



EDITION 85 - AUGUST 2021  
FREE - ALSO AVAILABLE ONLINE

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

### *Quote for August*

*"Once you replace negative thoughts with positive ones, you'll start having positive results" – Willie Nelson (1933–)*

### *Chat subject for August*

*What's your favourite thing about winter?*

Welcome to our August Newsletter, number 85, we have gone past our seven year celebration. Thanks to the Manjimup CRC for continuing publishing. The newsletter name was chosen because we were going to distribute through the local cafes and waiting rooms, but since Covid sanitising changes to our lives, only one café in town will accept nowadays.

We hope you find our articles of interest and don't forget, if you have any suggestions of stories to share we are always grateful to hear.

Stay warm as the winter winds continue to blow.

## FRIENDS HOLD OUR WORLD TOGETHER

We are wondering if Bytes readers are aware of the Friendship Club which has been meeting weekly here in Manji for ten years. It runs under the mantle of Carealot. If you are interested in joining in on the weekly gathering, contact Carealot directly as they can organise this quite easily. The Club is open to males and females.

There's a very happy atmosphere at the meetings which run from 9.30 am to 1.30 pm every Wednesday at Manjimup Community Resource Centre. There's a small fee of \$20 for each meeting, this includes morning tea and lunch. Lunch smelled very appetising when we were visiting. Plus, there's transport to and from meeting for those who need. What a wonderful opportunity for people to share fellowship, it would surely be the highlight of the week for those who participate.

Included in the morning of warm fellowship there's always something organised to entertain. These vary from crafts, games such as bingo, guest speakers and singers. Any suggestions of entertainment are always welcome, and anyone who has a skill they would like to share is always appreciated.

If you, or anyone you know would like to be part of this fellowship, or are interested in volunteering, contact Carealot on 08 9751 1077 or email [swreception@carealot.com.au](mailto:swreception@carealot.com.au)

Kathy Hill



## BREAKFAST TIME

In days gone by men would mostly meet at a bar, yarning over a coldie, but society has seen a lot of changes, and men often feel comfortable meeting for a coffee, doing their yarning in a different atmosphere to the Pub.

We recently heard of a Men's Breakfast Club here in Manji, and hunted down one of the organisers to ask about sharing the details with our Bytes readers. Neil Geuer was very willing to tell us all about these male fellowship gatherings. They have only been going for a while, brought about by a few guys feeling they would benefit from some companionship, without any attached commitment. At present the breakfast group meet approx six weekly, at the Anglican Parish Hall, Moore Street, Manjimup. It's an early start, 7.30 am but worth an early rise to enjoy the full breakfast that is on offer, and all that is asked is a gold coin donation. And perhaps a smile of thanks.

Although the main instigators are from local religious ? interests?

I have been assured there is absolutely no religion presented at the breakfast, no obligations of any kind.

So, any guys out there who think they could do with a hearty cooked breakfast and some fellowship around the table, contact Neil 0477645389 or email [ngeuer@outlook.com](mailto:ngeuer@outlook.com)

Kathy Hill



## CENSUS NIGHT

The next census night for Australia will be the 10<sup>th</sup> August 2021, the Australian Bureau of Statistics conducts a census every five years to count every person and household in Australia. It will include around 10 million households and over 25 million people, quite an undertaking, planning began as soon as our last census concluded in 2016.

Data collected is used to make decisions about schools, healthcare, transport, infrastructure and business, both nationally and locally by helping to plan local services for communities and individuals. The RFDS uses this information to determine what health services are needed in rural and remote areas. Crime Stoppers use data to help format prevention campaigns to keep our community safe and the Council of Aging will use it to help understand issues affecting older Australians.

This year's census will allow everyone more time to complete as there will be a window of time rather than a single night to fill in your form. There are also some new questions planned such as long-term health conditions and defence force participation. Your form can be completed online,

on your mobile phone or on paper, help can be provided if you have difficulty in completing your form. Privacy is assured to make sure our information is secure and protected. Covid-19 guidelines will be followed to ensure the safety of census staff and the community.

Instructions on how to take part will be sent in early August and you can complete your Census early if you know who will be home on Census night, if you are unable to respond you will receive a reminder letter and a visit from Census staff. Release of Census data is expected to begin in June 2022. Completing the Census form is compulsory but questions regarding religion, sexual orientation and gender identity are voluntary.

Filling in our data may seem intrusive to some but rest assured it is all confidential and for the benefit of everyone in Australia.

Liz Coley





## THERE WITH CARE

There with care have a busy month in August. If you want to know more about their services, come in for a coffee and a chat with the director on the 12th of August at 11am at 30-32 Rose street Manjimup.

Some of their August events include:

- Craft Club
- Out and about BBQ and games at the timber park
- Independent living skills
- YU-GI-GO
- Girls Groups DIY facemasks
- Movie afternoon

For more information:

Email: [vicki.mjp@twess.com.au](mailto:vicki.mjp@twess.com.au)

Phone: 9788 1806



## NAIDOC WEEK BUSH TUCKER

For NAIDOC week, the Manjimup CRC supported the project of GP Down Souths Bush Tucker planting in the Manjimup Heritage Park.

The wet winter we are experiencing didn't halt the plans and the gardening went ahead, in the very wet soil on July 9th.

Well done all those involved, including volunteers from Manjimup Community Garden, Southern Forests Community Landcare.

Thank you to Kathy Dawson for the biochar, Manjimup Men's Shed and Manjimup Community Resource Centre. Bunnings supplied plants, and volunteers Deb and Sarah, and it's said they enjoyed the rain as much as the new garden did.

It was a great community event for NAIDOC week, well done Miranda and Chanti.

Sharon Rose



Photo—Sharon Rose

# Liz's



## Kitchen Rules

### LIZ'S KITCHEN RULES

Technically a fruit, pumpkins have been in cultivation for more than 5000 years. They are members of the cucurbit family (*Cucurbitaceae*) which also includes cucumbers, gourds, melon, squash and zucchinis. Native to North America and the Southern United States pumpkins are grown widely for food. Pumpkin Pie is a traditional part of thanksgiving meals in Canada and the USA. Traditionally, they are also carved as Jack-o'-lanterns for Halloween celebrations. When ripe, they can be boiled, steamed or roasted and are delicious in soups and purees.

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. 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. Jarrahdale, Japanese and Butternut pumpkins are grown in Kununurra, Carnarvon and

here in the South West to supply our local market as well as eastern Australia. Jarrahdale has a tough, grey, green skin and fruits average 4 to 8 kg. Japanese pumpkins are slightly smaller and flatter than Jarrahdale, their flesh is sweeter and they are easier to peel. Butternuts have a sweet, nutty flavour and are probably the most popular for cooking.

Dale Oliver from NSW has the record for Australia's heaviest pumpkin, this gigantic beauty weighed in at a whopping 867kg, the same variety, Atlantic was grown by Mathias Willemijns of Belgium to take out the world title at a colossal 1,190.49k. You could make a lot of pumpkin soup with that one.

Pumpkin is a good source of vitamins and minerals including Vitamins A, B2, C and E. Also contains iron, copper, manganese and potassium.

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!

### CHICKEN AND PUMPKIN BAKE

**Ingredients:** 400g tin diced tomatoes, 2 cloves garlic crushed, 1 tsp sugar, 1 tablespoon balsamic vinegar, 600g pumpkin, 600g chicken thigh fillets, 200g bacon sliced, 1 tbs olive oil, 1/2 cup grated tasty cheese, 1/2 cup grated mozzarella, 1 cup frozen peas

**Method:** Preheat oven to 180C. In a large ovenproof baking dish, combine tomatoes, garlic, sugar, balsamic and heaps of salt and pepper. Peel pumpkin and cut into 3cm cubes. Add to the tomatoes and bake for 20 minutes until just starting to soften. Cut chicken thighs in half (or quarters if they are very large), season well and arrange on top of the pumpkin with the bacon. Add peas (if using). Drizzle with oil, and bake for 30 minutes. Sprinkle over the cheese and return to the oven for 10 minutes to melt.

Tasty, filling, a quick and easy one dish meal.



Photo - Liz Coley



## SOUTHWEST WINTER WONDERLAND

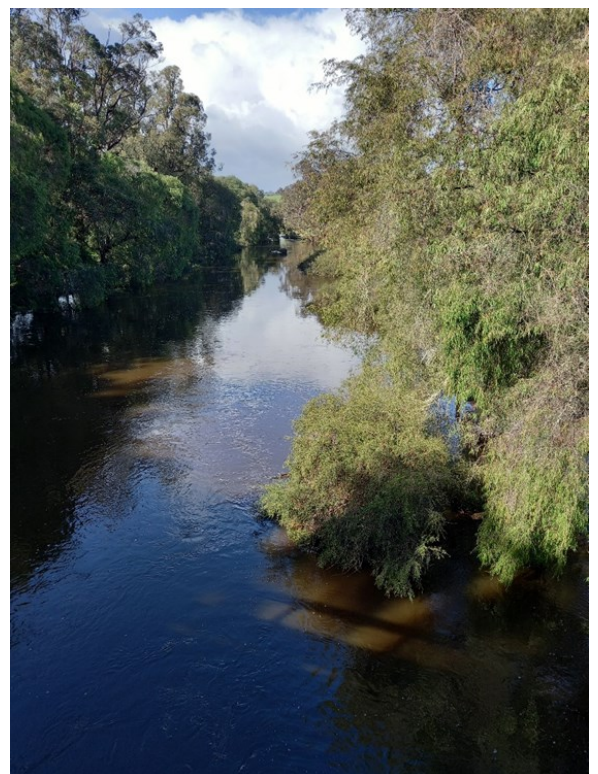
We are halfway through July as I write this and most of us feeling a little more chilly than usual. If you thought that, you would be right, statistics tell us that autumn rainfall in the South West land division was 52% above average and the wettest autumn since 2005.

Winter did indeed come in with a bang, we are only half way through July and Manjimup has recorded 93mm rain and an average temperature of 10.2degC. The chill factor has made it feel much colder with a wind that feels like it's blowing straight across from Antarctica.

So, what can we expect for August? More of the same it would seem with an average temperature of 10.4degC and 88mm of rain predicted, we are going to have to keep our umbrellas and boots handy for a while yet.

Winter is not all bad, sunshine and showers give us an opportunity to rug up and go for a walk along one of the new paths around town, or go for a drive, everywhere looks so nice and green, wattles are just about to blossom and wildflowers in bud. Local rivers and dams are overflowing, ducks and black swans are loving it and so are the frogs. If that doesn't appeal, sit by the fire and sip a hot chocolate and toast your toes, winter will be gone before we know it, in the meantime let's enjoy it!

Liz Coley



Photos - Liz Coley






## CELEBRATING DUNG BEETLES— KATHY DAWSON

Lockdown or not, a shipment of *Onitis caffer* has just flown from Canberra to WA. Southern Forests Community Landcare is coordinating the south west involvement in the national Dung Beetle Ecosystem Engineers project. Since 2019 we have been monitoring introduced dung beetles, breeding newly imported species and species that are established in the east but not locally – like *Onitis caffer*, and conducting extension services.

Farmers throughout the south west are nurturing small numbers of a range of species, trialling their suitability for local areas and, hopefully, breeding up populations to release on farm. These *O. caffer* are destined for nurseries in Rosa Brook and Mandurah. This large black beetle is active from autumn through winter and can bury cow dung to 90cm – a very useful addition to our limited range of species that help control the breeding of flies and parasites.

Inspiring Australia, a federally funded programme, recognised the significance of community applied science and has funded an event ***Celebrating Dung Beetles in Northcliffe*** to be held in the Northcliffe Town Hall Friday 6<sup>th</sup> August. Northcliffe DHS secondary science students will add to the programme, sharing results of their term's experiments and research exploring why *Bubas bison*, widely dispersed throughout the south west, is missing from the area. Local innovative farmer, Doug Pow, will also describe the positive results of his practice of feeding cattle biochar and using the dung beetles to sequester the carbon in the dung.

For more information, contact Kathy Dawson 0439926000 or email [kathy.dawson@warrencc.org.au](mailto:kathy.dawson@warrencc.org.au)



# **Celebrating Dung Beetles in Northcliffe**



**You are invited to attend a presentation about the importance of Dung Beetles in our community**

**Presentations from specialist scientists and Northcliffe DHS students.**



*When: Friday 6th August 2021*  
*10.00-3.00*

*Where: Northcliffe Town Hall*

**RSVP to**  
**[kathy.dawson@warrencc.org.au](mailto:kathy.dawson@warrencc.org.au) or 0439 926 000**



**An Australian Government Initiative**



**Southern Forests Community Landcare**

A poster students from NDHS designed

## CWA CELEBRATES 90 YEARS

**CWA: Founded on the pioneering spirit of strong women and principles of hard work, shared effort and friendship.**

Our local branch of CWA was formed in July 1931, which means they have just clocked up ninety years and they have some special celebration plans in place for September. The main instigator back in 1931, and the first President, was Mrs Anne McKay. Manjimup's current President is Belinda Wintergreen. After a few quiet years, membership has surged in the last twelve months or so, and the ladies are looking forward to an exciting future with many new projects on the drawing board that will keep them all busy. New members will be welcomed to join in the fun.

CWA origins stem from Canada, where the Women's Institute in Ontario was started in 1897 to 'enable the empowerment of rural women'. Following in those footsteps, CWA was introduced in WA in 1924. Rural areas throughout WA formed branches, being a tremendous lifeline for women in isolated places. During the 1930s depression years CWA members would assist those in need of food and clothing and during WW11 their meals for the troops, the making of camouflage nets, sheepskin vests, knitted balaclavas and socks for the troops would have been highly appreciated. They were also instrumental in establishing the Women's Land Army. All of this rated CWA as one of the best voluntary wartime services in Australia.

An annual General Conference is held in July with discussions on all major issues felt of importance, including health, education, road safety, telecommunications, environment, social issues and women's rights. Once passed State Office pursues the issues on behalf of branches, as one united voice, to the Government of the day or to other relevant bodies. They have achieved many significant important issues in education, health, social, transport and road safety, social and communication. Members work hard to support hospitals, women's refuge, welfare support for those in need, plus Scholarships for Rural Medicine, Rural Dental,

Rural Nursing, Secondary and Tertiary Bursaries. Around the state there are CWA Holiday Homes allowing families to have affordable holidays by the ocean, available to members and non CWA members. Also, since 1966 they have achieved retirement lodges for women who find themselves without a home. CWA is certainly a very busy group of ladies. Currently there are over 130 rural branches and approx. 40 metropolitan branches.

Our Manjimup branch meet every Friday afternoon from 2.30 pm for afternoon tea, non members welcome for a fee of \$5, which provides income for facility upkeep. The rooms are also open every business day for nursing mothers, or for children's toileting needs. The rooms have recently been freshened up with painting and new curtains, it's a perfect place for a break in the shopping routine. Meetings are held 10 am on 4<sup>th</sup> Tuesday of the month. Game nights, craft nights and social events are held after meetings, and on other times throughout the year. As participants of the Cherry Harmony Festival, during that day the rooms are open for refreshments.

A comment from one of the members: *"It's a fun, vibrant group of people who all have a passion to make new friends, socialise over common interests with goals to serve the community and assist, especially women, in ways that offer emergency support, companionship, financial assistance etc, and who can make a greater impact on society by being part of a bigger organisation that is not just Australian but world wide. Just as in war times and the depression the CWA in Manjimup supports the mental health of our women and children. Through socialising and community support activities we help our women. The Manjimup community is our highest priority. With the branch numbers growing and to suit the needs of individuals, we will be trialling quarterly meetings at 5.30pm to accommodate those who can't make a daytime meeting. A friendly face and supportive friend is often all that the Dr ordered."*

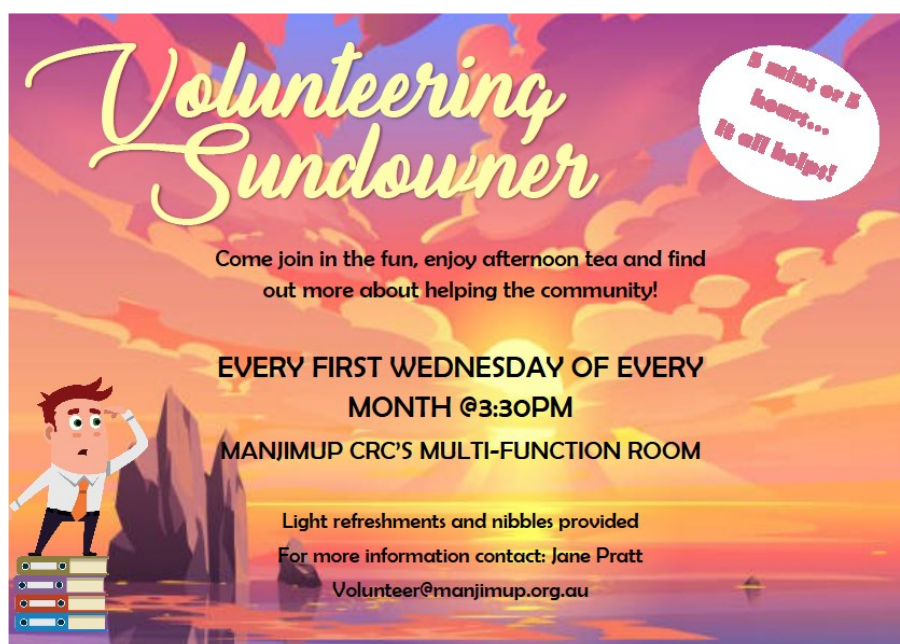
Kathy Hill



## VOLUNTEER UPDATE — SHARON ROSE

Here's some updates on volunteer projects:

- The very successful Manji Pantry is also a social occasion for many, with the amount of customers and volunteers steadily increasing.
- 'Days for Girls' sewing bee has some interesting news—stay tuned for the upcoming Facebook Post or our next Café Bytes. Our next days for girls workshop will be on September 20th.
- Walk yourself happy attendance has increased despite the weather. Our stout hearted winter walkers usually have a window of fine weather for the Monday walk.
- On International Gardeners day, the MCRC in conjunction with the Community Garden and supported by the Manji Men's shed, held a successful inaugural event, attended by 20 people and addressed by Nannup speaker, Dr Bob Longmore.
- A pollinators wildflower garden was also planted out by attendees. Next year a larger event is planned to coincide with the South West Community Garden forum which will be held in Manjimup.
- Sharon Rose has been discussing the 'succession planning for volunteer groups conundrum' with Dot Jacobs from Lions. She is keen to establish a young 'Leos' group, using the CRC conference room as a meeting space.
- Miranda and Chanti were guests for the NAIDOC MCRC Sundowner this month.
- Sundowner on August 4th. This month's presenter is Ann Bentley from the Community Garden



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