



Edition 88 - November 2021
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Quote for November

"To improve is to change; to be perfect is to change often"
– Winston Churchill (1874 - 1965)

Chat subject for November

Wildflowers are beautiful this year, what's your favourite?

Welcome to our November newsletter, and no, we are not going to mention how many weeks it is to Christmas.

Thanks to our contributors this month, Eileen and Peg, we are always happy to have input from the community.

We once again make tribute to Remembrance Day November 11th, with our VDC story and remember with gratitude all those who fought to secure our freedom.

Everyone is welcome to attend the Remembrance Day Service at the Manjimup War Memorial.

WORLD NUMBAT DAY

November 6th 2021 is World Numbat Day, a day to celebrate these unique little mammals once found across most of Southern Australia, World Numbat Day has been observed on the first Saturday in November since 2015. These delightful little animals were proclaimed the animal emblem of Western Australia on 25 July 1973.

Sadly, with an estimated wild population of less than 1,000, extinction is a real possibility. The main threats stem from introduced predators such as foxes and feral cats and habitat loss due to land clearing and fires. So, how can we help? We can be aware of their plight, be responsible pet owners and never remove hollow logs which they use for shelter from our forests.

Perth Zoo are breeding Numbats for release into protected habitats as part of their Native Species Breeding Program which has enabled populations to become established in our South West. The good news is that recent sightings have shown that Numbats are returning to Perup. It was thought that a burn off in that area had decimated the entire population, but it is hoped that over a period of time numbers will build up again.

Numbats tend to sleep at night and spend the day foraging for termites, they can eat a large amount in a day, well worth looking after these special little animals for that reason alone.



Liz Coley

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THANKS TO EILEEN DAY FOR SHARING THIS STORY

Telethon has been raising money in WA for 54 years, this year's total exceeded an amazing 62 million dollars! Eileen Day, a Manji local, proudly shared her granddaughter's heart warming story with us, an example of how Telethon money helps solve children's health problems.

"My name is Elly. I grew up on a most beautiful farm in Bindoon, with two older siblings and the most supportive and loving parents. I was born in 1993 with left Fibular Hemimelia – absence of the fibular bone in the lower leg. This was an uncommon congenital bone deficiency with very little research available to provide the necessary treatment options. It could cause severe knee instability due to deficiencies of the ligaments. My Dad's first response when I was born was "she's a healthy, beautiful little girl with three toes". My left leg was much shorter than my right, my ankle was deformed, my foot in a lateral position and two sizes smaller than my right, and missing two toes. My parents were so thankful I was healthy and well, however they knew they had some incredibly challenging decisions ahead, and feared for the unknown possibilities of future.

The doctors advised that amputation from below the knee would be the most advisable option. I would never walk, run, ride a bike or have any normal function in my leg or foot. Then, an Orthopedic Surgeon at PMH spoke of a relatively new to WA option, which he called "Limb Salvage". My parents decided not to go with the amputation option, we would go with the new treatment. My first operation was at age 4, then another at 5. At 6 years of age my tibia had been lengthened, matching my right in length and strength and I was running around the farm with my siblings.

But as I grew the length difference continued, so another bone lengthening operation at age 12 was needed. Thankfully a procedure involving the Ilizarov apparatus, a physically, mentally and visually disturbing device, was successful.

I now work as a Registered Nurse on an Acute

Surgical Ward in Perth which gives me great honour and pride. I have such a passion for nursing and I believe this is due to all that I have endured growing up, I always looked up to the nurses at PMH. In my first year as RN I was awarded the 'Graduate of the Year – Award of Excellence' for the most outstanding graduate in WA. My tibias are both the same length and 90% of the people I see have no idea about my limb deformity.

I feel so blessed to have experienced my childhood on the farm and I now know that my physical, emotional and mental accomplishments were all because of my upbringing and my family support. I will always be grateful to my parents."

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Unfortunately, due to space restrictions we have had to shorten the full story Eileen contributed, but what is here about Elly's history will leave us feeling happy to have supported Telethon throughout the years.

Kathy Hill



Our thanks to Peg Johnson for sharing her friend's poetry for our enjoyment.

THE POPPY THIEF

My mother never planted poppies
Geraniums more her style
But poppies pink and ruby red
I cherished when a child
Stealthily stole from other gardens
Plucked silken flowers from slender stems
Tucked rich booty in baggy trousers
Cossetted my petal gems
Hidden in a showbox sturdy
Underneath the house they lay
Plush pink and richly red
My hijacked bright array
When dimmed by age my gladsome gaze
Falls upon poppies' rubious shades
No wish now to steal their splendour
A shoe box of treasure I remember
Past poppies pink and ruby red

Robin Giraudo



Photo by ABC Rural: Jennifer Nichols

MEMORY STREET

Morning fresh before the heat of day
We were on our busy way
Old Griff's tree waits heavy laden
Ready to be climbed and raided.
Painted warrior's purple red
Small gluttons mulberry fed
Bellies full of forbidden fare
We whooped euphoria in arid air.
Midday under the fiery sun
We sheltered under leafy gums
Listened to their whispering lyrics
Absorbed their bright ethereal spirits.
Afternoons drenched in sunlight
We startled screeching birds to flight
As into tangled scrub we pushed
Trekking through the chirruping bush.
Dusk descended on Memory Street
Skip rope turning with rhythmic beat
"Go out Peter, come in Paul"
Until we heard our mother's call.
Tranquil in night's arms we slept
Till with regret we woke and wept
Vanished dreams of childhood ways
Fled forever our cloudless days.

Robin Giraudo

Liz's



Kitchen Rules

LIZ'S KITCHEN RULES

There are many varieties of apples, (*Malus domestica*) cultivated worldwide. The wild ancestor of the species (*Malus sieversii*) originated in Central Asia where it is still found today. Apples have been grown for thousands of years in Asia and Europe and were brought to Australia by early settlers. Apples grown from seed tend to lack the desired qualities of their parents and are most often grown from grafting onto rootstocks.

There are more than 7,500 cultivars of apples, bred for various uses such as eating, cooking and cider making. Apples are milled or pressed to produce apple juice which can be drunk unfiltered. Apple juice is fermented to make cider which can be quite a potent alcoholic beverage. It was more popular than wine for many years in England, especially the West country where most of the cider apples were grown. Apples are an important ingredient in many desserts such as apple pie, apple crumble, apple crisp and apple cake. They can be pureed in apple sauce, and also made into apple butter and apple jelly, they are easily dried in an oven or dehydrator and make a delicious snack.

The phrase "An apple a day, keeps the doctor away" has been traced to 19th century Wales, the original phrase being "Eat an apple on going to bed, and you'll keep the doctor from earning his bread". Despite the saying sadly there is no evidence that eating an apple a day has significant health benefits.

Everyone knows the story of Eve coaxing Adam to share her apple "the forbidden fruit", but did you know that the larynx became known as Adam's apple as it was thought a piece of the fruit remained in Adam's throat.

The Southern Forests supply nearly 60% of Western Australia's apple production with Manjimup being the home of Pink Lady and Bravo apples. Pink Lady was bred in Manjimup and is now grown and distributed throughout the world.

Apples contain Vitamin C and potassium, vitamins K and B6, manganese and copper.

This month's recipe makes a lovely dessert, perfect with cream or ice cream, also goes well with coffee for morning tea.



VENETIAN APPLE CAKE

Ingredients: 400g tart apples (without skin and core), juice of 1 lemon, 3 eggs, 150g sugar, plus 2 teaspoons extra, 150g plain flour, 30g cornflour, 1 teaspoon baking powder, pinch salt, 1 teaspoon vanilla essence, 80g softened butter, 1 teaspoon cinnamon.

Method:

Preheat the oven to 180C. Line the base and sides of a 24cm diameter cake tin with a removable base.

Peel and core the apples, cut into quarters and each quarter into 4-5 slices. Place in a bowl and add lemon juice, tossing slices until they are coated. Set aside.

Beat eggs and sugar with a mixer until pale and fluffy. Place the flours, baking powder and salt in a bowl and whisk briefly. Fold dry ingredients into the eggs until well incorporated, add butter and vanilla and fold until mixed. Divide apples into two lots, about 250g and about 150g. Cut 250g apple slices in half, fold them into the batter, including any juice. Set 150g slices aside.

Place batter in prepared cake tin, pressing down with a spatula to flatten the top. Arrange the remaining 150g of the apple slices in a circular pattern on top of the cake, pressing down slightly so they are partially sunk into the batter. Sprinkle the top with the cinnamon then with two teaspoons of sugar.

Bake for approximately 50 minutes or until the top of the cake is golden and a skewer inserted comes out clean. Dust with extra icing sugar if you like. Serve warm or at room temperature.



FAREWELL TO SHAKILA

Farewells are continuing at the Manjimup CRC. We are sad to say our lovely staff member, Shakila Haidari, is moving on to join the reception team at the Southern Forest Medical Centre.

Shakila attended Manjimup Primary School and Manjimup Senior High School. We are pleased she is not leaving town.

We will miss Shakila's smiling face and her unrivalled humour.

Our best wishes Shakila in your career and our thanks for being a lovely member of the CRC team.



MANJIMUP V.D.C. (Voluntary Defence Corp)

When we listen to the current news we are aware we are living in a time of fear - it's not if, but when, is Covid going to strike. But if we look back to 80 years ago we will be reminded of the fear our ancestors were living through during the last world war. Research through Trove found some newspaper articles depicting how life was then, and slipping into history as the generations pass is how the necessity arose during World War Two, to train a local Voluntary Defence Corporation. Men who were not enlisted in the Forces were encouraged to join the VDC to be ready to defend if necessary.

Broome had experienced some bombing, and it was totally unknown if or when an invasion may happen. Or where.

Trove revealed: MANJIMUP May 1941 At present the prospects of having to defend Australia against an invasion are very real, and may be much closer than many of us like to think, and certainly closer than the majority realise. Under a routine order by Australian Military Authorities, the R.S.L. Volunteer Defence Corps may now be known by its alternative title, The Home Guard. This follows the decision to enroll members other than ex-service men. Manjimup unit, combining with the Rifle club, has in the past mustered a fairly strong party for training purposes. Its numbers however have been seriously depleted by enlistments in the active and home military forces. Since the eligibility has been widened a gratifying response has been made by old and young men. Personnel should be men between the ages of 18 and 60 years, normally; natural born British subjects, and of reasonable physical fitness,

A volunteer's service may be terminated by the Military Board, or at his own request on giving 14 days' notice. Enrolment in the V.D.C. does not exempt volunteers from liability to service under the Defence Act.

When supplies become available uniforms, consisting of hat, jacket, trousers, shirt, gaiters, boots and arm band, will be issued.

The approved establishment of the corps in W.A. is 6000 men. The quota for Manjimup unit is 60. This number forms part of the 400 allotted to the Busselton Group, which includes the area served by all branches of the South West railway south of Boyanup, and the Preston line from Donnybrook to a point west of Kojonup.

For the benefit of those who are considering enrolment the following points may be useful: The V.D.C. will carry out the following objects: 1. State defence of localities. 2. Protection of vulnerable and key points. 3. Guerrilla warfare activities. 4. Timely warning of enemy movements to superior military authorities. The V.D.C. is voluntary, unpaid, part-time forces, having its origin in the desire of ex-service men and others.

September 1943. THE KARRI BATTALION.

In an address by the Commander VDC, Colonel W.B. Robinson, to the members of the Karri (Manjimup) Battalion last Sunday. "Australia, you have been told, is free from invasion. But Australia, and particularly Western Australia is not free from quick marauding raids. It will never be free of that risk until peace is signed."

Interest in the big parade in the Manjimup district last Sunday was very wide, although distances were great in some instances, there was almost a full muster of men anxious to engage in and learn from the comprehensive demonstration of the fire power of all the weapons in their equipment. Interest was heightened too by the presence of Colonel Robinson, who devotes every week-end to visiting the distant units of his command.

Dairy farmers and timber mill men, store-keepers, their assistants and merchants from the widest corners of the big district deserted their work for the day, donned their uniforms and came to the appointed place at Finch's Farm. Pemberton, Northcliffe, Quinninup, Dean Mill, Yanmah, Nyamup,

Boyup Brook, Palgarup, Yornup and Jardee were all represented.

Although their training was confined to only a few days each month, the men showed an efficiency equal to that of regular service men. And the skill with which they used their rifles, automatic weapons and mortars evoked the praise of the Commander.



REMEMBRANCE DAY
Left We Forget

Such scenes as this must be rare in the South-West. The forest ringed densely with machine-gun fire which echoed and re-echoed. Hand-grenades and Bangalore torpedoes exploded with the detonation of 100-pounder bombs. The recumbent trunk of a giant karri tree leapt five feet into the air to the blast of explosive. Although there were no casualties during the day, several were staged for the benefit of the battalion's mobile medical unit, a Pemberton Unit brought to a high stage of proficiency by the local medico.

There were many last war ribbons decorating the tunics of individuals in the battalion. One carried at least three rows of decorations and orders as befitted the former Commander, Royal Engineers, of a British Division. More recruits are needed. Colonel explained how everywhere in Australia VDC units were taking over the static defences of the Commonwealth and so freeing still more men for active service in contact with the main forces of the enemy.

On the week-end, January 20-21, 45 members from A and B and D Companies of the 14th Karri Battalion will visit Collie on a return rifle competition. A bus will leave Manjimup at 1400 hours on the 20th. All ranks will be required to provide their own blankets and foodstuffs.

Next week training will take place on the Golf Links Paddock.

More recruits both old and young are invited as further recruits' class will be started.

Fall in 9.30 a.m. at the R.S.L.

Found in a relative's memorabilia of Balbarrup School during the war years:

We at the school received instructions from the local VDC, or the Education Department, to dig trenches in case of attack. So out went all the lads with shovels and spades. The trenches had to be a certain depth and width, with a prescribed length of trench for so many people (these trenches could not be in a straight line to avoid all being killed by machine gun fire from the air. i.e. \\\\\\\). When the war was over and the all clear came, out went those same lads with shovels and spades and filled them in again. One thing that was a highlight of the war days was when word was received that a very large bomber aircraft "friendly" called a Lancaster bomber would tour the West and we had to go to a high point to see this. We all marched up to the Balbarrup cemetery to see it, probably the first and biggest plane we'd ever seen.

The Manjimup History Group would be very happy to receive, and store for history sake, any records locals may have of those VDC days. Contact Sue Kennedy: skennedy2447@gmail.com



SPRING CENTRAL

Well, instead of springing into spring, we're kind of lurching this year back to winter and on to summer! But the fine weather will be here before we know it...

The weather impacted on a potential volunteering event: the lions Shearathon; cancelled due to shearers not being available with wet weather hampering work schedules for months to come.

Ladies' Day at the Men's Shed is going well. Attendees ranging from 4-7 each fortnight. The 3-month trial will soon come to its end, but feedback has been positive to keep this initiative going.

The Beconnected computer classes have already created much positivity with both mentees and mentors growing through their attendance and learning. We hope to keep the program going, so it's important that our community supports the initiative to satisfy statistics as this secures funding for future projects. Welcome all to our classes which are supported by local volunteer mentors and are self-paced learning.

Our latest Days for Girls sewing bee was to contribute towards the Days for Girls Australia Refugee Project. Manjimup CRC has provided about 60 kits towards the total donated from Bridgetown (200) and have also printed all the information cards for kits from the Warren-Blackwood area. The Days for Girls kits will be shipped out and distributed by World Vision Canada to go the refugee camps in Somalia from volunteers around the table just like ours... Great to know our individual energy can make a difference!

I'm also aiming at organizing another mask making workshop in November for the community for if/when masks are required.

November's Sundowner speaker will be a representative from the Cherry Harmony Festival so we can help supply volunteers from our community, for the community! Welcome all to our Sundowner on 10th of November, 3:30pm to 4:30pm at the Manjimup CRC's Multi-function Room.

Presently I am applying for an arts grant to create a series of weaving workshops next year. I feel very excited about this as weaving is an art form and an activity that is inclusive for all ages, abilities and experience. Weaving is also one of those menial activities that allows conversation and sharing of stories while engaged with the task at hand. From previous activities in this field, one of the biggest outcomes is this sense of sharing and community created which builds trust amongst its participants. Exactly the medicine that Manjimup is in need of I feel. And that could lead to a Harmony Festival!

Everything starts with a dream 😊

More next round up.

Sharon Rose



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