

# PERMANEWS



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

**₡2**

## President's Message

Welcome to spring! And what a great start to the new growing season it is for all us Permies. It isn't often that we get good rainfall at this time of the year and I am absolutely excited and very busy with the gardens at the moment. Not only are we continuing the planting of the vegie gardens but also the tropical food forest garden is now getting a new start for the growing season.

Hopefully none of you will be left behind without having some kind of a garden to plant into no matter how small it may be. For the next meeting we have a very inspiring guest speaker who is going to talk on maximising the suburban garden with home food production. The next meeting is especially aimed for the urban gardener as so often these people are left out with so many of us being on acreage. Our own Tania Coppel will also be speaking on how she made the transition from acreage to living in a unit. Part of Tania's solution is having a plot at the Cooroy Community Gardens.

We always see a solution to every problem in Permaculture and if you are an urban permie then please come and join us for the September meeting. There will be an opportunity for feedback and other ideas of urban permaculture from people off the floor at the end of the meeting.

Permaculture Noosa is also looking for a new projector person for the meetings as Donna as decided it was not for her. Please consider this position as it's very important to have someone who will man the data projector at meetings for the presentations. The laptop has been given the once over by Mr Oats and it seems it is in fine working order. We also welcome Mark Fry back on the committee as Rhondda and Eyre Jessop have had to step down due to work commitments. It would be really good if we could welcome another one of our members to the committee so please consider.

Many thanks to you all and happy gardening for a vibrant and abundant spring!

Elisabeth Fekonia

PN President

# SEPTEMBER MEETING

## IS ON THURSDAY 18 SEPTEMBER 2014

### PERMACULTURE NOOSA

PRESENTS:

#### SELF SUFFICIENCY IN THE SUBURBS

with Roman Spur

Roman Spur has transformed his inner city rental property into a self-sufficiency 'Kingdom of Happiness'.

Roman has appeared on ABC TV's Gardening Australia, had articles in the Courier Mail and holds presentations and workshops where he passionately shares his knowledge, experience, ideas and inventions. He lives what he preaches, working towards self-sufficiency by growing food, making home produce, up-cycling materials, using the urban environment to his benefit and living in a small functional community.

See SpurTopia – A Small Kingdom of Happiness (<http://spurtopia.blogspot.com.au/>)

Also:

#### Downsizing – From Acreage to a Cooroy Townhouse

with Tania Coppel

Tania Coppel, a permaculture Noosa member, will discuss some of the benefits and disadvantages of her recent move from her Lake Macdonald acreage to a Cooroy Townhouse. Use of space, gardening possibilities and some surprising discoveries have accompanied this experience of downsizing.

**Permaculture Noosa meetings are FREE and open to the public. Beginning at 7pm with a Marketplace (where members sell their produce or homemade products), the guest speakers start at 7.30pm. Supper (gold coin donation) is served at 9pm.**

For further information email [info@permaculturenoosa.com.au](mailto:info@permaculturenoosa.com.au)

*Meetings are usually held at Memorial Hall, Maple St, Cooroy (next to the RSL).*

**However for September 2014, the meeting will be held at Cooroy State Primary School but this time in a different hall - enter at the MAIN GATE for parking and directions to the meeting.**

#### Membership fees

Just a reminder that if you haven't paid your annual membership fee by 1 October you will no longer receive the Permanews newsletter.

## C O U R S E S

As a Permaculture Noosa member you are entitled to have your courses (or a link to your website) in the PermaNews. Space is limited, however.

### **ROBIN CLAYFIELD'S COURSE: 'DYNAMIC GROUPS, DYNAMIC LEARNING' Creative Facilitation and Teacher Training**

**13 - 18 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 for more information. Phone 07 54944707 or email [robin@earthcare.com.au](mailto:robin@earthcare.com.au) or visit [www.dynamicgroups.com.au](http://www.dynamicgroups.com.au)



## NOTICE OF ANNUAL GENERAL MEETING

**16 OCTOBER 2014 AT 7.30PM**  
**RSL HALL, MAPLE STREET, COOROY**

### **AGENDA:**

1. Minutes of previous AGM (*see page 5 of this newsletter*)
2. President's report
3. Treasurer's report
4. Auditor's report
5. Special Resolution to change Rule 28(4) of the Model Rules to allow electronic banking – see separate Notice of Motion (*see next page of this newsletter*)
6. Election of management committee
  - i. Officers - President, vice president, secretary, treasurer
  - ii. Other committee members
7. Appointment of auditor for 2014/15.

## NOTICE OF MOTION

### TO BE PUT TO ANNUAL GENERAL MEETING OF PERMACULTURE NOOSA INC. ON 16 OCTOBER 2014

Dear Members

**Your committee is proposing a change to Rule 28(4) of the constitution of Permaculture Noosa Inc. (PN).** Any proposed change to a Rule has to be the subject of a Special Resolution, i.e. a resolution that is passed at a general meeting (including the AGM) of an incorporated association by the votes of 75 percent of the members who are present and entitled to vote. (Postal voting is not allowed for special resolutions.)

**Currently, Rule 28(4) reads:**

*All amounts of \$100 or over shall be paid by cheque signed by any 2 of the president, secretary, treasurer or other member authorised from time to time by the management committee.*

**The special resolution to be put to the AGM on 16 October 2014 is to replace Rule 28(4) with the following:**

*All amounts of \$100 or over shall be paid by cheque signed by, **or electronic funds transfer authorised by**, any 2 of the president, secretary, treasurer or other member authorised from time to time by the management committee.*

**Additional Information:**

The proposed change will allow PN to pay invoices by electronic funds transfer directly into a supplier's account. PN's bank, Bendigo, has an excellent system to facilitate this:

The treasurer sets up the payment online in the bank's website.

The treasurer forwards the details by email to the 2nd authorised person.

The 2nd person logs onto the website, goes to an 'authorisation pending' section and authorises the payment.

The proposed change is in accordance with *Associations Incorporation Regulation 1999, Schedule 5 Additional Accounting Requirements, No. 3*, that states:

"Payments of \$100 or more must be made by cheque or electronic funds transfer."

If you have any queries or comments on the proposed change, you are invited to discuss them with anyone on the management committee (details appear on the Contacts page of each Permanews).

Lorraine Oats

Secretary, on behalf of the Management Committee

## Secretary needed!

Just as September brings Spring, so October brings the AGM 😊. And while some people on the committee have enjoyed the year so much they are considering staying on (most notably the president and treasurer!), the secretary will not be.

We know that life is very busy and lots of our members are also active helpers in other organisations and have no capacity to take on more ... but if you can spare a few hours a month and you have an admin bent, this is a great way to make good use of your skills and enjoy the camaraderie of others on the committee.

Our current secretary, Lorraine, will be around for a couple of months to help if needed so don't get spooked.

AGM 2013

**MINUTES**  
**ANNUAL GENERAL MEETING**  
**Permaculture Noosa Inc.**

**Date:** 17 October 2013  
**Location:** Memorial Hall, Maple St, Cooroy.  
**Apologies:** Kerry Nagle, Val Wilson, Wendy Strathearn

At 7.45pm Tania Coppel, current President, welcomed everyone to the Annual General Meeting of Permaculture Noosa Inc and handed the floor to Doug Mahony, to conduct the proceedings.

**Minutes of Previous AGM**

Doug moved that the Minutes of the Previous Annual General Meeting held on 18 October 2012 be accepted, seconded by Tania Coppel. Carried.

**President's Report**

Tania Coppel outlined some of the activities undertaken during the year, made reference to major events and thanked the outgoing committee and other valuable volunteers who helped during the year. Tania also included an outline of the activities of Permaculture Noosa over the past 20 years.

**Treasurer's Report**

Maria Page presented the financial report to the group for the period 1 August 2012 to 31 July 2013. Maria moved that the Treasurers Report be accepted, seconded by Judith Anderson. Carried.

**Audit Report**

Maria Page tabled the audit report, prepared by Ruth Cole, for the period 1 August 2012 to 31 July 2013. Maria announced that, at the end of the next financial year, the books will again be audited by Ruth Cole. Maria moved that the Auditor's Report be received and referred to the next Management Committee. Seconded Amanda Moore. Carried.

**Election of Management Committee**

Doug Mahony declared all positions vacant. Those that have not re-nominated for their current positions are Tania Coppel, President; Kerry Nagle, Secretary; Maria Page, Treasurer; Neil Page, Committee Member.

Those who are re-nominating for their positions are Tom Kendall, Vice President; Amanda Moore, Committee Member (Publicity Officer).

As the number of nominations is less than the number of vacancies, the candidates nominated shall be elected and the vacant positions remaining on the Committee will be deemed to be a casual position. Meaning the Committee has the power, at any time, to appoint any member to fill any casual vacancy on the management committee until the next annual general meeting.

After calling for any further nominations from the floor, Doug declared those persons nominated are now elected and introduced the members of the new committee.

**President:** Elisabeth Fekonia  
**Vice President:** Tom Kendall  
**Committee Members:** Amanda Moore, Bronwyn McIntyre.

There being no further business declared the AGM closed at 8.15pm.

## GREAT GARDEN RAFFLE

Last chance to be a winner in our GREAT GARDEN raffle ... drawn at the September meeting (Thursday 18th). We will be at the Cooroy Primary School Hall again this month. Tickets will be on sale before and during the meeting (with no other raffle that night) – so don't miss out. Tickets are just \$1 each.

## Seed Savers Group - October Meeting

**DAY:** Thursday, 9 October 2014 (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.  
**TOPIC:** COPING WITH THE HEAT OF SUMMER

Permaculture Noosa's Seed Savers Group meets every month on the morning of the second Thursday of the month. This month we are discussing tricks and how-to's of helping gardens survive the hot humid 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. These tasks are very simple and require no previous experience.

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 is welcome.

### EVER THOUGHT OF STANDING FOR THE COMMITTEE?

*Fresh people and new ideas are always a healthy thing.*

As the AGM approaches in October, it's time for members to think about the new management committee. Here is some information to help you decide if you would like to be a leader in Permaculture Noosa and influence its future direction.

Being part of the management committee can be fun. Meetings work well when members enjoy the interaction and offer their time and talents to both administrative duties and big picture projects. Currently committee meetings are held in Cooroy at 6pm on the Monday following the General meeting, but each new committee decides what would suit them.

Do you have word processing, financial, organisational, human/public relations or administrative skills, but have held back due to being unsure of the work involved? Former committee members are always available to help anyone who is interested to take on a new role. Working as a team ensures the workload does not fall too heavily on individuals.

## Why Gardening Makes You Happy and Cures Depression by Robyn Francis

While mental health experts warn about depression as a global epidemic, other researchers are discovering ways we trigger our natural production of happy chemicals that keep depression at bay, with surprising results. All you need to do is get your fingers dirty and harvest your own food.

In recent years I've come across two completely independent bits of research that identified key environmental triggers for two important chemicals that boost our immune system and keep us happy – serotonin and dopamine. What fascinated me as a permaculturist and gardener were that the environmental triggers happen in the garden when you handle the soil and harvest your crops.

### ***Getting down and dirty is the best 'upper' – Serotonin***

Getting your hands dirty in the garden can increase your serotonin levels – contact with soil and a specific soil bacteria, *Mycobacterium vaccae*, triggers the release of serotonin in our brain according to research. Serotonin is a happy chemical, a natural anti-depressant and strengthens the immune system. Lack of serotonin in the brain causes depression.

Ironically, in the face of our hyper-hygienic, germicidal, protective clothing, obsessive health-and-safety society, there's been a lot of interesting research emerging in recent years regarding how good dirt is for us, and dirt-deficiency in childhood is implicated in contributing to quite a spectrum of illnesses including allergies, asthma and mental disorders.

At least now I have a new insight into why I compulsively garden without gloves and have always loved the feeling of getting my bare hands into the dirt and compost heap.

### ***Harvest 'High' – Dopamine***

Another interesting bit of research relates to the release of dopamine in the brain when we harvest products from the garden. The researchers hypothesise that this response evolved over nearly 200,000 years of hunter gathering, that when food was found (gathered or hunted) a flush of dopamine released in the reward centre of brain triggered a state of bliss or mild euphoria. The dopamine release can be triggered by sight (seeing a fruit or berry) and smell as well as by the action of actually plucking the fruit.

The contemporary transference of this brain function and dopamine high has now been recognised as the biological process at play in consumers addiction or compulsive shopping disorder. Of course the big retail corporations are

using the findings to increase sales by provoking dopamine triggers in their environments and advertising.

I have often remarked on the great joy I feel when I forage in the garden, especially when I discover and harvest the 'first of the season', the first luscious strawberry to ripen or emergence of the first tender asparagus shoot. I have also often wondered why I had a degree of inherent immunity to the retail-therapy urges that afflict some of my friends and acquaintances. Maybe as a long-term gardener I've been getting a constant base-load dopamine high which has reduced the need to seek other ways to appease this primal instinct. Though, I must admit with the benefit of hindsight, I now have another perspective on my occasional 'shopping sprees' at local markets buying plants for the garden.

Of course dopamine responses are triggered by many other things and is linked with addictive and impulsive behaviour. I suppose the trick is to rewire our brains to crave the dopamine hit from the garden and other more sustainable pursuits and activities. As a comment on PlanetDrum stated, "all addiction pathways are the same no matter what the chemical. As long as you feel rewarded you reinforce the behavior to get the reward."

So in other words it all comes down to the fact that we can't change our craving nature but we CAN change the nature of what we crave.

### ***Strengthening the Case for Organic - Glyphosate residues deplete your Serotonin and Dopamine levels***

Of course, for all of the above to work effectively and maintain those happy levels of serotonin and dopamine, there's another prerequisite according to another interesting bit of research I found. It appears it will all work much better with organic soil and crops that haven't been contaminated with Roundup or Glyphosate-based herbicides. This proviso also extends to what you eat, so ideally you'll avoid consuming non-organic foods that have been grown in farmland using glyphosates.

A recent study in 2008 discovered that glyphosate, the active ingredient of Roundup, depletes serotonin and dopamine levels in mammals. Contrary to Monsanto claims, glyphosate and other Roundup ingredients do perpetuate in the environment, in soil, water, plants and in the cells and organs of animals. One study found glyphosate residues in cotton fabric made from Roundup-ready GM cotton can absorb into the skin and into our nervous and circulatory systems.

(continued from previous page)

No wonder there's so much depression around, and stress, and all the addictions and compulsive disorders in the pursuit of feeling good. I think back on when I moved to Sydney in 1984 for a few years and was contacting community centres in the inner west to see if there was interest in permaculture or gardening classes. A very terse social worker snapped at me "listen dear, we don't need gardening classes, we need stress therapy classes", and promptly hung up on me with a

resounding "Huh!" when I replied that gardening was the best stress therapy I knew.

So enjoy the garden, fresh organic food and make sure you have fun playing in the dirt on a regular basis.

Robyn Francis 2010

***Robyn Francis is an international permaculture designer, educator, writer and pioneer based at Djanbung Gardens, Nimbin Northern NSW. She is principal of Permaculture College Australia.***



*Isn't this a great idea for growing peas? Just a couple of old bicycle wheels, given a new lease of life :-)*

## FOR SALE

Noosa Hinterland Paradise, 3 bed pole home with amazing views on 40 acres in Cooran, permanent creek with waterfalls, 150+ fruit trees and vegie gardens. \$695,000. ph 0411515409.



**PERMACULTURE NOOSA INC.**

P.O. BOX 619, COOROY, QLD 4563

[www.permaculturenoosa.com.au](http://www.permaculturenoosa.com.au)

**2014/15 MEMBERSHIP RENEWAL**

Membership fees fell due on **31<sup>st</sup> 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 (1<sup>st</sup> 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  
Please ensure that 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 (3<sup>rd</sup> 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:** \_\_\_\_\_

# PLANT PROFILE

## COMFREY

Botanical Name: *Symphytum officinale*

Easy to grow (find a friend with a crop, separate out some of the roots, plant them, and water in) comfrey is highly valued as a healing herb. It is said to speed up cell growth, and so is used to heal broken bones, wounds and burns.

People have also used it to heal skin conditions, sunburn, insect bites, arthritis and rheumatism.

To use comfrey for wounds, sprains, skin conditions or broken bones you can simply crush the leaves to make a poultice and wrap it on the wound.

Alternatively, you could make a comfrey soak:

1. Bring one litre of water to boil in a pot.
2. Take off the heat and add a bunch of comfrey leaves.
3. Cover the pot and let it steep for 20 minutes.
4. Let it cool and soak the affected area for 20 minutes, 3 times a day.

But it doesn't end there. Comfrey is also known as a 'dynamic accumulator', which means it's good at 'cycling' minerals and other nutrients out of the soil, including compacted soils.

This makes comfrey an excellent fertilizer. You can throw the leaves onto your compost pile and get the extra nutrients into your soil that way. Or you can cut and throw comfrey leaves around other plants as a mulch.

If you'd like to make a liquid comfrey tea, the recipe goes something like this:

1. Fill a large bucket with water and add a bunch of comfrey leaves
2. Place a rock or something heavy on the leaves to keep them submerged
3. Let the brew sit for a few weeks
4. Strain and dilute with water to fertilize

So if you don't already have this perennial, multi-purpose, fast-growing herb in your garden, then don't delay. You're bound to find a use for this most useful plant in no time.



# BELLBUNYA

## ORGANIC SWAP-MEET CAFÉ & HEALING DAY

A relocalisation initiative for a sustaining future....

**Thursday 25th September 2014**

9:00am Organic Cafe opens with amazing food.

Swap-Meeters set-up food and produce displays (for sale or swap).

Therapy/healing treatments available for swap or \$15.

10:00am Free talk - Rob Birse - "Bringing life force to the Soil with Biodynamics".

12:00pm Free Tour of Bellbunya

Bellbunya is at 114 Browns Rd, Belli Park. For more information [www.bellbunya.org.au](http://www.bellbunya.org.au)



Another simple and useful DIY idea:  
A Cardboard Desk Organiser!



## LINKS

### 2015 Permaculture Calendar

Internationally relevant and filled with inspirational and thought provoking images that support and reinforce your values every day of the year. Including daily icons and moon phase times to guide your planting, and an example of a design principle for each month.

<http://holmgren.com.au/product/2015-calendar/>

### Castlemaine Community House "Growing Abundance"

<http://us2.campaign-archive2.com/?u=a897be02003df4d9ad5ab0d03&id=7ea0daac32&e=5722126d0e>

### YouTube video showing Joel Salatin's Chicken Tractor

<https://www.youtube.com/watch?v=O1-MbPwaY6Y>

**CONTACTS:****MANAGEMENT COMMITTEE:**

PRESIDENT	Elisabeth Fekonia	0432 180 523	president@permaculturenoosa.com.au
VICE PRESIDENT	Tom Kendall	07 5485 4664	vicepresident@permaculturenoosa.com.au
SECRETARY	Lorraine Oats	07 5447 6550	secretary@permaculturenoosa.com.au
TREASURER	Ruth Sparrow	07 5447 9130	treasurer@permaculturenoosa.com.au

**COMMITTEE MEMBERS:** Bronwyn McIntyre, Tania Coppel, Mark Fry

**OTHER SUPPORTERS:**

MEMBERSHIP SECRETARY	Janine Stoner	07 5474 1731	membership@permaculturenoosa.com.au
PUBLICITY OFFICER	Bill Berry	07 5474 5192	wberryarch@icloud.com
AUDIO VISUAL TECHNICIANS	<i>Could this be you?</i>		
NEWSLETTER	Judith Anderson	07 5471 1892	permanews@permaculturenoosa.com.au
SEED SAVING	Lesley Mearns	07 5442 7071	seedsavers@permaculturenoosa.com.au
SUPPER ROSTER	Bronwyn McIntyre	0416 348 939	broni-mac@hotmail.com
OPEN GARDENS	Ian Trew	0400 803 393 or 07 5409 750	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

***If you have any sites or links you'd like to share send them to [permanews@permaculturenoosa.com.au](mailto:permanews@permaculturenoosa.com.au)***

**Entries for the newsletter are welcomed and can be sent by email or post .**

**Deadline for newsletter contributions is 1st day of each month.**

**PERMACULTURE NOOSA.INC PO BOX 619 COOROY QUEENSLAND 4563**

[www.permaculturenoosa.com.au](http://www.permaculturenoosa.com.au)