

PERMANEWS



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PRESIDENT'S REPORT

Permaculture Noosa has been established for nearly twenty years and as we approach the celebration with our founder, Geoff Lawton in August, I would like to bring to your attention at how we have not only stood the test of time but we have created a very credible presence with the community and our local councils. People from all walks of life have heard of Permaculture and associate it with growing our food and sustainable living. A lot of funding from council and other grants have come our way to help us to promote living simply and lessening our environmental footprint. We are an organisation that is held together by volunteers and we proudly do this because it is our passion to share what we believe in.

This brings me to the point that we are in great need to relieve those stall warts that have given so much of their time and energy and replace them with new people to fill their shoes.

We need to replace Dan St George as the man that has been organising the data projector for our presenters, we need a new library assistant to replace Lesley Mearns as she is now the seed savers co-ordinator and also Amanda Moore as the audio technician. Amanda has also helped to put out the chairs to set up for the meetings so her absence will be sorely missed. But no one can be expected to keep volunteering for the same position forever and now we need three people to fill their positions ASAP if this organisation is to carry on smoothly as we expect it.

If no one comes forward to fill their positions we will simply have to talk louder without a mike, flap our hands around to try to visually explain what we can't show on the screen and have trouble getting library books out and also sit on the floor for the meetings.

Is that how we would like to present our meetings to the public???

Nooooooo- so where are those three people we so badly need?

Thanks so much Dan, Amanda and Lesley for sharing your time and energy- we have really valued your work.

Elisabeth Fekonia, President Permaculture Noosa

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

\$2

DISCOVER DETOX SECRETS FROM AROUND THE WORLD

By Aimee Hughes, Naturopathic Doctor

Wouldn't it be nice to live in a pollution-free environment, where we drank only the purest of water and ate naturally untainted foods? Where the homes we lived in were free of chemicals and the air we breathed, water in which we swam, and even the clothes hugging our skin were clean of any artificial substances?

Of course, this idealistic notion has probably never been the case, and is especially impractical today. That is why the next best thing we can do for our health is to cleanse our bodies of these toxins from time to time through various methods of detoxification.

Detoxification refers to the elimination of poisons or toxins. Due to the huge amounts of today's environmental contaminants, our bodies are in serious need of regular cleansing to reduce damage to our immune systems and metabolism. Detoxification is vital to maximise the body's energy and to prevent chronic illness. It is also a time-honoured way to keep digestive elimination regular, circulation under control, and stress to a minimum. Detoxification both maintains good health and promotes healing from illnesses.

Common methods of detoxification influenced by cultures around the world are described here. Some are physical approaches that speed toxin removal from tissues so they can be excreted. Others are plant or food based, which treat the body to loads of immune-boosting substances that inactivate toxins and enhance their elimination.

Massage

Massage, dating back to the ancient Greeks and Romans, is an excellent method to improve lymph movement and blood flow. That, in turn, aids in getting cellular waste products and accumulated toxins out of tissues, into the bloodstream, and to the kidneys where they are eliminated in urine.

Melinda Pizzano, L.M.T., matches specific massage techniques to a client's constitution. One of her favorites is a salt massage or salt glow. "I use this method to stimulate the large lymph glands and exfoliate the skin, as the skin is the largest organ of elimination." She uses a blend of salt, oil, and an assortment of herbs and sugars during the massage, then rubs it off with hot towels. Melinda adds, "Swedish massage, which is a more vigorous rubbing technique that really stimulates the lymph and circulatory systems, might be better for someone else, while the lymphatic drainage technique might suit another individual."

Aromatic essential oils such as lemon and grapefruit enhance the detoxification process, as does regularity of treatments. Ms. Pizzano suggests massage be enjoyed on a weekly, fortnightly or monthly basis to ensure the treatments reach the body's deepest layers, where unwanted substances build up over time.

Heat treatments

Hyperthermia techniques, which elevate body temperature slightly to remove toxins, have been used throughout history, such as by ancient Greek physicians, in the ornate bath complexes of the Romans, in sweat lodges of the Native Americans, and in the steam baths of the Scandinavians. These techniques are still very popular today. Steam baths, hot tubs, and saunas in particular are favourite ways to get your heart beating and your blood circulating, which improves toxin transfer from tissues to the bloodstream, then to the liver, which chemically alters many harmful substances into harmless ones.

Further, according to authors Patricia J. Benjamin and Francis M. Tappan in Tappan's Handbook of Healing Massage Techniques, "Steam rooms help clear the sinuses and relieve respiratory congestion. Steam also raises the body temperature and causes sweating." A cold shower following a steam bath washes off toxins released in sweat and brings body temperature down to normal.

Be sure to drink adequate amounts of water before, during, and after heat treatments. The powerful detoxification process takes place when the body reaches 101 to 103 degrees F. Note that one's pulse rate should not exceed 130 or 140. Check with your physician to see if this technique is right for you.

Skin brushing

Dry skin brushing is another European technique that has been used for centuries. Not only does it remove toxins accumulated in dead skin cells, it enhances circulation. Dr. Bernard Jensen (author of Dr. Jensen's Guide To Better Bowel Care) recommends in his book, "your daily regime should begin with skin brushing for a period of three to five minutes. I believe skin brushing is one of the finest of all 'baths.' No soap can wash the skin as clean as the new skin that you have under the old. You make a new top layer of skin every twenty-four hours. Skin brushing removes the old layer and lets this clean new layer come to the surface." He recommends, "the whole body (except the face) should be brushed one-half hour after rising and prior to the morning bath or shower. You may wish to skin brush again before retiring for the night."

Use an all-natural vegetable fibre brush with a long handle to reach out-of-the-way places. Brush from the outermost points—the feet and hands—toward the centre of your body; brush bottoms of the feet, as nerve endings here effect the entire body. Brush across your upper back and down the front and back of your torso. Use lighter strokes over breasts and do not brush the nipples. Wash your brush every few weeks in water and let it dry. Feel the sensation of newly invigorated skin!

Foods and beverages

Certain foods and beverages aid in inactivating toxins or in removing them. These include fruits and fruit juices, fresh vegetable juices, chlorophyll-rich foods, herbal teas, and sea plants. For optimal results, these foods should be organically grown and consumed fresh.

Blend or juice your favourite fruits in the morning for a detoxifying breakfast. Fruit juices speed up metabolism to release waste quickly and have an alkalising effect (acid-neutralising) on the blood; citrus fruits and their juices in particular are rich in alkaline salts, mainly potassium. High-fiber fruits aid digestive regularity and stabilise insulin levels. Together, these properties of fruits reduce fat storage, speed metabolism, and minimise sugar cravings. Fruits should be eaten by themselves, without protein or complex carbohydrates, and before noon for best energy conversion and cleansing benefits.

Fresh vegetable juices provide the body with necessary vitamins, minerals, and enzymes to power the natural detoxifying activities of cells. For example, a combination of three carrots, three celery stalks, ½ bunch spinach, and ½ bunch parsley is high in potassium and is one of the most effective juices for cleansing blood and tissues, neutralising acids, and rebuilding cells.

Leafy green vegetables have chlorophyll, a detoxifying agent that helps clear the skin, cleanse the kidneys, and cleanse and build the blood. Eating any chlorophyll-rich food will help to boost immunity, treat illness, and rid the body of unwanted substances. Spirulina (blue-green algae) and chlorella (green algae) have become popular supplements due to their extremely high chlorophyll content. Powdered concentrates of these green 'superfoods' may be purchased at your local health food store and added to fruit and vegetable juices.

Sea plants ('sea vegetables') aid in detoxification by transforming toxic metals into salts that the body can eliminate. They also are rich sources of vitamins, minerals, complex carbohydrates, and proteins. Seaweed,

dulse, kelp, nori, and wakame are examples. Two tablespoons of dry minced sea vegetables added daily to a bowl of miso soup is a wonderfully therapeutic dose.

China introduced us to the miraculous green tea, which is high in antioxidant content and combats free radical damage to protect against degenerative diseases. It also boosts enzyme production in the body. It has antibiotic, antiviral, and antibacterial properties, and is highly valued as a cancer preventative.

Milk thistle, one of the best liver cleansing tonics, used with honey by the Romans, is also rich in nutrients and antioxidants to prevent free radical damage. Burdock, known as the plant of longevity, is one of the best blood purifiers of the herbal world and its use dates back to ancient Greece. The leaves make a delightful medicinal addition to soups and salads, or chop it into vinegar to drizzle over green salads.

When taking these herbs in tea form, drink over a long time period as opposed to all at once. This allows the tissues to absorb as much of the medicinal value as possible. Drink two to three cups daily for optimal medicinal effects.

Exercise

One of the most important detoxification methods is regular exercise. Exercise accelerates the removal of toxins through our largest organ of elimination, the skin, when we sweat. It also stimulates lymph flow, which depends solely on muscular movement (or massage). Lymph function is critical to our body's ability to cleanse itself. Exercise also enhances metabolism and circulation. Almost any kind of exercise, from riding a bicycle to planting flowers in the garden, increases the circulatory system's transportation of oxygen and nutrients to our cells, while carrying away toxins and wastes from tissues to the organs of elimination. Further, exercise counteracts the greater risk for some diseases, such as heart disease, that correlates with a sedentary lifestyle.

Yoga is a wonderful form of exercise because it sends blood flowing to particular places in a tactical way. A shoulder stand, for example, gets blood flowing the opposite way from its usual course. Yoga poses, or asanas, help soothe the muscles and soften blocks of stress that have accumulated over time. Yoga also incorporates conscious breathing and meditation; just 20 minutes each day can do wonders not just for the body, but also the spirit.

Breathing

India's Ayurvedic system of health utilises breathing techniques, or pranayama, to settle, balance, and detoxify the body. In the Ayurvedic tradition, prana refers to the vital life force, and pranayama is the process by which this vital force is increased.

Certain breathing techniques enhance your body's ability to eliminate toxins because detoxification is directly related to the delivery of oxygen to cells and removal of carbon dioxide.

Try 'calm belly breathing' (breathing into the gravitational centre of the body to ease stress and anxiety). Start by lying down in relaxation pose: on your back with arms relaxed to the side and palms up, feet naturally splayed open, and eyes closed. (If you need to modify this pose due to pain in the lower back, simply bend the knees, leaning them against one another, or if the legs are extended, place a towel underneath the head and/or knees.) Now exhale without force while observing the navel fall. Breathe in and out through the nose for five minutes; meditate or mentally focus on the navel rising and falling during this period.

Aimee Christine Hughes, ND, writes for a variety of magazines on topics of natural health.

Source: www.livingnow.com.au

*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.*

For further information email info@permaculturenoosa.com.au

Jicama Mango Shrimp Salad

by Brian Collaro, chef and regional prepared foods coordinator at Whole Foods Market

Ingredients:

- 1 pound cooked shrimp
- 1 large mango, cut into 3-inch sticks
- 1 small cucumber cut into 3-inch sticks
- ½ large jicama cut into 3-inch sticks
- 2 tablespoons cilantro, chopped
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced
- 1 ounce lime juice
- 1 ounce rice vinegar
- 2 tablespoons sugar
- 1 pinch salt
- 1 pinch crushed red pepper



Instructions:

In a large bowl, add the mango, jicama, cucumber, shrimp, and cilantro. In a small bowl, whisk together the sugar, lime juice, rice wine vinegar, garlic, ginger, red pepper, and salt. Pour over the salad and mix well.

COMING UP AT BELLBUNYA

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

Organic Swap-Meet Cafe and Healing Day - Thursday 22 May from 9am to 1pm.

Our monthly Sustainable Kitchen Organic Cafe will be in full swing again the fourth Thursday morning of the month, at Bellbunya Community in Belli Park.

We are providing a free platform where people who are growing organically can support each other by **local purchasing, swapping and networking**. People are invited to bring any excess produce, home-made preserves or plants for sale - there is no cost for participation. There will be inside space available on tables for displays; bring any signage you need.

Renowned Permaculture trainer, author and international facilitator **Robin Clayfield** share a **free interactive talk** on "**The Top 10 Ways to Build Community in your life**".

At the same time, a **healing day** will be operating in the hall where people can bring their therapy/healing modality to share, or receive a treatment for \$10.

If you are a healer, this can be an opportunity for people to become known and network with other people in the area, and to share your modality. Healers are asked to come at 8:30am and bring their specialised equipment, such as massage tables. All healers are welcome to a free food voucher so that you can help yourself to a cuppa, cake and sushi for the first session, and take home \$5/session after that to defray petrol and other expenses. Feel free to bring your business card or flyer.

Contact Kestrel at Bellbunya for more information on 07 54470181 or email [kestrel \(at\) Bellbunya.org.au](mailto:kestrel@bellbunya.org.au)

Date Claimers

Build your own Biodynamic Flowform & mould- 30th May - 1 June

Phillip Sedgman, founder of Living Water Flowforms is giving a three day practical workshop:

- Demonstrating 5 different working flowforms
- The mechanics of how to create vortexes in flowing water
- Play with clay – design your own flowform with the infinity flow, sculpting by empiricism, running water through the clay
- Casting techniques, including materials and proportions
- Create a mould and plaster cast, so you can make more at home

Installation advice

Purify your natural swimming pool, mix biodynamic preparations, treat grey and black-water, add life-force to water or build amazing landscape features.

Phillip is the Australian leader in this field, this is his only workshop on the Sunshine Coast in a decade. NUMBERS ARE STRICTLY LIMITED.

When: Friday 9 am 30 May to Sunday 4 pm 1 June

Cost: \$440 full price / \$380 concession **BOOK YOUR SPOT WITH DEPOSIT**
(around the cost of a single flowform...)

Info: kestrel@bellbunya.org.au and bookings or Phone: Kestrel 0427786127 / 07 54470181

Phillip's website: www.livingwaterflowforms.com

Biodynamic Workshops - 5 days, monthly series begins 22 June, 9.30 am to 3.30 pm

Have you wanted to treat your property with Biodynamics(BD) - and haven't the confidence or known where to start? Do you appreciate learning in combination of theory and practical, hands-on? And would you like to have access to ongoing support?

This series of workshops with **Kaye Cheval** will equip you with the confidence to use Biodynamics on your own property, large or small. Kaye will always be available to support your ongoing journey of discovery.

Sunday 22 June - Workshop 1: An introduction to Biodynamics, including a brief history of BD agriculture, the role of preparations, what they are and do, and the function and practical application of BD500. A look at the BD planting calendar.

Sunday 20 July - Workshop 2: More of the calendar. More on the uses of preps 502-507. Rhythms in nature. All about tree paste, mixing & applying.

Sunday 17 August - Workshop 3: The role of BD 508. Making manure concentrate. The importance of Humus. A total farming system. Soil profiles.

Sunday 21 September - Workshop 4: The story of compost making. Making a compost. Water, BD501, function and application.

Sunday 16 November - Workshop 5: BD method of pest & weed control. Making an animal pepper.

When: Third Sunday of June, July, August, September & (skipping October) November 9.30 am to 3.30 pm each day

Where: Bellbunya community, 114 Browns Road, Belli Park (11 Kms from Eumundi off the Eumundi-Kenilworth Rd) **Cost:** \$250 for 5 workshops - paid in full at registration, or \$60 for individual workshops. Numbers strictly limited.

Bring vegetarian lunch to share. Other refreshments provided.

Enquiries & Bookings: Joan at contact@bellbunya.org.au

Crash or Crash Through - David Holmgren and Nicole Foss Full day workshop - Thursday 3 July

How our community can respond to Peak Oil and Climate Change

Presentations and Workshopping solutions with David and Nicole

Not to be missed! The co-ordinator of Permaculture touring with Canada's most renowned speaker on energy descent. David Holmgren (co-founder of Permaculture with Bill Mollison, author of Permaculture: Principles and Pathways Beyond Sustainability), with Nicole Foss of The Automatic Earth, on Energy Descent - a full day workshop exploring the necessity and possibilities for energy descent with these elders and pioneers.

RESILIENCE & TRANSFORMATION IN THE BROWN TECH WORLD

Co-Founder of the Permaculture philosophy, David Holmgren creatively responds to a future with significantly less available energy using the Brown Tech Energy Descent scenario.

THE CRISIS AND WHAT LIES BEYOND

Acclaimed international speaker Nicole Foss discusses Peak Oil, the collapse of global finance and how to prepare for the future ahead.

When: Thursday, 3rd July 2014, 9am-4pm

Where: Bellbunya community, 114 Browns Road, Belli Park
(11 Kms from Eumundi off the Eumundi-Kenilworth Rd)

Investment: \$110 / \$90 concession, or \$30 non-refundable deposit

Places strictly limited to 35

To book: Send payment to

Bellbunya, bankMECU, BSB 313 140, A/C 23194834 ref your name 3 July

or by credit card at <http://www.trybooking.com/EWKE>

Bring vegetarian lunch to share, refreshments provided

Info: email Kestrel@Bellbunya.org.au for any queries

Selling 3 purebred organically raised Barnevelder roosters. A little over 6 months old, just starting to crow. Fed ONLY organic table scraps and certified organic wheat grain, rye grain, and corn. Free range during the day, securely housed at night. \$50 each. Contact Jamin Philp on jpphilp@gmail.com



**WELCOME TO
ALL OF OUR
NEW
MEMBERS**





Group June Meeting

DAY: Thursday, 12th June 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.

Permaculture Noosa's seed savers group meets in the morning on the second Thursday of every month at 'A Touch of the Past' Coffee Shop in Pomona to process seeds for our seed bank and share our experience as gardeners. Why don't you come and join us on 8th May? This month will be general discussion which usually includes topics such as what to plant now for the coming seasons and what has been growing successfully in peoples gardens.

While we chat, we process and package seeds for our seed bank. The tasks that we undertake are very simple and require no previous experience and the seeds that we package are distributed by Permaculture Noosa to gardeners on the Sunshine Coast, so that viable crops for this region are kept in circulation, from one season to the next. Anyone who has an interest in seed saving is welcome, even if you have never saved seeds before and just want to learn.

Permaculture Noosa's seed bank is always in need of new seed stocks to package and distribute. If you have any seed to spare from your own crops, we would welcome contributions. We are now also looking for seeds from local, native plants as native flowers and fruits attract the birds and bees that are so beneficial for our gardens.

Want more info? Email Lesley at

seedsavers@permaculturenoosa.com.au

www.permaculturenoosa.com.au



Cheese making and all things dairy Saturday 14th June, 2014, Black Mountain

Learn how to make your own cheddar cheese, feta and quark. Also on the day we will be making cultured butter and turning it into ghee and learning how to make yoghurt from a culture and kefir and sour cream. These dairy products all give life back to pasteurised milk and cream to give us healthy gut flora and food enzymes that make all dairy products taste so healthy and delicious.

There's no need to have your own goats and cows but if you would like to meet the girls, come and join in at the farm at Black Mountain for a fun filled day. Lunch will be on the balcony with tremendous views shared with a glass of homemade fruit wine and lots of cheese of course!

Cost is \$95 and this includes morning tea, lunch and a manual. Kefir and yoghurt cultures will be available for \$2 each.

Contact Elisabeth Fekonia on 0432 1805123 or email on info@permacultureproduce.com.au for more info and bookings.

Building healthy living soil Tuesday the 10th of June, 2014, Black Mountain

It doesn't matter what type of soil you have because you can build on it! Learn how to create healthy, fertile, productive soils to grow your own nutrient dense food in. Some permaculture design concepts are incorporated in this course and then right into the nitty gritty of how to have the best garden soil you can dream of. This course will be held on a permaculture farm, from 9.30 – 2.30 for seven weeks. School holidays will give a break of two weeks to accommodate mothers of school age children. Cost is \$180 and can be made in instalments.

Contact Elisabeth Fekonia on 0432 1805123 or email on info@permacultureproduce.com.au for more info and bookings.

Biodynamic Workshopsstarting Thurs 15th May, Pomona

Presenter is Kaye Cheval

Time: 9.30 to 3.30

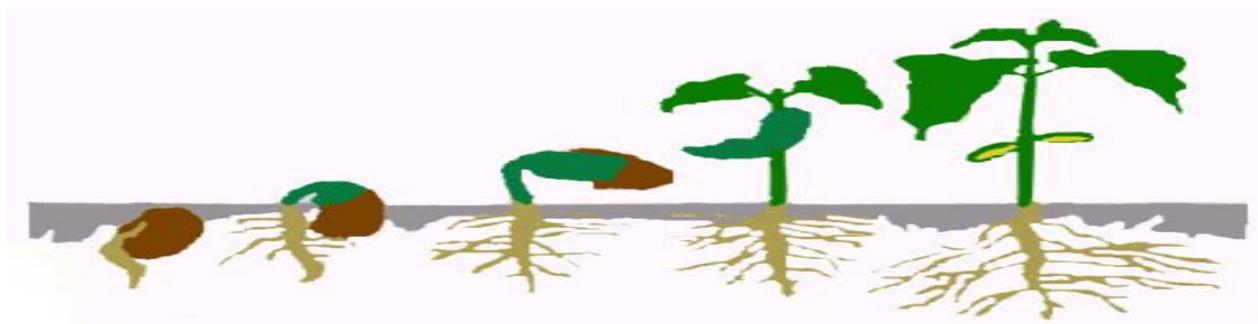
Morning tea provided.

These workshops will be run one day per month for 5 months, and cover most aspects of Biodynamics.

The mornings will be spent on theory, the afternoon on practical.

Cost: \$50 per workshop

To Book: Phone Kate 0438 828 857



SUNSHINE COAST MAY PLANTING GUIDE

Amaranth	Beetroot	Broad Beans
Broccoli	Bush Pea	Cabbage
Capsicum #	Carrots	Cauliflower
Celery	Chinese Cabbage	Chives
Chinese Kale	Choy Sum	Climbing Bean #
Climbing Pea	Coriander	Cress
Dill	Dwarf Bean #	Garlic
Jerusalem Artichoke	Leek	Lettuce
Malu Khia	Marigold #	Marjoram
Mustard	Nasturtium #	Onions
Pak Choy	Parsley	Parsnip
Potato #	Radish	Rocket
Shallots	Shanghai Paak Tsoi	Silverbeet
Spinach	Spring Onion	Squash #
Strawberry	Sunflower #	Swatow Broccoli
Swedes	Tall Paak Tsoi	Tomato #

Notes:

1. Plants may be potted up to 4 weeks prior if kept in a shade house
2. # indicates plants are frost sensitive
3. * indicates plants will respond better in the shade
4. Seasonal variations may occur between coastal and hinterland areas.

Your feedback would be welcome.

Useful Links

<http://michaelhshuman.com>

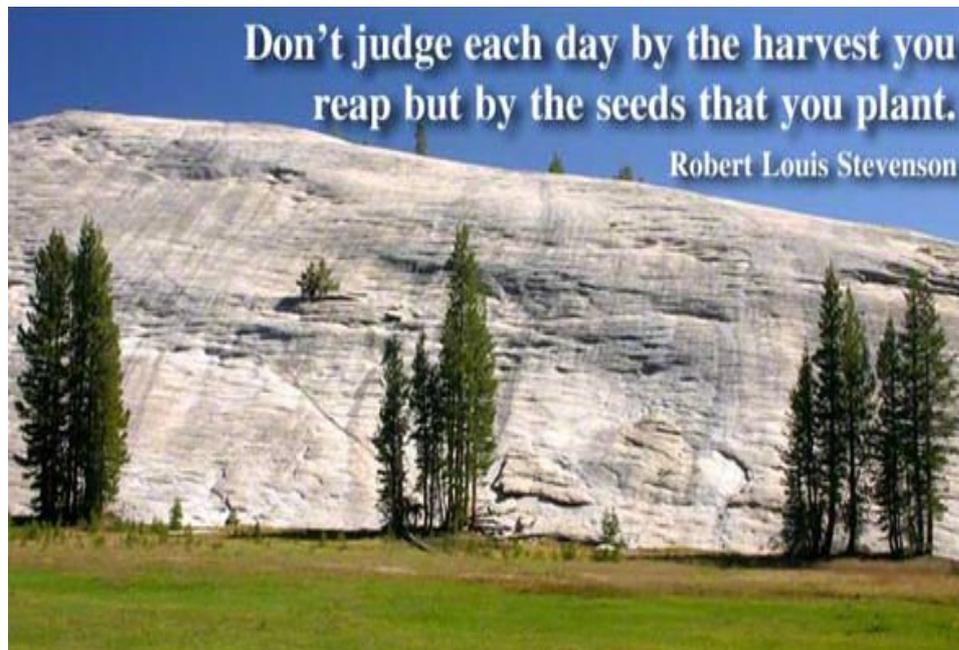
Michael Shuman's new website "Loca-Topia". This is the place for anyone who believes in the power of local ownership, locally owned business, and self-reliant communities. You'll find compelling stories of investors, consumers, and businesspeople who are innovating in the name of enriching their communities—stories that will give you inspiration for what to do next in your community.

<http://www.youtube.com/playlist?list=PL872C99D9FA0E253E>

Frontier House is an historical reality television series made in 2002. Where three families agree to live for 5 months as homesteaders did in Montana in 1883.

<http://woodridgehomestead.com/2012/08/12/hot-water-bath-canning-the-basics/>

Hot water bath canning. Water-bath canning is the easiest method for preserving high-acid foods like fruits, tomatoes, and pickled vegetables. Description of equipment needed, understanding the basics, filling jars and the water bath, and finishing up. Photos included.



MANAGEMENT COMMITTEE MEMBERS

PRESIDENT	Elisabeth Fekonia	0432 180 523	president@permaculturenoosa.com.au
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SECRETARY	Lorraine Oats	5447 6550	secretary@permaculturenoosa.com.au
TREASURER	Ruth Sparrow	5447 9130	treasurer@permaculturenoosa.com.au.
MINUTES SECRETARY	Rhonda Jessup		

COMMITTEE MEMBERS / and who to ask about what !

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NEWSLETTER	Judith Anderson	5471 1892	permanews@permaculturenoosa.com.au
SEED SAVING	Lesley Mearns	5442 7071	seedsavers@permaculturenoosa.com.au
SUPPER ROSTER	Evonne Bond	0407 740 211	supper@permaculturenoosa.com.au
OPEN GARDENS	Ian Trew	0400 80 33 93 or 54097508	trueorganics@hotmail.com
LIBRARY	Penny Foster	0408 744 702	penfoster@westnet.com.au
P.E.T. DAYS	Kate Kuskopf,	0438 828 857	exerhighs@gmail.com
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Thank you for reading.
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