



Quote for July

"I always wanted to be somebody, but now I realise I should have been more specific." – Lily Tomlin (1939–)

Chat subject for July

What made you smile today?

Welcome to July, which is sure to be a crisp cool month, when we will be scanning the forecast looking hopefully for those lovely sunny days that pop up in our winters. And the bonus is, we are on the way to having longer daylight hours.

We have a variety of stories once again, with a couple of contributions from out of town, thanks to Leah and Helen for their interesting stories.

Stay safe everyone, through the COVID nightmare.

THE INTERNATIONAL SPACE STATION

If you take a look at the night sky you might be lucky enough to spot a bright star overhead moving towards the horizon, chances are that would be the International Space Station. When you consider that only a few decades ago the idea of such an undertaking existed only in the imagination of science fiction writers, it would have to be one of mankind's greatest achievements.

Designs of space ships and stations dominated the popular media of the 1950s. The first space station was created in 1969 by linking two Russian Soyuz vehicles in space. Developments in space technology were ongoing throughout the ensuing years, the National Aeronautics and Space Administration began operation in 1958, 40 years later (1998) saw the launch of the ISS which took 10 years and more than 30 missions to assemble. An international collaboration between the United States, Russia, Canada, Japan and the participating countries of the European Space Agency (15 countries in all) it is the largest space station ever constructed and continues to be assembled while in orbit. It is approximately the size of a football field and weighs 460 tons, the crew have a bird's eye view of earth from their 250-mile-high orbit.

Astronauts Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev were the first crew to man the station, staying several months. To date it has been visited by

astronauts from 18 countries. The crew on Expedition 65 launched in April 2021, I'm not sure how many times they pass overhead but it's quite a few as they will remain in orbit until October 2021.

Go to: <https://spotthestation.nasa.gov> to be included in the mailing list for Perth alerts.



Pyotr Dubrov, Shane Kimbrough, Megan McArthur, Thomas Pesquet, Akihiko Hoshide, Oleg Novitskiy, Mark Vande Hei – 65 Mission Crew – photo NASA

Liz Coley

PURPLE BENCH PROJECT

Our June issue featured Ranui Harris seated on the purple bench recently installed outside the Manjimup Community Resource Centre.

Domestic and Family Violence is a major health and welfare issue, during 2020, the coronavirus restrictions combined with unemployment and financial worries brought an increase in the number of families affected in this way. It occurs across all ages and all socioeconomic groups, but predominantly affects women and children. Men are more likely to experience violence from strangers, women are more likely to know their perpetrator, (generally their current or previous partner) and the violence usually takes place within the home. All too often it is a leading cause of homelessness for women with children.

The Women's Council for Domestic and Family Violence Services (WA) was established in 1977 and represents women's refuges and family and domestic violence services in Western Australia. The group has launched a series of purple benches in public spaces to honour all victims killed as a result of Domestic and Family Violence. This initiative is supported by local government and members of parliament. Purple was chosen for the benches as it is associated worldwide with the Domestic Violence movement.

The Manjimup Community Resource Centre decided to sponsor a bench in 2020 for this very worthwhile cause. We thank the Manjimup Men's Shed for refurbishing our bench for Life Without Barriers and installing it beside our Blue Tree. The tree was placed there recently to raise awareness around mental Health and encourage those affected to seek help.

If you need advice and support, please call

Women's Domestic Violence Helpline: 92231188 or 1800007339 or

MensLine Australia: 1300 789978

Liz Coley



Photo Maddison Copley

ANY OLD CRICKET BATS OUT THERE?

Many thanks to Leah Rando-Poller for contributing this information, helping to spread the word regarding an unusual fund raiser, which helps a very worthy cause. There's sure to be some unused cricket bats around our area.

Where There's a Will (Bunbury Bats for Will)

We are also known as Willo and we are a Charity established in late 2019 in Robertson NSW Australia with a clear purpose. That purpose is to inspire and influence inclusion for people who live with intellectual challenges through connection. Please see our web site: <https://wheretheresawill.org.au> People with intellectual challenges constitute a group at an extremely high risk of exclusion at a community level. They are often denied opportunities to fully participate in the activities of their communities because they are seen as notable: they are seen as disabled. This has been our family's experience for many years, and we decided to do something positive to influence the future for families like ours and children like Will throughout Australia. So, what do we do? Willo inspires communities. We inspire artists and community members to paint cricket bats that have been refurbished by people living with intellectual challenges. These communities are brought together through cricket and art, realised through cricket bat art exhibitions. The exhibitions create an opportunity to really connect which has the potential to change individual behaviours and perceptions of inclusion at all levels in the community. See what we have achieved: <https://wheretheresawill.org.au/about-willo/> One hundred percent of funds raised from the exhibitions create community owned, community driven and community managed services for "all abilities" in the community. A place for people to feel they truly belong and a place they feel they can connect, learn, and be supported by and with their community. The community determines what that will be and how it will be managed. See some of our programs confirmed: <https://wheretheresawill.org.au/our-programs/> Willo believes we can inspire and influence inclusive behaviour towards those with intellectual challenges, through connection, one

person at a time. If we can change the behaviour of individuals, then we can change the behaviour of communities. Why Bunbury? We were connected with artist and community advocate, Leah Rando-Poller who was very inspired by our story. We spoke over many days about the potential of Willo in her community and how it has the ability to unite, connect and strengthen a community's purpose to include everyone. Leah is coordinating the exhibition which will come together on October 16, 2021, at The Fuller Co+Op.

Please connect if you have a pre-loved cricket bat or would like to be involved as an artist.

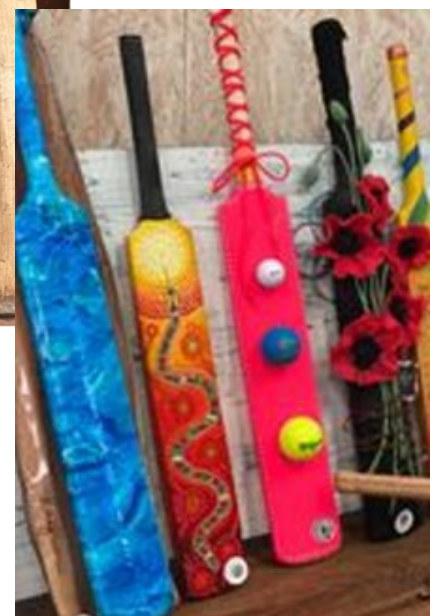
Details of each artist will go onto our website and the story of Bunbury's progress will be shared across our social media: https://www.instagram.com/willo_cricket_bats <https://www.facebook.com/willobats>, <https://www.facebook.com/bunburybatsforwill> <https://www.instagram.com/bunburybatsforwill>

Alternatively, Leah can be reached by emailing bunburybatsforwill@gmail.com or by phoning

0448 009 556.



Photos Leah Rando-Poller



Liz's



Kitchen Rules

CHRISTMAS IN JULY

Many of us love a traditional Christmas Dinner, tucking into roast meat and vegetables followed by Christmas pudding with brandy custard, mince pies and cream, one or two glasses of sherry or wine and an afternoon snooze before tea.

Our friends in the wintry northern hemisphere will be rejoicing just that in December, while here in the southern hemisphere July is perfect for such a celebration, we are approaching mid-winter here in the south west, days are shorter, there is a definite coolness in the air and although we can't promise snow, no doubt there will be one or two frosty mornings to make up for it.

The origins of Christmas in July are not very clear, although it would seem to be a tradition that began as a way to celebrate the Yuletide festivities in the coolness of winter, including the arrival of Santa Claus and the exchanging of gifts.

It's pretty confusing if you really think about it, but Australians get to celebrate Christmas twice a year, a July celebration doesn't replace December 25th but it's a great opportunity to get cosy with drinks by the fire, hot chocolate or mulled wine for instance. It's just an added bonus to feel Christmassy, some parts of the country have snow, the way the temperature feels at the moment I wouldn't discount that in Manjimup either.

Who doesn't love a feast and family gatherings, Christmas in July is just an awesome excuse to bring all our family and friends together so why not brighten up July with some Christmas cheer, dig the tree out, find the tinsel and bonbons, play the Christmas CD's, sing along to Jingle Bells and Silent Night, and roast the turkey with all the trimmings and you never know, Santa may be tempted to hitch up the reindeer to the Sleigh and join in!

MULLED WINE

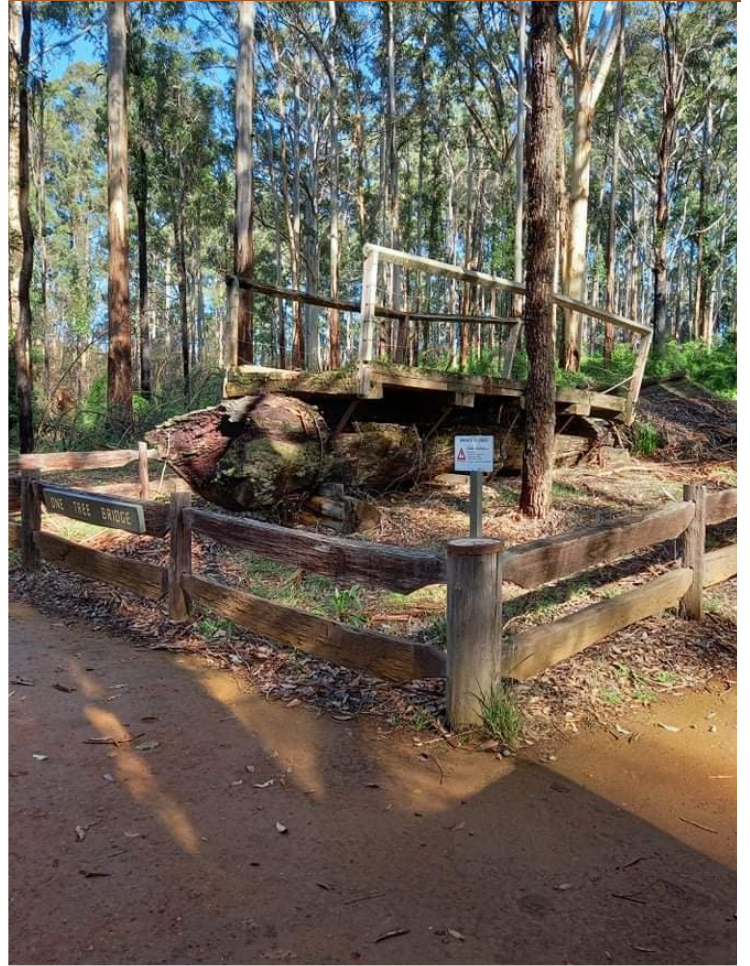
Ingredients: 1 orange, sliced and deseeded. ½ cup sugar, 2 cups water, 1 teaspoon ground cloves, 2 teaspoons cinnamon, 1 bottle red wine (Merlot, Grenache or Zinfandel works well)

Method: Add the orange, sugar, water and spices to a large saucepan, bring slowly to a simmer, stir now and again, simmer for 15 minutes. Reduce the heat, add the wine, slowly reheat but do not boil, should take about 5 minutes. Serve warm in mugs. ¼ cup Brandy may be added with the wine. Add a slice of orange and stir with a cinnamon stick (not essential but festive).

Sit by the fire, sip slowly and enjoy.



WINTER AT ONE TREE BRIDGE – Photos Kathy Hill & Liz Coley



WARREN ARTS COUNCIL UPDATE – WEEKEND SEPTEMBER 24TH TO 27TH

Manjimup will score music highlights again, with The Manjimup Bluegrass and Old Time Music weekend coming to town again, and this year there's new excitement brewing. The tutors will be bringing another First for Manjimup, and a First for WA, helping musicians with development of understanding the Old Time Music Genre. Mary Nixon is the organiser and she has dubbed the trio of tutors The T'Othersiders.

And here's an introduction to T'Othersiders:

Craig Woodward, of Melbourne. Craig is recommended as the foremost Australian exponent of Old Time genre and has a real depth of knowledge with years of playing experience on fiddle, mandolin and banjo.

Jeremy Marcotte is returning. Jeremy now lives in Tasmania, plays clawhammer banjo, fiddle, mandolin, and we are told he is great on the piano keyboard.

Thomas Kendall lives in country Victoria, is a professional musician and will be tutoring in guitar and mandolin.

The Manjimup Old Time Jam Camp will begin on Friday September 24th with a Meet and Greet, followed by the Tutor's Concert. Throughout Saturday and Sunday there will be small group classes and a variety of Jam experience. Sunday evening the usual Blackboard Concert, this year will be held in Tall Timbers Brewery.

Early Bird Registration fee for the Manjimup Old Time Jam Camp Weekend, which includes your concerts, classes, structured jams and food - lunches, morning and afternoon teas Saturday and Sunday and morning tea Monday, is \$290. Full Early Bird payment must be received by July 31st.

Contact Mary Nixon for further information.

Kathy Hill

INTERNATIONAL GARDENERS DAY (DACHNIK DAY)

International Gardeners Day originated in Russia. The Dachnik or gardeners movement started there about 100 years ago and garden connections go back at least 1000 years. In Russia today even city folk embrace home growing produce with millions of Russian people spending time in their country gardens (allotments or 'dachas') over weekends and holidays. Research tells us that garden fresh produce picked minutes ago is best for our health and the wider variety of home grown produce, the better for our gut health. Along with edible produce, the flowers we enjoy and fragrances that uplift us are beneficial for our emotional/mental health and can all be grown around our living space.

The focus of Dachnik Day is to spend time in your garden and to share garden produce with family, friends, and community through a shared meal. A movie night screening Russian movie, 'The Concert', supported by the Manjimup Family Centre, is planned for the lead up to International Gardeners Day and a community event is planned for July 24 in the Heritage Park. Together with the Community Garden and supported by the Manjimup Men's Shed and Manjimup Pantry, a shared meal event, is planned. The Community garden are inviting people to help plant a wildflower garden and Dr Bob Longmore will be guest speaker. Please BYO share plate with the challenge being at least 1 ingredient to be your own home grown produce so the focus is on produce to plate. A Facebook site has been created to keep updated with more information.

<https://www.facebook.com/International-Gardeners-Day-Dachnik-Day-Australia-111601337828238>

Sharon Rose

MISSING GEESE

Heading for Bunbury I was bemused to see a sign just north of Balingup townsite. Goose Crossing. And I was totally enthralled to be passing when the geese were actually on the side of the road, waiting for a chance to cross. A large goose out in front, checking the road, and a gaggle of geese waiting to get the go ahead. It was very lucky timing. But on a recent trip north I was disappointed to see the sign was gone, and no geese in view. Curiosity about the geese's disappearance set me to make contact with the Balingup Visitor Centre for the answer. Ex Manji resident Helen Christensen, many locals will know Helen, provided the story. Thank you Helen and well done to the fantastic Balingup Townscape Team, your landscape work is admired by all who pass that way.

Kathy Hill

The goose crossing sign was designed and made by a member of the Balingup Townscape Committee, who also made the signs used by the Balingup SFFD for their laneways on the oval, all done to the same design.

The story of the missing Goose sign is a lesson on trusting your gut instinct.

A Balingup resident was driving to work going north from town when she noticed a car parked on the side of the road near the sign. She went a little further then turned round and took the rego number of the car, then carried on to work. When she was returning home, she noticed the sign was missing. She rang Townscape members and reported what she had seen.

They rang the Police in Donnybrook, who contacted the Pinjarra Station where the parked car was registered. A message was left at the address of the car registration, that if the sign was returned to Donnybrook Police no action would be taken.

That night the sign was returned to station. So it all ended happily, once again the Balingup geese know where to cross the road when they want to get to the greener grass on the other side!

Balingup Townscape Committee has 10 members who have to be prepared to volunteer for jobs. We fill in a comprehensive application form to apply for a grant from the Shire each year, which then goes for Budget consideration. We have a very good record of commitment to the town so always get either all or some of the money requested. By doing the work ourselves

we get a very good standard of work by our volunteers and we save money.

We planted all the trees on the northern entry to town along the highway and the Balingup Brook and in the town, plus watering them over 2/3 summers.

On the northern entry we dug the pond, brought the rocks in and laid them. Planted the reeds around edge. We cleaned out the Balingup Brook, built the weir, put in the picnic table, organised for concrete and built the retaining wall. We made wicker planter boxes in town and keep topping them up with water & new plants. Cleaned up the area along the small brook in town, behind the shops, built a bridge over it and a walk path up to the Hall. We have an application in front of the Shire for the 2021/22 budget and have so far had good feedback on our list of works.

The Shire has replaced the toilet block at the Community Centre. The Townscape crew demolished the old toilet block, did all the earth works and septs for the new toilets which have been built in Busselton in a container. The crew then laboured for the concrete contractor and the roofer to keep the costs within the grant the Shire had obtained. So we now have a building that fits in with the Community Centre which is ex Grimwade Forest Department building and the Workspace building.

Helen Christensen





HEAL COUNTRY!

4-11 JULY 2021

NOONGAR ART EXCHANGE

Noongar Art Exchange will be on display at the Manjimup Art Gallery in the Manjimup Library complex from 3 July 2021.

MANJIMUP CRC

*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:

Yarn Spinners, Liz Coley & Kathy Hill

Design: Tracey Bingham & Maddison Copley

Contribute your story to us: manjicafeybytes@gmail.com

Editorial Responsibility: Sharon Rose

(08) 9777 2774 or volunteer@manjimup.org.au

Funded and Printed by The Manjimup Community Resource Centre