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Issue 23 April 2016

Manji Cafe Bytes

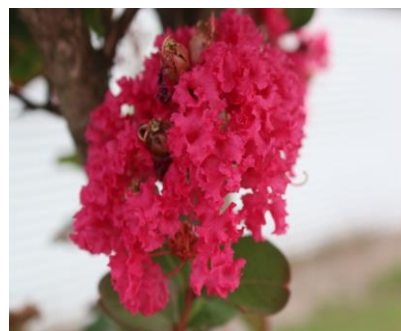
SAYING FOR THE MONTH

I am the master of my fate:
I am the captain of my soul.

William Ernest Henley

CHAT SUBJECT

What was your first job and
how did day one go?



Welcome to April, which is usually Easter month but Easter has come and gone.

Whilst we love the flowers of spring, how about those Crepe Myrtles spreading colour around our Shire?
What beautiful trees and flowers they are.

Enjoy the school holidays, because the next will be in the thick of winter so this is the chance to get out doors and soak up the last of the sunshine.

And on April 25th we will honour our Anzac history. Lest we forget.

We always welcome your ideas at manjicafeytes@gmail.com and copies are also online at <http://www.manjimup.crc.net.au>.



Fishers Folly

Manjimup Farmers' Markets on a Saturday morning is bustling with activity as stall holders set up for locals and visitors to encounter fresh produce and value added items. The smell of fresh baked bread and coffee; the clinking of bottles of crisp cider and wine; the lure of tree ripened figs and apples; are just a small array of products on offer. As part of the fabric of this market, a small group of teenagers enthusiastically set up their stall of an assorted array of bright foliage. Yes, teens out of bed setting up a stall laden with plants on a Saturday!

Caitlin and Nicole Fisher and Ambrose and Grace Foley started their plant stall November 2011. Their journey began as they identified a need to raise some funds to support their number one hobbies in life – horses (for the girls) and motorbikes (for Ambrose)! Their parents thought it a great learning experience to appreciate the cost of such hobbies and demonstrate their commitment by earning some money. What the parents did not expect was the life values that the children would develop.

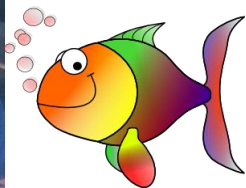
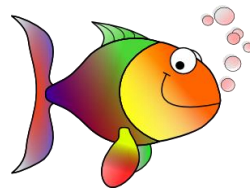
Fishers Folly is the name of the children's plant stall. A play on their surnames! They have developed skills in propagation techniques, agronomy and applied school learnt principles such as maths. They have learnt to engage with the community, have built their personal confidence levels and grasped business skills such as marketing and branding techniques. The multi coloured fish is their brand with the business slogan being 'so you can forage from home'. If you come and visit the Fishers Folly stall at the Manjimup Farmers' Market you will see the children proudly wearing their corporate wardrobe including their caps! They are always willing to discuss all things plants, as well as horses and motorbikes!

Fishers Folly specialise in herb and vegetable seedlings, assorted succulents and flowering plants. A couple of times a year there is a treat for patrons with freshly dug asparagus crowns available, marketed as *Ambrose's Asparagus*.

A lot of the children's success is from the generous support they receive from the community donating pots and allowing access to home gardens for additional material. The children have developed their love of gardening and business with strong parental support. The children's enthusiasm and commitment is to be applauded.

Come and visit them and check out their variety of garden products that meet an array of home gardening needs at the next Manjimup Farmers' Markets or at one of the other local community events that they support such as the Manjimup Cherry Harmony Festival, Quinninup Markets and Balingup Small Farm Field Day.

Facebook: <https://www.facebook.com/Fishers-Folly-826910777430483/>



Thumbs Up April!

Congratulations to the Show Committee and volunteers for the tremendous amount of hours spent in bringing our community such a great show event. We are thankful for their dedication and commitment which provided us with such a fantastic day out.



What's in the photo?

Have a bit of fun with the kids this school holidays!...Can you guess what these photos are of?. Have a look around the timber park and see if you can find them!



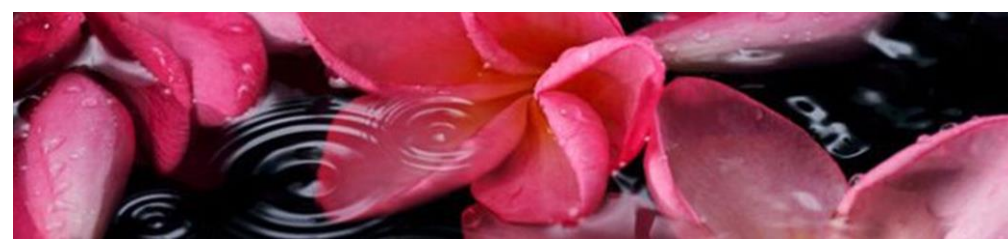
Volunteer Opportunity Development Service

The VODS at Manjimup Community Resource Centre works with a number of local organisations to provide services to local people, including The Rose Centre, who offer their free service every Wednesday from the Silver Chain premises on Mount Street

The Rose Centre is a peaceful and supportive sanctuary offering complementary therapies, comfort, care and compassion for clients who have a palliative care diagnosis, chronic disease or life limiting illness, or are undergoing treatment for cancer, and their primary carers.

Currently the Rose Centre is looking for therapists in reflexology and massage technics to provide therapies to their clients. Volunteers need to be able to commit to a minimum of half a day per month. The centre is also looking for people to meet and greet clients.

Please contact Rae Starr at Manjimup Community Resource Centre on 9777 2774 if you are able to volunteer to this valuable service.



PEARS

Autumn with its sunny days and cooler nights provides the ideal ripening conditions for pears which grow very well in our temperate climate in the south west.

The pear is any of several tree and shrub species of genus *Pyrus* and it is also the name of the fruit from these trees. Several species are valued for their delicious, edible fruit, while other varieties are cultivated as ornamental trees.

It is a medium-sized tree, mostly deciduous and native to coastal and mildly temperate regions from Western Europe and North Africa and across Asia. The pear was cultivated by the Romans, who ate the fruits raw or cooked. *Pliny's Natural History* recommended stewing them with honey and noted three dozen varieties. Both ornamental and fruiting pears are a mass of lovely white flowers when in full blossom, some with a delicate tint of pink. The wild pear bears a small fruit about 1 – 4 centimeters in diameter while our cultivated varieties produce fruit up to 18 centimeters long. Pears and apples cannot always be distinguished by the form of the fruit as some pears look very much like apples, e.g. the nashi pear (*Pyrus pyrifolia*). This species is native to East Asia, the fruits are not generally baked in pies or made into jams because they have a high water content and a crisp, grainy texture. The fruit tends to be quite large and fragrant and is commonly served raw and peeled. Another variety characterized by white down on the undersurface of their leaves, (*P. nivalis*), is chiefly used in France and England in the manufacture of Perry, a similar drink to Cider.

Pears are packed with goodness, being a good source of vitamins C and A, they are a good source of dietary fibre and antioxidants which help protect the body from harmful free radicals and the average pear contains just 58 calories per 100g.

Apples and pears are grown in all six Australian states, the main producing regions in Western Australia being Manjimup, Donnybrook and the Perth Hills. The most commonly grown varieties are Packham's Triumph, Williams' Bon Chretien or Bartlett Pear, Beurre Bosc and Red Anjou. If you don't have a tree tucked away in your back garden they are readily available in the shops, look for the Genuinely Southern Forests packaging and support our local growers.

Liz's Kitchen Rules

CHOCOLATE and PEAR TART

Ingredients: 1 cup caster sugar, 2 cups water, 4 pears, peeled, cored and quartered, ¾ cup thickened cream, 125g chocolate chopped, 2 egg yolks, ½ cup caster sugar and 1 x 25 cm sweet pastry crust (pre baked).

Method: Place 1 cup caster sugar and water in a saucepan over a low heat, stir until the sugar dissolves. Bring to the boil and simmer for 2-3 minutes. Add pears to the syrup and poach for about 5 minutes. Remove from heat and set aside. Place the cream in a saucepan and bring gently to the boil, remove from heat and add the chocolate, whisk until the chocolate has melted, set aside to cool, then whisk in egg yolks and remaining caster sugar. Arrange the drained pears in the cooked pastry shell, pour over chocolate, smooth top and refrigerate until set.

Delicious as a dessert served with a little cream and chocolate sauce.



Tawny Frogmouth

The hot weather we have endured over February has brought its share of sleepless nights and those of us who are trying to get some respite from the heat may have heard a soft, continuous low boom in the distance. Quite a distinctive call and often heard on a moonlit night, this is the sound of one of our nocturnal predators, the Tawny Frogmouth (*Podargus strigoides*). This species of frogmouth is native to [Australia](#) and found throughout the country. They are big-headed stocky birds often mistaken for [owls](#) due to their [nocturnal](#) habits and similar colouring. They are more closely related to nightjars and have wide forward facing beaks to scoop up insects and other prey, hence the name frogmouth. Stealthy and efficient hunters, their broad wings beating softly and silently as they plunge down on an unsuspecting mouse, lizard or frog, they are also considered to be effective pest controllers with a diet that consists of spiders, slugs and snails, beetles, ants and centipedes among other insects around our houses, farms and gardens. Tawny frogmouths form partnerships for life and once established, pairs will usually stay in the same territory for a decade or more. The breeding season is from August to December, both share in nest building by collecting twigs and mouthfuls of leaves to drop into position, usually between horizontal forked tree branches. Leaf litter and grass stems are used to soften the center, eggs laid are between one to three and both parents share incubation rarely leaving the nest unattended. Although they are often heard at night not many of us are lucky enough to see one of these elusive predators, you may catch a glimpse of one in your headlights chasing the moths attracted by the light, or gliding silently through the trees but try and see one in daylight, they have the ability to merge into their surroundings and just disappear. Their silvery grey plumage is patterned with white, black and brown streaks which allow them to perch on low branches perfectly camouflaged as part of the tree. Frogmouths will often choose part of a broken branch, perch upon it with head thrust up at an acute angle and freeze. So listen out for that booming sound, and know that you are lucky enough to have one of these delightful creatures somewhere around your area, but good luck with trying to spot a frogmouth during the day, that's when they become invisible and who among us would not envy that ability now and again!

APRIL

The Romans gave this month the Latin name *Aprilis* but the derivation is uncertain. As some of the Roman months were named in honor of divinities, and April was sacred to the goddess Venus, it has been suggested that *Aprilis* was originally her month *Aphrilis*, from her equivalent Greek goddess name *Aphrodite*. As gorgeous Aphrodite was the Goddess of love, beauty, pleasure and eternal youth may her blessings rain down on us all this month.

And we may need them because April Fools' Day is celebrated every year on April 1st by playing practical jokes and spreading hoaxes, the victims of this mischief being called April fools, Geoffrey Chaucer's The Canterbury Tales (1392) contains the first recorded association between April 1st and foolishness. There are many recorded instances of TV and radio pranks, among them are these two gems: The BBC television program Panorama ran a hoax in 1957, showing Swiss harvesting spaghetti from trees. They had claimed that the despised pest, the spaghetti weevil, had been eradicated. A large number of people contacted the BBC wanting to know how to cultivate their own spaghetti trees... I would like to know too. In 1976, British astronomer Sir Patrick Moore told listeners of Radio 2 that unique alignment of two planets would result in an upward gravitational pull making people lighter at precisely 9:47 am that day. He invited his audience to jump in the air and experience “a strange floating sensation”. Dozens of listeners phoned in to say the experiment had worked, among them a woman who reported that she and her 11 friends were “wafted from their chairs and orbited gently around the room.” We’d all love to see that!

Zodiac signs for April are Aries (Mar 21st – April 20th) and Taurus (April 21st to May 21st). April born people are identified by their innate determination and compassion tempered with a realistic and pragmatic nature. April Aries have a great sense of what needs to be done and, once they decide what that is, it's full steam ahead. They are energetic with a wish to change the world and cannot be told what to do. Taurus born in April have an earthy nature and a fear of change, understandable as they need to give an idea some thought before they leap where angels fear to tread. They also dislike doing more than one thing at a time, but rest assured with a little Aries confidence added it will be done properly.

If you are an April baby your birth flowers are Daisy and Sweet pea, your birthstone is Diamond.

Famous names with April birthdates are authors *Hans Christian Anderson* : The Little Mermaid and *Harper Lee* : To Kill a Mockingbird, actors *Robert Downey Jr* and *Jack Nicholson*, *Kristen Stewart* and *Penelope Cruz*, musicians *Pharrell Williams* and *Jimmy Barnes*, *Barbra Streisand* and *Victoria “Posh Spice” Beckham*, three well known Australian cricketers, *Michael Clarke*, *Ian Healey* and *James Faulkner*.

Songs with April in the title include “April in Paris” – *Frank Sinatra* (1954), “April Love” – *Pat Boone* (1957), “April” – *Deep Purple* (1968), April Fools – *Dionne Warwick* (1969), “Sometimes it rains in April” – Prince (1986).

Holidays in April are Anzac Day 25th April.

IMPERIALS - ANOTHER CENTURY

We’ve just seen the Agricultural Society celebrate 100 years of shows, and now it is Imperials Football Club’s turn. Another century to mark up and the Magpies are busy gathering as much history as they can - memorabilia of all kinds will be on display at their celebration.

Aussie rules football was instigated in Manjimup in 1916 by Don McKay and took on fast, with a few local teams forming. Then in 1931 there was a shuffle around in the Association and the name Imperials was adopted for the town team. According to records, in that year sportsmanship shone through when five Imperials played for Deanmill to make up their numbers. Deanmill didn’t have a full team at that time due to the mill having burnt down and workers relocated to other mills in the district. The five senior Imperial players playing for Deanmill allowed the competition to go ahead. Imperials won five games that year.

Some local names have shown up consistently in the team since 1916, amongst these four generations of Liddelows and three generation of Ryans being loyal to the Impies.

The impressive two storey building we see today was opened in 1993, proof they have obviously had strong member support.

They don’t have a theme song as such, but apparently when they have a win there’s a hearty chorus of Cheer, Cheer, the Black and Whites are here. They may not have always been black and white, it’s thought they may have worn red and white at times in the very early days, but for now and surely forever more they will be The Black and Whites. Is there any other colour for a Magpie?

The celebration will take place on the last weekend of April with a League match between Tigers and Imperials and during that day and evening you can wander through the club rooms and see the memorabilia and be around to bid at the auction of the jumpers worn for the centenary match.

And remember, while you are taking in all this history you will also be making history, because one day this event will be looked back on as history by future generations of Imperials supporters.

Congratulations Imperials past and present.