



EDITION 107 - JUNE 2023
FREE - ALSO AVAILABLE ONLINE

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

Quote for June

"Be yourself, everyone else is already taken." – Oscar Wilde (1854 –1900)

Word for June

ADORKABLE: *Socially awkward in a way regarded as appealing or cute*

Welcome to our June newsletter. We hope everyone stays warm during these chilly months ahead and the rain comes down and fills the dams. The short winter days will soon be getting longer, the winter solstice on June 21st will see daylight hours slowly extending. Safe travels to all who are heading north towards the sun over the next months.

We have another packed edition full of local stories and information about our wonderful community. Thank you to this month's contributors. June heralds our 9th year of publication, having started in June 2014.

Welcome to our newest Board Member, Matt Slade and Sally McIntosh, a new face at the CRC desk.

VOLUNTEER NEWS

We have had a wonderful month this month. Our numbers for Be Connected and for the sewing group have increased and we will soon be starting new Be Connected groups in the evening which will be conducted using the lesson plans provided from Be Connected. After talking with Amber, we will be starting with MyGov and then how to use bushfire warnings on your phone or computer.

I have had wonderful feedback about the National Volunteer Week event, and this year's attendees are looking forward to next year. We are also working towards getting more of the organisations in Manjimup to send their two paragraphs for the Volunteer Directory which is also part of the National Volunteer Week celebrations.

The sewing group wants to make and sell products, so we are working on headbands and scrunchies both crochet and sewn.

I hope you have had a chance to see the new posters for our activities on two noticeboards at the centre.

Andrea McMahon



AUSTRALIA'S BIGGEST MORNING TEA

On June 28th our local CWA ladies are combining with Manjimup Family Centre to provide an opportunity to support the annual Cancer fund raiser, Australia's Biggest Morning Tea. The venue will be the RSL hall, from 10 am to noon. You will need to bring cash along for the \$10 entry fee, plus you will be able to try your luck with the raffles.

The money raised will assist the fight to beat Cancer.

So here's a way to raise valuable research funding, while having a very pleasant morning. Warm thanks to CWA and Family Centre Volunteers.

Kathy Hill



**Australia's
Biggest
Morning
Tea**

**Celebrating
30 years!**

Manjimup's Biggest Morning Tea
Date: 21st June 2023
Time: 10am-12pm
**Where: Manjimup RSL Hall
10 Brockman Street**
Entry fee: \$10 per person

biggestmorningtea.com.au

Scan to Donate

Unique ID: 1052005595614224

 **Cancer
Council**

Created by Universal Document Converter



Lions Club of Manjimup

Always seeking new members to join us in our
Community Activities.

"Having Fun, doing Good"

Phone Pat on 0419949173

MACEDONIAN MULTICULTURAL AFTERNOON TEA

Photos of the Afternoon Tea held on 27th March—full story on the work the Macedonian Hall in next month's edition. Thanks to Paul Rumenos for the photos.



SUDOKU—by JORDAN KINGSTON

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Liz's



Kitchen Rules

BOK CHOY

Bok choy or pak choy (*Brassica rapa* subsp. *chinensis*) is a type of Chinese cabbage. It has a flavour between spinach and water chestnuts but is slightly sweeter, with a mildly peppery undertone. The green leaves have a stronger flavour than the white bulb. Bok choy and Pak choy are basically the same plant, the difference being Bok choy has a white stem and Pak choy a green stem.

Bok choy evolved in China, where it has been cultivated since the 5th century AD. A member of the family of Brassicaceae or Cruciferae, also commonly known as the mustards, the crucifers, or the cabbage family. Cabbage, kale, broccoli, cauliflower, Bok choy, turnip and Brussels sprouts are all Brassicas. This huge group of delicious veggies are extremely versatile and crammed with vitamins, minerals and other health-giving properties.

As cool to mild season crops, all can be planted in autumn in WA. Bok choy needs rich soil with plenty of nitrogen, phosphorus and potassium. Be sure to add plenty of compost and some organic fertilizer to the soil at planting time. It grows best in full sun, but can tolerate some shade. Watch out for slugs, snails, aphids, whitefly, cabbage moth and associated caterpillars.

Bok choy contains vitamins C and E, beta-carotene, folate, and selenium. Vitamin C, vitamin E, and beta-carotene are powerful antioxidants that can help to prevent cell damage from free radicals, so you know it's good for you.

PAN FRIED BOK CHOY

Ingredients: 1 tablespoon peanut oil, 2 bunches Bok choy washed and quartered, 2 garlic cloves thinly sliced, 1 tablespoon honey, 2 tablespoons soy sauce, ¼ teaspoon sesame oil, about 1/3 cup cashews (optional).

Method: Heat peanut oil in a large wok over high heat, add Bok Choy and stir fry for 2 minutes until just wilted, add garlic, honey and soy sauce. Stir fry until Bok choy is just tender, remove from heat, toss through sesame oil and cashews if using. A delicious side dish with marinated chicken pieces or beef skewers.





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South West & Warren Districts
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Perth WA 6000

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f i n t y

Photoclub
WE CARE, SHARE, & COMPARE
MANJIMUP

THE MANJIMUP PHOTO CLUB INC.

Meets at the CRC, 45 Rose St, Manjimup

Every second Thursday of the month at 6.45 pm

Enthusiasts of every level most welcome

Email: secretary.mjp.photo@gmail.com

Vinnies
good works

JOIN US! IT'S SO EASY TO SIGN UP
Visit VINNIESWA.ORG.AU/VOLUNTEER

- 1.) Select 'Be a Shop Volunteer'
- 2.) Select your preferred location
- 3.) Complete the Application Form and VOILA!

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Thanks to the dedication of volunteers, Manjimup Scouts have started 2023 meetings at the Scout Hall, Collier Street.

Joeys 5-7 years Thursday 4 -5 pm.
Cubs 8-10 years Wednesday 5.30-7.30pm



ORENDA ENSEMBLE SCHUMANN & LE BEAU HEADING TO MANJIMUP

Our thanks to Julia Sykes for this article.

Last month Manjimup was treated to a wonderful evening of music presented by The Four Fabulous Femmes, a delightful performance by local musicians, featuring our Manjimup Grand Piano, with violin and vocal. And next month there's another classical music occasion on offer, we are so fortunate that these musicians are coming to town. Thank you Julia for organizing number two of The Manjimup Performance Series, through Warren Arts Council:



ORENDA ENSEMBLE: SCHUMANN & LE BEAU

2PM, 10TH JUNE, MANJIMUP TOWN HALL

\$40 ADULTS, \$30 CONCESSIONS, \$15 STUDENTS, \$80 FAMILY

TICKETS: [HTTPS://WWW.TRYBOOKING.COM/CIAQX](https://www.trybooking.com/ciaqx) OR MANJIMUP ARTS HUB

A word or two about the Orenda Ensemble: The Orenda Ensemble was created out of a shared desire to express the divine moments of musical joy and connection experienced when performing. This unique ensemble, featuring musicians Michael Howell (flute), Alix Hamilton (viola), and Adam Pinto (piano), has been exploring the possibilities within the existing repertoire of classical trios.

Michael Howell (flute): graduated from the University of Western Australia, and completed postgraduate studies at the University of Music in Weimar, Germany. He is a freelance musician and has performed throughout Germany and Switzerland and with the West Australian Symphony Orchestra, is principal flute for the West Australian Philharmonic Orchestra and Fremantle Chamber. He lectures in flute at the University of Western Australia and the WA Academy of Performing Arts. Michael performs on an original flute made in 1880 by the celebrated French flute maker Louis Lot.

Alix Hamilton (viola): Since graduating with a Bachelor of Music on violin from the West Australian Academy of Performing Arts, she has focused her energies on viola, becoming a leading violist in the freelance music scene in Perth. As well as a teacher, Alix regularly performs as both a chamber and orchestral musician.

Adam Pinto (piano): Pianist, researcher and composer, Adam lectures in piano and musicology at the University of Western Australia. He performs regularly with WA Symphony Orchestra, and has been recorded for broadcast by the ABC. He is a sought after chamber musician, working with local and international soloists at festivals worldwide.

This is the 2nd performance in the Manjimup Performance Series. To go on the mailing list to be notified of future events please email julia.sykesmusic@gmail.com or follow the Warren Arts Council, Manjimup Facebook page.



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MANJIMUP MEN'S SHED

FRANCIS HULL
President
RUSSELL CANDY
Secretary



2 Perup Road
Po Box 177

Manjimup, WA 6258
FRANCIS 0409 115 784
RUSSELL 0414 254 963

Winter Trading Hours



Monday	Closed
Tuesday	5 - 8PM
Wednesday	11.30 - 1.30, 5 - 8PM
Thursday	11.30 - 1.30, 5 - 8PM
Friday	11.30 - 1.30, 5 - 9PM
Saturday	5 - 9PM
Sunday	11.30 - 1.30, 5 - 8PM

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Saturday 10am till 1pm

Donations of clothing, books, linen, bric a brac, toys and small household items gratefully received. PLEASE no furniture as we do not have the space. No electrical items.

ALL FUNDS RAISED GIVEN BACK TO THE COMMUNITY

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MAGIC MUSHROOMS

Famous, enchanting and highly toxic fly agaric is the home of fairies and magical creatures who live in the forest. This fungi has turned up in many fairy tales and features in the story of Alice in Wonderland when she is given some fly agaric to eat.

It was traditionally used as an insecticide. The cap was broken up and sprinkled into saucers of milk. It's known to contain ibotenic acid, which both attracts and kills flies which gives it its name.

Fly agaric (*amanita muscaria*) is not a native fungus. It is native to the northern hemisphere where it is found in both conifer and hardwood forests. In eastern Australia and New Zealand fly agaric is common in pine plantations where it's used purposely as a beneficial mycorrhizal partner for radiata pine trees. It has never been intentionally introduced into Western Australia but in recent years has been found in pine plantations, gardens and parks in the Perth Hills, Manjimup and Margaret River. Fly agaric is a very distinctive fungus, caps are large, up to 20cm diameter, dome shaped at first then flat, bright orange-red with white patchy scales on the surface.

If you don't have fly agaric popping up in your lawn, take a trip out to Foresters Wood. Over 100 species of trees from around the world are planted there. Some of the oldest ones were planted by the Michelides family who pioneered Manjimup's tobacco industry and used this property as their base. Foresters Wood was established in 1985 by the Institute of Foresters Australia and is an arboretum of trees dedicated to the famous trees of commerce, culture, legend and literature.

If you see a patch of fly agaric, take a closer look, you might just spot some magical woodland creatures hiding among them, you never know!

Liz Coley



Photos: Barbara Bachos—Foresters Wood



Opening Hours

Monday-Friday
(see Facebook
page)

Saturday: 10-3

Sunday: 10-2

VOYAGER

Who would have thought that a band from WA who have been playing gigs for around 24 years would have been selected as Australia's entrants in the 2023 Eurovision song contest?

Perth based and progressive synth-pop metal band Voyager made Western Australia and the rest of the country proud as they put on awesome performances throughout the contest.

Their song Promise was performed with pyrotechnics, strobe lighting and a Toyota MR2 on the stage, all this capped off with amazing costumes, gained them 9th place overall with 151 points.

The band line up has changed over the years, at present the quintet comprises lead singer and keyboards Daniel Estrin, bass guitarist Alex Canon, drummer Ashley Doodkorte and guitarists Simone Dow and Scott Kay.

The Doodkorte family lived in Manjimup some years ago and drummer Ashley Doodkorte is working at the Bunbury Regional Entertainment Centre as BREC Marketing Coordinator.

They have released two titles in 2023 Promise and Dreamer, check out their Facebook page for more details.

Liz Coley



Photo—Internet



BIBBULMUM TRACK

25 Years of The Bibbulmun Track PHOTO COMPETITION AND EXHIBITION

As part of the celebrations coming up in August to mark 25 years since the Track opened, here's a word from Northcliffe CRC: "We're honouring the 25th anniversary of the Bibbulmun Track with an exhibition and photography competition at the Painted Tree Gallery in August. Organised by the Northcliffe Community Resource Centre.

Here's what you need to know:

- Enter up to 5 photos from the Bibbulmun Track over the past 25 years
- Entry deadline 1st July 2023
- Entry is free and open to everyone
- Submit photos in digital form. Entry forms available at Northcliffe.org.au"

(Photos preferably from the Southern Forest region of the track.)

The photos will be exhibited at Painted Tree Gallery, Northcliffe, throughout August.

A little local history regarding the track: as part of Manjimup Shire's Centenary Celebrations in 2008, six locals and a visitor walked the track from the northern Shire boundary to southern boundary, a distance of 269.3 k. The Shire bus picked up the excited walkers in Manjimup at 7 am May 17th to deliver them to their starting place, Green's Island. It was just a short walk to the first stop - One Tree Bridge where breakfast and a cheering send off group awaited. Then they were on their way. The walk took two weeks, and during that time the weather turned into typical south west winter. Rain, hail, wind. But they kept their spirits up, having an overnight stop over in Pemberton, a chance for family and friends to catch up. Rose Ferrell met with the team a few times along the track to take videos and photos. Walpole was a welcome sight for those walkers on May 31st, with a meal at the hotel and Shire representative on hand to present them with achievement certificates, and the bus to take the tired walkers home to Manjimup.

Also to celebrate the 25 years, the Bibbulmun Track Foundation have an end to end of the track organised, with experienced guides leading the way. If 1000 k seems a little too far, perhaps the opportunity to join the group August 18th to 22nd, for the 59 k distance Pemberton to Northcliffe, may be more appealing. Visit the Bibbulmun Track website for more information.

Story & photo's Kathy Hill



FANTASTIC FUNGI



Interested in NATURE? Interested in PHOTOGRAPHY?

The Manjimup Photography Club Inc. invite you to
enter our competition for 2023

Entries will be submitted digitally with the top 35 photos selected to
go onto final judging. These will be printed, framed and hung in the
Manjimup Art Gallery for the final judging and open for viewing by the
public.

Entries close on **Friday 14 July 2023**, \$20 gets you 3 entries.

See our Facebook page: **Manjimup Photo Club Inc**

or contact : manjimup.photo.competitions@gmail.com

MUSIC IN THE HERITAGE PARK

On a sunny, crisp Saturday morning, early in May, as the autumn leaves were floating down, anyone visiting the Heritage Park may have been surprised to hear that along with the happy sounds of children in the play area, there was also some toe tapping cheerful music notes floating around. Making the most of the end of the sunny weather before winter descends, some of the Manjimup Music Makers ukulele group were having a morning out, with about 10 members present. A visitor or two joined in the singing, which is always welcome. And anyone interested in becoming a member would be very welcome.

Thanks to group leader Catherine Bamess for organising the outing, the park is always a special place to share music. The next opportunity to hear the ukulele group will be at the Saturday Farmers Markets, Wine and Truffle weekend, June 24th.

Kathy Hill



A TALENTED LOCAL LADY

In past generations crocheting and knitting were always popular, providing clothing, and filling in the time before screens came on the scene. And surprisingly, it seems that since Covid lock down days these craft skills have had a new uplift of interest, which led to a chat with Malena Hayhow who does beautiful crochet.

Malena says she started crocheting in her young days, teaching herself from an instruction book and just as she was in the early stages of learning she was asked to supply a knee length dress for someone who saw her work, and from then crocheting became a positive in her life. These days it helps manage her joint pain, cutting medication and fills in her hours, plus providing a little income.

Over the years she has regularly entered her work to Sydney, Melbourne and Perth Royal Shows and gained many first and second prizes, earning around \$700, including being selected for the Sydney Window of Excellence. At Perth's Royal Show last year she was awarded two First Prizes and one Third Prize.

Readers may have seen her at the Park Café, in her electric wheelchair, on Saturday and Sunday afternoons, offering for a small fee to share her crochet skills. A little history of Malena – the name Hayhow is a Scottish word meaning High Craig. She has been a Manji local for around two years, coming here from the Eastern States. Sadly, a few months after arriving her husband passed away.

Malena is a regular at the CRC handicraft sessions on Tuesday afternoons.

Kathy Hill



GETTING TO KNOW OUR CRC STAFF

Thanks to Anne Martin, reception staff member, for sharing her story. And her artistic talents. And yes please Anne, we would like more in future.

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This month I was asked to write something about the art I do for an article in Cafe Bytes. At the moment I have a sister who is battling cancer so my thoughts are constantly of her and then of our childhood. I decided I would write something about us moving to Western Australia. I asked my sister for her memories. This month these are her memories and, if the readers would like, next month I will give my memories. Anne Martin.

Our parents decided to move from Victoria to WA in 1968. Mum's auntie had died and a house was available for us to live in Donnybrook. We loaded up dad's old Chevy Ute with our belongings, it had a canopy on the back but we were squashed in the front - Dad and Mum, my sister and me. We drove to SA and caught the train which would take the car and us to Kalgoorlie. Once we arrived in Kalgoorlie we stayed the night then started the drive to Donnybrook. We got as far as Collie and ran out of petrol! I remember sleeping in the car and it was freezing. We got going again the next morning and I remember arriving in Donnybrook where it was raining and freezing, it was April. One of the first things mum did was buy us girls an electric blanket for our beds.

My sister and I started at the school, I was in year 10 and my sister was in year 6. It was a big change from the high school in Mildura, we only had 8 girls in my class and the rest were boys. I made a good friend who still stays in contact, she said we were lucky to come to WA as we had no natural disasters here. Not long after that the Meckering earthquake happened and our whole house shook! I have fond memories of our time in Donnybrook although it took a while to settle into such a small town after living in a city.



Artwork by Anne Martin

OUTREACH SESSIONS TO ASSIST NATIVE FOREST WORKERS

Thanks to Diana Fisher for providing the following information. South Regional TAFE (SRTAFE), Jobs South West (JSW), and Jobs and Skills Centre (JSC) are undertaking outreach sessions at Community Resource Centres to support native forestry workers transition out of the industry into new employment.

Services offered include resume writing, cover letters, job matching, and skills and training.

These sessions focus on supporting native forestry workers to transition out of the industry, but anyone seeking further information about these services is welcome to attend.

Sessions are held at various local Community Resource Centres (CRC) including Manjimup, Bridgetown, and Nannup and the Jobs South West offices in the Busselton area. Session dates and times are usually promoted by the CRC Social Media pages.

FEE FREE consultations. Bookings preferred but not required.

SRTAFE Diana M: 0428 307 808 E: training@srtafe.wa.edu.au

JSW (JSC) Kathy M: 0499 908 096 E: kathyb@jsw.org.au



GP DOWN SOUTH COMMUNITY FORUM

Community Consultation Forum Round 2

DATE: Wed 7th June 2023

TIME: 2pm

VENUE: Manjimup Family Centre

GP down south are revisiting areas within the Warren Blackwood region as part of our new program which aims to improve access to health services and strengthen collaboration between service providers.

We would love to hear community members' feedback and ideas on your experiences with access to health services and what you feel would be beneficial to your community.

The forum will be run by Prof Alex McManus, the independent consultant to the program. You will be able to provide feedback directly to her, either in person at the forum, or via email/feedback form.

Please contact GP down south Manjimup office to RSVP on 9771 2260.



GP down south

Local health. Our business.



Manjimup
Community Resource Centre



Friendly dogs welcome



COME WALK WITH US

VOLUNTEER@MANJIMUP.COM.AU
9777 2774



All you need is a hat, some water and a smile

*When: Monday 9:00am Winter
Where: Outside the roundhouse at the
Manjimup Heritage Park*



*Join with us for a cuppa
on us*

Tuesdays 1:00 pm—3:00 pm

Manjimup Community Resource Centre

45 Rose St, Manjimup WA 6258



Do you know how to
work with Yarn?

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enjoy a new hobby?

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involved in charity
work?

Would you like to pass
on your yarn skills to
others?

Donations of knitting
and sewing items
thankfully received

Knitting &
Sewing Club



Manjimup
Community Resource Centre



Are YOU interested in Volunteering?

Don't know where to start?

**Make an appointment today with our
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Get everything you need;

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with Groups that
suit you!**



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WELCOME MATT SLADE TO THE BOARD

Matt started studying Vet Medicine at University after leaving school, but left to follow his Trade Qualification in Carpentry. He met his wife Chanti, who is a soft tissue Occupational Therapist and bought a farm in Manjimup, which led to an interest being formed in Horse Mounted Archery, which has extended to his three children. He also became interested in 'The Crucible Project', which led him to seek further training to become a registered psychologist and he currently offers counselling through his business, Centaur Counselling. Matt is a proud Wagyl Kaip Noongar man who lives on country and is passionate about mental health and assisting groups in the community.



45 Rose Street, Manjimup WA 6258
P: (08) 9777 2774
F: (08) 9771 2485
E: reception@manjimup.org.au
W: www.manjimup.crc.net.au

Business Membership

TAX INVOICE

ABN: 66 287 651 302

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Business / Organisation: _____

Nominated Users (For business and organisations only)

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PAYMENT METHOD:

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|---|---|
| <input type="checkbox"/> Cash | - Please come in and pay at Reception. |
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| <input type="checkbox"/> Direct Deposit | - Manjimup Community Resource Centre |
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ACC: 151749 (Please use Surname as reference and email a copy of your confirmation of payment)

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COMMUNITY BYTE SIZED PIECES

- The Manjimup Community Garden holds a swap and share garden gathering most Saturday mornings from about 9.30am at the Manjimup Timber and Heritage Park. Facebook: Manjimup Community Garden.
- Manjimup Photo Club invite you to enter your photos for their Fantastic Fungi competition, \$20 gets you 3 entries. Closes on Friday 14th July 2023, plenty of time to get your camera out and start clicking! Facebook: Manjimup Photo Club inc.
- Manjimup Speedway held their presentation night at the Gateway Hotel recently. Awards went to New Star Juniors Lara Edwards : Top Star Juniors Vince Lindsay : Super Mods Lance Beaver : Street Sedans David Fall : Production Sedans Wayne Leviston : Most Improved Lara Edwards : Highest Overall points David Fall : Driver's Driver David Fall. Congratulations to all the winners and the committee for a great season of racing.
- Look out for the main street banners featuring the work of six talented Western Australian artists which should be decorating Giblett Street soon. The colourful art will depict the six Noongar seasons of the Karri Karrak area of the Noongar nation. Birak, Bunuru, Djeran, Makuru, Djilba and Kambarang.
- Pop down to the Manjimup Art Gallery to view the new exhibition, Noongar Seasons: Nature in Transition which opens on 1st June.
- The Truffle Kerfuffle is on again, from 23rd to 25th June at Fontys Pool. There are more truffles found in Manjimup than anywhere else so get online at www.trufflekerfuffle.com.au for a truly unique experience.
- Storm Season is upon us—see <https://dfes.wa.gov.au/hazard-information/storm> for information on how to prepare and what to do if you are affected.

WARREN HOSPITAL AUXILARY

Thanks to Carol Steele for this information. The aim of the Auxiliary is to raise funds for the Hospital and Primary Health Equipment not supplied by W.A. Country Health Service. For example, some of the items bought include electric Recliner chairs used by day stay and long-term patients, Pressure relieving Mattresses, a Shade Umbrella for the Front Courtyard, extra Furniture and Linen for the Rental accommodation supplied by the Hospital to cater for Staffing needs, an Electric Shower Chair and Potted Plants, the Daily Newspaper and a BBQ for Staff use.

Our aim is to source as much as possible from local Businesses.

They also liaise with other fundraising groups to help facilitate the purchase of items such as a Sofa Bed for the Palliative Care Suite and Beds to be used for patients with specific needs. Emergency Toiletry Bags and single items for personal care are also provided by the Auxiliary. These are regularly replaced so that a good supply remains available for patients in need. The funds are raised by individual community group donations and having Raffles each year on Mother's Day, Father's day and Christmas. Prizes for these Raffles are always sourced locally, and we are very grateful for any donations received.

The Auxiliary meet each month on the third Friday at 10am in the CWA Rooms.

SUDOKU SOLUTION

9	2	5	3	7	6	4	8	1
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7	6	3	2	1	5	8	9	4
4	9	1	8	6	7	2	3	5

Are You Over 50?

NEED HELP WITH TECHNOLOGY?



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appointment
today

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volunteers are
here
to assist



Come For Two Sessions and its
Free

Bought to you by:



Manjimup
Community Resource Centre
Tel: 9777 2774



Be Connected
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Network
Partner



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

Yarn Spinners, Liz Coley & Kathy Hill

Contribute your story to us: manjicafeytes@gmail.com

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