

Permaculture Cairns Inc. Established July, 2007

Web site: www.permaculturecairns.org.au

Permaculture Cairns News

EMPOWERING COMMUNITIES WITH SUSTAINABLE SOLUTIONS

Care for the Earth, Care for people, Share the excess



Care of the Earth, Care of

People. Share the excess

SEPTEMBER Public Info Meeting

Tuesday 16th 6:30pm for 7pm start

Flexible Learning Centre, 90 Clarke Street, Manunda

Clarke Street comes off Hoare on the Salvos Corner.

Members please bring a plate of finger food to share, and a friend.

SEPTEMBER IN THE TROPICAL GARDEN IS THE THEME FOR THE MONTHLY MEETING INFO NIGHT

Tegan will be informing us how to grow Microgreens and why they are better to grow though the hot weather instead of making sprouts.

Carol will do two Power Point presentations – Preparing for the Wet – what to do in the garden now. And September in the Tropical Garden, cleaning up after the winter, what to seed and plant now and some information on tropical vegetable plants to plant now

Last month Steve Bailey and Gary Searle from Terrain asking us what we thought was important to have included in the new Plan presently being developed.

Please see further down for the Summary details.

We thank Steve and Gary and Terrain for thinking of including us in this important discussion.

PERMACULTURE PRINCIPLE NO 9

Use small and slow solutions

“The bigger they are, the harder they fall.” “Slow and steady wins the race.”

Small and slow systems are easier to maintain than big ones, making better use of local resources and produce more sustainable outcomes.

The snail is both small and slow, it carries its home on its back and can withdraw to defend itself when threatened.

The proverb “the bigger they are, the harder they fall” reminds us of the disadvantages of excessive size and growth while “slow and steady wins the race” encourages patience while reflecting on a common truth in nature and society.

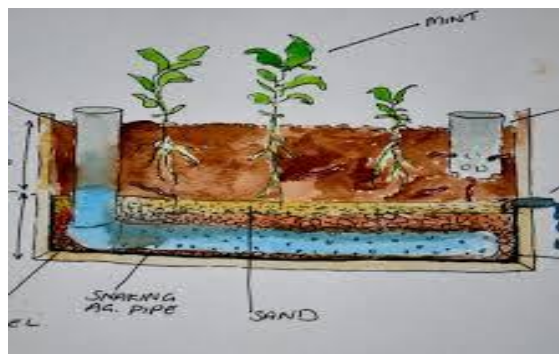
Permaculture Cairns Building Resilient Communities Workshop Series

Permaculture Cairns in conjunction with the Bungalow Community Garden Presents:-

ALL ABOUT WICKING BEDS

Saturday 20th September 9am for a 9.30 start – finish 12.30

Presenters: Len Specht and Wendy Davie



The Wicking Bed is an Australian invention, come find out how it works and how to make one. They are a great way to grow lots of plants, eat better, save lots of water and time.

They can be built on concrete, and can be made from a variety of recyclable containers.

This is a hands on event so wear closed in shoes and bring your hat and gloves.

Registration is essential - email- workshops@permaculturecairns.org.au

There is a \$10 fee for this SITA workshop which may be paid on the day. Morning tea is provided

Venue:- Flexible Learning Centre, 90 Clarke Street, Manunda

We thank the SITA Community Grants Program for making these workshops possible.



Getting to the Heart of Permaculture Design - COOKTOWN

Dr. Wendy Seabrook and Hill Top Farm – working with nature
Oct 17 - 21, Hill Top Farm, Cooktown

Hill Top Farm is an innovative Permaculture property outside Cooktown in tropical Queensland. We run small residential courses catering for all levels of experience. Our focus is helping create self-maintaining and regenerative communities by working with nature.

A short Permaculture course providing a comprehensive tool kit of *practical* Permaculture principles you can use to design sustainable gardens, farms, communities and businesses.

For more information check out -

<http://hilltopfarm.wix.com/beyondsustainability#!permaculture-courses/ca3a>

ASBESTOS AWARENESS - SEMINAR

Friday 26 September - Time: 12.30pm – 4.00pm

**Where: Cairns Regional Council
Civic Reception Room**

RSVP. Wednesday 24 September : annette.sheppard@hotmail.com

Learn about: Phone: 0429 392 039

- ✓ **Where you might find asbestos – where the danger areas are**
- ✓ **What your legal rights are if you've been exposed**
- ✓ **What your legal rights are if you've been diagnosed with an asbestos related disease**

Asbestos related diseases are on the increase – particularly asbestos caused Lung Cancers and Mesothelioma.

- Mesothelioma can affect the Pleura, Peritoneum and other organs
- A new wave of asbestos victims will gradually emerge as people who are exposed to the deadly fibres, in their homes and workplaces, succumb to asbestos related Cancers and Mesothelioma.
- Many people in the building trades industry, particularly younger persons, are unable to identify asbestos materials.
- **Most people don't know common everyday items that contained asbestos prior to its ban, many of those items are still in circulation, hiding in our homes and workplaces.**

ASBESTOS AWARENESS IS EVERYONES' BUSINESS

12th Australasian Permaculture Convergence (March 2015, Tasmania, Australia)

What: 12th Australasian Permaculture Convergence

Where: Northwest Environment Centre, Penguin, Tasmania, Australia

When: Monday, 9 March 2015 at 6:00pm — Thursday, 12 March 2015 at 10:00pm (AEDT)

Event details:

APC12 proudly brought to you by:



APC12 proudly supported by: Sustainable Living Tasmania

Have questions about 12th Australasian Permaculture Convergence? [Contact Northwest Environment Centre](#)

Biodynamic FNQ

Coming Soon Craft Day *26th October, 2014*

This will be a full day of craft making, socialising, catching up with BD friends or having a granny nap in the shade of an old wise tree.

Take the opportunity to learn a new skill. There will be workshops and demonstrations, hands on and much more.

Please let us know if you would like to run a workshop. Also let us know if you have a friend who would like to share any craft knowledge. Just to get the imagination up and running these could be workshops happening on the day, if some of you are happy to run them.

Ideas such as: Knitting, jewellery making, beading, weaving, crochet, cooking corner, papermaking, stitching, felt making, french knitting, bring a hat and decorate it, soap making, cheese making, bread making, water colours, crazy patchwork, fabric painting, dream catchers, garlands, decorate a cow horn, scarecrow, BD scrap calendar book, mosaic, make your own pendulum, music and singing, show and tell. You might like to run a meditation, give a massage or a Bowen treatment.

There is so much talent within our group and so much to share. The only limit is our own imagination so put on the thinking cap. You can do a morning or afternoon session or a full day. If you would like to run a workshop please phone **Ulla** on **0457589223** or email her at pederulla@hotmail.com

Venue to be advised

News Items

GMO Court Case in Australia and IFOAM's GMO Campaign

From International Federation of Organic Agriculture Movements June 2014

<http://www.ifoam>

The outcome of the recent (Stan Marsh) GMO court case in Australia is not only a huge setback for organic and non-GM farmers, it also sets a concerning precedent.

Like the wellknown Percy Schmeiser case in Canada, the Australian court has given the go ahead for GMO producers to contaminate organic and non-GMO crops without being held liable for compensation.

Similar to this but on a global scale, we are seeing GMOs being smuggled into many countries through the back door. The most recent example of which is the approval of Bt Brinjal (eggplant) in Bangladesh; this step was taken after plans to introduce it in India were defeated by a massive public campaign.

However, India could yet experience a scenario comparable to that of Brazil: following the approval of GM soy and cottonseeds in Argentina, they spread illegally to Brazil, bringing about their subsequent approval.

Golden rice is another example. This rice was modified to produce beta-carotene, the precursor of Vitamin A, to correct nutritional deficiencies in poor families. However, nine kilos needs to be eaten daily in order for it to provide enough vitamin A. And, although a slice of papaya, a teaspoon of parsley or a small carrot would be much more effective in providing vitamin A as well as many other useful nutrients, Golden Rice is still being pushed as the solution. Its introduction has been defeated by major campaigns in several countries, however, now it is about to be released again in the Philippines and Bangladesh.

GM bananas with the novel gene for beta-carotene are now being 'trialled' in India and Uganda for the same reason. This is despite the fact that there are hundreds of existing natural banana cultivars such as Red Daka that are rich in beta-carotene. Though there are only few commercial GMO crops, primarily cotton, maize, soy, canola and papayas, they are already causing major problems for organic production.

Furthermore, according to Vandana Shiva, *"Debt due to purchase of costly GMO seeds and pesticides has driven more than 284,000 farmers to suicide in India since 1995. No organic farmer using native seeds and cultivating biodiversity has committed suicide in India."* The introduction of GM cotton has caused the collapse of organic cotton due to contamination through cross- pollination with Bt Cotton.

[Bavaria says no to GMO](#) – 8/5/14

Germany's Bavaria region has become the 62nd GMO Free farming area in Europe. The Munich-based Bavarian Environment Minister Dr. Marcel Huber, signed the GMO Free agreement in Brussels, with the President of the European GMO Free network, Maura Malaspina, the Environment Minister for the Marche... More on IFOAM web site

Changing from GMO to Non-GMO Natural Soy – Experiences from Denmark

Posted September 11, 2014 by [I-SIS](#) & filed under [GMOs](#), [Health & Disease](#), [Livestock](#), [Soil Erosion & Contamination](#), [Water Contaminaton & Loss](#).

Healthier, more productive pigs, more profit, and much less birth deformities; an important lesson for all farmers not to use GMO feed or glyphosate on their land.

by Ib Borup Pederson

Based on invited lecture at the 1st Forum of Development and Environmental Safety, under the theme "Food Safety and Sustainable Agriculture 2014", 25 – 26 July 2014, Beijing.

My farm "Pilegaarden" (Willow Farm) is an average Danish farm in the small village of Hvidsten. Our pigs are raised accordingly to United Kingdom regulations for pig housing, and exported to the UK for consumption. Inside the pig farm is a straw-based system for the sows as well as a standard farrowing house.

Healthier, more productive sows, less medication, more piglets and much more profit

I had read about the effects that GM feed has on rats in lab experiments (see [1] GM Soya Fed Rats: Stunted, Dead, or Sterile, SiS 33), so I decided to change the feed from GM to non-GM soy in April 2011 without telling the herdsman on the farm. Two days afterwards, he said to me: "You have changed the food." He always notices whenever there is any problem with the feed and tells me. This time was different. Something very good was happening with the food as the pigs were not getting diarrhoea any more. The farm was saving 2/3 of the medicine or £7.88 per sow; not just my farm but three other farms in Denmark that switched from GMO to non GMO feed have also seen the same. Medication after the changeover in the weaners barn also went down dramatically by 66 %, with one type of antibiotics not being used since.

The sows have higher milk production; we can tell because the sows are suckling 1, 2 or 3 more piglets and have more live born pigs, on average 1.8 piglets more per sow. They wean 1,8 pigs more pr. litter, and have more live born pigs. We have seen a certain aggressive diarrhoea disappear altogether that affected young

piglets in the first week of life, killing up to 30 % of the pigs. It has completely gone for over 3 years. Sows no longer suffer from bloating or ulcers and they also live longer in high production, only dropping in effectivity after 8 layers compared to 6 on GM soy.

So, a change to non-GM soy makes the herd easier to manage, improves the health of the herd, reduces medicine usage, increases production and is very profitable.

Severe birth deformities in piglets

Deformities in the pigs used to be very rare and I used to be proud to send Siamese twins to schools for classes because it would only happen one in a million. But then they became too frequent. So I read a lot on the subject and my suspicion fell on glyphosate. I read how glyphosate had been shown in scientific studies (see [2] [Lab Study Establishes Glyphosate Link to Birth Defects](#), SiS 48, [3]) to cause deformities and noted it was the same type of deformities that I was seeing in my pigs, and the same as those found in anencephaly babies in Washington counties in US [4] that Don Huber talked about as well as the birth defects in Argentina [5, 6] ([Argentinas Roundup Human Tragedy](#), SiS 48) as described by Dr Medardo Avila-Vasquez where high levels of glyphosate are used. I had looked at studies showing that a 2-day exposure to 3.07 mg/l glyphosate herbicide caused only 10 % mortality but caused malformations in 55 % of test animals [7]. A toxicological study in 2003 led by Dr Dallegrave [8] found bone abnormalities, absence of bones or parts of bones, shortened and bent bones, asymmetry, fusions, and clefts in rats. So, after this I began to list all the deformities I saw in my pigs.

I decided to be on the safe side, by listing the clear deformities that cannot be missed, like a back that is totally kinked over (see Figure 1). I have pictures of all the deformed piglets, which are born alive in most cases. One had a 180° bend in one of its vertebra. There were also deformities in the soft tissue, and one without an anus. One had kidney problems; another had its stomach outside the body. One had a cranial deformity, with no eyes and its brain outside the head; this is very typical. One had no cranium at all. Some are even messier. There was a piglet with only one eye, and one completely headless. There was a little nose, but it had no bones to grow on so it probably would have died just after birth. We also started counting deformities of the tail, which are never fatal but are actually spinal deformities.

I sent the deformed piglets to Germany to be analysed by Krüger at Leipzig University. She opened them up and took the organs including the lungs, liver, kidneys, muscles, nervous system, intestines and heart; and she found glyphosate in all of the organs (see Box). You can see some of them in the scientific paper I published with Krüger and other scientists [9].

Glyphosate detected in malformed piglets [9]

A total of 38 deformed Danish one-day old piglets were euthanized and the tissues analysed for glyphosate using ELISA (enzyme-linked immunosorbent assay). All organs or tissues had glyphosate in different concentrations. The highest concentrations were seen in the lungs ((0.4-80mg/ml) and heart (0.15-80 mg/ml); the lowest in muscles (4.4-6.4 mg/g).

Rate of malformation increased to one out of 260 born piglets if sow feeds contain 0.87-1.13 ppm glyphosate in the first 40 days of pregnancy. In case of 0.25 ppm glyphosate one out of 1 432 piglets was malformed. These piglets showed different abnormalities as ear atrophy, spinal and cranial deformations, cranium hole in head and leg atrophy; in one piglet only a single large eye developed. Piglets without trunk, with elephant tongue, and female piglet with testes were also present. One malformed piglet showed a swollen belly and fore gut and hind gut were not connected.

The researchers note: "Further investigations are urgently needed to prove or exclude glyphosate in malformations in piglets and other animals."

This is a long article which has graphs and tables which I have not included here. If you wish to read the full article go to the web site at

The PERMACULTURE RESEARCH Institute <http://permaculturenews.org/2014/09/11/>
You can sign up for the newsletter

SNIPPETS of news to follow up:

A significant 100th anniversary passed last week with next to no comment in the Australian media -- the death of Martha, the last passenger pigeon, who died on the concrete floor of her cage at the Cincinnati Zoo, September 1, 1914.

The number of passenger pigeons alive at the time of the European colonisation of North America was staggering -- at least 5 billion, likely the most numerous bird on the planet. Early accounts from multiple, reliable sources recall flocks of passengers darkening the sky for *two to three days* as they flew overhead. Even during the 1850s when French traveller Benedict-Henry Revoil warned that the pigeons would "simply end by disappearing", measures to protect against the profligate slaughter of birds were deemed unnecessary as nesting events of millions of birds in vast colonies were still commonplace.

Yet perhaps by this point it may have already been too late for the passenger pigeon, passing a threshold from which such a communal species could never recover. The industrial-scale massacres reached a peak in the 1870s, when hundreds of people were employed to slay birds at nesting sites, shipping them out on the newly developed railway network ensuring the carcasses could be transported to the major urban markets without spoiling.

Even more of a blow to passenger pigeons was the wholesale clearance of the habitat that sustained such huge numbers -- vast swathes of beech, oak and chestnut forest. By the mid-1880s the pigeons were deemed a rarity, with the last confirmed wild bird being shot in 1900. So much for the rationality of the market -- as passenger numbers plummeted, their value rose, and the rush to exploit this natural commodity became even more frenzied.

The passing of Martha resonates so powerfully a century later because her story is both enormous in scale yet also exceptionally intimate. To lose such a phenomenally numerous species within plain sight of one of the most prosperous nations on earth was shocking. Yet, because we are social creatures, it is that notion of Martha being so existentially alone that strikes a chord deep within us.

It seems that conservation stories only really grip our imagination when the species concerned is down to so few individuals that we are able to give them unique names. The majority of Tasmanian tigers went unmourned, but the image of Benjamin, the last of his kind, pacing his cage in the 1930s is extremely powerful. Only this year Australia lost another species forever -- the Christmas Island forest skink -- when the last of that species died in captivity. The scientists who cared for it called it "Gump". From Crikey September 8 2014

TITLE: Independent panel review of renewable energy target

PORTFOLIO: Industry

URL: <http://www.minister.industry.gov.au/ministers/macfarlane/media-releases/independent-panel-review-renewable-energy-target>

SNIPPET: The Government has released the report from the independent panel on the review of the Renewable Energy Target (RET). Renewable energy plays an important and ongoing part in Australia's energy mix. The Australian Government is supporting ongoing investment in renewable energy projects, including with a \$1 billion dollar investment in almost 200 projects across a range of renewable energy technologies. There are currently 416 renewable energy power stations accredited under the large-scale RET and around 2 million household renewable energy systems installed under the small-scale scheme.

The Terrain natural resources management team.....- **Summary of the meeting with Permaculture Cairns**

CAIRNS PERMACULTURE

COMMUNITY GROUP MEETING

1. VALUE: BIODIVERSITY

Key Aspects

a. Great Barrier Reef

- Valued as an extremely important natural asset.

b. Urban Wetlands and Watercourses

- An aspect of biodiversity of particular value to the group is the quality of urban wetlands and watercourses.

Issues:

a. Fish ways/barriers

- The group values the presence of aquatic wildlife in urban watercourses and wetlands. Infrastructure design is poor in many places providing significant barriers to fish movement.

b. Habitat Loss and Degradation

- E.g. frogs. Chemicals and pollution causing disease.
- Mining contamination

c. Inappropriate Development

- EIS process for developments is not very independent
- Inappropriate tourism development
- Mining

d. Fire Management

- Too much fire, too hot, too frequent. Depending on habitat such as Mahogany gliders why not let the rainforest expand?
- Appropriate use of fire. Ensure that burning is for an agreed outcome and that its other (unintentional) impacts are understood.

e. Weeds and Pests

- Need better education and awareness about control techniques – particularly methods of weed control other than spraying.

f. Dumping Plants and Rubbish

- Particularly in urban and peri-urban areas

g. Tourism

- Must protect the natural assets that business is based on - like the reef
- Development needs to be appropriate
- Role in educating tourists about the environment

2. VALUE: PRIMARY PRODUCTION

Key Aspects:

a. Food Security

- Local food
- Urban farming
- Community garden
- Building local resilience

Issues:

a. Foreign ownership

- Means that profits do not feed the local economy

b. Loss of productive land

- Weeds
- Urban sprawl

c. Effectiveness of Innovation and Best Management Practices

- Industries do not really understand the level of innovation required – doing the same thing better is not really good enough. Transformational change and new paradigms are required

d. Genetically modified organisms • Keep them out!

e. Pressures to increase primary production

- Increasing primary production should not be at the expense of native forests. Let's not clear the forest just so that we can plant trees/crops.

3. VALUE: WATER

Key Aspects:

a. Quantity not just quality

- Potential for grey water reuse
- River extraction and aquifers

Issues:

TERRAIN NATURAL RESOURCE MANAGEMENT Page 3 of 3

a. Urban Stormwater

- Rubbish that blocks drains and causes flooding
- Runoff contamination

b. Fish ways/barriers

- Using good urban design and engineering to mitigate impacts

c. Dredge spoil

- Dumping of dredge spoil is a water quality issue
- Consider terrestrial use of dredge spoil

4. VALUE: SOCIO-ECOLOGICAL AWARENESS

Key Aspects:

a. The way that people consider and relate to the environment

- Greater need for education and awareness in general to raise the level of awareness people have about their environment and their impact on it.
- Behavioural change

b. Transport/infrastructure

- Energy efficiency and renewable energy
- Fuel efficiency and public transport systems

Issues:

a. Lack of general environmental awareness

- Landowners, householders, urban dwellers and tree-changer migrants in particular

b. Waste

- Sewage disposal – bio solids and use for composting

All of the above areas were discussed and will be included in the new Plan being developed by Terrain, due for release in May 2015. If you would like to make a submission you are welcome to do so by contacting gary.searle@terrain.org.au

CSIRO NEWS RELEASE 27 AUGUST 2014

ROBOTS TO ResQu RAINFORESTS FROM PURPLE PLAGUE

Australia's rare and precious rainforests, like the iconic Daintree, could have an unexpected aerial ally in the battle against weeds - autonomous helicopters.

Two Project ResQu helicopters developed by CSIRO completed trial flights near Cairns, locating weeds like the dreaded 'purple plague', *Miconia calvenscens*, faster and more reliably than ever.

Developed by robotics researchers at CSIRO, in partnership with Biosecurity Queensland, the unmanned helicopters found weeds using sophisticated imaging technology. The helicopters are safer and a more convenient way of mapping weeds in remote and difficult terrain.

CSIRO Biosecurity Flagship Science Director, Dr Gary Fitt, said access to dense rainforests was difficult for people but all-too-easy for weeds which get carried in by animals or blown in from gardens or farms.

"Miconia is among the worst of a number of weeds that pose a significant threat to Australia's precious rainforest remnants," Dr Fitt said.

"Unless detected and eradicated early, they can cause irreversible damage to our native plant and animal populations.

"In the biosecurity space effective surveillance is critical - we need to be able to detect incursions quickly and accurately. Technologies like the autonomous helicopter or other autonomous platforms provide us with another tool in the fight against these biological invasions."

The unmanned Project ResQu helicopters surveyed rainforests at El Arish, near Cairns and found not only found *Miconia* but several other weed species. The helicopters can navigate obstacles without human control while recording locations and images for biosecurity staff to scan for evidence of weeds.

According to robotics researcher Dr Torsten Merz the helicopters are small enough to fit in the back of a van, are easy to use and operate under controlled conditions with failsafe mechanisms built-in.

"We built the prototypes over two years and trialled them in difficult conditions," Dr Merz said.

"They performed better than expected, finding Miconia plants in dense rainforest that hadn't been spotted before. Once the invasive plant is identified, they are removed from the rainforest."

Queensland Science Minister Ian Walker said the robotic helicopter played a key role in protecting native flora from weeds and was a good example of using new technology to provide better outcomes.

"They allow the team to review footage when they need to rather than take to the skies and eyeball weeds on the go from full-sized manned helicopters, which can also be expensive and time consuming," Minister Walker said.

"This not only saves money but also means we can boost our biosecurity by carrying out more effective mapping."

About Project ResQu:

Project ResQu is a two-year, \$7M project led by the Australian Research Centre for Aerospace Automation (ARCAA) in a collaborative project between the Queensland University of Technology (QUT), CSIRO, Boeing and Insitu Pacific with the support of the Queensland State Government Department of Science, Information Technology, Innovation and the Arts.

Date to remember for September and October:

20th Sept – BCG – Wicking bed workshop

26th Sept – CRC – Asbestos awareness

19th October – Malanda Small Farms Field Day

26th October – FNQBD Craft Fun day on Tablelands

Tablelands LETS SEPTEMBER Calendar

MALANDA - Saturday 20th 6pm - 9pm Malanda Trade Night at Katrin's Place, 33 Park Ave, opposite the caravan park, near Malanda Falls. Bring a shared plate (tea & coffee is provided), trade items, busk for bartles, socialize and chat. Trade starts at 6pm followed by a shared dinner at 7pm. Event Host: Katrin - 40966755.

RAVENSHOE - Saturday 20th 12pm - 2pm Trade afternoon -Youth Shed, Ravenshoe Community Centre, 3 Bolton Street following Community Gardens gathering - come and check it out. Bring something to trade, a table or blanket to display your wares and lunch to share. Event host: Kathy – 40977864.

CASSOWARY COAST - Sunday 21st 11am - 3pm Trade & Social Gathering - Johnstone River Community Gardens, Flying Fishpoint Rd, Innisfail. Bring a plate to share, eating utensils, make use of the BBQ. Tea/Coffee by gold coin donation. Lunch will be at 12 noon. Trade starts at 1pm. A child-friendly venue. Weather permitting – ring Suari for confirmation 0403115261.

☆☆☆☆NEW EVENT!☆☆☆☆

JULATTEN - Sunday 21st 1pm - 3pm Trade Afternoon, 8 Stevens Road, bring along a plate to share for lunch and something to trade. A table or blanket to display your wares. Event Host: Lyn – 40941431.

YUNGABURRA - Saturday 27th 12pm - 2pm Trade at that retro cafe, Shop 2/20 Eacham Rd (in between Miss Megs and My Habitat). Cafe Drinks from the blackboard are available for 100% Bartles. Bring \$ for lunch or cakes, a table or blanket to display your wares. Children most welcome. This event is directly after the Yungaburra Markets. Event host: Melitta - 40952340.

☆☆☆☆ NEW EVENT☆☆☆☆

KEWARRA BEACH - Sunday 28th 10am – 12pm, Sunday Brunch & Trade at 15 Glenelg Close. Bring a plate for brunch to share, something to trade and a table or rug to display your wares. Event Host: Ilona – 40578897.

SEPTEMBER 15th - DEADLINE for October calendar.

All details to Melitta – tablelandlets@gmail.com or 0437216122

To be included on the calendar, website, facebook and other promotions.

What to bring to Trade Events where not specified above: food & drinks for yourself or to share, or money and/or Bartles at some venues, friends, Trading Record Sheet and pen, any goods you wish to trade, table/rug to display them upon is often useful, your own chair at some venues, promotional material of any services you are offering if applicable, \$20 if you don't yet have a LETS account.

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tablelandlets@gmail.com - 4096 6972 - lets.clearwater.com.au - www.communityexchange.net.au

Informative, useful and Interesting Websites:

<http://www.greenliving.com>: An Australian website for supplies for fermenting, cheese and yoghurt making, lids for bottles etc.

<http://www.nutri-techsolutions.com.au>

<http://www.culturesforhealth.com> A USA website with lots of info. recipes, free eBooks on fermenting foods and lots more. You can sign up for their weekly newsletter. “And therein lies the lure of fermentation. As Pollan writes in Cooked, its deliciousness is the by-product of decay, and decay is a fermentor's dream and a food regulator's nightmare. But the times they are a'changing: recent medical research has concluded that one of the problems with the Western diet is the absence from it of live-culture foods, while another study has linked the intake of certain probiotics found in some ferments to improved mental function and mood. We need more decay, it seems, not less. So pass the sauerkraut, please. I've heard it can even cure middle age.”

<http://care2.com/greenliving/>

This website has lots of interesting topics, food that is banned elsewhere but still available in the USA, good alternative recipes for making healthy food eg. ice cream and lots more.

<http://manybooks.net> A place that offers free downloads of books – check out “Farmers of forty Centuries” by FJ King written 1911 after or during a trip to China, Korea and Japan. This incredible book explains how these peoples have been growing food for centuries. Check to see if Bread from Stones is there, another interesting read.

<https://www.organicgardener.com.au> Lots of info and a great planting guide for the year.

<http://rfcarchives.org.au/index.htm> - Rare Fruits council of Australia – Fruit/Nut Trees and lots Recipes

PERMIE RESOURCES, & SERVICES

RESOURCES:

“Notes from the Workshops Booklet” All notes from the Permaculture Cairns Resilient Communities Workshops 2012 are now available for purchase at meetings and at Enviromart Australia on corner of Scott and Aumuller Street,

TOPICS COVERED: How to Grow your own Fabulous Organic Food, All about Earthworms, Growing Microgreens, All about Wicking beds, All about Aquaponics, Composting, Creating a raised garden bed, Tropical plants that grow all year round and recipes for cooking these, Drying and preserving excess fruit and vegetables, Balcony and patio gardening, How to use The Bokashi Bucket, Waste not want not – recycling organic waste, Poultry in the city, Vegetables for the small tropical farm or garden, and a Sprouting guide.

This is a MUST HAVE it's FULL OF LOCAL KNOWLEDGE about living in a environmentally friendly way and growing food sustainably in the tropics.

The booklet would make a great gift for anyone wanting to grow their own food in the tropics.

Edible Tropical Vegetable Plants: Tropical Vegetables and useful Plants available from Enviromart Australia on corner of Scott and Aumuller Street or phone Carol 0414900717

SERVICES

Do you need help to plan or build your garden???

Bruce Zell, Director of The Back Yard Revolution is a Permaculture Diploma Graduate, Licensed Structural Landscaper and has extensive experience in landscaping, food garden design and implementation, Project Management and more.

Contact Bruce for more details-

email: brucezell@gmail.com, www.backyardrevolution.com.au or

Mob. 0404 9944 528

Don't have much space for growing? Then contact Tegan for advice on wallgardens, or wicking pots for growing plants.

Garden of Tegan – Readymade moveable gardens, suitable for patio or balcony. A wicking bed of herbs and vegetables that will be enjoyed all year.

Contact Tegan 0402 853 903

Please note Memberships fees for 2014 are due and payable the 1st January 2014

Memberships form may be completed online on our web site and emailed to us from there

Thinking of joining now. If you join now, that will cover you for next year as well.

Cheers

Carol



Permaculture Cairns

Membership Form 2014

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

☐ Household membership \$30 ☐ Renewing Member ☐

Individual membership \$20 ☐ New Member ☐

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

.....
.....
.....

Postal Address:

..... Postcode:

Phone(s):

Email:

Signature:

Payment may be made at Meetings, at Bank or 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.

Do you have skills that you would be willing to share that would be of help to Permaculture Cairns? If so please give details below-

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Permaculture Cairns Public Meetings - All Welcome Third Tuesday of month Feb to Nov (Second Tuesday Dec). Doors open 6.30pm, meeting starts at 7pm at: Flexible Learning Centre, 90-92 Clarke St. (off Hoare St), Manunda

Enquiries

President: Carol Laing workshops@permaculturecairns.org.au

Secretary: Tegan McBride: info@permaculturecairns.org.au

Treasurer: Jenny McGrath treasurer@permaculturecairns.org.au

Website: www.permaculturecairns.org.au