

Permaculture Cairns Newsletter

EMPOWERING COMMUNITIES WITH SUSTAINABLE SOLUTIONS FOR 10 YEARS



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

Permaculture Cairns Incorporated Web Site: www.permaculturecairns.org.au

PERMACULTURE CAIRNS ANNUAL GENERAL MEETING

AND GENERAL MEETING – INFO NIGHT

Tuesday 15TH January 6pm for a 6.30 start

Venue: Endeavour Learning and Lifestyle Building
4 Warner Street (on corner with Monk Street) Manunda

Members free, please bring some nibbles for the cuppa break, non-members \$5

AGENDA

Welcome to new members and visitors

Annual General Meeting

If you would like to join us on the Management Committee please complete the forms at the end of the newsletter and return them to the Secretary at info@permaculturecairns.org.au by 1st January

AGM usually take about 10 to 15 minutes so there will be the usual information night.

Guest Speaker: to be advised

Plant of the month to be advised

Practical demo to be advised

Come early and check out the Library, Carol will be there at 5.30pm - Bring along your plants and seeds to trade. Carol will bring tropical perennial vegetables/herbs and seedlings for barter/dollars or swap.

We appreciate members passing on their ideas and methods so talk to Jenny, Craig or myself if you would like to make a presentation at a meeting, that could be a few photos and a short story.

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

All finished by 8.30pm.

PERMACULTURE CAIRNS CHRISTMAS GET TOGETHER



*Tuesday 11th of December 6pm we will be meeting at the
THE EDGEHILL BOWLS CLUB.*

Bring your festive spirit

Finger food provided

For catering purposes

Please RSVP to info@permaculturecairns.org.au ASAP

Permaculture Cairns Members only

Do you want to bring in the New Year doing something that is fun and challenging with your friends and family?

Cairns Regional Council is organising the inaugural NYE Resolution Fun Run, which is a 4km night time fun run and it's **FREE** to register.

Date: Monday 31 December 2018

Time: 7:30pm

Where: Fogarty Park, The Esplanade, Cairns

It's an excellent way to motivate your friends, club mates, colleagues and family members to achieve a personal challenge together.

There will be entertainment and surprises lining the course, inviting you to party your way to the finish line! Dress up in neon or paint yourself with glow pens and join the fun run party.

This is more than just a "fun run" it is a celebration and a healthy way to greet 2019.

All ages welcome.

** Prizes will be awarded to the top two males and top two females over the finish line.

Register now! Visit www.cairns.qld.gov.au and complete the online form.

Registrations close on Monday 17 December 2018.

Some tips for growing food in a changing climate

Is this global warming or climate change?

It doesn't matter which it is, we are going to have to wing it from now on as all the usual climate changes we are used to seem to mean nothing anymore. So, we need to prepare for more uncertainty to come.

Here are a few hints which may help you keep growing your own clean green food in your own backyard.

Mulch with a living mulch (pintos peanut, edible perennial ground covers) or sugar cane/hay to save water, add nutrients and keep soil cooler

Train Pigeon pea plants to 2mt with one stem, then allow to spread out to shade your garden, or cover beds with shade cloth, 60% is good

Plant edible tropical perennial groundcovers under fruit trees, as a living mulch, they like this weather, it's a win-win as you can eat them too.

Increase organic matter and nutrients in soil by adding compost, manure, coconut coir. All of these will help to hold moisture add nutrients and keep roots cool.

Add Biochar or zeolite to soils to hold nutrients and a home for microbes

Give the microbes (who are necessary for growing food organically) somewhere to live by always have a variety of plants growing in your garden. Without roots to live on the microbes die.

Grow in pots or wicking pots, they are moveable and save water..
Grow in raised wicking beds, they save water.

Save seeds from your garden to plant next time, they will become acclimatised over time, and may stand the heat and humidity better. You can also use them for making sprouts (pigeon pea, mung beans, sunflowers, coriander, rocket, etc)

Just planted Chinese Potato, Rosella and a thin leafed variety of Aibika, Snake beans, cucumber, Chinese potato, Egg Plants Turkish Orange, Ping Tung Long(Magenta), Gold Egg and a green one called Kermit.. Turkish Orange, Gold Egg and Kermit are all small plants with small fruit and can be grown in pots..

In my wicking beds at present are various lettuce, rocket. and chicory

Some of the plants In my garden now which have handled the heat well:- Ceylon Spinach, Ginger, Turmeric, Watercress, Lebanese Cress, Rungia, Perennial Capsicum, Chilli, Chicory, Genovese Basil, Thai Basil, Garlic Chives, Mexican Tarragon, Bunching shallots, Vietnamese Mint, Thyme, Rosemary, Oregano, 5 in 1 herb, Sweet Leaf, Kale, Kang Kong Sweet Potato, Cocoyams and 3 varieties Taro, and the perennial groundcovers Sambung, Brazilian Spinach, Okinawa spinach. Had Kang Kong for dinner last night with garlic and butter, fast stir fry, green and crunchy. Yum

Cheers Editor Carol Laing

Have a great Christmas, see you in 2019 with a series of Practical Informative Workshops on how to grow food in the Tropics

FNQ Community Exchange – LETS: Local Energy Trading System January 2019 Calendar of EVENTS

RAVENSHOE – Saturday 19th January 10.30-1.00 Octopi Garden, 78 Grigg Street. Drinks for Bartles! Please bring items to trade and \$ for food if wanted. LET'S brainstorm how Octopi Garden can "do" community exchange with the new owners! Contact Chelsey 0438 008 371.

YUNGABURRA - Saturday 26th January 12-3pm (directly after the Yungaburra Market) 115 Mather Road. Look for the sign! Bring items to trade and a table/rug to display your wares. Contact Melitta: 4095 2340.

What to bring to Trade Events where not specified above: food/drinks for yourself or to share, money at some venues (though 100% Bartles is encouraged), friends, Trading Record Sheet and pen or smart phone to enter trades directly, any goods you wish to trade, table/rug to display them and a chair at some venues, promotional material of any services you are offering if applicable, \$20 if you don't yet have an FNQ CES account (one-off fee).

Contact us if you are unsure about anything!

Do you want to host a workshop, working bee, trade event, film night, market stall, or other Community Exchange event?

Contact us soon to discuss the possibilities! January 15th Deadline for February Calendar

Details to fnqces@gmail.com to be included in Calendar, Website, Facebook and other Promotions.

fnqces@gmail.com - 4096 6972 - www.fnqces.org - www.communityexchange.net.au

Following is an extract from
The FNQ Community Exchange Newsletter the "BARTLE BANTER"

(Editor -Sorry it hasn't copied as well as I hoped. But it will give you some idea of what it is all about)"

How to Apply for a FNQ Community Exchange Account

1. Complete the application form at the back of this newsletter, and return form and application fee to PO Box 440, Malanda 4885 by mail.
2. Local Area Contacts and other FNQ Community Exchange admin may also collect forms and money from you. Cheques should be payable to Tableland LETS. Email us an electronic version from fnqces.org and pay by Direct Deposit. Bank details are on the Application form.
3. Accounts are available to anyone residing in Far North Queensland. You may join FNQ Community Exchange as an individual, family, household, business or community group. See the User Agreement on page two of the Application Form and also see Terms and Conditions here - <http://www.fnqces.org/wp-content/uploads/2014/05/User-agreement.pdf>
Only signed Applications will be accepted. Fees Initial Fee: \$20 per application. Annual

Account Keeping Levy: 12 Bartles (payable each September for Users joining prior to July of same year). Occasionally, discounted and sponsored accounts are available.

4. User Benefits Becoming an account holder entitles you to: Trade in FNQ unity Exchange with hundreds of households and businesses across FNQ Use the online noticeboard for trading at communityexchange.net.au Attend trade events and other FNQ Community Exchange events, including paying for workshops and other events with Bartles Connect with a network of FNQ Community Exchange Users through Community Exchange
5. CONTACT Mail:FNQCES, PO Box 440 Malanda Qld 4885 Phone: (07) 4096 6972 E-mail: fnqces@gmail.com LETS Website:nqces.org CES is where members list their offers and wants and record transactions: communityexchange.net.au and on your mobile device, use: m.communityexchange.net.au [facebook.com/groups/tablelandlets](https://www.facebook.com/groups/tablelandlets)
6. Bartle Banter is printed FREE OF CHARGE at Shane Knuth's Office, Silo Shopping Centre Atherton. This edition is compiled and edited by Cate Adams and Bel Moore, with contributions from CES users. Newsletter submissions are always welcome. The next issue will be published in March 2019.

STATISTICS FNQ CES / Tableland LETS Users have traded approximately 106000 Bartles during the past 12 months. An average of 11 trades per day are recorded by TBCE Users on the Community Exchange. We are still the most active Community Exchange group in Australia. We have deleted a large number of inactive accounts during 2018.

Admin Report Hello!

Bel attended an inspiring Regen Ag event at Petals at Tolga recently. She was invited to talk about the Community Exchange System for about an hour, and ran a workshop where we demonstrated the simplicity and importance of what we do.

Before, during and after the workshop Bel was able to share a little of our history, the unique successes of FNQ CES, the few challenges, the awesome stats, and a few stories about real people and real differences LETS / CES has made in their lives. There were a few local LETS folk present, as well as active DVNS and CENT members. It was really helpful to have their input.

The main part of Bel's presentation consisted of a large circle where each person had a turn to introduce themselves, say what their "usual" profession or income-earning activity was, share what else they can do to earn wealth (Bartles), and what they'd ideally like to spend those Bartles on.

It was evident that just within that circle there were many "matches" of Offerings and Wants. Before the activity, no one was aware of these needs or skills/goods existing within the group. That demonstrated how CES works. Without participation in Community

Exchange, we don't always know what opportunities exist within our community to give or receive energy (help/labour/services), excess produce, unwanted items, etc. Without the process of thinking about earning or spending Bartles (to maintain our goal zero balance), we aren't often aware of our own worth, our own desires, outside the "every day".

Maria said, "It was a great presentation you gave Bel and I really enjoyed the circle sharing.... SO much potential around us!"

Thank you to those who participated. This activity can be done at any event (such as a trade day), which we often used to do and call it Circle Time. Of course, if you have an account, you can login to www.communityexchange.net.au and add/update your Offerings and Wants at any time. Let us know if you need any help.

We also had a presence at the Small Farms Field Day in Malanda in November. A few people signed up to trade in FNQ Community

Local Abundance ~ LETS Share

Exchange, and several more were interested. Thanks to those of you who came along to the Sustainability Tent to support Bel and share your LETS experiences.

The 12B annual levy from each account was delayed due to the decline in health of our admin helper Alison recently. We are catching up on the tasks Ali did for us, and should have processed the levies by the time this newsletter is published.

Simon from BrisLETS asked, "Bel, I'm fascinated how FNQid LETS works - it's so active. I'd love to learn more - what's the secret!? I've been plugging away here for two years and we're still pretty small. Another thing I'm curious about is how anonymously things seems to be done up there - your website and newsletter don't say who does what. It's so different here."

Our informal admin structure means that it's not always clear who does what. Katrin and Bel can both access all accounts and admin info, handle emails and new accounts, levies and stipends, and share promotional tasks, calendars, managing some events etc.

Bel prepares the newsletter, but has help with content from contributors, and with formatting from Cate (and Starr also helped with this one). We have a small amount of money to manage the \$20 collected for new accounts is spent on postage, the PO Box fee, event expenses, web hosting, domain names etc. Sheila manages the money, with Katrin & Bel operating petty cash accounts for small costs which are checked and recorded by Sheila. She also checks and records our bank statements and receipts. As well as these admin tasks, we have our Local Area Contacts who keep on top of local enquiries, holding some printed forms etc and discussing any admin issues with us. Overall, it doesn't take a lot of effort to keep FNQ CES running - it's the Users who are trading and recording, and the event hosts, drop off points and area contacts who are all complimenting the admin work Bel, Katrin & Sheila share. Thank you

More on FNQ Community Exchange aka as LETS in the new year, if you are interested please contact Carol info@permaculture Cairns.org.au

Nomination Form and Proxy Form for AGM

If you wish to nominate a person for a position on the management committee please complete and lodge (email to info@permaculturecairns.org.au) or with a committee member ASAP.

The proxy form is to allow you to vote, if you are a financial member and would like to vote but cannot be at the meeting. The proxy form must be lodged with the Secretary before the beginning of the meeting.

You must be a financial member to vote at the meeting.

The Membership- form is at the end of the newsletter and included the bank account information. PLEASE REMEMBER TO INCLUDE YOUR NAME WHEN PAYING ONLINE or we wont know how you are!!!!!!

PERMACULTURE CAIRNS Inc. 2018 AGM NOMINATION FORM

I hereby nominate Permaculture Cairns member _____
for the position of _____ (President / Secretary / Treasurer / Ordinary)
in the election of office bearers at the Annual General Meeting of the Society to be held on
15TH January 2019 (or at any adjournment of that meeting).

Name of nominee:

Signed by nominee:

Dated: _____ / _____ / 2018

Seconded by: _____

Signed: _____

Dated: _____ / _____ / 2018

I hereby agree to accept nomination for the abovementioned position.

Signed: _____

Dated: _____ / _____ / 2018

PERMACULTURE CAIRNS INC. 2018 AGM APPOINTMENT OF PROXY FORM

I hereby appoint _____ to vote on my behalf as my proxy at Permaculture Cairns Annual General Meeting (or any adjournment thereof) to be held on 15th January 2019. Should the first proxy referred to above be unable to attend the meeting, I appoint _____ as an alternate proxy.

I confirm that I am a financial member of Permaculture Cairns Inc. entitled as such to vote at the meeting. I also acknowledge that should I attend the meeting and vote in my own right, my proxy is automatically revoked.

Name: _____

Witness: _____

Signed: _____

Signed: _____

Dated: _____ / _____ / 2018

Please note Memberships fees for 2019 are due and payable on the 1st January 2019 and you need to be a financial member to vote at the AGM.

Membership form next page

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



Permaculture Cairns

Membership Form 2019

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 Cairns Penny or Online Direct Deposit to Permaculture Cairns A/c at Cairns Penny in Grafton Street. BSB704-966 A/c No. 10009440 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

President:	Jenny McGrath	info@permaculturecairns.org.au
Secretary:	Craig Phillipson	info@permaculturecairns.org.au
Treasurer:	Carol Laing	info@permaculturecairns.org.au
Newsletter	Carol Laing	newsletter@permaculturecairns.org.au
Website:		www.permaculturecairns.org.au