



Edition 75 - October 2020 **FREE - ALSO AVAILABLE ONLINE**

Quote for October

"Imagination is the highest kite one can fly" Lauren Bacall (1924 - 2014)

That subject for October

Spring is in the air and flowers are blooming, what's your favourite wildflower?

Welcome to October, the tenth month of this amazing year we are experiencing. The Spring colour is cheering our souls, there is such beauty in nature all around us. Thankfully the weather is improving, the chill is easing and our spirits will be lifting with the sunshine and longer daylight.

May our luck continue, let us hope we continue to stay safe, our freedom remains, and the scientists find a solution quickly.

GIVEN WITH LOVE

That's a perfect, appropriate label that the Warren Valley Community Church attach to their generous community donations.

When winter set in the Church members gave thought to those in our area who are less fortunate, and they gathered essentials together to make into packs to help with the winter chills. These possibly life saving packs are left in cupboards outside the church, so are available twenty four hours of the day. They contain either bedding rolls wrapped with tarpaulin, toiletries, blankets or warm beanies which would be so welcome to anyone in need, with no questions asked.

In a previous Café Bytes we wrote of the Warren Valley Youth Revolution, a Friday night function for teenagers, which is proving very popular with local young folk. Well done Warren Valley Church members, thank you for your caring natures and belief in helping humanity.

And we have been asked to pass on a message: if anyone has spare clean blankets or doonas it would be most appreciated if they could be left at the church, near the doors, to help replenish the blanket box. This would be greatly appreciated.

Thanks to Sue and Ronyce for your story contribution





Spring is in the air. What better way is there to welcome Spring than to dust off a pretty frock and attend a Saturday afternoon high tea.

Whilst Winter has seen most of us locked in our homes by the fire, local artist Carol Hackett has been busy preparing for her first solo art show. Many of you will already be fans of Carol's paintings, dchdesigns, and possibly admired the recently painted power boxes that Carol has painted around town.

Carol has been trying her hand at a variety of different paintings and is very excited to be able to put them on show on Saturday October 31st. Carol will have artwork for sale and will be available to take on commissions. Not only is it an opportunity to do some Christmas shopping but this is your opportunity to dig out that photo that you have always planned on getting painted to hang on your wall. You are welcome to bring it along on the day and discuss bringing it to life with Carol.

Whilst having the opportunity to browse Carol's work you can also indulge in a lovely afternoon tea that will be prepared by the local CWA members and enjoy a glass of bubbly, all for a donation at the door. There will also be a raffle being run on the day, with the prize being a piece of Carol's work.

We encourage you to put Saturday October 31st from 12pm to 4pm in your calendar and visit Carol's display at the CWA building on Giblett Street.



Thanks to Debbi Bermingham for story contribution

These beautiful door-stops would make a lovely gift.

Liz's



Kitchen Rules

EGGPLANT STEW

Eggplants stand out in the vegetable section when we are shopping, their dark purple skin tempting amongst the greens and reds.

Solanum melongena is a species from the nightshade family *Solanaceae*, and as such is related to the tomato and potato. Most often used as a vegetable, by botanical definition a berry, it is known as eggplant in Australia and New Zealand, aubergine in the UK and Ireland and brinjal in South East Asia and Africa. Originally domesticated from the wild nightshade species thorn or bitter apple, it is believed to have originated in India where it grows wild. It was grown throughout the Mediterranean area during the middle ages, introduced to England in the 16th century where a botanical book described it as the “madde or raging apple”. In Italian folklore it is believed to cause insanity and the Egyptians thought that insanity was more common and violent when eggplant was in season. Being a member of the nightshade family, the flowers and leaves can be poisonous if consumed in large quantities but the delicious berries are not. Used in cuisine in many countries it is sometimes used as a meat substitute in vegetarian dishes, it can be steamed, fried, barbecued, roasted, stewed, curried or pickled and delicious mashed and made into a sauce.



If you have a sunny position and fertile, well drained soil, eggplants will grow well in our temperate climate. Being semi-tropical they won't tolerate frost so best to plant out in October/November when the danger has passed and the weather is warmer. Space your plants 40cm apart, give them a liquid feed once a fortnight in summer, stake your plants when they become heavy with fruit and for companion planting, they love being next to beans and tarragon.

Eggplant is a great source of vitamins C, K and B6, thiamine, niacin, magnesium, potassium, folic acid, fibre and more. All good news for us eggplant lovers and a good reason to try our October recipe.

MEDITERRANEAN EGGPLANT STEW

Ingredients: 3 tablespoons olive oil, 1 onion diced, 120g mushrooms sliced, 1 eggplant diced, 100g chorizo diced, 2 garlic cloves sliced thinly, 400g tin diced tomatoes, a quarter of butternut pumpkin diced, 1 teaspoon mixed dried herbs (or you can finely chop fresh rosemary, oregano and parsley).

Method: Gently fry the onion in oil in a large saucepan with a lid on medium heat for 5 minutes, add mushrooms, eggplant, butternut pumpkin, chorizo and herbs. Cook for 5 more minutes or until it starts to brown slightly, stir frequently and add garlic for the last minute. Pour in the diced tomatoes and half a cup of water, simmer for about 45 minutes, stirring occasionally.

Served with steamed cabbage or kale this makes an appetising meal for two, dig in and enjoy!

The Bluegrass and Old Time Music weekend event was a very happy success, there were a lot of visiting musicians full of the joy of music and delighted at the welcome they received to our town.

Thanks to all the volunteers who stepped forward and made the event so successful, and gratitude that the weather was kind.

Thanks Kaiya and Lisa for sharing your story.....

I came to be a part of the event through a work colleague at Fox Farms whilst completing my farm days necessary for my third year Working Holiday VISA. Although currently packing apples, Kaiya knew I had a marketing background and passion for the events industry. I had volunteered on a number of events back home in Canada and was looking to gain some more experience within Australia. After speaking with Mary she asked me if I'd like to get involved with an event in Manjimup. I jumped at the opportunity having missed so many chances to attend or volunteer for any this year. Mary welcomed the both of us on board and tasked myself with the responsibility of coordinating the volunteers for the event.

There were many helpful locals willing and able to lend a hand. They helped with the planning leading up to the event, during the event, and of course ensuring the event was COVID-safe from head to toe! Many volunteer hours were given as we each chipped in to help get this niche-event off the ground. It was wonderful to see everyone coming together and what we were able to accomplish with such a core group of individuals. The event saw hundreds of attendees throughout the weekend with some stretching as far as Karratha!

It was thrilling to be on the ground organising the volunteers to help check-in workshop guests, welcome concertgoers, and enhance the overall guest experience. There are a lot of moving parts to an event that are performed at their best when unseen in the attendee's eye. Although I have a lot to learn, I was enthralled in the challenge and did my best to ensure the event ran to the best of my ability. I'm very proud with what we were all able to accomplish coming together. With such overwhelming positive feedback, I predict that this event will be requested and eagerly awaited for in the following year.

Thank you for welcoming "backpackers" into your home and giving us a comfortable place to live while we all wait for the world to go back to normal, whatever that new normal may be.

Lisa Halpern

Vancouver, Canada



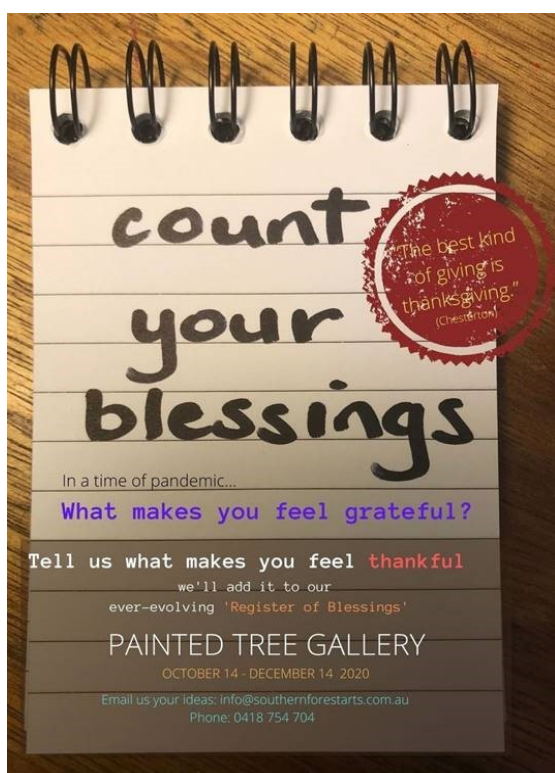
The September long weekend saw Manjimup come alive as the Bluegrass and Old Time Music Weekend, presented by Act-Belong-Commit, returned to the township. Bluegrass musicians and enthusiasts travelled throughout Western Australia to take part in the weekend's festivities which included live performances from Bluegrass Parkway, a number of music workshops as well as numerous jam sessions which allowed for attendees to showcase their skills. There was an incredible sense of community throughout as friends, new and old came together and it was evident how lucky everyone felt to be able to participate in the event due to the recent adversity the Australian Live Music Sector was facing due to the ongoing effects of covid - 19. Thanks to the support by the State Governments Royalties for Regions program as part of the regional arts and cultural investment program, and regional arts WA - as well as funding from Healthway, the Warren Arts Council was able to put on a safe and successful event that was enjoyed by all.

I was lucky to become involved with the event due to a fortunate run in I had with Mary Nixon after walking into her store *Manjim - UPCYLCLING* one afternoon. I had been working in the music and events industry in Victoria and was getting ready to start a new position, however when lockdowns were introduced, the entertainment industry was one of the hardest sectors hit and before I knew it my employment opportunity was no longer available. I ended up making the decision to relocate back to the South West to be closer to my family just as the WA borders were closing and I returned to living in Pemberton for the first time in 7 years. After talking with Mary I explained my previous experience and then she asked me to get involved with the Warren Arts Council and the upcoming Bluegrass event they were organising. This chance run in ended up being such a great opportunity for me as it allowed me to learn under someone who has had many years of experience in events organisation as well giving me the time to reconnect with the community that I grew up in. A highlight for me was seeing how excited the attendees were to be able to be a part of this event and it showed me how much passion the Bluegrass music community had. It was great to see the event be such a success and I hope to continue to help out with the Warren Arts Council whilst still living in the south west.

Kaiya Ashworth

Pemberton

SOUTHERN FOREST ARTS



In this time of pandemic we thought an injection of gratitude could help lift spirits and bring some smiles into your day.

From October 14th to December 14th tell us what makes you feel grateful and we'll add it to our 'Register Of Blessings'.

Share it here on FB or email us:
info@southernforestarts.com.au

"The best kind of giving is thanksgiving"
(Chesterton)

CORRECT BINNING

Recycling is a wonderful concept but when I find myself standing next to the bins with a discard item, I am sometimes a little confused about which lid to lift. The red or green waste bin lid, or the yellow recycling lid. And then there's our black lidded general purpose bin at home. We hear that sometimes some of our recycle bins hold contaminated or inappropriate refuse, and what's really needed at present is "*quality over quantity*", so that the recycling industry can reduce the high cost of sorting out what can't be used and is definitely not wanted.

I did a little research to help with my ignorance, and thought I would share. With help from obliging Manjimup Shire staff, I pass on this informative guide: which can be found at www.wastesorted.wa.gov.au. And don't forget we now have a drink container refund base in town, where we will get paid to recycle.

YELLOW-LID BIN – RECYCLING HINTS

The yellow-lid bin is for dry, co-mingled recycling of only certain household containers and materials. It is not for all recycling.

Many other materials can be recycled via other avenues. Ask the Shire of Manjimup Waste Management Officer about what can or can't be recycled in our Shire, and how recyclables can be collected.

Basically there are six groups of materials which can go into the yellow-lid bin:

paper, including newspaper, magazines and office paper;

cardboard boxes including egg cartons (please open out and flatten boxes);

milk or juice liquid paperboard cartons – **but not foil-lined cartons**;

glass bottles & jars (**remove lids** to general waste*);

plastic bottles & containers (**remove small lids** to general waste*); and

steel & aluminium food or beverage cans.

- **Rinse** residual food or drink out of containers; try to shake or drain them **dry**.
- Anything smaller than the palm of your hand is **too small**: divert to general waste.
- **Do not put anything into bags** – items should all be separated, single and loose.
- **No shredded paper** or confetti, hole-punch residues, small scraps etc.
- **No tissue paper**, kitchen paper or wax (grease-proof) paper.
- **No soft, flexible plastic** bags, sheet, film or wrap (use **RedCycle** at supermarkets).
- **No polystyrene** ('Styrofoam' e.g. cups, food containers, meat trays or packaging).
- **No takeaway coffee cups** or lids (*at present, anyway!*)
- **No hazardous, organic or fabric items** (e.g. batteries, liquids, aerosol cans, nappies, clothing, rags, paint tins, dog/cat waste, lawn clippings or garden prunings.)

Nothing "composite": that is, nothing manufactured from two or more bonded materials (e.g. metal & plastic, or paper & cellophane)

Lots of other things are recyclable in the Shire of Manjimup – but just not through our kerbside yellow-lid bin system. Ask the Shire of Manjimup Waste Management Officer if you have a specific item or material you are unsure of. We are really keen to help you get recycling right!

WHAT WE LOVE ABOUT MANJIMUP





Manjimup

Repair Café

Toss it? No way!

What to do with:

- A teddy bear with a sore foot?
- An earring with a broken hook?
- A favourite jumper with a hole in it?

Bring it to the Manjimup Repair Café where a team of Volunteer Fixers are ready to greet you, meet you and repair it together. Light refreshments available.

Volunteer Fixers needed for this project to be a success! Ph.: 97716900



| Dates | Venue | Expectations |
|-------------------------|----------------------|--|
| Monday 7 September 2020 | Wellness and Respite | <ul style="list-style-type: none">• You stay with your item and if possible join in the repairing.• Services are discretionary due to available skills and materials.• Services are performed on a voluntary basis and there is no warranty.• Visitors are responsible for the tidy and timely removal of items.• No payment is required apart |
| Monday 5 October 2020 | Community Centre, | |
| Monday 2 November 2020 | 1A Edwards Street, | |
| Monday 7 December 2020 | Manjimup | |
| Monday 1 February 2021 | Time | |
| Monday 8 March 2021 | 10am—1pm | |
| Refreshments available. | | |

More information: contact Manjimup Home and Community Care on 9771 6900



Government of Western Australia
Department of Communities