

MANJIMUP ART GALLERY EXHIBITION

The Manjimup Art Gallery is currently hosting the highly recommended Gondwana Connections Art and Photographic Exhibition. To quote Fay Dunstan, one of the co coordinators: “Very thought provoking for all of us, greenies, brownies and all in between, who love this country.” The Bytes team totally endorse Fay’s comment and recommend you do not miss this impressive exhibition, which will be on display until August 30th.

Here is a Brief from Green Skills Project Manager, Basil Schur, Denmark, his description of opening night.

On Monday 16th July, Green Skills held a landcare forum at the Manjimup Art Gallery to open the Gondwana Connections Arts and Photographic exhibition.

The event was co-sponsored by Gondwana Link and the Warren Catchments Council. It show cases the wonderful art and photographic work by Noongar and Wadjella artists completed in recent years and highlights the value of Gondwana and its long term vision of reconnected country.

Welcome to Country was given by Phyllis Karahoutis, Chairperson of the Walgenup Aboriginal Corporation. Presentations were given by Keith Bradby of Gondwana Link and Basil Schur of Green Skills.

Vanda Dei-Tos, Manager, Libraries and Cultural Services with the Shire of Manjimup, Julian Sharp from the Warren Catchment Council and Sharon Rose, local arts worker gave short talks. Two short films: Green Skills' YouTube doco about the Lake Muir wetlands with Ian Wheeler and an Uta Sommers Video showing the process of a recently completed eco-art project in Manjimup Timber Park. 32 people attended the event, including three local Shire councillors. (My count was closer to 50 ??)

Thanks to “The Helpers” : Fay Dunstan, Anna Czerkasow, Julian Sharp, Arlen Sharp, Sharon Rose and Kimberly Rose, and to the Shire of Manjimup Gallery and Library staff Rhiannon Raper and Vanda Dei-Tos who were very supportive.



THUMBS UP

Once again we pay tribute to our volunteer services, those who are prepared to leave their homes, and sometimes travel distances, to help anyone in trouble - when most of us want to stay in the comfort of our homes. Our gratitude to everyone involved in these services, those who generously step forward and lend a hand. Thumbs Up to the five candidates for the Extraordinary Shire Elections, North Ward residents please remember to vote.

Manji Cafe Bytes

Byte sized stories

August 2018, Edition 51



Artist: John Duncan

Welcome to our fourth August publication. As we turned our calendar page and said farewell to July we will have carried memories of some very blustery winter weather.

Which brings to mind, how much of our conversation centres around the weather? We find ourselves conversing regularly about what is going on in the atmosphere, which kind of means we are never short of something to say. We hope you enjoy what we have on offer this month and don't forget to contact us if you have a story suggestion.

WHO CONTROLS THE REMOTE?

Just think back through the mists of time, the husband returns from the hunt at the end of the day, tosses a deer or a mammoth joint towards his good wife, and then spends the evening gazing into the depths of the fire. For modern man the TV has replaced the fire and the remote control is clutched instead of a trusty spear or axe.

It seems that male channel changing is hated by women everywhere, in fact Mrs Linda Hopkins of Kansas City says it drove her nuts. "When he's home, it's like bink-bink-bink, I can't even catch my breath, he goes so fast. And after work, it's even worse. I'll be watching a movie, and he'll come home and the first thing he'll do -- before he sits down, before he talks to me or smiles or kisses me hello -- the first thing he does is grab the TV remote from me".

Eventually Mrs Hopkins snapped, snatched the remote away and threw it into the dirty laundry. Mrs Ellie Matthews, became so incensed when her favourite show disappeared before her eyes that she went one step further and threw her husband's remote into the rubbish bin. I reckon there are several women out there who are empathizing with Linda and Ellie right now but why do men do it?

There is a reason for this annoying phenomenon, yes, you've guessed it, a man's brain works differently. A woman likes to relax by becoming involved in a TV show, her multitasking brain can read the body language of actors and predict relationship outcomes, especially in any series relating to human interaction and emotional scenes.

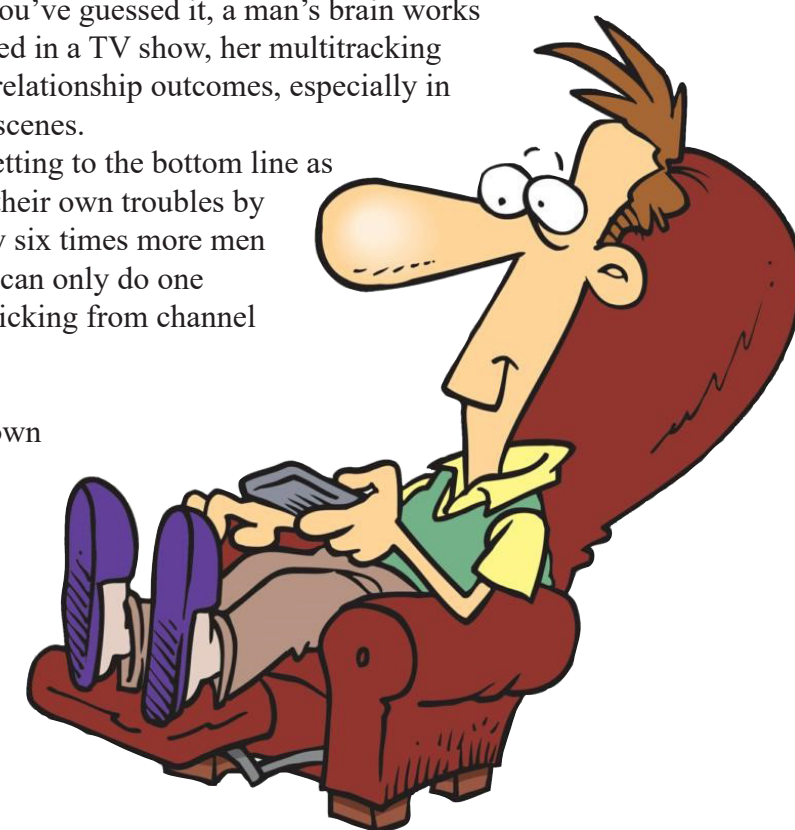
Men, having problem solving brains are interested in getting to the bottom line as quickly as possible, secondly, they like to forget about their own troubles by looking at other people's problems, which explains why six times more men watch TV news than women and finally, as their minds can only do one thing at a time, they need the instant gratification that flicking from channel to channel provides.

So, there are the reasons, you'll have to discover your own solutions and if you find one that works let me know!

In the meantime.....

Men don't want to know what's on television;
they want to know what else is on television.

Liz Coley



LIZ’S KITCHEN RULES

What do you know about hemp?
I’m guessing that you are thinking mull, weed etc, but in actual fact, although cannabis and hemp both derive from the same species, Cannabis Sativa, they are different. It is the THC in cannabis that produces the high, whereas hemp contains very little and that eliminates the psychoactive component. Hemp is grown mainly for industrial use and was one of the first plants to be spun into fibre 10,000 years ago, it is a fast-growing plant and can be used for a variety of commercial items including paper, clothing, textiles, rope, paint, insulation, biofuel, food and animal feed. Textiles can be 100% hemp but they are mostly blended with other organic fibres such as flax, cotton or silk to make woven fabrics for clothing and furnishings. When oxidised, hemp oil from the seeds becomes solid and can be used in the manufacture of oil-based paints, in plastic and for cooking. They are also added to bird seed, a survey in 2003 showed that more than 95% of hemp seed sold in Europe was used in animal and bird feed. Hemp seeds can be eaten raw, ground into flour or sprouted, hempseed oil is cold pressed from the seed and is high in unsaturated fatty acids. There are many health benefits from hemp, it is gluten, grain and wheat free, so it’s safe for those with Coeliac disease and gluten intolerance. Hemp flour is made by removing hemp oil from the seeds, once that is removed, what remains is a dense cake which is ground into flour. It is packed full of protein a whopping 33%, rich in magnesium, calcium, iron, potassium, phosphorus, niacin, riboflavin and thiamin, all beneficial in a healthy diet. I can’t provide you with tips on how to grow this useful plant as the law requires that it be grown under strict conditions, you will just have to check the aisle in the supermarket next time you go shopping!

HEMP and RAISIN MUFFINS

Ingredients: 1 cup Plain flour, ½ cup Hemp flour, ¾ cup sugar, 2 teaspoons baking powder, 1/3 cup oil.1 egg, ½ to 1/3 cup milk,1 1/2 teaspoons vanilla, 200gram raisins,1 tablespoon raw sugar
Method: Add flour, sugar and baking powder to a mixing bowl. Place oil, egg, milk and vanilla in a jug, beat to combine, add to the flour mixture, do not over mix. Stir in raisins. Put the mixture into 12 muffin cases and sprinkle tops with raw sugar. Bake at 200 deg for 15 to 20 minutes. Blueberries, sultanas or apple can be substituted if desired.
These are delicious warm from the oven served with your morning coffee.



THINGS EVEN EEEYORE WOULD LOVE ABOUT WINTER

If you are feeling a bit fed up with the continuing cold weather and the rough wind that has whipped through a few times, perhaps a settling therapy would be meditating on some of the good things about the winter season.
Here’s a few for starters:
We get to change our wardrobe selections, and there’s nothing like variation in life; There’s no bush fires; No bush flies, blow flies, march flies, mosquitoes; There’s footy nearly every day of the week; What’s nicer than a bowl of hot steaming soup on a cold day, or a dish of warm me up curry; We can rug up and get out for walks, enjoying the sparkling crystal rain drops clinging to leafless trees; You don’t get sunburnt; There’s no watering of the garden required; The countryside is so fresh and the grass so Emerald green; How cosy is sitting by the fire and reading a good book, with a hot toddy if you are so inclined; Christmas in July is an option; The car will stay cool while you are in the shopping centre; The blooming wattle trees so gloriously yellow; And best of all is when the winter sun shines, those precious days are true diamonds.

Now, winter isn’t quite so bad after all, is it?



HAVE FUN KEEPING FIT

We are constantly being reminded we need to keep fit, that our bodies require regular work outs. How we maintain this is definitely personal choice and one thing for sure, no-one wants to struggle with exercising without enjoying it, we very soon lose interest.
So we thought we would share information on a fun way to get fit, and burn some calories. KONGA. Which we are happy to learn was “invented” by a young Perth lady so is kind of local. Devotees of this work out assure us it sets your whole body buzzing, totally a feel good experience, and the advertising claim that it covers boxing, cardio, dance and sculpting - to the hottest beats from all decades, a fierce and wild workout – is definitely correct, complete with an endorphin overload. Kara Mitchell started KONGA in Manjimup when she moved to town, January this year, and has a very keen following. Perhaps it is a chance to relive our youth? Its dress for comfort; disco style (including party lights setting the scene); options of high or low impact; beginners to advanced, and best of all, you don’t have to be super fit. You can join Kara’s sessions on Mondays 7 pm at High School Gym and Wednesday 5.45 pm at Warren Valley Community Church. There’s also an opportunity for the younger generation to burn excess energy in the junior sessions after school on Thursdays, at the Uniting Church Hall. Now if you are not into lively dance Kara is also starting a walking group, planning to explore our beautiful local trails, and some slightly further afield. It’s a great way of combining socialising, enjoying the out-doors and keeping fit all at the same time. You will find Manjimup and Surrounds Adventure Walkers on Facebook. Kara would be delighted to hear from anyone interested in either of these two exercise opportunities, and if you aren’t a Facebook fan, you can contact her on 0400 233 066 or email karamitchellpt@outlook.com. As part of Manjimup history, if you have been in Manji for a while you may remember Janine Mitchell at Slice of Heaven, where Blue Tiger is now - Kara is Janine’s daughter in law.

JUDY ROACH

What brings a former British Police Officer born on Dartmoor in Devon to Manjimup? That was a question I was keen to ask Judy Roach, author of Entwining of Souls, when we met for coffee recently. Judy’s story began in the 1980’s in Devon when she purchased a 14th century building and was disturbed by a ‘presence’ roaming the house, the troubled soul of a female child, whom Judy, with the assistance of a medium, was able to ‘rescue’ and pass-over. Eventually the property was placed on the market and she and her mother journeyed Down Under, deciding to become Australian residents following the betrayal by a family member in England. Judy soon became aware of her own past lives, as this betrayal and loss led to her seeking her own spiritual guidance, resulting in a long journey of enlightenment and healing. In the mid-nineties her spirit Guide - Christine - a former dark-skinned Catholic Nun, insisted Judy purchase a neglected six-acre property in Dongara and channel The Ten-Year Mary Project ‘94 and Healing Garden of Dongara. The Seven Major Chakras and Causal Chakra, and numerous symbols were created in order to bring about healing for the visitors from around the world and specific soul mates with unresolved outstanding past life issues. The concept was featured as a psychic project in the West Australian and other newspapers. November 2004 found Judy and her mother travelling south, under guidance, to buy a home in Manjimup. Having been directed to write a book to be titled Entwining of Souls, Judy used the contents of her diaries, having documented all the experiences that had led her to this phase of her life. Entwining of Souls took seven years to write then two years working with a publisher and several editor's and was finally published in November 2013. Judy has been asked to speak about her book and seeks to bring the story ‘alive’ by having Move 8 Reels converted to DVD, and a selection of the 650 slides covering the development of the Healing Garden of Dongara. She is working on a Presentation Workshop with this in mind, in addition there is a new channelled project predicted accessing Dreamtime Energy. She enjoys working with her Guide and appreciates the challenges and experiences this brings. We look forward to the next chapter of Judy’s journey ...



Liz Coley.

Quote for August:
“If I had my life to live over again, I’d make the same mistakes – only sooner!” – Tallulah Bankhead (1902-1968)

Chat subject for August:
Before the arrival of computer games, kids made their own fun, what games did you play as a child?