

PERMANEWS



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

PRESIDENT'S REPORT

It was a great evening with David Holmgren and Nicole Foss at the Nambour High School on the 3rd of July. The evening was well attended and both speakers gave us much information on how to prepare for an uncertain future. A great big thank you goes to our stalwart Chris Carroll who has organised several events for Permaculture Noosa in the past and she certainly did a great job for us this time.

Permaculture groups as well as Transition Towns, Seed Savers groups and other likeminded people all have it in the back of their minds to prepare for our future food security. We like to support local food growers and smaller retail outlets to encourage our dollars to stay local in circulation thus strengthening the local economy. Even though we concentrate on growing as much of our own food as possible, we need to also focus on our local community too. This is the way we build resilience.

We will do well to take on the challenge of seed saving from our gardens and contribute a significant amount of saved seeds to our seed banks. This will give other people access too easy to grow locally adapted vegetables in their gardens. Joining our seed saving group is also to be encouraged and you will be able to swap seeds and share them with other gardeners as well as process and package the seeds in a very social setting.

Both David and Nicole gave us some sobering facts and figures about possible scenarios of what the future holds for us. That future could only be a few short years away from us now and now is the time to take stock of our life, our life's journey and how well we would be prepared when the proverbial hits the fan. Remember it's much better to be prepared than to react to a situation when it arrives. Becoming debt free, self employed, grow and produce most of our own food preferably on our own land, will set us up for a much more secure future.

Permaculture Noosa is here to help us all to become a more resilient and self sufficient community and any of our members are free to suggest topics for speakers to present as well as share their own projects and experiences at our regular meetings. Please get in touch with me at president@permaculturenoosa.com.au

DIFFERENT VENUE FOR JULY (& SEPTEMBER) MEETINGS

Our usual meeting place, the RSL Memorial Hall, is not available for our 17th **July** meeting.

Instead, we will meet at the Cooroy State School hall, at Elm Street, Cooroy.

This hall 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.

The **September** Permaculture Noosa meeting will also be held at the Cooroy School Hall.

Permaculture Noosa Meeting ~ Thurs 17th July, 2014

Permaculture Noosa meetings are FREE and open to the public.

Beginning at 7pm with a Marketplace where members share their surplus home grown produce by giving, exchanging or selling it, the guest speakers start at 7.30pm and supper (gold coin donation) will be served at 9pm. Cooroy Memorial Hall, Cooroy (next to the RSL)

**Keeping bees in the backyard
A presentation by Paul Moriarty**



Paul Moriarty has been keeping bees since the 1970's where he was living in Tasmania. Paul will be trying to demystify the art of bee keeping and would like to encourage more people to keep a couple of hives in their backyards. It is better for many people to have a few hives rather than one man keep a thousand. Paul will also be talking about the various issues involved with keeping bees. Come and be inspired to keep a couple of hives and learn how to manage them.

**Keeping chickens in the backyard
A talk by Rosina Buckman**

Rosina has been keeping chooks in her suburban garden for several years and she uses them to good effect. She will talk about putting the girls to work and making them pay for their keep, as well as giving you their fresh eggs! Her talk will encourage people to maximise their suburban backyard chook keeping with her funny anecdotal experiences with the girls.

For further information email info@permaculturenoosa.com.au





Permaculture Noosa's multi-draw

GREAT GARDENING RAFFLE

Drawn 18 Sept 2014

Tickets dirt-cheap at \$1 each!

Terrific prizes for gardeners or intending gardeners, big or small:

1st prize:

Garden cart (quality Aussie-made) filled with lots of interesting goodies - wicking box; karma knife; Dr Grow-it-all liquid fertiliser; Biota Booster soil microbes; books: Isabell Shipard's How can I use herbs in my daily life, and Leonie Shanahan's Eat your garden; bamboo T-shirt, socks, knickers; and hemp oil soap (all great individual Christmas gifts if you don't want them all yourself).

2nd prize:

Property consultation with Cath Manuel (Soil to Supper): 1-hour on-site consultation with written report and action plan (inclusive of travel costs within 50 kms round trip of Cooroy)

3rd prize:

Workshop with Elisabeth Fekonia (Permaculture Realfood) - choose from:

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

BUT ... this is not just for you! Yes, you will want to buy a ticket or two for yourself, but **WE NEED YOU TO SPREAD THE WORD** - and tickets - into your community of friends and family. It's also guaranteed to start a conversation about permaculture!

So, please take a book or 10 or 20 tickets at the July and August meetings - preferably July so we have plenty of time to account for all butts, money and unsold tickets before the draw at the September meeting.

Please support your club with this minimal-effort-required fundraising, which is the sort of fundraising we all love. Practically everyone is a gardener of some sort so tickets are really easy to sell at just \$1 each.

Dee Humphrey's was one of the guest speakers at the last Permaculture Noosa meeting in June. During her talk she spoke about 18 Day Compost, we have included the details of the process this month, in case you missed out on the information.

STEP-BY-STEP - 18 DAY HOT COMPOST THE BERKELY METHOD



DAY 1

Mix together ingredients by laying them in alternating thin layers of "greens" and "browns". Aim to use 1/3 Manure and 2/3 dry carbon materials. Anything that was once living can be hot composted (including weed seeds). The greater the variety of ingredients, the better the compost, because it will have a wider range of nutrients in the final product.

The compost heap should be 1.5 metres high and 1 metre across (about 1 cubic metre). Put an activator in the middle of the heap to start off composting process - comfrey, nettles, yarrow, animal, fish, urine, or old compost. When the pile is completed, wet the compost down very well so it is dripping water out of the bottom and is saturated.

Browns = High Carbon Greens = High Nitrogen
Wood chips, Garden waste, plant clippings, etc
Cardboard, shredded Weeds, Sawdust, Green Wood
Newspaper, shredded Hay, Pine needles Vegetable scraps
Corn stalks, Clover, Straw, Coffee grounds
Dry leaves (leaf mulch) Food waste
Fruit waste Grass clippings
Peanut shells, Seaweed
Ashes, wood Animal Manure (horse, cow, chicken, pigeon)
Palm fronds (dry) mulched Alfalfa, Fish, Urine

DAY 4

Turn the compost heap over, outside turned to inside, inside turned to outside. That is, move the outside of the pile to a spot next to it, and keep moving material from the outside to the new pile. When you're done, all the material that was inside will be outside and vice versa.

Ensure that moisture stays constant. Put gloves on and squeeze a handful of the compost materials, it should only release one drop of water. If it gets too wet, you can spread it down, or open a hole about 3-4" wide with the handle of the pitchfork, or put sticks underneath for drainage.

DAY 6 & DAY 8

The compost heap should reach its maximum temperature on these days. As a simple guideline, if you can put your arm into the compost up to the elbow, then it is not at 50 degrees Celsius, and is not hot enough. Use a compost thermometer or a cake thermometer, you need an optimum temperature of 55-65 degrees Celsius. At temperatures over 65 degrees Celsius a white "mould" spreads through the compost, which is actually "fire blight", an anaerobic bacteria. To heat up the compost faster, add a handful of blood & bone fertiliser per pitchfork when turning. If it gets too hot and smelly and goes down in size, it has too much nitrogen and you need to slow it down, throw in a handful of sawdust per pitchfork when turning.

Using this system methane is released from the compost.

DAY 10 to DAY 18

Continue to turn the compost in the same manner every 2nd day.

DAY 18

Today it's just warm, dark brown, and smells good. When earthworms move into the compost, you know it is finished and all set to go, because it's cooled down and full of nutrients!

You must be ready to use this compost on Day 18. If left unused all the hard work will just drain away.



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 October Cooroy meeting will continue to receive Permanews. The October 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
Acc 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 'Membership Details Form' located on the LAST page of this Newsletter if you are reading a hard copy or as an attachment to the email if you are reading an electronic copy.

Please mail the form to: Membership Secretary, Permaculture Noosa, PO Box 619, Cooroy 4563, **OR**

- return the completed change form to the membership secretary at the next Cooroy Meeting

OR

- emailing any changes to membership@permaculturenoosa.com.au

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:

We want to actively encourage all members to renew before 1 October so everyone continues to receive newsletters on time. It also 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.

QUOTE OF THE MONTH

In developing Permaculture concept we were trying to create the world we did want, rather than trying to stop the world we didn't want. David Holmgren, 2010



Seed Savers Group August Meeting

DAY: Thursday, 14th August 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.

AUGUST'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 July this will be Thursday the 10th.

This month we are discussing what seeds to save, what kind of seeds can be donated to the Seed Bank.

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.

PERMABLITZ DAY



The next Permablitz day will be:

Saturday, 26 July starting at 2.00 for a cuppa, work starting at 2.30pm.

Where: Myshell Hyde's place
28 Quondong Court
Yandina

Come along and help with building a pond, plus trimming, weeding bamboo around the chook pen to make it a bit fancier! Bring something to share if staying for supper....

Please park in Cul de sac, as it is a SHARED driveway.

Phone Myshell on: 0421 106 404 or Kate (Permablitz co-ordinator)on: 0438 828 857



Courses and Workshops

ELISABETH FEKONIA'S Courses

Held at Maroochydore at the Wellness Centre

Dairy and gluten free fermented foods~ \$45 on 27th July 2-5pm

Learn how to make your own probiotic foods that will enhance your digestion and gut flora. Sauerkraut, kimchi, pickled cucumbers, fermented tomato sauce, fermented steamed rice and lentil bread, fermented fruit paste and old fashioned miso. Audience participation is encouraged and tasting of topics covered on the day will be available in the tea break. Maroochydore at the Wellness Centre.

Home cheese making and all things dairy workshop~ \$95 on 16th August 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. Maroochydore at the Wellness Centre.

For bookings and inquiries please contact Elisabeth Fekonia
info@permacultureproduce.com.au / 0432 180523

Elizabeth Fekonia Courses Held at 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

OPEN GARDEN FOLLOW UP

A big thankyou for owners (Mel & Estelle Hobbins from Cooran) for inviting people into their beautiful food garden system and home, and being so generous with their time, knowledge, experience, and most importantly infectious inspiration, over two separate days last month.

Mel stayed behind on both days answering the many questions from curious visitors. A stand out feature of Mel & Estelle's open garden was the large range of fresh organic fruit for tasting, something much appreciated by all, especially the children, as well as the cuttings on offer.

Thank you for your generosity of spirit and for sharing and showing the beautiful garden you have created.

We had a good turn out on both days and got to see not only great and productive food garden systems, but also: onsite mulch production, a range of healthy, friendly animals, with their outputs being integrated into food systems with a closed loop philosophy, a number of well built dams stocked with a range of healthy sizable fish, an established farm forestry system, native regeneration activities and samples of the large range of produce.

The garden was a great intro for many who are new to permaculture and there were many a good question asked and things to learn for existing permaculturists. This month is a chance to help in a garden with a PET day, stay tuned for next month for another open garden.

For anyone interested in opening up your garden to share both successes and not so successes please contact me on 0400 80 33 93. These are great friendly social days and a pleasure to help offer.

Ian Trew
Open Garden Co-Coordinator
www.trueorganics@hotmail.com
PH: 0400803393

**BELLBUNYA - ORGANIC SWAP-MEET CAFE
& HEALING DAY****Thursday 24 July**

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

Our Sustainable Kitchen Organic Cafe is in full swing on the fourth Thursday morning of each month, at Bellbunya Community in Belli Park, from 9am to 1pm. Enjoy delicious, healthy, fresh food, including a range of delicious organic, vegan and gluten-free cakes, Kombucha, and other seasonal dishes.

Come along and network over a cup of our signature “Dandelion Chai”. Or are you growing organically? Making your own preserves? Pot your own plants? Bring your excess produce to sell or swap with others. We provide the tables indoors, there is no cost for participation, bring your own signage.

Our free talk (at 10am) each month is a high point for the morning! Come along to explore another aspect of life and living.

Are you looking for therapy or healing sessions? This is a wonderful chance to receive a healing session, such as Zen Thai Shiatsu Massage and Therapy, Esoteric healing, Acupuncture, readings... the range depends on who comes on the day! The cost is \$10 per session.

Healers can set up in the hall from 8.30am, bringing all your own equipment. Feel free to bring your business card or flyer. There is a free food voucher for the first session, and take home \$5/session after that to defray petrol and other expenses. Contact Kestrel for further details.

At 12.00 there will be a free tour of Bellbunya.

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

Contact Kestrel at Bellbunya for more information on 07 5447 0181 or email [kestrel \(at\) Bellbunya.org.au](mailto:kestrel@bellbunya.org.au)

Interested in Rural Issues? Join the Country Noosa Forum: regular get-togethers on practical topics; internet resources and visits to farms; buy & sell livestock, farm machinery, etc; database for sharing resources and equipment; cooperative market outlets for produce; pest and weed control tips; farm services and employment. LAUNCH IN SEPTEMBER – Take our site poll

www.countrynoosa.com

Locally grown (in Doonan), fresh organic produce direct from the farm delivered to your door! Check out the Shambhala Farm website and video! to find out more about this very productive 10 acre family-run farm.

www.shambhalafarm.com.au

If you don't subscribe to the Milkwood permaculture newsletter, you should. Here is one of the articles, about foraging.

<http://milkwood.net/2014/07/07/resources-for-new-foragers/#more-22163>

A blue button with the text "Useful Links" and a white arrow pointing to the right.

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.
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