY

With all the changes we are seeing in Brockman Street perhaps it is time we looked at the history of the name. Why Brockman?

With online research shedding some light on that question, and Peg Johnstone's book on the history of our town's street names, we found that Brockman Street was nominated by the Warren Road Board in 1910 in honour of a pioneering family. In 1861 Edward Reveley Brockman established a property on the Warren River, south of Pemberton, intending to breed horses for the Indian Army, first contract was for five hundred. He became a leading citizen in the district, being the first Chairman of the Lower Blackwood Road Board. His family is also remembered in Pemberton, the main street carries their name.



Kathy Hill



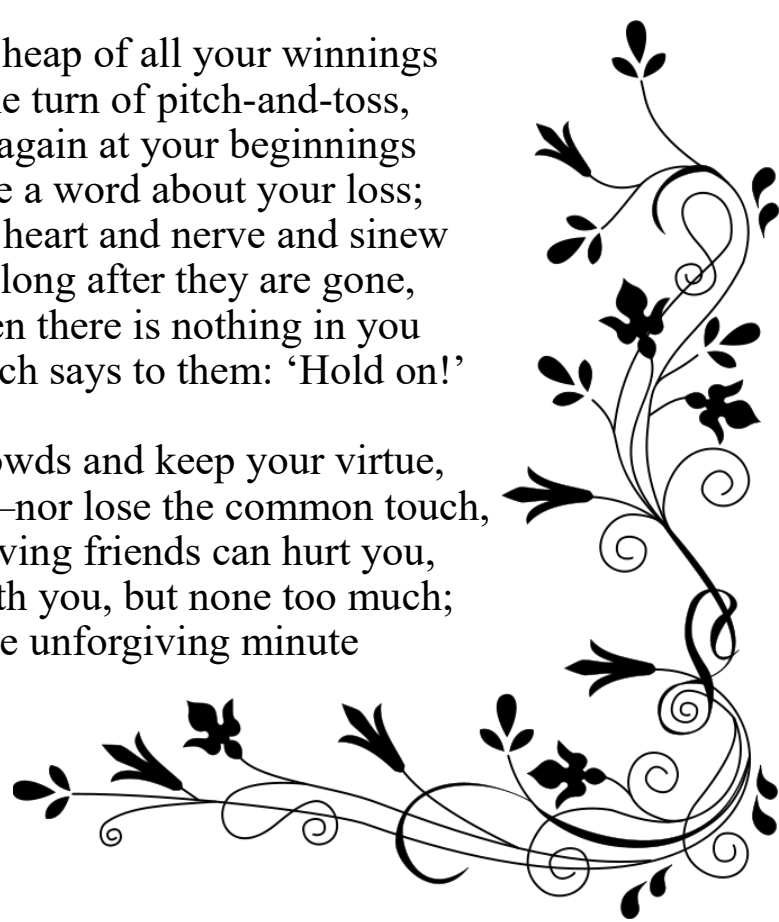
"If—" is a poem by English Nobel laureate Rudyard Kipling (1865–1936), written circa 1895 as a tribute to Leander Starr Jameson. It is a literary example of Victorian-era stoicism. The poem, first published in *Rewards and Fairies* (1910), is written in the form of paternal advice to the poet's son, John

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute







Volunteers gathered at Fonty's Pool to celebrate national volunteer week.

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteers. From Monday 17th to Sunday 23rd May 2021, NVW will celebrate the significant contribution of Australia's almost six million volunteers. Each year these volunteers dedicate over 600 million hours to help others.

To celebrate National Volunteer week, the Manjimup community resource centre volunteers gathered at Fonty's pool. The volunteers got to enjoy a huge lunch and share their story about how and why they volunteer. It was interesting to listen to everyone's story, as each one was different.

Thank you to the Manjimup Community Resource Centre volunteer coordinator, Sharon Rose, for organising this wonderful event.

Thank you to all the amazing volunteers, your work doesn't go unnoticed.

-Maddi

The theme for NVW 2021 is Recognise. Reconnect. Reimagine. which acknowledges that it is time to:

- **RECOGNISE, celebrate and thank volunteers for the vital role they play in our lives.** Never has this been more evident than after a year where Australia has dealt with drought, devastating bushfires, floods and then a global pandemic. Amidst the pandemic, while many of us stayed home, volunteers continued to deliver essential services, organise food packages and offer care, comfort and more to support the well-being of Australians. Volunteers make our communities stronger, especially during times of need, crisis or isolation.
- **RECONNECT to what is important by giving our time to help others and ourselves.** In a year when many of us have experienced increased loneliness or isolation, mental health or financial stress, volunteering can help. Evidence shows that volunteering connects us to others in our local communities, to better mental well-being or to potential pathways to employment. When we help others in our community or give our time to a cause we value, we also give back to ourselves. Explore volunteer opportunities by visiting [www.GoVolunteer.com.au](http://www.GoVolunteer.com.au).
- **REIMAGINE how we better support volunteers and communities they help.** Since 2014, Australia has seen a 20 per cent decline in the number of hours volunteers give. During COVID-19, two-thirds of volunteers stopped working and a recent study highlights that social purpose organisations continue to lose one in four volunteers due to illness or caring responsibilities. In the current changing environment, where Australians are time-poor and experiencing higher degrees of uncertainty and stress, we need to reimagine how we do things. We need to collaborate more and adapt our volunteering practices and programs so we can better support and engage volunteers to continue the necessary work that they do.



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**T: 9777 2774 E: [reception@manjimup.org.au](mailto:reception@manjimup.org.au)**



## MEMBERSHIPS

Are you a member of the Manjimup Community Resource Centre?

Pop in to the Manjimup Community Resource Centre to chat about the benefits of being a member.

Memberships are due end of June.

## FAREWELL

It would seem that we have a month of goodbyes as we say farewell to our Volunteer Officer Jane Giles and welcome Sharon Rose as she steps into Jane's role on our Bytes team.

We wish Jane all the best on her retirement as she resumes her White Dove Counselling and Hypnotherapy Service.



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

Yarn Spinners, Liz Coley & Kathy Hill

Design: Tracey Bingham & Maddison Copley

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

Editorial Responsibility: Sharon Rose

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