



EDITION 87 - OCTOBER 2021
FREE - ALSO AVAILABLE ONLINE

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

Quote for October

"A good laugh is sunshine in the house" – William Makepeace Thackeray (1811–1863)

Chat subject for October

Do you think spring weather has altered compared to your childhood memories?

Welcome to October Café Bytes, another year is racing away. The forests are treating us to their springtime colours, it's certainly a treat to drive through the countryside and walk among the beautiful wildflowers.

Thankfully we remain free of Covid, may that last until at least Christmas. Forever preferably but that would be a kind of miracle.

Enjoy the glorious Spring colours surrounding us, and the opportunity to get out and soak up the sunshine, it's a special time of the year particularly this year after the winter we have endured.

WELCOME TO THE NEW CENTRE MANAGER

Say hello to our new Centre Manager! Louise Kingston has had a great deal of experience with community organisations and we are delighted to welcome her to the Manjimup Community Resource Centre. Liz Coley

Louise was born in Albany, growing up at the Whaling Station, her father the spotter pilot and her parents operating a small Museum on the site, which then became Whaleworld, where she began work. She was later employed as a Bank Officer for the ANZ and ran a business with her then husband.

After moving to Manjimup in 2001, after meeting her Husband through Speedway, Louise worked for Timber Communities Australia as State Secretary; Executive Officer for the Small Business Centre and the Warren Blackwood Alliance of Councils. During this time Louise developed and delivered a number of training courses for local Businesses and lobbied and advocated on behalf of the Warren Blackwood Region, oversaw the development of the Total Trails project, which included a Masterplan and Website. This led to work being conducted on the development of a Local Tourism Organisation, which under the guidance of the new Executive Officer is now operational.

Louise has been a member of many local community organisations and is passionate about Manjimup and developing opportunities for the Region.

Louise also operates a busy engineering business with her Husband and youngest daughter and a small farm growing Avocados, Feijoas and Walnuts and a small holding of sheep.

In her spare time, Louise has four daughters and two grandsons and is interested in Motorsport, Renovating, Gardening and Community development.



PARKRUN IN MANJIMUP

Our thanks to Russell Candy for an interesting and informative article. Now that better weather is on the way, it's an ideal time to head out to King Jarrah on Saturday mornings, it's fun, healthy and free! Liz Coley

Every Saturday morning leading up to 8.00am you will find a number of cars entering the King Jarrah carpark off Perup Rd. The reason is Manjimup parkrun, a timed 5km run/walk, free to all participants. The Manjimup parkrun started on the 29th March 2014 at which time this was the 4th regional centre in WA to host a parkrun. On the 25th September we will have completed 363 run events.

The attraction to many is that parkrun is promoted as being a "run not a race". The emphasis is on being inclusive of everyone no matter level of fitness. There is no pressure to run with many walking. Parents attend pushing a pram, others use parkrun as an opportunity to exercise their dog. Many family groups are regular attendees with children encouraged to participate. Everyone is welcome enjoying the morning exercise in a relaxed environment where there is no pressure to perform but to simply enjoy being outdoors in a beautiful Jarrah forest setting.

If you would like to join us at Manjimup parkrun we ask you to register by logging in to parkrun.com.au (remember it is free) to get your personal parkrun barcode. This is important so that parkrun is able to inform you each time you participate with your run times and will track every time you participate at any parkrun not only at Manjimup but at any of the 422 locations currently located in Australia or in any of the events to be found in a further 27 Countries around the world and this number is constantly growing with new events starting up all the time.

Each parkrun is managed by a team of volunteers with a Run Director in charge ensuring each event is run both safely and efficiently. Key volunteers are the timekeeper and barcode scanner. When you pass the finish line a volunteer will hand you a finish token that provides your finish position and corresponds to the time taken by the timekeeper. A scan is then done to link your personal barcode with the finish token so that it can be matched to your recorded finish time. Shortly afterwards you will receive an email from parkrun that provides you with your run time along with other relevant statistics. There is a social side to parkrun with most having an arrangement where participants gather after their run at a local café for a coffee and/or breakfast (you have earned it). Manjimup participants generally gather at the coffee shop at the Heritage park post parkrun.

Award T Shirts are available for achieving certain milestones when you have completed 50, 100, 250 and 500 parkruns. Volunteers are not forgotten with a T shirt available when 25 volunteer efforts have been undertaken. There are a number of Manjimup registered parkrunners who have completed over 250 runs and some younger participants who have qualified for a 100 T shirt. Children can be registered for a barcode when they turn 4 years.

The growth of parkrun around the world is extraordinary. It all started in the UK in 2004 when 13 runners met up at Bushy Park in London on a Saturday morning for a run. The concept has grown exponentially to its current size where it is recognised as the biggest participation event in the world. Australia's first parkrun event was held on the 2nd April in 2011 at the Gold Coast.

We are always being told by our visitors that Manjimup is the friendliest parkrun they have attended. So why don't you register, rock up to King Jarrah and walk the course with us. It is a fantastic way to start the weekend and before you know it you will qualify for your first milestone T Shirt.

Russell Candy



DINGUP HALL HISTORY AND TODAY

The Dingup Hall has a long history, involving the long ago original, and the hall of today. A new committee has taken over management and Secretary Mary-Ann Tierney advises this committee is “focused on preserving the history of Dingup Hall by getting the local community back into hall for general use. We would like to see the hall used for weekend markets, children's birthday parties, weddings and more. Eventually we would like to see the return of cricket competitions back on field and tennis on the courts. There are lots of small maintenance issue that need attention over the next few years, and by bringing the community back in we hope to raise the revenue to make the repairs.”

The Bytes team thought it might be timely to investigate available history, and we find there was very active community involvement in earlier years. The first hall was built around 1900, before Manjimup townsite was established. The Balbarrup area was destined to be the town, blocks were surveyed and taken up, and the first local Post Office was opened in 1864. Nearby the Dingup Church was built 1894/5 and the hall followed along, close by. Among its many uses was as headquarters for the Warren Road Board – which changed name to Manjimup Road Board in 1924 i.e. Shire of Manjimup.

The community made great use of this social gathering centre, including serving as the local school. In 1952 the building was showing signs of needing serious upgrades and it was decided a new hall was needed. Cash donations rolled in, trees were donated and the milling was done free of charge by a local timber mill owner. Local families volunteered their labour, and amazingly, the hall opened within six months, without any debt owing.

History tells us the first hall was opened on the day the Commonwealth of Australia had been proclaimed and the new hall on the day the Causeway was opened in Perth.

Around 1900 a forested area of land was vested by the Government to the Dingup Community, an area of trees cleared for a cricket field and tennis courts. Back then annual full Dingup Community Membership was one pound per year. The sports area thrived, becoming a strong social sporting scene on summer weekends.

Everyone in the Warren area would have been familiar with Dingup Hall, it was the centre for celebrations over the years, weddings, parties, regular dances with local musicians supplying the dance music. It surely would have been where a lot of young people met their marriage partners.

In the early days many of the patrons from Manjimup would be taken to the dances riding on the back of a truck. Yes, times have changed.

And the hall is still hanging in there, with the new committee holding monthly dances and hoping for continuing support.

Kathy Hill, with thanks to Geoff Edwards for sharing his extensive Dingup History memoribillia.



Liz's



Kitchen Rules

LIZ'S KITCHEN RULES

Quinoa is a flowering plant in the amaranth family. *Chenopodium quinoa* is believed to have been domesticated in the Peruvian Andes from wild populations of a similar species. Quinoa is not a grass, but rather a pseudo cereal botanically related to spinach and amaranth (*Amaranthus spp.*), which originated in the Andean region of South America. It was first used to feed livestock 5,000-7,000 years ago, and used for human consumption 3,000-4,000 years ago in the Lake Titicaca basin of Peru and Bolivia. Today, almost all production in the Andean region is done by small farms and associations. Its cultivation has spread to more than 70 countries.

Quinoa is gluten-free which makes it an ideal alternative for those suffering from gluten intolerance. Because of the high concentration of protein and versatility in preparation, it has been selected as an experimental crop in NASA's Controlled Ecological Life Support System for long-duration human occupied space flights.

Traditionally, quinoa grain is harvested by hand, and only rarely by machine however harvesting needs to be precisely timed to avoid high seed losses as panicles on the same plant mature at different times. The plants are allowed to stand until the stalks and seeds have dried out and the grain has reached a moisture content below 10%. Handling involves threshing the seed heads from the chaff and winnowing the seed to remove the husk.

In 2019, world production of quinoa was 161,415 tonnes, Peru and Bolivia have 97% of the harvest. The largest producer of quinoa in Australia is located in northern Tasmania. Preliminary cropping trials have been successful in the wheat-belt and in Kununurra under irrigation in Western Australia. Quinoa production is yet to be tried in other areas of Australia.

Quinoa is a good source of several minerals, including manganese, phosphorus, copper, folate, iron, magnesium, and zinc.

There are many recipes containing quinoa, this is one of my favourites, simple to make, delicious to eat and good for you!



QUINOA MEAT LOAF

Ingredients: 500g minced beef, 2 eggs, ¼ cup uncooked quinoa, ½ cup water, 1 medium onion, 3 garlic cloves, ½ red capsicum, 1 teaspoon dried thyme, 1 teaspoon dried rosemary, ¼ teaspoon black pepper, 1 teaspoon salt.

Method: Rinse ¼ cup quinoa in ½ cup water, place in a saucepan and bring to the boil, stir and reduce to lowest simmer, cover and leave for 10-15 minutes, you may need to check and stir occasionally. Remove from heat and allow to rest in covered saucepan for 10 minutes, fluff with a fork. Preheat oven to 180C. Chop onion, garlic and capsicum finely. Add cooked quinoa and all other ingredients to a large bowl, mix well. Grease a small loaf tin with coconut or olive oil. Press mixture firmly into your prepared tin and bake for 1 hour until slightly golden on top.

Serve with salad or vegetables of your choice.



USEFUL WEEDS

To quote my little granddaughter as she clutched a bunch of vivid yellow dandelion flowers, “They aren’t weeds Granny, tell your friends, they aren’t weeds”. Which led me to thinking, who was it in the past that determined these colourful flowers are weeds? So I investigated, and discovered that they are really quite a nutritious plant and it would be beneficial for us to include them in our diets. Online research informs they can be used in cooking, salads, they make a tasty dandelion wine, or a hot drink.

According to Wikipedia: the technical name is *Taraxacum*. Every part of the dandelion is useful, root, leaves and flower. As well as being healthy in our diets, they can also be used to make dye, a pale yellow from the colourful yellow blossoms and a purplish tint from the inner ribs of the leaves.

The flowers are loved by bees, so poisoning them while flowering can kill busy bees.

Then I went to Healthline for information on Dandelion. Healthline is very supportive of including them in our diet, stating the whole plant is highly nutritious, loaded with vitamins, minerals and fibre. The leaves can be eaten cooked or raw and are an excellent source of Vitamins A, C and K. Also Vitamin E, folate and small amounts of B vitamins. Plus: iron, calcium, magnesium and potassium.

The root can be dried and consumed as a tea but can be eaten whole. It is rich in fibre, making for a healthy bacterial flora in the intestinal tract.

So it seems my little grand daughter is correct. They are not weeds!

Quote from our Editor Sharon : *Learning about edible weeds is a great 'hook' to start making time to observe our surroundings - which gives us empowerment and more control over our nutrition and health. Commerce would prefer to keep us in the blinkers of tunnel vision of paying to fix our health through stress, bad diets etc, rather than prevention and balance in living.*

Kathy Hill



LETTER TO THE EDITOR

14/9/2021

Letter to the Editor

Re: Online Survey on Native Vegetation Sept 2021

All Australians depend in some way on the ecosystem services and co-benefits that native vegetation provides. The WA State Government recognises the need to prevent the extinction of threatened species, protect areas of high conservation value and achieve a nett gain in native vegetation extent. It has released its first ever consultation draft of the *Native Vegetation Policy for Western Australia* and welcomes your review and feedback. Have your say from today until 25 October 2021 via the online survey at wa.gov.au/nativeveg or for further information phone 6364 7000 or email: nvs@dwer.wa.gov.au.

WA's native vegetation has ecological, social, cultural and economic value and can help mitigate global climate change by sequestering carbon. Climate change poses a major risk to the health of native vegetation including its impacts on water, fire and temperature regimes.

Native vegetation is worth protecting and enhancing and is vital for life on earth. Native vegetation is culturally and spiritually significant to Aboriginal people, supports community wellbeing and important sectors of the state's economy including tourism. It has many more roles including providing habitat for native animals, supporting soil health, cleansing water, preventing erosion, controlling salinity, binding carbon, providing oxygen, cooling cities and towns, providing timber and bush products.

WA's unique flora and ecosystems are internationally renowned and nationally and globally significant but have degraded since European settlement. Addressing this degradation is a shared responsibility and requires a coordinate management across all land tenures.

HW Dirks

pp

Clever Clogs

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Att: Consultation draft Native Vegetation Policy for Western Australia August 2021

FAREWELL TO MADDI

There's another sad farewell in the CRC office. Café Bytes' ever patient, ever obliging staff member Maddi Copley is leaving for a new life in the city.

Maddi has grown up in Manjimup, she attended Kearnan College from Kindy to year 11 and then did her final year at Manjimup Senior High School. 2 weeks after finishing her 12th year, she was offered a traineeship at the Manjimup Community Resource Centre.

Maddi has now completed her traineeship, walking away with her certificate 3 in business and administration.

Maddi is about to commence a new career in Perth city as a receptionist in the mining industry.

Thank you Maddi for getting our newsletter into print over the past ten months, it has been a pleasure working with you. Good luck with all your new adventures.



WHAT WE LOVE ABOUT MANJIMUP



Do you know where this is?

Hint: In Manjimup

- Volunteer Sundowner: 13th October (DFES will be there)
- Beconnected Computer Course: 12th October
- Enable is looking for individuals and/or families to be host families for NDIS clients
- Seniors Get Online week from 18 - 24 October

FUNDAMENTAL DIGITAL LITERACY COURSE

CALLING ALL PEOPLE WANTING
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TO REGISTER PLEASE
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PH: 9777 2774

Starting
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