Permaculture Cairns Newsletter

EMPOWERING COMMUNITIES WITH SUSTAINABLE SOLUTIONS

Care for the Earth, Care for people, Fair share the excess

Permaculture Cairns Incorporated **Web Site:** [www.permaculturecairns. org.au](http://www.permaculturecairns.org.au)

February Newsletter

PERMACULTURE CAIRNS MEETING 2018

Tuesday 20th February 6pm for a 6.30 start

Venue: ARC Disability Centre 92 Little Street Manunda

Members free, but bring some nibbles for the cuppa break, and a dollar for the raffle, which helps pay for the venue. Non members $5

AGENDA

General Meeting

Welcome to new members and visitors

Upcoming Permaculture workshop and other events

Craig will introduce us to a topic in the Introduction to Permaculture Course

Carol will talk about Aibika, the wonderful tropical perennial green we should all be growing. There will be cuttings for you to propagate.

Jenny will explain how to make a Worm Tower.

Guest Speaker Lisa Wellby will be speaking about making Kombucha at home

Have something to share? Bring it up before the cuppa and chat time.

Meeting close and now time for a chat, a cuppa and a snack with like-minded people

All finished by 8.30pm.

AND we have some GREAT NEWS !!!!

Permaculture Cairns and the Endeavour Foundation have formed a beneficial arrangement whereby we have access to their premises and we share our knowledge and skill with their clients and the local community.

Permaculture Cairns will hold, monthly meetings, weekend workshops and the Permaculture Expo Day in the well-appointed buildings and wonderful grounds in Warners Street.

Permaculture Cairns will continue with the Kitchen Garden and gardening sessions with the Endeavour clients.

The site consists of two buildings plus a large grassed area, huge shade trees and an open area where if all goes well we will be involved in the establishment of a community garden.

OUR meeting on the 20th MARCH will be held in the Endeavour Learning & Lifestyle building at the corner of Monk and Warner Streets.
Access via Monk Street off Hoare Street or via Clarke Street into Warner. We will have to celebrate !!!!!

February in the hot humid Tropics

The Veggie Patch is a bit lean now only lettuce and rocket remaining. As February can still produce heavy rain it is best to start some seeds for tomatoes, eggplant, capsicum into pots ready for planting out after.

Tropical Perennial Food Plants now- The Greens -Kang Kong, Sambung, Brazillian, Okinawa, tree lettuce. Thaitian taro and Aibika. The root crops - taro, cocoyam cassava and sweet potatoes. Fruits -Dragon fruit, Soursop, bananas, pineapple, lemons plus a few mulberries and Barbados cherries.

Paddy Straw Mushroom – There has been a few weak mushrooms emerge but not vigorous enough to tissue culture from, but with this heat and rain there should be more real soon.

Wet season actions – Now is a perfect time to rotate garden beds. I have wiped out the pawpaw, sweet leaf and arrowroot next to go will be the Aibika and

Sambung. This bed is about 3mt long and 2mt wide and is now going to be a bed for tomatoes, capsicum, eggplant and beans. The plan is to relocate these plants to soil that hasn't grown tomatoes or egg plant previously. Like most people living in the tropics I have the problem with Bacterial Wilt killing off my wonderful tomatoes plants just when they are loaded with fruit and looking fantastic. This is a world-wide problem in the tropics and there has been hundreds if not thousands of trials throughout the world trying to beat Ralstonia.

Adding organic matter to your soil and building up microbial life helps but it can still come back and bite you. Last year I was successful for the first time in 3 years and grew more tomatoes than I could eat. Will be trying a few varieties of tomatoes this year. The following is a short extract from a Scientific paper on Bacterial Wilt caused by Ralsotonia. If you want to read more, I can email you a copy. Interesting about the Chinese chives, we know it as Garlic chives which grows everywhere in my garden, including beside the last successful tomato crop? Perhaps that made the difference as well as the special compost with pigeon pea and crotalaria.

2) Crop rotation, multi-cropping

The benefits of crop rotation are maintenance of the soil structure and organic matter, and a reduction in soil erosion that is often associated with continuous row crops (51). While continuous cropping with the same susceptible host plant will lead to the establishment of specific plant pathogenic populations, crop rotation avoids this detrimental effect and is often associated with a reduction in plant diseases caused by soil-borne pathogens (51, 66). For example, the onset of bacterial wilt was delayed by 1 or 3 weeks and wilt severity was reduced by 20–26% when a susceptible tomato variety was grown after corn, lady's fingers, cowpea, or resistant tomato (4). Potato cultivation rotated with wheat, sweet potato, maize, millet, carrots, sorghum, or phaseolus beans reduced the incidence of wilt by 64 to 94% while the yield of potatoes was 1- to 3-fold higher than that of monocultured potatoes (54). In an example of multi-cropping, Yu *et al.* (140) reported the suppression mechanisms of Chinese chive (*Allium tuberosum*), which reduced the incidence of bacterial wilt in the tomato (approximately 60%) because the root exudates of Chinese chive may prevent *R. solanacearum* from infecting tomato plants.

What to plant now -Fruit trees, tropical perennial greens, tropical root crops, snake beans, bok choy, rocket, basil, garlic chives, cucumber, melons, turmeric, ginger, galangal, daikon radish, pandan, comfrey.

Moon planting dates for above ground growing crops 18th Feb to 28th Feb.

PS Lettuce seed wont germinate if the temperature rises above 25C so, buy seedlings or try germinating them in the air conditioning, they need some light, so place near a window. I am giving it a go over the next few day.

I grow tropical perennial food plants to sell, if you are interested, see me at the next meeting. Grow & eat fresh pesticide free, nutrient rich food all year to keep healthy. Good gardening for 2018.

Cheers Carol Laing

Permaculture Cairns Gardening Workshop

Empowering communities with sustainable solutions

Care of the Earth,
Care of

Propagate your own plants and save money

Learn how to grow your own plants and vegetables from seeds, cuttings, divisions, bulbs and corms.

Saturday 10th March 2018 - 9.15am for 9.30 start - 12.30 finish

Learn what grows best in the tropics and the best varieties to grow

Make your own potting and seed raising mix.

Prepare the soil for the veggie garden.

Where: Endeavour Learning & Lifestyle building

Cnr Monk and Warner Streets, Manunda

Cost: $30.00 and you can pay on the day

Morning tea provided but you must let us know you are coming

Register at workshops@permaculturecairns.org.au

A practical garden tip for February

Create a cover for your garden bed with flexible poly water pipe.

Here is a photo of my efforts. I purchased the flexible poly irrigation pipe from Nuleaf in Little Spence Street at $1.00mt. It has a 20mm internal dia. To create a 2mt high arch over the 1mt wide bed it took 4mts of pipe. I purchased 8mt for two arches. For the stakes, I used old stainless-steel golf sticks with the heads and handle grips removed (so they fit into the poly pipe). Short lengths of steel reinforcing rod would also be good, check out the recycle shop at the dump.

Push/bang stakes into ground, either inside of bed or outside the bed on each corner and again in middle if bed is over 2mt. long .

Thread pipe over stake and bend to other side and thread over stake. Repeat for other stakes, creating either two or three arches over the bed.

Connect a central wire at the top of the pipes to keep them separated. At the end and centre of each bed, drive in a star picket and attach to the top of the frame.to stabilise.

This frame can be used with shade cloth or with exclusion netting to keep fruit flies off your crop.

This same principle can be used to make a larger covered area by using larger pipe, stronger stakes and a strong connecter between the arches.

CAIRNS SEEDSAVERS

SUNDAY 18TH MARCH 2018

AT ZAK'S PLACE:
7 HILLVIEW CRES, WHITFIELD

cairns seedsavers is an informal group of individuals with a passion for saving seeds and growing fruits, vegetables, and other useful plants that have been passed down through generations, and are adapted to our local conditions...

cairnsseedsavers@outlook.com

mareeba seed savers and gardening group

11th march from 10:00am
pieter & noelle saraber
~ 207 de lacy road,
(off leadingham creek rd),
mutchilba, via dimbulah...
car-pool at 9:00am in mareeba,
from michael and lindy alba's
phone 40 92 1116

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Biodynamics Far North Queensland presents:

SPIRITUAL FOUNDATIONS OF BIODYNAMICS

Biodynamics and the 21st Century

Presented by **Hamish Mackay* – Teacher of Biodynamics and Anthroposophy**

There are increasing numbers of farmers and gardeners applying Biodynamic practices. There are also consumers and healers who are becoming aware of the importance of how our food is grown and its' healing potential. This talk is for those who want to know more about the spiritual background and social context of Biodynamics in the 21st Century.

This workshop will provide an introduction to Steiner's *"Occult Science - An outline"* as a foundation for ongoing study of Biodynamics and its potential. This will lead to a deeper understanding of some of our current world events and environmental challenges: beyond the daily economic and political discourse.

You will learn how humanity is related to both the seen and unseen world around us and how Biodynamics is the contemporary art of agriculture of the present age as well as a path of individual development.

This talk is open to all, whether biodynamic practitioners or not.

If this speaks to your heart you are very welcome to join us.

Malanda Showground Pavilion - Sunday 25th February, 2018,

10.00am to 4.00pm Bring lunch to share, refreshments provided.

Cost : $40 per person/$70 couple BDFNQ members.

$ 50 per person/$90 couple non members. Concessions available. Pay at door.
Enquiries Cheryl Kemp 0427 375 972 or Tricia 0467 089 458

www.biodynamicsfnq.org.au

*Hamish Mackay has been studying and teaching Rudolf Steiner's work and Biodynamics for 37 years and is executive director of Biodynamics2024 . He lives in Dorrigo, Northern NSW, and is passionate about teaching the spiritual foundations of our life.

Keen for more?

Are you also interested in the Waldorf Education System and would like to hear Hamish Mackay's talk about its value in the future of our children?

Click the link below for further information

https://gallery.mailchimp.com/2f9321d9892b4bf77b644949e/files/709e0910-7380-4808-b39f-5076a8a4dc23/BDFNQ_Event_February_2018_Hamish_Mackay_at_Steiner_School_Feb2018_shortened_for_Mail.pdf

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We have been pretty busy, but more of that below in the Kanjini news update.

First and foremost this is an invitation to a special meeting next weekend (17/18th February 2018).
Several people have expressed an interest in becoming members of Kanjini Co-Op, but wish to be able to work most of their share capital off and there are lots of jobs which need doing at Kanjini.
So we are inviting everyone who is interested to be part of this discussion to come out to Kanjini (or skype in) and join some brainstorming and discussion sessions on how this exchange can be done while being fair to the people working part of their share off, fair to those who pay their share in cash and fair to the Cooperative.
And so it does not just become another talk-fest, we want to have a bit of fun too and share dinner, party around the fire (bring some instruments please), camp, go for a drive to show this amazing property to those who have not seen it yet (and those who wish to see it again) and have a bit of a working bee to weed our orchard and plant some more fruit trees, while the soil is soft and more rain is likely...
You are invited to camp with us for the night or just come for a few hours.
This will also be a bit of a party to celebrate a short visit by our secretary :-)

Since some people would like to know what happens when, here a suggested agenda:

SATURDAY 17th February 2018

* 9am - introductions & questions and answers
* 10am to 11:30am - brainstorming session
* 11:30 to 12pm - go for a splash and fit new drums under the pontoon
* 12pm to 1pm - lunch
* 1pm to 3:30pm tour of the property
* 3:30pm to 5:00pm weeding and tree planting
* 5pm to 6:30pm - discussion circle
* 7pm to 8pm dinner
* 8pm drinks and music around the fire

SUNDAY 18th February 2018

* breakfast
* 8:30-10am morning circle
* 11am to 1:30pm tour of the property
* 2:30pm to 5pm discussion circle and skype session in Koah on same topic (labour in exchange for share capital) so those who cannot come in person can give us their ideas and input
  our skype handle is kanjini.cooperative (please let us know by Saturday 8am if you want to skype in, if no-one does, we might keep playing at the lake...)

What to Bring:

* Hat, Sunscreen.
* Towel, swimmers
* canoes, kayaks, floaties (and any extra paddles you might have to help row the pontoon in and out)
* Food and drinks to share for whatever meals you will be with us for (there will be a BBQ available on the Saturday night)
* gardening forks and gloves
* instruments, music or games you would like to share
* camping gear for those that wish to camp

Directions: Follow this link for Directions <https://nam01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.didjshop.com%2F_nonpub%2Fsendy%2Fl%2FppoYL892q3zU4892YHDkPeQXtw%2FKM5L4763uLK7UcD3rDkNfnIQ%2FnoMEa3BWuFsMSLEZxa763F0A&data=02%7C01%7C%7Cf8b141363ca94bbbe4b108d57147f918%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636539476290778817&sdata=cqz5mZOVvmOzUKaFjPNPfED7uDDlozeSeTFZYyiumBI%3D&reserved=0> to get to Lake side. Please RSVP with your expected arrival time so we can tell you where we will most likely be at your time of arrival as parts of the land do not have reception.

Please contact us at info@kanjini.org <mailto:info@kanjini.org> or 0499694112 to RSVP your attendance.

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Website for Permaculture videos info and blogs

Permaculturenews.org/category/how to

Geofflawtononline.com

Check out the Friday Fives, join up for insights and benefits

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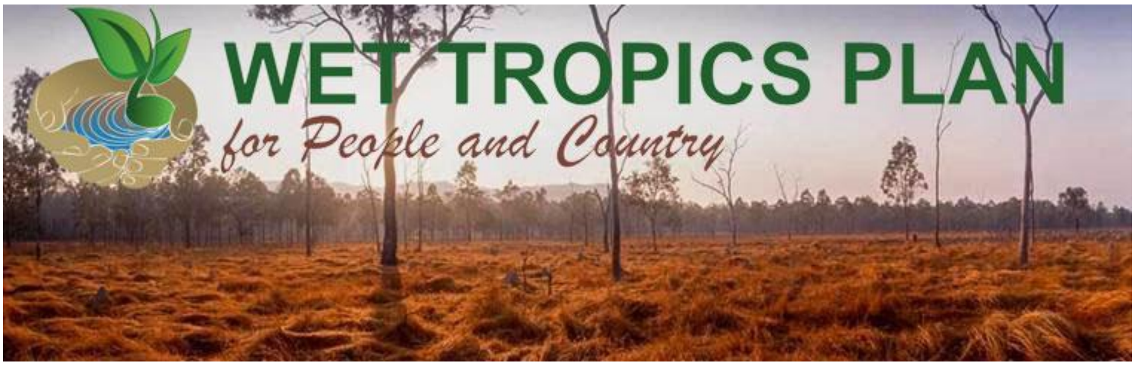
David Holmgrens Permaculture Principles

Thinking tools for an era of change website:

https://permacultureprinciples.com/



Welcome back to the Wet Tropics Plan for People and Country Enewsletter...
This edition is all about maps! Now with more than ever to choose from, it is worth jumping onto the mapping pages on the Wet Tropics Plan for People and Country website and checking out some of the new maps and useful links available.

Take me to the Plan

Traditional Owner Contacts

A new draft interactive Traditional Owner contact map has been added to our suite of online mapping tools. This map provides up-to-date contact details for Traditional Owner groups across the region – we hope it will help to improve opportunities for partnerships and collaboration with Traditional Owner groups and individuals in the Wet Tropics Natural Resource Management region. Access the contacts map here.

One-Stop Map Shop

Do you want to make a map for your property or project? How about checking out where important cassowary habitat is? Or maybe you're looking for a handy link to other useful mapping tools like the Queensland Globe or Qlmagery? It's all on the new and improved Mapping Tools page... If you haven't had a look for a while, jump online and give one of the mapping tools a try...

Australasian Permaculture Convergence 14

ACT PERMACULTURE FESTIVAL — SUNDAY 15 APRIL 2018

CONNECTIVITY is a theme of the Permaculture Festival on Sunday 15 April 2018, the event that launches the APC14 convergence.

Like other festivals before previous convergences promises to be an exchange of ideas, of knowledge, of products, of tools. It's the opportunity to meet the inventors, the innovators, the people making permaculture happen.

Learn More

CONVERGENCE — APC14 — 15-19 APRIL 2018

GETTING GOOD THINGS DONE needs collaboration, collaboration needs communication and communication needs **connectivity**. That's why connectivity is the theme of this year's Australasian Permaculture Convergence. Between 15 – 19 April 2018 we meet in southern NSW to improve our connectivity. Talks and workshops will be supplemented by the opportunity for personal networking where fresh ideas bloom and new projects are hatched.

Learn More

TOURS AND COURSES — BEFORE AND AFTER APC14

TOURS ARE A WAY OF LEARNING BY SEEING… They are the direct evidence that permaculture ideas work. A traditional wind-up to permaculture convergences, the tours to follow APC14 are presently being planned.

A RANGE OF COURSES before and following APC14 that will deepen our permaculture experience and knowledge may also be offered. These, too, will be advised.

https://apc14.permacultureaustralia.org.au

News from Home and around The World

Informed Nutrition - Reclaiming Responsibility for Your Own Health (Pt 1)

The following article is from the CEO of Nutri-tech Solutions Graeme Sait

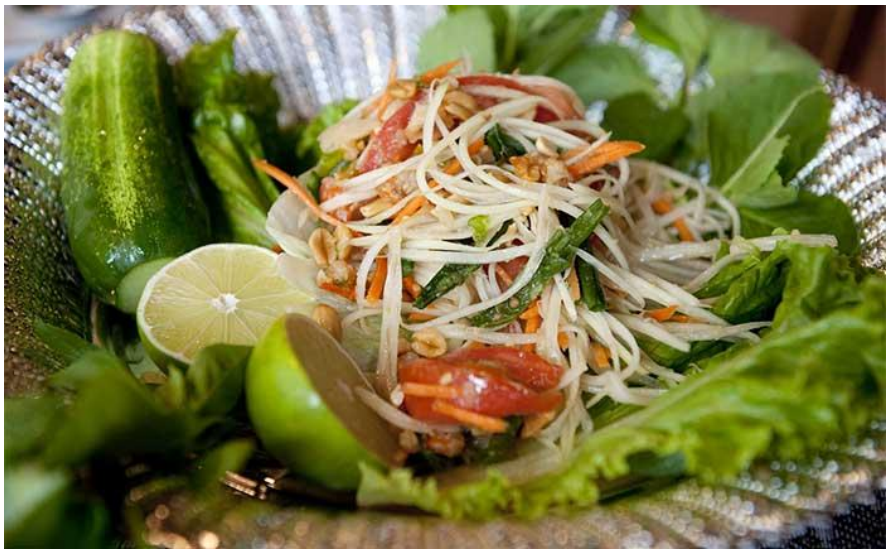
20 December 2017

Key Longevity Tips

In my travels around the world (over 30 countries each year), it is always interesting to observe the inherent wisdom to be found in traditional dietary practices. Hippocrates, the father of modern medicine, offered a famous wellness equation. He suggested, "Let food be thy medicine and medicine be thy food". We are increasingly discovering the profound nature of those wise words, as nutrition science unravels the remarkable protective biochemistry found in food. However, there are many cultures that have recognised this wisdom centuries before our recent quantification.

The hottest “food medicine” of the moment, for example, is curcumin, the potent active found in turmeric. There are now over 600 published studies highlighting the multiple benefits of this natural wonder. Curcumin has been shown to help counter the inflammation associated with diabetes, Alzheimer's, heart disease and cancer. Nutrition science has now demonstrated that curcumin is very poorly absorbed. However, it has been discovered that we can counter that failing by combining piperine, from black pepper, and a source of fat (curcumin is fat soluble) with this spice. Indian cuisine was dramatically ahead of the game, as turmeric is a staple in their food, and it has always been combined with pepper and fat for thousands of years!

Similarly, Thai cuisine has historically recognised that we need some help in digesting protein. We are equipped with a limited potential to produce digestive enzymes, and to avoid exhaustion of our finite supply of protease, these people have developed an invaluable strategy. **Green papaya salad** is invariably offered with protein dishes, as it contains luxury levels of a powerhouse protein digesting enzyme called **papain**. In fact, the green pawpaw contains 40 times more papain than the ripe version.



However, despite the lessons we can learn from this inherent wisdom, the overload of simple carbohydrates in our modern diet has impacted these Asian cultures as dramatically as it has poisoned us.

Insulin resistance and the flow-on disease, **type 2 diabetes** is threatening to become the planet’s largest killer. In fact it is now called “the coming plague”.

Countering the coming plague

There are suggestions that it may not be a pandemic of infectious disease that claims huge numbers of us. Instead, it may well be the "sugar sickness" that becomes our largest killer. It is estimated that one in three people are now pre-diabetic. In fact, India is rightly regarded as the diabetes capital of the World with more than 50 million souls suffering from this preventable, lifestyle disease and many more whom are insulin resistant.

Here are **four tips** that will help you avoid or even overcome insulin resistance and diabetes.

1) Chromium

This is a critically important trace mineral required in the management of insulin and it is seriously depleted (via increased excretion) when sugar and refined carbohydrates are over consumed. There is a compelling theory that stroke, heart disease, diabetes and Alzheimer's (often called type 3 diabetes) are actually all on one continuum. Certainly, there is research suggesting that chromium can help prevent each of these diseases, and it is a missing mineral in many of us.

Your Action Plan – to help reclaim insulin sensitivity, supplement with **500 mcg** of chromium picolinate each day and consume foods rich in chromium. The best options include brewers yeast, brown rice, broccoli and grape juice.

2) Improve your critical omega-6 to omega-3 ratio

The healthy ratio of these essential fatty acids in our body should be two parts omega-6 to one part omega-3 (**2:1**). The ratio in Australia is **21:1**. What does it mean to have skewed this important ratio to this extent, and what can we expect when we have ten times more omega-6 than what is desirable? A plague of type 2 diabetes is one outcome, but much more is involved.

Inflammation is powerfully linked to every degenerative disease, and the omega-6 to omega-3 ratio is directly linked to this destructive condition. Our body features a two-stage inflammatory cascade. The first stage involves pain and inflammation, and this is driven by protein messengers called prostaglandins and thromboxanes (eicosanoids) derived from omega-6 fats. The second stage of this cascade also involves eicosanoids, but this time they are produced by omega-3 building blocks and their function is very different. These substances drive the anti-inflammatory, **healing** process.

What does it mean when you have 10 times more omega-6 inflammation-builders than required? You have effectively created fire with no means to douse the flames, and you will most certainly suffer

inflammation. It may be something obvious, like arthritis, but more commonly it is more insidious and less visible. The inflammation of tiny blood vessels, for example, is an integral component of **type 2 diabetes**.

Your Action Plan – supplement with **fish oil** to boost your omega-3 levels and improve your ratio. The very best option is cod liver oil, which also features luxury levels of vitamin A, and super protective **vitamin D3**. One tablespoon of cod liver oil per day is optimal, but a teaspoon per day will help. You can also embrace omega-3-rich foods like salmon, flaxseed, walnuts, spinach and chia seed.

The other key strategy is to dump the omega-6 excesses from your life. That means avoiding **margarine** and processed omega-6 dominated oils like sunflower, safflower, canola and peanut oil. It would also be productive to minimise fast food, as it is invariably swimming in these junk oils.

3) Dump the white poison

White sugar, white flour and white rice are simple carbohydrates that spike blood sugar, stress the pancreas to overproduce insulin in response, and shorten your life.

The largest global study of centenarians ever conducted involved two independent groups, studying those that had made the long haul. Both studies were seeking the secret of this remarkable longevity but initially they struggled to find an answer. There were those that drunk alcohol, and those that abstained. There were fat eaters, insomniacs and a vast variety of diets and lifestyles involved, but no common link. Then they found it. Both large scale studies discovered that the only common denominator, amongst the ten decade club, was **low blood insulin**, and it applied to every last one of the respondents.

This dovetails with long-term, ongoing studies of the benefits of **calorie restriction**, where limiting the diet to **2000** calories per day has resulted in dramatic increases in life expectancy.

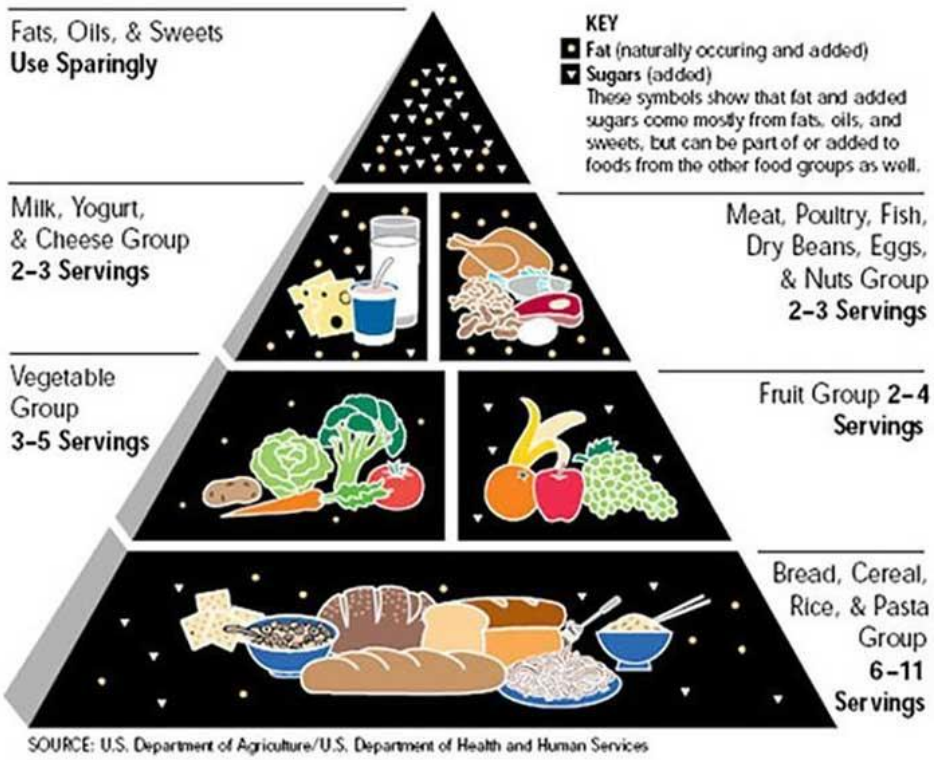
Insulin is critically important because it carries the prime cell foods, **glucose** and **fatty acids**, into the cell. Our cells are equipped with insulin receptors to attract this food bearer. However, insulin has a dark side. When oversupplied, it becomes destructive to our cells. When we over consume sugars and refined carbohydrates, our cells progressively shut down insulin receptors to protect themselves. This is initially called **insulin resistance** and, if the progression continues unabated, all receptors are withdrawn and we now have type 2 diabetes. This is the fastest growing condition in a strange new world where the inhabitants are now three times more likely to be overweight than undernourished.

Your Action Plan – embrace safe sweeteners like stevia and xylitol, avoid soft drinks with their ten teaspoons of sugar, and walk past the sweets in the supermarket and service station. Brown rice and

wholemeal flour are infinitely superior to their insulin-spiking alternatives. White bread is actually termed an **anti-nutrient**, because the energy required to digest this nutrient-depleted food extracts more nutrition from your body than provided in the food. Similarly, brown rice contains far more nutrition than the paler, life shortener. Download a **glycemic index** chart and modify your diet to reduce high glycemic foods. This is hugely important because the GI index is directly related to likely insulin production and your associated **longevity**. Unfortunately, you will discover that the universally popular, **potato**, actually has a higher GI than white table sugar. Boiled **sweet potatoes** can be guiltlessly consumed, however beware that baking them essentially turns them into candy as the GI doubles.

4) Abandon the fatally flawed food pyramid

The more astute nutritionists now acknowledge that our current food pyramid, our guideline for healthy consumption of fats, carbohydrates and protein, is seriously faulty. This model suggests that **50%** of our food (i.e. caloric intake) should derive from **carbohydrates** (the base of the pyramid), 30% should involve **protein** and just 20% should consist of **fat** (the top of the pyramid). As a result of this flawed premise, we embraced the low-fat/no-fat/fat-free model in Western nations, and simply got fatter.

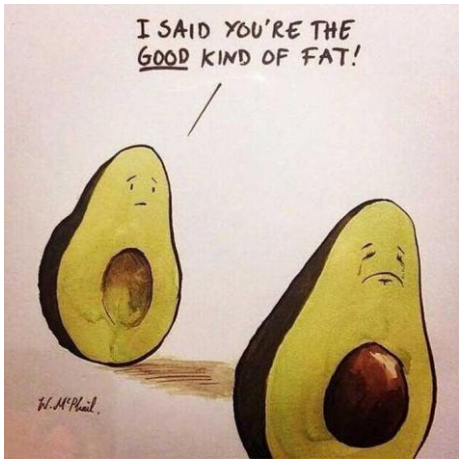


Part of the problem relates to the unanticipated consequence of demonising fat. We never realised that, as we cut fat from our diets, our craving for carbohydrates would explode, and when we over consume carbohydrates, they make us fatter than fat ever did.

A second factor relates to the wrong emphasis placed on fat and carbohydrates. In fact, it is now realised that they should exchange places on the pyramid, with a healthy, restorative diet featuring **50%** calories from good quality fat and just **20%** from carbohydrates.

Your Action Plan – reduce carbohydrates down to a more productive percentage of your diet. This may be difficult because sugar is the most addictive of all substances. However, increasing your consumption of good fats will reduce some of the craving.

The amino acid, **glutamate**, can also be very helpful in reducing an insatiable sugar hunger. Add half a teaspoon of glutamate powder to a glass of water, twice a day, and sip throughout the day (2 glasses a day) to help you break the addiction. Most importantly increase your consumption of good fats. This could include the embrace of healthy cooking oils like butter or ghee, coconut oil and sustainably-farmed red palm oil (**Red Gold™ from NTS Health**) and the consumption of fats like flaxseed oil, avocado oil and cold pressed olive oil for salads.



In Conclusion

71% of premature death is avoidable, as it involves diet and lifestyle. However, reducing our disease susceptibility also involves **changing habits**, and herein lies the hard part. A habit forms a measurable neurological groove, or impression in your brain, and hence we become hard wired to continue our destructive practices. The good news is that we can replace one groove with another more productive option within 4 weeks. It is hard to change, but it becomes easier if we are working within a known timeframe. You can then more easily persevere, as you count down the days until the creation of a new habit that will serve you, rather than shorten your life.

Over the coming issues I will discuss other key players that impact our health, happiness and longevity, with a view to addressing these root causes and reaping the many rewards.

Please PRINT – SIGN – SCAN and RETURN by email to treasurer@permaculturecairns.org.au.

Permaculture Cairns

Membership Form 2018

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

- **Household membership $30 O Renewing Member O**

Individual membership $20 O New Member O

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

……

……

……

Postal Address: ……

…… **Postcode:** ……

Phone(s): ……

Email: ……

Signature: ……

Payment may be made at Meetings, at Cairns Penny or Online Direct Deposit to Permaculture Cairns A/c at Cairns Penny in Grafton Street. BSB704-966 A/c No. 100009440 please include your Surname as reference.

If you have a Permaculture Design Certificate could you please complete the following survey.

YOUR NAME:……

Who was the Course Presenter:……

When did you do the Course:……

Where did you do the Course:……

Enquiries

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