

PERMANEWS



INSIDE THIS ISSUE

1. President's Message
2. **MEMBERSHIP RENEWAL FORM and A Note about Membership Fees**
3. **Lost Library Books**
4. **Different Hall for September**
5. **Permaculture Meeting Details**
6. **Open Gardens**
7. **Yandina Community Gardens OPEN DA**
8. **RAFFLE**
9. **Seed Savers Group Sept Meeting**
10. **Courses & Workshops**
11. **New Member**
12. **10 Foods that are good for your Face**
13. **Bellbunya Swap-Meet Day**
14. **Links**
15. **Contacts**

PRESIDENT'S REPORT

August 2014

Permaculture Noosa has had a bit of a shake up of late with many people reaching their use by date with their various positions.

Fortunately we have had many others step up to fill the voids left by these good people and all positions are now filled and everything is looking rosy. Until the bottom fell out of the permablitz days! The last blitz day was not attended by anyone except for a good friend of the hostess and the whole day collapsed into a heap as a result. Now this is very sad for the person concerned with all the preparation done beforehand in anticipation of a fun afternoon with fellow permies in the garden. But more so for the whole permablitz institution for permaculture Noosa. We can't continue having these working bees if they aren't going to be attended.

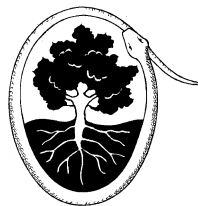
I have very fond memories of attending many PET days as they were called back then. We learned so much as novices and built some really great friendships with people over the years. I must say the best memories of permaculture Noosa comes from attending PET days, but sadly the writing is on the wall and we have to let it become a thing of the past.

I have been thinking of why it's been so difficult for people to make an appearance for the permablitz days and perhaps one big reason is that we have so many wwoof hosts here within this group that we don't need the extra help as we did in the past. Wwoofers may have changed the permablitz phenomena because we have so many people come to the best part of the world here on the Sunshine Coast. We can choose if we want them to help us out or not and as a consequence the need for a permablitz has now subsided.

I think we need to have a reality check on the permablitz and say goodbye to one of our most valuable assets. What do others think? Please feel free to give your opinion on this very pertinent subject.

Elisabeth Fekonia, president

This newsletter is emailed to members free or can be purchased at the meeting for \$2



PERMACULTURE NOOSA INC.
P.O. BOX 619, COOROY, QLD 4563
www.permaculturenoosa.com.au

2014/15 MEMBERSHIP RENEWAL

Membership fees fall due on **31st July 2014**. Only memberships renewed by the September Cooroy meeting will continue to receive Permanews. The September meeting is also our AGM and, should voting be required, only financial members will be entitled to participate.

2014/15 Membership Fees (1st August 2014 to 31 July 2015)

Standard Family	\$30.00	Pensioner Family	\$25.00
Standard Single	\$25.00	Pensioner Single	\$20.00

Payment can be made via the following methods:

1. Direct Deposit to Bendigo Bank (ensure you place your membership name in the reference)
Acc Name: Permaculture Noosa Inc No.1 Account
BSB: 633-000 Acc No: 1187-08270
2. Cheque/Money Order made out to Permaculture Noosa and posted to Membership Secretary, Permaculture Noosa, PO Box 619, Cooroy 4563. (Write the membership name on the back of the cheque or money order.)
3. Payment at the monthly Cooroy meeting (3rd Thursday of the month).

HAVE YOUR MEMBERSHIP DETAILS CHANGED?

If any of your membership details have changed in the last twelve months, you can update them now by:

- completing the details below and mailing the form to Membership Secretary, Permaculture Noosa, PO Box 619, Cooroy 4563, **OR**
- emailing any changes to membership@permaculturenoosa.com.au **OR**
- returning this form to the membership secretary at the next Cooroy Meeting.

Membership Name:

Address:

Phone/s:

Membership Type:

Email Address:

A note about membership fees

Our financial year runs from 1 August to 31 July which means that membership fees fall due on 1 August. The newsletter continues to be sent to everyone in August and September; however in October the email list is updated to current members only. This means that if you haven't paid your annual membership fee by 1 October, you won't be on the updated email list. If you rejoin after 1 October, you can request that any newsletters you missed be emailed to you. The yearly fee remains the same, however, whether you pay in August or in December (or later). There are a couple of reasons for this:

- 1. We want to actively encourage all members to renew before 1 October so everyone continues to receive newsletters on time.*
- 2. It makes life simpler for the membership secretary .*

The exception to this are brand-new-never-before members who join after 1 December. They pay a prorata fee and their yearly membership then falls due on 1st August along with everyone else's.

Calling all lost library books!

Quite a few of our library books have gone AWOL and could be hiding out in YOUR bookcase. Please, everybody, check your bookshelves, under the bed, in the shed, etc etc and hopefully we will see the return of these books so others can enjoy them. The titles of the missing books will appear in September's newsletter to further prompt your mind.

and we are getting some new ones ...

Our library people, Penny and Bill, are undertaking a review of our library, removing some of the outdated publications and seeking fresh ones. New books have been purchased and will be available next month:

How can I use herbs in my daily life? - Isabell Shipard

How can I be prepared with self-sufficiency and survival foods? - Isabell Shipard

Weed forager's handbook - Grubb & Raser-Rowland

Organic fruit growing - Annette McFarlane

Organic vegetable growing - Annette McFarlane

City permaculture - Earth Garden

Habitat garden - attracting wildlife to your garden - Peter Grant

but we want more! And following sound permaculture principles of 'reuse' and 'share the surplus', we are seeking second-hand books in good condition. So if you have a book/s that you no longer use, let Penny know. If it is a book that our library needs, you can either donate it, or we are very happy to pay a fair price for desirable books in near-new condition.

Thanks

DIFFERENT HALL FOR SEPTEMBER MEETING!!

Our usual meeting place, the RSL Memorial Hall, is not available for our **September** meeting. **Instead, we will meet at the Cooroy State Primary School hall** which is adjacent to the 'drop-off' carpark. There is limited parking in that fenced area but there are more designated parking bays just beyond the drive-through area.

AUGUST PERMACULTURE NOOSA MEETING

THURSDAY, 21st AUGUST 2014

**TO BE HELD AT THE COOROY MEMORIAL HALL,
Maple St, Cooroy, next to the RSL.**

“Six Ways Mushrooms Can Save the World”

Video of a TED Talk by Paul Stamets

Paul Stamets is a US professor and entrepreneurial mycologist who seeks to rescue the study of mushrooms from forest gourmets and psychedelic warlords. The author of numerous books and papers on the subject of mushroom identification and cultivation, Stamets has discovered four new species of mushrooms. He is an advocate of the permaculture system of growing, and considers fungiculture a valuable but underutilized aspect of permaculture. The focus of Stamets' research is the Northwest's native fungal genome, mycelium, but along the way he has filed 22 patents for mushroom-related technologies, including pesticidal fungi that trick insects into eating them, and mushrooms that can break down the neurotoxins used in nerve gas.

“Soil Biota”

A Presentation by Peter Taylor

Peter Taylor has a long term interest in alternative health and this led him to join Permaculture Noosa eight years ago. When he became a father he took the duties as primary carer of his children seriously. This led to bio dynamics and biological farming courses and ultimately to an interest in soil microbes. At Geoff Lawton's PRI forums he formed a relationship with the owner of the latest biological breakthrough formula for soil microbes and he imported it into Australia and has named it Biota Booster. Peters' talk will be on soil microbes and plant health.

“Question Time”

There will also be a time for people to ask questions on any permaculture related issues.

All are welcome to attend.

Permaculture Noosa meetings are FREE and open to the public. Beginning at 7pm with a Marketplace (where members can exchange their home grown produce or homemade products), the guest speakers start at 7.30pm and supper (gold coin donation) will be served at 9pm. Usually held at Memorial Hall, Maple St, Cooroy (next to the RSL).

**REMINDER:- the meeting of 18 September 2014 will be held at
Cooroy State Primary School Hall.**

For further information email info@permaculturenoosa.com.au

OPEN GARDENS

There will be an Open Garden event in August. Full details to be advised.

Ian Trew Open Garden Co-Coordinator

trueorganics@hotmail.com

PH 0400 803 393

If you would like to hold a **PERMABLITZ DAY** at your place, contact Kate Kuskopf PERMABLITZ Co-ordinator on 0438 828 857

YANDINA COMMUNITY GARDENS**Just over 3 weeks to go !!!
Open Garden with Costa Georgiadis – 24th August 2014.**

The Gardens is having an Open Day in August as a major fundraiser.

Costa Georgiadis from ABC's Gardening Australia has kindly offered to be there on the day and there will be various talks/ presentations; stalls; garden tours; scrumptious food, plants for sale, music and coffee on offer throughout the day.

Entry fee is \$10.00 per person, children under 16 free

**Yandina Community Gardens
Open Day Fundraiser
Sunday 24, August 2014**

9.00	Gates open	Corner North & Farrell Streets, Yandina
9.30	Official Opening	
10.00	Talk by Costa	
11.30	Dee Humphreys: Compost & Fruit Trees	
12.30	Leonie Shanahan: Community gardens; social housing; mental health	
1.15	Elisabeth Fekonia: Tropical & Sub-Tropical Edible Plants	
2.30	Costa talk @ RSL Hall	
3.35	Costa's garden ramble	

Great Garden Raffle

Our major fundraising raffle of the year will be drawn at the AGM on 18 September.

Tickets will be on sale at the August meeting and before the start of the September meeting. Members who took a book of 10 or 20 tickets to sell, please remember to return the butts, money and unsold tickets, preferably to the August meeting to save a rush of last minute activity in September. If you can't get to either meeting, please email Lorraine at lao@aanet.com.au to make other arrangements. By law, we must account for all tickets issued.

Please consider taking a book of 10 or 20 tickets to sell in the outside world, but keep in mind that they must be returned by the September meeting in time for the draw.

MULTI-DRAW RAFFLE - Permaculture Noosa



1st Prize

Patio garden? Balcony garden?
Herb garden? Starter vegie patch?

This **CART AND GOODIES** will get you started ...
and keep you going

Garden cart - great Aussie-made quality so easy to use - Value \$100

Wicking box - easy-care/self-watering growing system

Karma knife - Asian tool for weeding, digging, pruning - you'll love it forever

Dr Grow it All - liquid fertiliser your plants will love

Biota Booster - Beneficial soil microbes for healthy soil and plants

Herb book - Isabell Shipard's *How can I use herbs in my daily life?*

Gardening book - Leonie Shanahan's *Eat your garden* - an inspiring, fun and practical guide to all things gardening

And for beautiful bodies:

- A selection of bamboo products
- men's t-shirt
- 2 pairs socks
- ladies' boy-leg knickers

Hemp oil lemongrass soap

Thanks to the generous support of our local community:

Cooroy Mitre 10, Yandina Community Gardens, The Hemp Hut, Peter Taylor, Leonie Shanahan, Cath Manuel, Elisabeth Fekonia

2nd Prize

Value \$155

**PROPERTY CONSULTATION with CATH
MANUEL from Soil to Supper**

Cath is an experienced Organic Gardener, Sustainable Garden Consultant, Horticultural Therapist and Educator.

This 1-hour on-site property consultation is suitable for a suburban block or small property, and includes a written report and action plan.**

***Travel costs apply if the visit is more than a 50km round trip from Cooroy – details www.soiltosupper.com*



3rd Prize

Value \$95

**YOUR CHOICE OF WORKSHOP with
ELISABETH FEKONIA from Permaculture
Realfood**

Elisabeth is an accredited permaculture teacher. You will receive lots of first-hand practical information and hands-on experience, and have lots of fun.

Choose from:

- Cheesemaking & all things dairy
- Sourdough & lactic fermented food
- Miso, tempeh & soy sauce





Seed Savers Group September Meeting

DAY: Thursday, 11th September 2014 (we meet the second Thursday of every month)
TIME: 9.30 am to 11.30 am
PLACE: 'A Touch of the Past' Coffee Shop
18 Reserve St, Pomona.
SEPTEMBER'S MEETING TOPIC: Preparing for Dry Conditions

Permaculture Noosa's Seed Savers Group meets every month on the morning of the second Thursday of the month. In September this will be Thursday the 11th. This month we are discussing "preparing for dry conditions", how-to's and tricks to help your plants and soil survive over long periods of dry weather.

Why don't you come and join us for a cuppa and a chat at 'A Touch of the Past' coffee shop in Pomona? During the meeting we process and package seeds that have been saved by local gardeners. Once in small packets, the seeds are distributed through various means to gardeners on the Sunshine Coast, so that crops that have proved successful in this region can be kept in circulation, from one year to the next.

The processing and packaging tasks are very simple and require no previous experience. It doesn't matter whether you have been saving your own seeds for years, or are just starting out and hope to learn from the experience of others. While we work we also exchange information on seed saving and more generally on recent successes and failures in our gardens. Hope to see you there - everyone with an interest in seed saving is welcome.



Robin Clayfield's Course

'Dynamic Groups, Dynamic Learning' Creative Facilitation and Teacher Training.
13th to 18th October 2014 at Crystal Waters Permaculture Village.

A professional development training for teachers, facilitators, trainers and group leaders in Permaculture, Transition, Environmental Education, Community Development, Social Change, Health and Healing.

Robin is celebrating over 21 years of training Permaculture teachers, including many of Australia's leading educators.

Contact Robin 07 54944707 or robin@earthcare.com.au
for more information or visit www.dynamicgroups.com.au

Elisabeth Fekonia's Workshops

Maroochydore at the Wellness Centre.

Home cheese making and all things dairy workshop

Cost: \$95 Date: 16th August 2014 Time: 9.30 - 4pm

Learn how to make your own cheddar cheese, brie and quark as well as cultured butter, ghee, yoghurt, kefir and sour cream with. Yoghurt and kefir cultures are for sale. Morning tea, lunch and a manual available to all participants.

For bookings and inquiries please contact Elisabeth Fekonia
info@permacultureproduce.com.au / 0432 180 523

Black Mountain Cooroy

Seed saving, seedling raising, propagation and nursery skills.

5th August, 2014

Two units of a Cert II in Horticulture

If you would like to learn about seed saving, seedling raising, propagation and nursery skills, there will be a 7 week course, 9.30 – 2.30pm held every Tuesday at a permaculture farm at Black Mountain, Cooroy. Course cost is \$180. Payments can be made in instalments. Contact Elisabeth for a course overview and enrolment form.

Growing and Cooking with Tropical Vegetables

6th August 2014

Four units of a Certificate II in Horticulture.

Growing and cooking with tropical vegetables. Course to be held every Wednesday for 10 weeks. Cost is \$260. Payment can be made in instalments. The course will be held at Black Mountain, Cooroy on a permaculture farm from 9.30- 2.30. For course overview and enrolment form contact Elisabeth Fekonia.

Elisabeth Fekonia

Award winning, accredited permaculture teacher

0432 180 523

www.permacultureproduce.com.au Find me on FaceBook permaculture-realfood

WELCOME TO OUR NEWEST CLUB MEMBER: Karen Clifton, Doonan

10 foods for your face

By Marina Cilona

We've all heard of avocado and oatmeal masks, but did you know that strawberries, honey and vinegar can also leave you with a glowing complexion?

I'm feeling inspired by my baby's food-everywhere-but-in-the-mouth eating habits. And, given that I now spend all of my time and money on feeding his little face, rather on myself (which is obviously awesome), I thought I'd put together a list of my favourite edible skincare secrets.

Strawberries

Winter is here and strawberries are cheap and delicious. They're also a great way to combat oil, inject antioxidants and brighten your skin when mashed into a lovely red mask.

Eggs

Brushing egg whites onto your face will tighten your pores and generally firm the delicate skin around your eyes and mouth. You can also use the yolks in the same way as a moisturising mask. Similarly, a facemask of whole egg mayonnaise will leave your skin feeling soft and smooth.

Oatmeal

One of my favourite oatmeal facemask recipes includes 1/2 cup hot-but-not-boiling water and 1/3 cup oatmeal. After the water and oatmeal have settled for two or three minutes, mix in 2 tablespoons plain yogurt, 2 tablespoons honey, and 1 small egg white.

Vinegar

Using vinegar as a natural skin toner dates back to Helen of Troy and, you know, she had a face that launched a thousand ships so she must have been doing something right. Mix one tablespoon of cider vinegar with 1.5 cups of water and use it as a finishing rinse to cleanse and tighten your skin.

Baking soda

Nutritionists and beauty bloggers the world over agree that baking soda is the cheapest and most effective microdermabrasion ever. Make a paste out of baking soda and water then use it as a scrub, leaving it on for about five minutes before rinsing.

Lemon juice

This one works best as an addition to things like an egg white facemask. Lemon juice tightens up pores, cuts through oil, and leaves your skin brighter than ever before (seriously brighter, so be careful about the amount of juice you add). You can also put your nails in half a lemon and let it stand for a few minutes – it's a great way to clean and whiten your nails.

Honey

Although it's a bit sticky, honey is a great ingredient to add to a lemon, yoghurt, oatmeal or banana facemask. It's moisturising, has antibacterial properties and helps control breakouts that are common as the season changes. You can check out some great honey mask recipes here.

Banana

Nature's alternative to botox! Smashed up, overripe banana can be applied to the face as a mask to naturally exfoliate, moisturise and brighten your skin. Plus, this application seems like a lot less effort than turning those spotty bananas into a cake!

Yoghurt

The lactic acid in yoghurt will tighten your pores and leave your skin feeling fresh and exfoliated. Slather some plain yoghurt all over your face and neck and leave it to rest for about 20 minutes. Wash and you're done.

Olive oil

Since the Roman Empire, women have been using olive oil to moisturise their face and hair. I also used it throughout my pregnancy on my growing (and stretching) belly. You can also add some salt to make an easy peasy scrub.

Organic Swap-Meet Cafe & Healing Day
Thursday 28th August
9.00 am – 1.00pm

Swap – Buy – Sell – Share – Meet - Network - Healing

Come and enjoy Bellbunya's Sustainable Kitchen Organic Café, with delicious, healthy, fresh food, including a range of delicious organic, vegan and gluten-free cakes, Kombucha, and other seasonal dishes for sale.

Do you have excess produce, home-made preserves or plants? Then bring them along to sell or trade (tables are provided - please label and price your items).

Perhaps you would like bring your therapy/healing modality to share (an opportunity to become known and network with others in the area), or perhaps receive a treatment for \$10.

You may enjoy the free talk at 10am, always a high point for the morning! This month is The Power and Joy of Earthing with Hayden O'Halloran.

Just as the sun gives us warmth and vitamin D, the Earth underfoot gives us food and water, a surface to walk, sit, stand, play, and build on, and something you may never have thought about—an eternal, natural, and gentle energy. Which may be the difference between feeling good and not so good, of having little or a lot of energy, or sleeping well or not so well.

Come along and hear more about Earthing, and perhaps some tips on raw food!

There will be a free tour of Bellbunya at 12.00 pm.

A relocalisation initiative for a sustaining future....

Contact Kestrel at Bellbunya for more information on 07 5447 0181 or email kestrel@bellbunya.org.au

Bellbunya is at 114 Browns Rd, Belli Park, 13 km from Eumundi on the Eumundi-Kenilworth Road

Qualified therapists at Bellbunya (available throughout 2014)

Kestrel (contact: kestrel@bellbunya.org.au) - Zen Thai Massage

Katie (contact: 0421 606 031) - Relaxation Massage, Remedial Massage, Acupressure, Life Coaching

Chris - (contact: 07 5447 0181) - Esoteric Healing

Hayden - (contact: 0439 453 954) - Personal Training & Development

2 Day Cob Pizza Oven Workshop

On Saturday, 30th and Sunday, 31st August 2014 from 8.30am, at a cost of \$80. Places limited to 10 (please bring lunch to share each day), contact earthenripples@gmail.com or call Nick & Michelle on 0400 510 368, or check us out at www.facebook.com/earthenripples

NOTE: Accommodation is available at Bellbunya - email contact@bellbunya.org.au to stay onsite.

LINKS

This DAVID HOLMGREN interview (2010) is extremely interesting, even if you have been practicing permaculture for awhile. It has been broken into three parts and can be found on youtube.

Part 1 of 3 – The beginnings of Permaculture

<http://www.youtube.com/watch?v=JUA0204Ddcs>

Part 2 of 3 – 3 Permaculture Ethics

<http://www.youtube.com/watch?v=QtA0qCMLqRY>

Part 3 of 3 – Strengths & Weaknesses of Permaculture

<http://www.youtube.com/watch?v=ts-dgj6siPA>

MANAGEMENT COMMITTEE:			
PRESIDENT	Elisabeth Fekonia	0432 180 523	president@permaculturenoosa.com.au
VICE PRESIDENT	Tom Kendall	5485 4664	vicepresident@permaculturenoosa.com.au
SECRETARY	Lorraine Oats	5447 6550	secretary@permaculturenoosa.com.au
TREASURER	Ruth Sparrow	5447 9130	treasurer@permaculturenoosa.com.au.
MINUTES SECRETARY	Rhonda Jessup		
COMMITTEE MEMBERS: Bronwyn McIntyre, Rhonda Jessup, Tania Coppel, Eyre Jessop			
OTHER SUPPORTERS:			
MEMBERSHIP SECRETARY	Janine Stoner	5474 1731	membership@permaculturenoosa.com.au
PUBLICITY OFFICER	Bill Berry	5474 5192	wberryarch@icloud.com
AUDIO VISUAL TECHNICIANS	Brian & Donna Rasmussen	5488 4956	rasmussenranch@hotmail.com
NEWSLETTER	Judith Anderson	5471 1892	permanews@permaculturenoosa.com.au
SEED SAVING	Lesley Mearnes	5442 7071	seedsavers@permaculturenoosa.com.au
SUPPER ROSTER	Bronwyn McIntyre	0416 348 939	broni-mac@hotmail.com
OPEN GARDENS	Ian Trew	0400 80 33 93 or 54097508	trueorganics@hotmail.com
LIBRARY	Penny Foster	0408 744 702	penfoster@westnet.com.au
PERMABLITZ DAYS	Kate Kuskopf	0438 828 857	exerhighs@gmail.com
WEBSITE	Jane Gapinski		info@permaculturenoosa.com.au

Thank you for reading.
Thank you for reading.