



EDITION 115- FEBRUARY 2024
FREE - ALSO AVAILABLE ONLINE

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

Quote for February

*Life is what happens while you are busy making other plans" –
John Lennon (1940 -1980)*

Word for February

BRABBLE: *Argue loudly about matters of no importance*

Welcome to our February newsletter, the new year is rolling along at a fast rate, summer holidays are over and the daily school routine has returned. But the heat and dry conditions will continue for a couple of months yet, we are so fortunate to have air conditioning to keep us cool. And grateful that so far, we have experienced a fire free season.

Enjoy the extra day February offers this year, 29 could be a lucky number. See you in March and remember, we always welcome contributions from the community to add extra interest for our readers.

VALENTINE'S DAY

A love poem for all the romantics among us.

The world must become a much better place
Where more people dwell with a smile on their face
Living together in kinship and peace
A world full of hope where joys never cease.

Wearing our heart on our sleeve everywhere
Will show all mankind that we really care
Thus shining a light that's warming and bright
Love's a splendid way to make the world right.

Live for the moment, our time here won't last
Life is too precious to live in the past
The dawn of each day gives us all a fresh start
To those whom you love, tell them straight from your heart.

Today is a day that's made for romance
Cast cares aside, let us all sing and dance
Kissing any doubts and heartaches away
Raise our glasses to love on Valentine's Day.



Beryl L Edmonds. "Cheers To Love." Family Friend Poems, February 13, 2022.

Liz Coley

LEAPLINGS

February is the shortest month of the year, people born on February 29th are known as *leaplings* or *leapers*, technically they celebrate their birthday once every four years but most observe it on February 28th. Unfortunately, it doesn't mean you only age one year, it's still 4 years between birthdays. The odds of having a leap birthday are one in 1,461.

Why do we need a Leap Year? There is a good reason for that, most calendar years have 365 days, a complete earth revolution around the sun (one solar year) that takes approximately 365 days and 6 hours. Therefore, an extra 24 hours accumulates every four years requiring an extra day to set the calendar straight, hence February 29th.

Julius Caesar is known as the Father of Leap Year declaring in 46BC that every fourth year following the 28th day of Februarius (February 29) one day was to be added, making every fourth year a leap year. However, Julius was a little out in his calculations so that by the late 1500s 13 days had accumulated in the solar year. Pope Gregory XIII made some alterations and in 1582 gave us the Gregorian Calendar which modified Julius' calendar to account for the extras. To improve upon the over correction made by the Julian calendar, the Gregorian calendar skips three leap days every 400 years. This gives an average year of 365.2425 solar days which is much closer to the solar year of 365.2422 solar days.



All of which makes a Leap Year birthday pretty special, a very happy birthday to all the leaplings as you celebrate February 29th 2024.
Liz Coley

KING JARRAH INFO—THANKS TO JOHN HUNTER

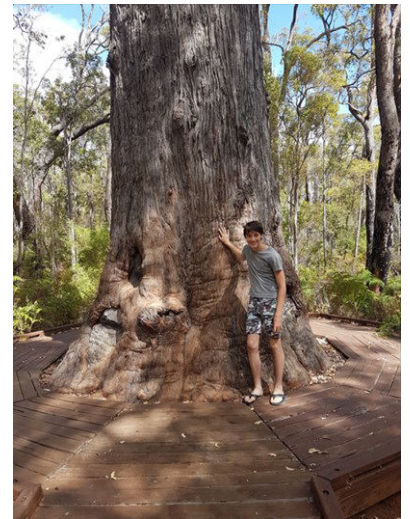
.....Have you been there lately?.....or ever?

.....well, it's a great place to pop out to for an hour just to kick back and enjoy some natural bush, and a very tranquil setting.... it's just a couple of KMs out of Manjimup on Perup road.Perup road is the one opposite the Puma petrol station on the highway, and it runs out past the golf course, you can choose either to drive, or walk on the path or maybe run on a Saturday morning with the parkrun group.

When you get there, there is easy parking, a lovely covered area with a couple of good size picnic tables, free BBQs, and toilets..., .a nice place to relax and enjoy the sounds of the bush.

And....There is a walk trail...does a circuit and brings you back to carpark, it's a super easy walk, flat, sealed, and wheelchair friendly...about 600 meters.....

OH YES!!...There is also the King Jarrah...the biggest Jarrah tree you're ever likely to see!! There are info boards telling you about the place, and the story about how this big old tree has survived to this day, and not been turned into railway sleepers, or fence posts!



Lions Club of Manjimup

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

"Having Fun, doing Good"

Phone Pat on 0419949173

GREEN SPACES COUNTER THE BLUES

Grateful thanks to Wendy Eiby for this interesting information on wildlife, and the masses of blooms we are enjoying when driving through the bush areas.

.....

So far it has been a magnificent *Corymbia* flowering season with masses of blooms on the Red-flowering Gum, *Corymbia ficifolia* (which are endemic to the South West but seems to be enjoying mass blooming wherever they are planted throughout Australia this season) and also on Marri, *Corymbia calophylla*. Flocks of Purple-crowned Lorikeets can be heard calling in the forest canopy making the most of the bloom. The Marri has flowered early this year, and the Karri (*Eucalyptus diversicolor*) have started shedding their bark much earlier than usual due to the heat in December.

Swamp Bottlebrush, *Beaufortia sparsa* are also flowering early, and *Billardiera* species are twining through shrubs and displaying bouquets of white and purple flowers. Slipper Orchids (*Cryptostylis ovata*) are still flowering in heavy forest areas, look for the large elliptic leaves. There's plenty of pollinators about, and spiders that feed on pollinators! Look for Blue-banded Bees and other native bee species enjoying the blooms in your gardens.

Reptiles are active with a few snakes around when it's not too hot, and we spotted a Western Long-necked Turtle (*Chelodina colliei*) in the constructed wetland at the Manjimup Heritage Park last weekend. The tree frogs - Slender Tree Frogs (*Litoria adelaidensis*) and Motorbike Frogs (*Litoria moorei*) are loving the warm nights and are hunting and actively breeding in permanent waterbodies most nights. On humid or rainy nights listen for Forest Toadlets (*Metacrinia nichollsi*) calling through the forests, these ancient little frogs live out their life-cycles under fallen timber in the forests and their tadpoles develop in the eggs and hatch out as little frogs. Download the FrogID app from the Australian Museum to learn more about our frogs or to help contribute to their nationwide citizen science project by recording and submitting the calls you hear. Look for the Southern Forests Community Landcare group to join to help record all the calls in our Shire.

While our weather is so hot remember it's important to provide water and shady habitat for wildlife in your garden if you can - extra bowls of water with rocks or sticks in them to prevent creatures from drowning will be welcomed by birds, invertebrates and small mammals. Where possible add plants that flower for long periods and for a variety of seasons. If you are thinking of creating a garden, or want to upgrade an existing one to make it more biodiverse, water-wise, fire-wise or productive for food keep watch for a series of workshops we'll be hosting this year to help you do just that. The first workshop in February will be about what you need to think about to design your garden, date to be advertised shortly!

Wendy Eiby

Project Manager - Green Spaces Counter the Blues

Ribbons of Blue Co-ordinator



Liz's



Kitchen Rules

BERRY PUDDING

Raspberries are one of those fruits that look as delectable as they taste, rich dark red and abundant on the bush they are just waiting to be picked and eaten.

They are the edible fruit of a number of plant species from the genus *Rubus*, the rose family, the name raspberry comes from raspise, “a sweet rose-coloured wine” or it may be from the old English rasp, describing its rough surfaced appearance.

The scientific name for raspberries, *Rubus idaeus*, means “bramble bush of Ida” named for the mountain where they grew on the island of Crete. There are *Rubus* species native to most continents, Europe, Asia and North America and Australia is no exception with eight indigenous species found mainly in Queensland. The early settlers brought canes with them, they are easy to grow from suckers and can be very invasive if left to grow unchecked, the suckers developing at some distance from the main plant.

The south west provides ideal growing conditions for raspberries, they require a well composted soil with added cow manure and some protection from hot afternoon sun. Mulch to retain moisture and give them a drink of Seasol in spring and summer to encourage fruiting and they will reward you with a bumper crop. The canes will need some support, star pickets with three rows of wire, about 1.5 to 2 metres high, is ample and recalcitrant canes can be tied back to this framework if necessary. A good variety for the south west is “Heritage” as it is a low chill plant but there are a few to choose from, “Chilliwick” and “Chilcotin” are a couple more worth trying. Summer species fruit on last year’s canes and autumn varieties on this year’s growth. Winter is the best time to plant raspberries, picking season is summer to autumn, cut the canes back to ground level in winter and don’t forget to check for suckers, with a little care you too can be snacking on this delicious berry in no time.

Raspberries are a good source of vitamin C, manganese and fibre. They also give us vitamin K, vitamin E, magnesium, folate and potassium. All the good things in one small package.

Ingredients: Sauce: 2 cups frozen raspberries (or a mixture of frozen berries), ½ cup Maple Syrup, 1/3 cup water, 50g butter (melted).
Pudding: 1 egg, 2/3 cup sugar, ½ cup cooking cream, ¾ cup plain flour, 2 teaspoons baking powder.

Method: Preheat oven to 180deg C. To make the sauce: place berries in a 20cm pie dish. Pour syrup, water and butter over the berries. To make the pudding: Place egg, sugar and cream in a bowl and beat until well mixed. Add sifted flour and baking powder and stir until smooth. Spread the pudding mixture over the berry sauce. Bake for 40 to 50 minutes or until golden brown. Test with a skewer, if it comes out clean it’s cooked.

A lovely summer pudding served warm with cream or ice cream.



Bridgetown Manjimup Chiropractic



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

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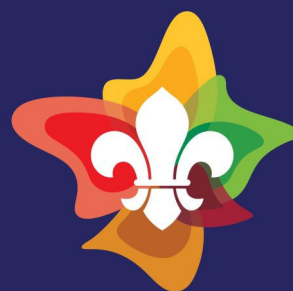
Visit VINNIESWA.ORG.AU/VOLUNTEER

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- 3.) Complete the Application Form and VOILA!

For any queries contact volunteer@svdpwa.org.au

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Carers WA



MEET OUR
REGIONAL
COORDINATOR



Are you a carer in the South West region?

Meet Julie, our Regional Coordinator working closely alongside the Carer Gateway program based in Manjimup to deliver free practical and emotional services and supports for unpaid carers. Living in the Blackwood Warren area means that she can provide direct support to you and other carers you know, answering your questions and providing a local perspective. She also helps educate service providers and mainstream organisations (including local councils, school etc.) around the important role of unpaid carers and the assistance that is available for them.

To contact Julie directly, email southwest@carerswa.asn.au or call 0413 859 235.

DINGUP HOUSE MEMORIES—KATHY SAVAGE

LIFE AT DINGUP HOUSE as told by Kathy Savage, who with David Savage owned the property until 20th December 2023

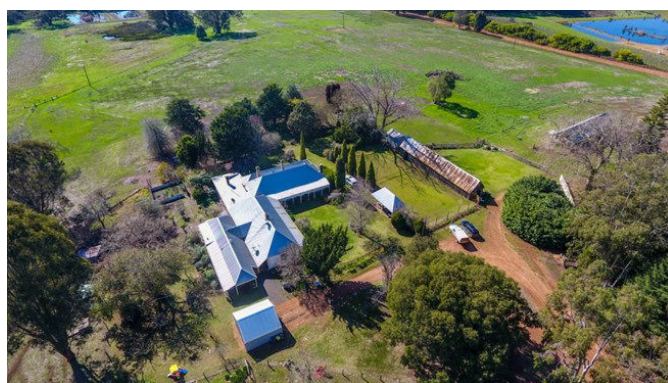
Thomas Giblett son of John and Ann Giblett married Maria Moulton on the 28th of September 1868 and they purchased Nelson location 82 which they named Dingup, at the time this consisted of 14,000 acres, 400 head of cattle, 800 sheep and 100 horses for grazing the Estate. Thomas built a 3 room cottage in 1870, Thomas and Maria had nine children and by 1896 the house consisted of 18 rooms. Outbuildings consisted of a butcher's shop, blacksmith shop a large barn and shearing shed. Construction of the main house is of fired mud bricks made on the property. Floorboards and structural timbers are pit sawn Jarrah and the roof was made from split shingles (since replaced with tin). During Thomas Giblett's lifetime Dingup House became a social centre. Church services were regularly held in the large lounge room with the Methodist Minister riding his bike from Bridgetown, Cricket usually followed these services.

Thomas Giblett also built Dingup Church 3kms North of Dingup House, this was made of soap stone quarried on his Father's property, the Church was also used as a school, the teacher lived at Dingup House in a room called the Teacher's room. Sadly, Thomas Giblett was killed by a falling burning tree while clearing land, he was 55 years old. Different members of the Giblett/Doust families lived at Dingup House until 1993 when it was sold and became a bed and breakfast. We bought Dingup House in 2001 after seeing it on a real estate window while on holiday in the area. We fell in love with the amazing history and character of the huge homestead. Dingup House was due for much needed renovations at the time and over several years we restored the property, which included adding 3 new bathrooms and installing a whole new commercial kitchen, painting and replacing a lot of timbers that were damaged, taking ceilings that had been lowered back to original, one of them Jarrah weatherboards, another pine panelling, also opening up fireplaces that had been closed over. We had local timber craftsman Bernie Kristoffersson make replica Jarrah door frames to original size and design. Some years later we took up the challenge of restoring the Barn and Shearing shed as both were in a state of disrepair, we sourced the wide Jarrah timbers that were needed and with the help of local farmers Tom Muir and Rob Whitfield, who had amazing knowledge of this era of building practice, due to having grown up in the area, we were able to save and restore the buildings for future generations.

After over 20 years of owning this magnificent historic home we decided to have a change of lifestyle, as this was the longest we had ever lived in one place, so we moved to the Wheatbelt area. We have found there is beauty everywhere and we are enjoying the different landscapes and making new friends.

We will always miss Dingup House and our friends in Manjimup

Congratulations to new owners of Dingup House, Amy and Paul Skinner who are originally from England, who also love historic homes and we are sure they will do great things with the property.



SOUTH WEST
COMMUNITY LEGAL CENTRE INC.

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Website www.swclc.org.au

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Jane Kelsbie

MEMBER FOR WARREN-BLACKWOOD

Unit 5/78 Strickland Street, Denmark WA 6333

PO Box 327, Denmark WA 6333

(08) 9848 3171

jane.kelsbie@mp.wa.gov.au

JaneKelsbieWarrenBlackwood

Jane_Kelsbie_MP



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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MANJIMUP COMMUNITY OP-SHOP

56 Rose Street (opposite the Backpackers)

Open:
Tuesday to Friday 10am till 3pm
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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MARRI FLOWERS

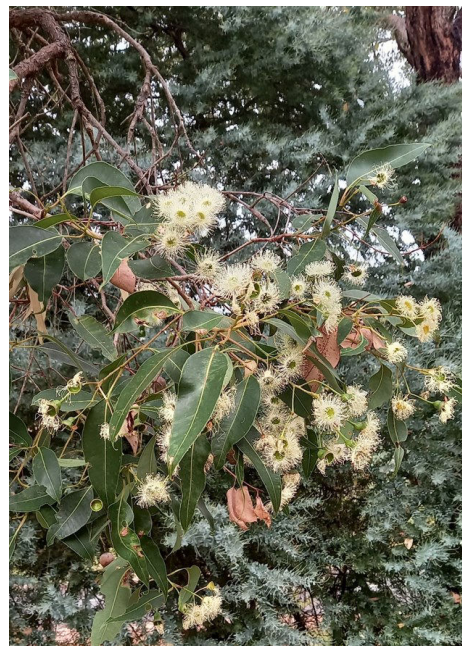
Marri, *Corymbia calophylla*), a species of bloodwood which is commonly known as red gum is flowering all around the south west right now and attracting a lot of attention from bees and the dreaded march fly.

There are about 400 species of march fly in Australia, some feed on flower and pollen, (marri blossom is the attraction), but the majority prefer blood. It's true! Just like a mosquito the female march fly bites us to get at our blood, it uses the protein in blood to develop eggs which gives rise to the next generation of march flies. No wonder they are so keen on attacking our bare legs and arms. The painful and itchy reaction we get is caused by the anticoagulants in the fly's saliva injected into us when we are bitten. This prevents our blood from clotting ensuring a steady flow for them to feed on.

However, it's not all bad news, the blossom will turn into the large and distinctive fruit we know as honky nuts, which is a much loved and valuable source of food of red capped parrots and Baudin's black cockatoo. The large and distinctive fruit is featured in May Gibb's series on Gumnut Babies, May spent her childhood in Western Australia, the Noongar poet, Jack Davis celebrated the marri in his poem the Red Gum and I and Marri is the Noongar name for our tree.

Whether plenty of blossom will mean a wet winter or not, I don't want to predict that, but let's hope so and despite the march flies, enjoy the blossom this beautiful tree gives us while it lasts.

Liz Coley



Help us build a:

Community Resilience Network

Attend your CRC or participate online.

SCAN FOR MORE INFO!



Workshop 1 – The Social Impacts of Drought

Delivered in partnership with your local Community Resource Centre.

Friday, February 23, 12pm to 1pm

Surviving the Dry
Building social resilience for times of drought



This project is supported by FRRR, through funding from the Australian Government's Future Drought Fund.

GP DOWN SOUTH UPDATE

- Partnering your way to health • Central Hub for community health and wellbeing

GP down south has recently secured a LotteryWest grant to renovate new premises which will see all their primary health programs co-located within a central Hub at their main Warren Blackwood office in Manjimup. The Hub will have enhanced capacity for telehealth services, fit for purpose consultation rooms, areas for visiting specialists and a group room to provide training opportunities for local health professionals and community education workshops. GP down south provides community health services in areas of Mental Health, Integrated Chronic Disease Care, Aboriginal Health, and Care Coordination through the My Health Partnerships pilot program. Outreach services are provided to smaller townships across the region, and collaborations with WACHS through Diabetes Education and the Healthy Eating Active Living program further support service delivery to the community. Additionally, the Mental Health team are commencing the Life Launch Pad self-empowerment program in collaboration with Consumers of Mental Health WA in February 2024. The health system is complex to navigate and for people with chronic health and social issues it is often difficult to maintain the momentum required to address their various needs effectively. People with chronic conditions often have multiple health needs, and therefore have several health professionals and services involved in providing care and assistance. This requires effective communication across all sectors and geographic locations within the Warren Blackwood. The Innovative Models of Care is a Federally funded pilot program from the Department of Health and Ageing, through which GP down south has developed the My Health Partnerships program. This pilot program aims to address health access through enhanced connections between local health and community services, and the populations they serve. Care Coordinators work alongside individuals and their families / caregivers to provide a personalised approach to the management of their health and wellbeing needs through advocacy, education, and partnership. The Hub will be central for the delivery of all GP down south programs and work on the new premises is expected to commence at the end of February and will be ready to serve the community as a central Hub for health and wellbeing information and services from May 2024.

Contact: Program Information: Rae de Rusett (MHP Program Coordinator)
- 9771 2260 or 0459 131 825



LIFE LAUNCHPAD

Peers building skills and supports to live equal, empowered lives

IS COMING TO GP DOWN SOUTH, 32-34 ROSE STREET, MANJIMUP

Life Launchpad aims to support people with mental health concerns to live a happy and meaningful life.

Life Launchpad will be running FREE workshops

Every Monday from 10.30am - 12.30pm

Commencing 5th February 2024

Topics include:
Self-awareness, Setting and Achieving Goals, Wellbeing and Supports

Come along have a cuppa and chat with people who know how it feels to live with mental health challenges. We will work together to build knowledge, skills and confidence in our recovery.

Everyone welcome

PLEASE CONTACT: GP down south for more details and to register (08) 9771 2260

NO OBLIGATION TO ATTEND ALL 4 WORKSHOPS JUST COME ALONG WHEN YOU CAN



A CoMHWA initiative, funded by the Australian Government Department of Social Services
Visit www.dss.gov.au for more information.

WARREN DISTRICT AGRICULTURAL SHOW

The 2024 Warren district Agricultural Show will run on both Friday 15th and Saturday 16th March. The theme for this year's event is all things beef. There will be a big focus on the beef industry and everything it has to offer our region. From cattle judging to beef pie competitions, it's all covered at this year's event. Friday will be incorporated with a field day showcasing all things Agriculture and Farming. There will be trade stalls, interactive demonstrations, and farm machinery on display throughout the day. The farm field day will run from 10am to 4pm. Gates open from 5pm for the show where sideshow alley, food trucks and live music by popular band Tre Amici will be held until 8pm which will be followed by our annual fireworks display! Gates will open from 9am Saturday where the show will continue throughout the day. This year will have everything from scenic flights, petting zoo, sideshow alley, live music featuring lots of local performances as well as the bands. Also horse and breed sections, show dog jumping, wine and cocktail tastings, exhibition pavilion and much, much more!

Come along and support this wonderful community event. There is something for everyone. Schedules will be available in the next week. For more information visit our facebook page or our website at www.warrenagsociety.com.au

Entry prices

- Adults \$15
- Aged Pensioners \$10
- Child 5-15 \$5
- 4 and under FREE

Tickets are available online via trybooking and also available at gate entrance.

*Many thanks to Rachel Hopcraft for the update on this year's Show.
Looks like a great event to look forward to.*



SUPPORT WA CITY LODGES FOR CANCER PATIENTS



Last year, with support from people like you...

41,094 NIGHTS OF REST

were provided at our Crawford and Milroy accommodation Lodges for country patients and their carers, who are receiving treatment in Perth.



1,733 TRANSPORT TO TREATMENT

trips were provided from our Crawford and Milroy Lodges at no cost to our guests, to access life-saving treatment centres.

5,741 HELPFUL POINTS OF CONTACT

were received by 13 11 20, our cancer information and support line.



9,468 COUNTRY CANCER PATIENTS

and their carers received support from our regional Cancer Support Coordinators.



Want to know more about Cancer Council WA's Lodges?

With your help, we're here for all West Australian families impacted by cancer, no matter their postcode. Thanks to our generous donors, Crawford and Milroy Lodge help to reduce the added hardship country cancer patients face, by providing accommodation and support services close to treatment centres in Perth.

In addition to a safe, clean and comfortable place to stay, our Lodges provide:

- **Transport to Treatment**, which offers a free transport service from the Lodges to assist cancer patients and their carers to travel to and from treatment-related appointments.
- **Wig Service**, which loans headwear at no cost during and after cancer treatment. Trained volunteers assist patients with fitting a wig, turban or beanie to overcome the psychological challenges of hair loss.
- **Life Now**, a program that offers introductory exercise, meditation, mindfulness, tai chi and yoga courses. Courses are free of charge for Lodge guests, thanks to generous community donations.
- **Cancer Support Coordinators**, who focus on reducing the distress caused by a cancer diagnosis, to provide better long-term mental health and wellbeing outcomes for country cancer patients and carers.

Our guests say time and time again that the Lodges are an "oasis", for them to receive life-saving treatment and heal, whilst staying in the city.

With lots of natural light, established gardens and a strong sense of community, our guests can feel at home, even thousands of miles away from their town.

Scan the QR code to take a virtual tour of our Lodges.



WARREN CATCHMENT COUNCIL NEWS

Thanks Wendy Eiby for this local information update.

Green Spaces Counter the Blues Project. In response to a drying climate, the Warren Catchment Council is delighted to announce the successful allocation of a \$75,661 grant from the Foundation for Rural and Regional Renewal (FRRR) under the Helping Regional Communities Prepare for Drought initiative. This grant will support the initiation of a one-year project, "Green Spaces Counter the Blues," aimed at empowering residents to create resilient green spaces that contribute to community wellbeing.

Recognising the intrinsic value that public and private green spaces bring to communities, Green Spaces Counter the Blues is designed to provide residents with the knowledge and tools to establish and maintain green areas that offer food production, relaxation, recreation, and habitat. The project will focus on fostering social connectivity while simultaneously building a more waterwise community.

Residents of the Shire of Manjimup will have the opportunity to participate in a series of workshops and activities aimed at providing practical knowledge on developing and maintaining resilient green spaces. Recognising the importance of water conservation in a drying climate, the project will deliver grassroots education on developing waterwise and firewise gardens. Participants will learn about sustainable, biodiverse gardens and how to design green spaces that are resilient to drought stress.

The project seeks to strengthen social bonds within the community through collaborative efforts in understanding, creating and caring for green spaces. A key feature of the Green Spaces Counter the Blues project is the harnessing of existing community expertise on water as a resource and sustainable gardening, creating networks of knowledge sharing and capacity building. This collaborative approach aims to empower residents to make informed decisions about water use and conservation.

Project Manager, Wendy Eiby expressed excitement about the project, stating, "Green Spaces Counter the Blues aligns with our commitment to community wellbeing and sustainability. This initiative not only addresses the challenges posed by drought but also enhances the quality of life for our residents by creating vibrant and resilient green spaces."

The Warren Catchment Council extends its gratitude to the Australian Government's FRRR for their support to embark on this transformative journey with the community.

For further information, please contact: **Wendy Eiby. Project Manager. wendy.eiby@warrencouncil.org.au 0434811474**



Hon. Louise Kingston MLC
Member for the South West Region

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INTRODUCING PAUL FONTANINI, A VERY TALENTED CRAFTS PERSON.

We are grateful to Paul for responding when we asked him to introduce himself to our newsletter readers. Thank you Paul, we know it will be of interest to Café Bytes followers. Over to you Paul:

My Great-Grandfather Jack was a brother to Archie Fontanini, and they came to the Manjimup area together in 1907. Archie has secured a place in history with Fonty's Pool being known far and wide. Jack had the farm next door which is still being run by Fontys, my Cousins, and is a thriving Fruit, Nut and Avo orchard.

I was born in Manjimup in 1976, I studied Art and Design at Bunbury TAFE from 1992-1994 and a Diploma of Fine Art at the Western Australian School of Art and Design 1995-1996 before coming back to my hometown and getting Married to my wife Debbie in 2000.

Art took a backseat for a number of years and I got involved in offroad motorsport. Around 2015 I started learning blacksmithing and that got my creative juices flowing once more.

I now work with a variety of materials and techniques including metal, both forged and fabricated, from new and recycled material. I also use wood, cast aluminium, resin and recycled HDPE plastic in my works. I draw inspiration from nature and organic forms and often like to contrast textures between natural and smooth machined, polished metal.

One of my latest series of works done over the last couple of years is titled "Casting with Nature" which explores the use of nature itself as a mould to cast molten metals into. So far I have experimented with Termite mounds, Timber including various species and their interesting shaped burls, and even pouring molten aluminium over Ice.

As well as Fine Art I also like to delve into the craftier side of things and make functional forged items like fire tools, hammers, chisels, bottle openers and copper and steel eternal roses and I can often be found at various southwest markets selling these wares and showing off a couple of sculptures. Just follow the sound of the ringing dinner bell triangles.

Awards

2019 : Sculpture in the Vines Pemberton - Farmlink Award

2021 : Sculpture by the Bay Small Sculpture Prize Dunsborough - Overall Winner

Sculpture in the Vines Pemberton - Overall Winner

Pemberton Art Prize - Phil and Wendy French Award

Pemberton Arts Group Spring Exhibition -Phil and Wendy French Award

Castaways Small Sculpture Prize Rockingham - People's Choice Award

2022 : Pemberton Art Prize - OPS/Quantum Pacific Holdings Art Prize

Pemberton Arts Group Spring Exhibition Mona & Torsten Ketelson Art Prize

Pemberton Arts Group Spring Exhibition Open Acquisitive Winner

2023 : Pemberton Art Prize - Rygold Nominees

Jury Art Prize Port Hedland – People's Choice - Jury Prize

Ludlow Art Prize - Highly Commended

Paul with one of his Casting with Nature series, "Casting with Nature - Termites #3, Coral of the Jarrah Forest".

Made entirely of recycled materials for the "Castaways" exhibition in Rockingham, featuring Aluminium poured into a fragment of termite mound. When the mound is removed you are left with a casting of the termite tunnels that looks remarkably similar to Coral from the ocean. The base is also recycled with a piece of Jarrah Railway sleeper timber and the coloured sections made from recycled HDPE plastic bottle caps.

This piece won people's choice at Castaways Small Sculpture prize in 2021.

Paul is currently very busy organising his workshop/studio in the industrial area, in a corner of his parents' business building, Fonty's Hire. Which means art has had to take a back step until he has finished his studio make over.



Photo—Paul Fontanini



FEBRUARY 2024 PROGRAM

Be Connected - digital literacy for Seniors:



Be Connected
Every Australian online.

Tuesdays 10am - 12pm at the CRC

16th - Personalising your device

23rd - Microsoft Office

30th - Updates for devices



Knitting/crochet and Craft Group: *Tuesdays 1pm-3pm at the CRC*

Manjimup Walking Group: *Mondays at 8.30am*

Meet at the Round House car park at the
Timber Park



SAVE THE DATE: **Volunteer Meet and Greet Sundowner** *Wednesday 7th February at 3.30pm* **at the CRC**

*For more info on any of our exiting events or progrms contact Andrea or Amber on
9777 2774, email volunteer@manjimup.org.au or check out our Facebook page*

45 Rose Street Manjimup

TEST YOUR SKILLS WITH JOHN HUNTER—ANSWERS NEXT MONTH

1. <u>SAND</u>	2. <u>Man</u> board	3. <u>Stand</u> I	4. R/E/A/D/I/N/G
5. <u>Wear</u> Long	6. ^R ROADS A D S	7. T O W N	8. cycle cycle cycle
9. Le vel	10. <u>0</u> M.D. Ph.D. B.S.	11. <u>Knee</u> Lights	12. <u>II</u> 00 <u>II</u> 00
13. CHAIR	14. Dice Dice	15. T O U C H	16. <u>GROUND</u> feet feet feet feet feet feet
17. <u>Mind</u> Matter	18. He's/Himself	19. ECNALG	20. Death/Life
21. <u>G.I</u> ccc cc c	22. — Program	23. ^B LOU SE	24. You J Me u s T
25. ME Quit	26. Time Time	27. <u>MOH</u> Cry Cry Cry	28. <u>EZ</u> IIII
29. <u>Black</u> Coat	30. AGES	31. HURRY. ↑	32. SAND



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SHOOTING STARS

Stars have always held a fascination for me, looking up at the night sky and seeing millions of twinkling stars looking down at our planet which would appear as another speck in space from some far away constellation.

There is an old belief that wishing on a falling star, makes the wish come true. As witnessing a meteor is a rare event and many other rare events too are associated with good luck, it has probably given birth to this superstition. If you are lucky enough to see a shooting star, close your eyes before wishing. Then say, "Starlight, star bright, first star I see tonight: I wish I may, I wish I might, have this wish I wish tonight." How many of us have said that?

Shooting stars look like stars that quickly shoot across the sky, but they are not stars. A shooting star is really a small piece of rock or dust that hits Earth's atmosphere from space. These tiny specks of dust from space burn up 65 to 135 km above Earth's surface as they plunge at terrific speeds into the upper atmosphere, making the air glow as they pass. Shooting stars are actually what astronomers call meteors. Most meteors burn up in the atmosphere before they reach the ground. However, once in a while a meteor is large enough that some of it survives and reaches Earth's surface. Then it is called a meteorite.

There have been some meteor impacts on our planet, luckily most of them occurred billions of years ago, the largest known is the Vredefort Crater in South Africa, that's 160 km wide. The largest meteorite found on Earth is the Hoba meteorite also in South Africa. It was discovered in Namibia 1920. Estimated to weigh around 54,000 kilograms, it is so big, and so heavy, it has never been moved from where it was found.

Being a space nerd naturally I will be watching (via my ISS app) the Crew-8 mission, targeted to launch in mid-February which will carry NASA astronauts Matthew Dominick, Michael Barratt, and Jeanette Epps, as well as Alexander Grebenkin of Roscosmos to the space station. I wish them a safe flight and a safe return to Earth.

Hopefully we will get some clear skies in February as the Alpha Centaurid meteor shower will be active from 28 January to 21 February, producing its peak rate of meteors around 9 February.

Who knows I may even get to see a shooting star zoom across the space station, now that would be something!

Liz Coley



MOVE MORE CONNECT MORE



LiveLighter® Move More Campaign

Being active is great for the body & mind

If you are ready to get a little more movement into your day, we are here to help!

Move More encourages people to discover what motivates them to move, aiming to encourage West Australians to be more active. The campaign highlights the positive and immediate benefits of being more physically active such as:

- Improving mental health
- Having more energy
- Boosting our mood
- Helping us sleep better
- Connecting with others
- Feeling stronger to do everyday tasks with ease

Move More was launched in January 2023 and the latest phase of this campaign has just been launched, and shows members of the public telling their movement stories. These **'Move More Champions'** aim to inspire us all to find our movement passions through short online videos as well as activities via the **LiveLighter®** website.

Free workout guides & plans

There are so many different ways we can move our bodies.

The key is to find something we enjoy doing that fits in to our schedule and lifestyle.

To assist you in rediscovering the joy of movement **LiveLighter®** have developed various resources to suit everybody. These include:

- A free workout builder – get your free custom video workout!
- Workout plans
- Workout playlists – with our range of Spotify playlists helping get you in the zone
- How to videos
- Physical activity calculator – to find out if you are meeting Australia's current physical activity guidelines

To find out more: livelighter.com.au/being-active



This Wave of the campaign will run from **21 January – 9 March 2024** on social media and digital channels (including digital video, digital audio and online)



[@LiveLighterCampaign](https://www.facebook.com/LiveLighterCampaign)



[@Live_Lighter](https://twitter.com/Live_Lighter)



[@livelightercampaign](https://www.tiktok.com/@livelightercampaign)



[@livelightercampaign](https://www.instagram.com/livelightercampaign)



[@LiveLighterCampaign](https://www.pinterest.com/LiveLighterCampaign)

For more information about cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.



45 Rose Street, Manjimup WA 6258
P: (08) 9777 2774

E: reception@manjimup.org.au
W: www.manjimup.crc.net.au

Membership

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Business / Organisation _____

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- ☐ **SINGLE** **\$10.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services – excludes Room Hire)
- ☐ **Family** **\$20.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services – excludes Room Hire)
- ☐ **Business** **\$50.00 Per Year**
10% discount as per CRC Price List (see Website for a list of our services)
A Business Card sized Ad in each edition of Café Bytes

PAYMENT METHOD

- ☐ Cash - Please come in and pay at Reception.
- ☐ Eftpos - Please contact the Manjimup CRC on 08 9777 2774
- ☐ Cheque - Please post your cheque to Manjimup CRC, PO Box 314, Manjimup WA 6258
- ☐ Direct Deposit - Manjimup Community Resource Centre

BSB: 036-126

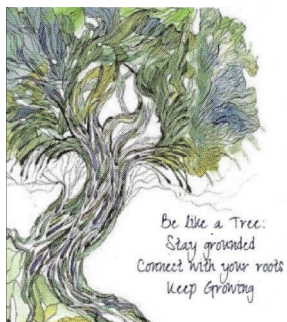
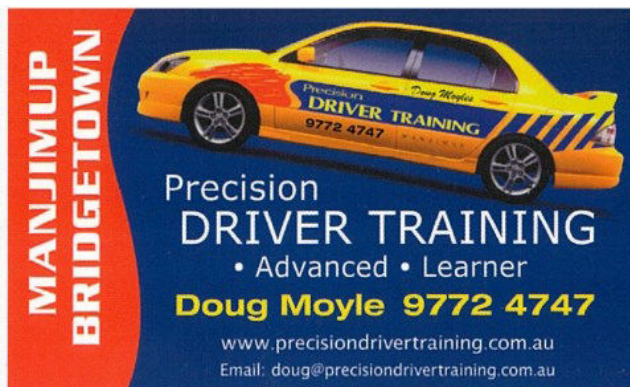
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VOLUNTEER ROUNDUP

- Are you struggling with your Digital Device. We hold group classes on a Tuesday morning from 10am-12pm or you can book in for a 'one on one' with Amber. We are also introducing classes on specific topics, the first one being 'My Gov' on Wednesday 6th September from 5pm-7pm at the CRC. Phone Reception on 9777 2774 to book.
- Our Volunteer Directory is well underway and will be in print form and online soon. If you would like your organisation included, give Andrea a call on Monday or Tuesday at the CRC on 9777 2774.
- If you are looking for Volunteers, or are wanting to do Volunteering we can assist.
- Wanting to make new friends and get some exercise at the same time? Join our Walk Group on Mondays from 8.30am, which leaves from the Carpark at the Heritage Park, opposite the Wellness Centre, then enjoy a free cuppa afterwards.
- On Tuesday afternoons, our Sewing and Knitting group is held and everyone is welcome to come along to learn how to sew or knit, or just for the lovely companionship! The group creates "Care Bears" for the Ambulance service when children are suffering trauma.



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Sunday: 10-2

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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

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

Funded and Printed by The Manjimup Community Resource Centre