

Permaculture Cairns Inc. Established July, 2007

Web site: www.permaculturecairns.org.au

Permaculture Cairns News

Empowering communities with sustainable solutions

MARCH 2013



MARCH PUBLIC INFORMATION & GENERAL

MEETING NIGHT Tuesday 19th 6:30pm for 7pm start.

Flexible Learning Centre, 90 Clarke street, Manunda
Clarke Street comes off Hoare on the Salvos Corner.

If you can spare the time, come early (6.15) to help us set up tables and chairs.

Members please bring a plate of food to share when we have a cuppa break, or make a small donation towards the refreshment costs.

OHH and bring a friend!

Topic and Speaker for March Meeting

Carol, that's me, will be sharing some recent information received from the Organic Federation of Australia and the World Health Organisation on health and food issues.

Andre Leu is the Chairman of the Organic Federation of Australia and a local organic grower who made a submission, along with many many others to the government Green Paper on the National Food Plan.

In that submission he covered areas, of interest such as the legal and financial difficulties for Australian producers in exporting of organic food, the necessity for government support for local organic markets and the scope for exporting of organic foods to our close neighbours as well as the rest of the world.

He also covered Pesticide use and its affect on humans, the effect of GM food fed to mice and the endocrine damage to all life on this planet by pesticides, herbicides and household cleaners.

This is concerning news and we need to work out ways to ensure we and our families and grand children are as safe as humanly possible.

oooooooo

Following Carol's info session we will recap on last meeting and introduce the Second Session. We will once again be breaking up into groups to talk over a cuppa and a bite to eat with fellow members and visitors.

Leon will continue taking us through David Holmgren's
12 Principles of Permaculture.

This month will focus on
Principals 2. Catch and store energy
and Principal 3. Obtain a yield.

If you would like to know more about the Principles you can see them on web site
<http://permacultureprinciples.com>

Last months Survey results

Education & Culture

Edible weeds FNQ

Native indigenous plants

Really enjoyed the workshops last year

Cooking what we grow would be great

Have a trouble shooting – sharing session Q&A “I planted x & what went wrong”

Strategies for living sustainably – food waste etc

At each meeting talk about what to plant now! How to plant it etc. We want to learn

Health and Spiritual Well-Being

People at meeting very friendly. Sitting at the tables good way to encourage conversation

Linked to sit down dinner – get to know people better (but a new group every month)

Enjoyed the workshop I attended last year would like to attend more on Microgreens, root vegetables

Fruit trees

Practical trellis making

Bamboo trellis

Woodworking skills workshop

Building

Developing a food garden in the front garden

Planning a garden

Basic gardening

Land and Nature Stewardship

Growing Fruit & Vegies

Visit members Working gardens

Info needed on repotting water plants so the fish & frogs are not affected

Tools and Technology

Share more members permaculture experiences on website – maybe Q&A on web promotes contact

Lending library of books & videos where located or monthly book sale

Soil chemistry basics

Dinner is great idea

Microbes and how they work in the soil

Sit down dinners to get to know each other

Name tags as passive intro's

Suggestions – irrigation systems education workshop, seeds to buy / swap, plants to buy / swap, supplier info – poultry & hay bales, ponds education.

News from the Management Committee

The Management Committee have agreed to install Pay Pal onto our web site for payment of Membership fees and Workshop fees, this will be implemented as soon as possible.

We are seeking another quote for the Storage Shed to be built at the Flexible Learning Centre. This shed would be a great asset for us to store equipment.

Sarah Jane is compiling the Notes from last years' Resilient Communities Workshops. We will go to print in time for the booklet to be available for sale on National Permaculture Day 5th May. This is a very informative booklet, definitely worth having.

Jo and Carmel have joined the Kitchen Team and will be organising the food and drinks on the meeting nights. Anyone else willing to help please talk to Jo or Carmel.

Plans have been made to make some changes to our web site, this will be done when time is available. I am getting help with this so it may not take as long. Ongoing updates of events will continue.

A National Permaculture Day Team has been formed to organise the event, members are Tegan, Leon, Robert, Bruce and Carol and maybe Jade when she returns from holidays.

The committee agrees that we need to do some work at the Flexible Learning Centre to prepare it for National Permaculture Day, we will wait to consult with Jade who is in charge of the Garden before we organise a working bee/energy transfer day if required.

Our Workshop Team consists of Tegan, Jade, Leon, Bruce and Carol, if you want to bring up something about the workshops please talk to one of the Team.

Anyone wanting to become involved in any of the above areas please talk to one of the committee members. You will meet some great people, enjoy yourself and come away with a sense of achievement for a job well done.

A GENTLE REMINDER TO UNFINANCIAL MEMBERS

All memberships become due and payable on the 31st December each year. These fees help us to keep things rolling – only \$20 for Singles and \$30 for Households, unchanged since 2007.

AND our INSURANCE only covers people for FOUR visits to our meetings so if you have been to four meetings and have not become a financial member and intend to attend meetings you need to cover yourself and Permaculture Cairns by signing up as soon as possible.

You can pay at meetings, or online into our Permaculture Cairns Bank Account: BSB 704-966 A/c. 100009440 with your Surname as reference. And an email to the Acting Treasurer would be excellent - carollaing@hotmail.com, while Lania is away on holidays

DATE CLAIMERS!!!!!!!!!!!!!!!!!!!!

PERMACULTURE CAIRNS NATIONAL PERMACULTURE DAY **Sunday 5th May 2013**

Keep this day free for a day full of information, demonstrations, food, plants, movies that matter. More info as it comes to hand.

Guest speaker Andre Leu, Chairman of the Organic Federation of Australia

WORKSHOPS 2013

Saturday 23rd March 9am for 9.30 start Finish at 12.30

KEEPING POULTRY IN THE CITY **WORKSHOP**

With Bruce Zell and Youri Frijters

All you need to know about keeping chooks and more.

This workshop would be ideal for the beginner, however there would be aspects in a creative chicken tractor system, DIY food supplements and fencing that would benefit the experienced poultry enthusiast.

Cost: \$10 booking fee, pay on the day

Where: Flexible Learning Centre, 90 Clarke Street Manunda.

You must Register to attend.

Register by emailing **workshops@permaculturecairns.org.au**

This is the last of the series of Resilient Communities Workshops made possible by a Climate Change and Sustainability Grant from the Cairns Regional Council, Flexible Learning Centre and Enviromart Australia, therefore the cost is only \$10.

Saturday 6th April 9am for 9.30 start - 12.30 Finish

ORGANIC GARDENING **WITH CAROL LAING AND BRUCE ZELL**

Get started with growing your own organic food

Topics covered: Site selection, Ph testing, Improving your soil, Compost methods, raised beds, mulching, potting mixes and fertilizers.

Registration and payment is essential
Register at workshops@permaculturecairns.org.au

COST \$40 includes morning tea.

Payment can be made at Cairns Penny Bank or ONLINE to Permaculture Cairns Bank Account BSB 704-966 A/c 100009440. (Please use your surname as the Reference), by MAIL TO PO Box 6535 CAIRNS, OR at Permaculture Meetings. Once payment is received, you will receive an email with more information including the venue.

This is the first of the Skilling Workshops to be conducted by Permaculture Cairns this year. We don't have outside financial help with these workshops therefore we must charge a fee to cover costs.

This workshop falls within school holidays, but if we have sufficient interest we could present this workshop again at a later date - so register your interest in either this workshop or one at a later date by emailing - workshops@permaculturecairns.org.au

EXPRESSION OF INTEREST BEING SORT FOR PERMACULTURE CAIRNS WORKSHOP

“CREATE A SCHOOL GARDEN”

Using Permaculture Principles and Practices.

Saturday 20th April 2013 full day workshop to take place in Cairns at Flexible Learning Centre, Manunda
9am for a 9.30am start – finish at 5pm.

TOPICS TO BE COVER:

Design – what to put where and why.
Getting your soil right
Composting – sheet composting, hot composting
Earthworms: - in the soil and worm farms
Create soil with raised beds
Organic Gardening
Propagation - Seeds, cuttings, divisions and tubers
Seed Saving and why
What and when to plant in the tropics
Keeping weeds at bay using environmentally friendly ways
Keeping insects at bay using environmentally friendly ways

Please advise if you would be interested in attending. The workshop will be presented by Permaculture Design Certificate holders. A Book and DVD will be part of this workshop. The DVD is aimed at children and shows ways to create a school garden in a way that will appeal to children.

Workshop Cost \$80, Book and DVD \$50

Email: Workshop Coordinator at workshops@permaculturecairns.org.au

BIODYNAMIC FNQ EVENTS

SUNDAY 28TH APRIL

Craft Day An opportunity to learn and/or share
a craft project. Venue Wayne Rankine's place. Atherton

Sunday 12th May

Horn Burial & A.G.M. Venue John & Adam
Collin's farm Kaban

Saturday 29th & Sunday 30th May

Rotary Field Day Walkamin

In the Kitchen in the tropics

Too hot to cook, making salads every day. Found that Chinese Cabbage is great, it's crunchy and sweet tasting, just add grated carrot, grated beetroot, radish, red onion or shallots and some fresh herbs cut fine for a great tasting salad. Mint and Vietnamese Mint are good.

For a full meal add some shredded chicken/ham/fish/prawns and some crispy noodles for crunch.

The dressing – equal parts of Lemon/ Lime Juice and Olive Oil, a teaspoon of Mustard, a teaspoon of sugar and a little water if too sharp. Give it a good shake, delicious.

March in the Tropical Garden

I have been trimming my rampant sweet potato vines, arrowroot and other plants and using these leaves to mulch the garden and fill my stationary compost bins.

I also empty my fermented Bokashi bins into these compost bins and add shredded recycled paper, hay or brown mulch from the garden. These stationary compost bins are situated next to fruit trees, the contents breakdown and feed the bananas and citrus trees.

Now is the time to start seeding some vegies they need sun for most of the day but under cover from heavy rain. Under the eaves of a building is a good spot.

I have seeded, Tropic and Roma Tomatoes, Red Russian and Dwarf Green Kale, Wong Bok, Bok Choy, Rocket, Chinese broccoli, and Beetroot into punnets and shallow trays.

After the seeds in the trays germinated I pricked them out into punnets or larger pots or straight into the garden. I plan to seed some herbs next .

Coconut fibre is great for raising seedlings especially with a little worm poo if you have any. Nu Leaf in Little Spence Street, Northern Hydroponics on Mulgrave Road in the Balaclava Shopping Centre have the coco fibre for sale. Don't buy the coarse fibre, the fine one is the one to use.

That's it for me, I hope to catch up with you at the meeting on Tuesday night.
Cheers and go lightly on the land.
Carol

[Membership form coming up](#)



Permaculture Cairns Membership Form

One year's membership fee - 1 Jan - 31 Dec:

- Household membership \$30
- Individual membership \$20

Name(s) of all applicant(s) & DOB if under 18yrs:

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Postal Address:

..... Postcode:

Phone(s):

Email:

Signature:

Payment may be made at Meetings, by Post to P.O. Box 6535 Cairns
 Online Direct Deposit - Permaculture Cairns Account at Cairns Penny Bank in Grafton
 Street. BSB 704-966 Account No. 100009440 please include your Surname as reference.

Office Paid Cash Date received Paid up to
 Use only \$ ____ .00 Cheque __ / __ / __ Dec 20__



Permaculture Cairns Public Meeting All Welcome

Third Tuesday of every month (except January). Doors open 6.30pm,
 meeting starts at 7pm at: Flexible Learning Centre, 90-92 Clarke St.
 (off Hoare St), Manunda

Enquiries

- President: Carol Laing carollaing@hotmail.com
- Secretary: Tegan McBride tegan.mcbride@hotmail.com
- Treasurer: Lania Lynch lania.lynch@jcu.edu.au

Website: www.permaculturecairns.org.au