HILLS LOCAL PERMACULTURE GROUP

Volume 2, issue 3 April 2011

IN THIS ISSUE

MAY 21ST EVENT DETAILS

Please note that for catering purposes RSVP required

People Permaculture in the Hills: Café Conversations about Community, Local Economy, Resilience, and more ...

The Hills Local Permaculture will be hosting a 'world cafe' gathering around the theme of local community and economic resilience for its May 21st Meeting.

Peter Kenyon from the hills-based Bank of I.D.E.A.S. will provide a keynote presentation, sharing experiences from his current work around Australia, New Zealand, Canada and elsewhere about local community innovation and creativity in growing local community, local trade, and local resilience.

Following Peter's presentation participants will be invited to take part in some *'café conversations'* with other locals involved in and/or interested in these initiatives for positive futures. Conversation cafes are being used by Chambers of Commerce interested in rural revitalisation, health services, local governments, church communities, gardening groups, business associations and hosted by numerous community groups in all kinds of settings around the world.

The May event aims to host a small and friendly gathering of interested people from the community in general, local sustainability groups, businesses and other community organisations to share ideas, questions and inspiration toward local living economies and flourishing global futures.

The gathering will be held at the Glen Forrest Octagonal Hall (Wildflower Society Hall) in McGlew St, Glen Forrest from 9.30 am - 2 pm on May 21st 2011. Refreshments and light lunch provided. All welcome! - cost is a gold coin or by donation.

Please register for the event on or before May 16th by emailing Silvia or Rosemary - silviarose88@yahoo.com.au.
Telephone inquiries Elizabeth 0431 401 826,
Silvia or Rosemary, 9252 1237.

'The World Café process is a good, simple process for bringing people together around questions that matter. They provide a way for people in communities - friends, strangers, neighbours, families, business owners, children, elders, everyone - to get together in a friendly setting and think toward positive and sustainable futures.'
www.worldcafe.com

'I've never been in a World Café that was dull or boring. People become energized, inspired, excited, creative. Laughter is common, playfulness abounds even with the most serious of issues.'
Meg Wheatley

'To journey through chaos, we must engage with one another as explorers and discoverers. I believe the passage is possible only if we claim these roles. We need to realize that no single person or school of thought has the answer, because what's required is far beyond isolated answers. We need to realize that we must inquire together to find the new. We need to turn to one another as our best hope for inventing and discovering the worlds we are seeking...'
Meg Wheatley

WELCOME TO THE HILLS WORLD CAFE

INSPIRATION AND CONVERSATION ABOUT LOCAL SUSTAINABILITY AND BEYOND

Come and be **inspired by stories** from around the world of **local community innovation and creativity** in growing local economy, local community, local trade, and local resilience. International community economic sustainability presenter **Peter Kenyon** from the **Bank of IDEAS** (bankofideas.com.au) will share experiences from his current work around Australia, New Zealand, Canada and elsewhere about **local living economies**, sustainable livelihood, local currency and other Transition initiatives, Sharehood, Timeshare, local food security, and more...

then

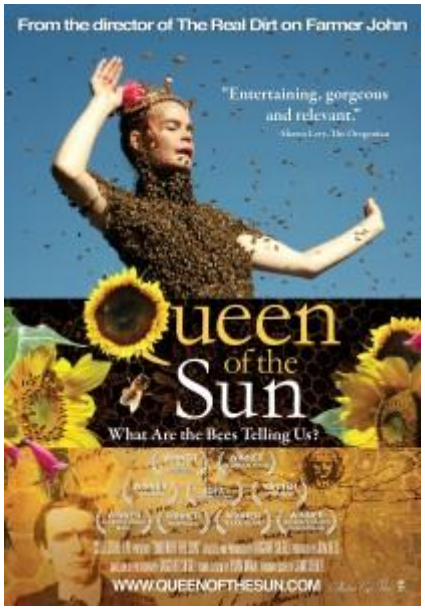
Share a light **lunch** and join some **'cafe conversations'** with other locals involved and/or interested in these initiatives for positive futures. Share questions, connections, ideas, information, listening and action toward local resilience flourishing in Hills communities.

WHEN: **Saturday May 21st 2011**
TIME: 9.30 - 2pm (9.30 for a cuppa, 10am start)
WHERE: Octagonal Hall, McGlew St, Glen Forrest.
COST: Gold Coin Donation

Light Lunch and Refreshments Provided

Please register by email silviarose88@yahoo.com.au
Call Elizabeth 0431 401 826, Silvia or Rosemary 9252 1237 for more information.
www.permaculturewest.org.au/community/local-groups/hlpg

Hosted by: Hills Local Permaculture Group
Graphic from: 'The World Café'



About the film

In 1923, Rudolf Steiner, a scientist, philosopher & social innovator, predicted that in 80 to 100 years honeybees would collapse. His prediction has come true with Colony Collapse Disorder, where bees are disappearing in mass numbers from their hives with no clear single explanation. In an alarming inquiry into the insights behind Steiner's prediction *QUEEN OF THE SUN: What Are the Bees Telling Us?* examines the dire global bee crisis through the eyes of biodynamic beekeepers, scientists, farmers, and philosophers. On a pilgrimage around the world, the film unveils 10,000 years of beekeeping, highlighting how our historic and sacred relationship with bees has been lost due to highly mechanized industrial practices. Featuring Michael Pollan, Vandana Shiva, Gunther Hauk and beekeepers from around the world, this engaging, alarming and ultimately uplifting film weaves together a dramatic story that uncovers the problems and solutions in renewing a culture in balance with nature.

The Story

Queen of The Sun: What Are the Bees Telling Us? is an in-depth investigation to discover the causes and solutions behind Colony Collapse Disorder; a phenomenon where honeybees vanish from their hives, never to return. Queen of The Sun follows the voices and visions of underrepresented beekeepers, philosophers, and scientists around the world, all struggling for the survival of the bees. While other bee films focus exclusively on commercial beekeepers, this film emphasizes the biodynamic and organic communities who have differing opinions from many commercial beekeepers and are overlooked in other films.

The Characters

Queen of the Sun follows colorful, alternative and inspiring beekeepers from all around the globe as they keep bees in natural and holistic ways. From Gunther Hauk in the United States to Massimo Carpinteri in Italy, each has unique philosophical and spiritual insights into their bees and is striving to keep their bees safe from pesticides, and the other causes behind Colony Collapse Disorder. Click here to meet the beekeepers filmed in Queen of the Sun.

The Bee Crisis

In the fall of 2006, newspapers around the United States began to publicize a unnerving phenomenon. Honeybees were a mysteriously disappearing from beehives all around the nation. Dave Hackenburg, a outspoken beekeeper, and the first to raise a stir about the crisis, reported that bees were simply vanishing from his hives. That fall, beekeepers and commercial beekeeping enterprises around the country reported losses of 30% with some beekeepers reporting losses up to 90% of all of their colonies.

Recently, the U.N. released a scientific study confirming that bee decline is a global issue. "Of the 100 crop species that provide 90 percent of the world's food, over 70 are pollinated by bees." The head of the U.N. Environmental Programme warns. "The writing is on the wall. We have to do something to ensure pollination for future generations."

This U.N. report signals a renewed urge for all of us to spread the word about the problems facing the bees in an effort to wake the world up to the systemic problems of industrialized agriculture, beekeeping, and to the ever increasing problem of habitat loss and pesticide use to our pollinators.

Director's Statement

The following are interview responses taken with Director, Taggart Siegel by The Press daily newspaper in Christchurch, New Zealand. Feel free to re-print any and all content from this text.

What drew you to this as a subject matter for a feature film?

I had no idea about the importance of honeybees until I read an article in 2007 that bees were not only so crucial to our environment, but that they were dying out on a mass scale, a phenomenon called Colony Collapse Disorder. The article had a quote attributed to Einstein which scared me enough to get me to pick up my camera and dedicate the next three years of my life to this film. The quote read, "If bees die out, man will only have four years of life left on earth." Even though this quote has been since disputed, it had a lasting effect on me, and the truth is that bees are so vital to our planet that we can't afford to lose them.

How did you find all your interview subjects around the world? In particular how did you choose your NZ subjects?

Many of my subjects were complete surprises and turned out to be very charismatic. There's bee historian Yvon Achard who tickles his bees with his mustache and recites poetry to his bees, Sara Mapelli, who danced with 12,000 bees on her body, and Ian Davies, who likes to go up on his roof-top in Hackney, London where he keeps his beehives and spend time with "his girls". Philip, his step son, who was once the youngest beekeeper in the U.K. names all of the queen bees after the Queens of England.

Coming off of making The Real Dirt on Farmer John, which was about an eccentric maverick farmer, I had a passion to find biodynamic, natural, organic and alternative beekeepers who were doing things differently and had unique insight into many of the possible causes for bee decline across the globe. I focused on biodynamic beekeepers because of a prediction made by Rudolf Steiner who lectured on bees and biodynamic farming. In 1923 he stated that bees would die out in 80 to 100 years due to industrialized beekeeping and over queen breeding.

For the New Zealand subjects, what inspired me was spending the last seventeen years living part-of the year in Pigeon Bay in Banks Peninsula. I wanted to capture the beauty of New Zealand and their long history of beekeeping, including Sir Edmund Hilary, who was a beekeeper. In New Zealand I focused on Warren Thompson and his wife and three daughters from the south island around Hanmer Hot Springs. Warren has a passion for the honeybee, which is so small but creates so much honey. Each member of the family is a beekeeper. The daughters roll beeswax candles to sell at the market to help pay for their ponies. I wanted to capture the close relationship this family has with nature and especially Warren's insights into how to keep bees and nature strong without artificial influences that ultimately weaken the bees. The other great beekeeper was "Big Hands" Roy Arbon, who is an organic beekeeper on the west coast near Punakiki. Roy jokingly says he is a "honey robber" but in his honesty, he has a deep love for his bees and a firm belief that the genetically manipulation of plants and the systemic use of pesticides are really destroying bees. He is worried that many of these neonicotinoid pesticides are already in New Zealand and will cause a lot of harm in the long-term if we don't do something to stop them.

What were the biggest challenges of filming around the beehives?

Believe it or not, often I didn't wear any protective bee gear. I took my queues from the beekeepers and wore what they wore. The challenge is to be calm and peaceful while you have this big black camera with an intimidating looking microphone, that, with the muff on it, that looks like a bear coming in to steal the honey! Bees seem to sense your fear. If a bee landed on me, I would very still and give it time. Still, after being around millions of bees, I did get stung a few times, but as the beekeeper would often say, "It's good for arthritis! Plus, remember, they gave their life to protect their hive!"

What do you think is the biggest challenge facing beekeepers and what can the general public do to help?

The number one problem with agriculture is monoculture, the growing of one crop over vast expanses of land. Monoculture is also the number one problem for the bees. Beekeepers used to keep their bees in one place, now in order to pollinate the food that we eat, beekeepers must load tens of thousands of hives onto semi-trucks and travel from crop-to-crop, sometimes driving thousands of miles in one season. The bees are often fed genetically modified corn syrup, and as Michael Pollan says, "Nothing is more viscerally offensive than feeding the creators of honey high-fructose corn syrup."

We've created a food system that demands of the beekeeper to buy-into this migratory beekeeping because that's where the money is, but the problems we are seeing affect the bees are largely due to this very system. This form of industrial agriculture is very destructive for the bees, who are under great stress from the transport and then are set forth to pollinate crops that have been often been sprayed by pesticides. The bees encounter foreign climates by traveling, they encounter foreign diseases from other bees transported to the same crop, the beehives and chemically treated to fight these diseases, which in turn lowers their immune system, and you are creating a domino effect of problem begetting problem.

Beekeepers are seeing high rates of losses every winter, often double the norm–with some beekeepers reporting losses of 90% of all of their hives. These beekeepers are often stretched thin to meet the demand for pollination from these mega-crops. And the European Honeybee now nearly completely relies on man to survive! There is no longer area for bees to live in the wild in many, many areas and the neonicotinoid pesticides we use on our crops are highly toxic to bees, who have a very limited immune system.

There are many ways we can all help from simply planting a diversity of flowering herbs and wildflowers in our yards and gardens, to writing petitions to congress to ban the use of neonicotinoid pesticides and stop the proliferation of genetically modified plants. Supporting chemical-free beekeeping buy purchasing local, raw, organic and chemical free honey is also a great way you can support a growing movement of beekeepers who are concerned with fighting the decline of the honeybee.

Are you fans of honey and how do you prefer to eat/drink it?

Of course! A teaspoon a day is a wonderful way to start the morning. We love honey, especially Rata honey, Manuka honey from the tea tree in New Zealand which has a great medicinal value and healing properties. Raw honeys are like fine wines, no two are alike. If you can, try eating it straight off the comb.

What was the most alarming/surprising fact you uncovered while making the documentary?

Bees are so mysterious and so full of wonder. I was taken by the nuptial flight, where the Queen flies 600 feet up into the air toward the sun to mate with a whole swarm of drones. This allows her to lay 1500 eggs a day, more than her own body weight in eggs, each day! It's also incredible to think that honey never spoils. They found honey in the tombs of Tutankhamen that is over 2000 years old and still edible.

What is up next for you?

Mushrooms. Mushrooms really are important! Like beekeepers, mushrooms hunters and mycologists around the world are a colorful bunch. Mushrooms are poisonous, like bees, but are very beneficial to the planet. Maybe I'm fascinated with how mushrooms can save the world in their own small way.

Ten things you can do to help bees

Plant bee-friendly flowers and flowering herbs in your garden and yard

Bees are losing habitat all around the world due to intensive monoculture-based farming practices, pristine green (but flower-barren) sprawling suburban lawns and from the destruction of native landscapes. Just planting flowers in your garden, yard, or in a planter will help provide bees with forage. Avoid chemically treating your flowers as chemicals can leach into pollen and negatively affect the bees systems. Plant plenty of the same type of bloom together, bees like volume of forage (a sq. yard is a good estimate).

Weeds cam be a good thing

Contrary to popular belief, a lawn full of clover and dandelions is not just a good thing—it's a great thing! A haven for honeybees (and other native pollinators too). Don't be so nervous about letting your lawn live a little. Wildflowers, many of which we might classify as weeds, are some of the most important food sources for native North American bees. If some of these are "weeds" you chose to get rid of (say you want to pull out that blackberry bush that's taking over), let it bloom first for the bees and then before it goes to seed, pull it out or trim it back!

Don't use chemicals and pesticides to treat your lawn or garden

Yes, they make your lawn look pristine and pretty, but they're actually doing the opposite to the life in your biosphere. The chemicals and pest treatments you put on your lawn and garden can cause damange to the honeybees systems. These treatments are especially damaging if applied while the flowers are in bloom as they will get into the pollen and nectar and be taken back to the bee hive where they also get into the honey—which in turn means they can get into us. Pesticides, specifically neo-nicotinoid varieties have been one of the major culprits in Colony Collapse Disorder.

Buy local raw honey

The honey you buy directly sends a message to beekeepers about how they should keep their bees. For this reason, and for your own personal health, strive to buy local, raw honey that is from hives that are not treated by chemicals. It can be hard to find out what is truly "local" and truly "raw"–and even harder yet to find out what is untreated. Here's a few guidelines: If you find it in the grocery store and it's imported from China, don't buy it. There have been a number of cases recently of chemically contaminated honey coming from China. If it's coming from the grocery store, but it doesn't say the words "pure" or "raw" and you can't read in the description that it's untreated by chemicals, don't buy it. If it's untreated, the label will say, as this is an important selling point. We recommend a simple solution for most people. Go to your farmer's market and shake hands with the beekeepers you meet. There are beekeepers at nearly every farmer's market selling their honey and other products. Have a conversation with them, find out what they are doing to their hives, and how they are keeping their bees. If they are thoughtful, respectful beekeepers who keep their bees in a sustainable, natural way, then make a new friend and support them!

Bees are thirsty. Put a small basin of fresh water outside your home

You may not have known this one—but it's easy and it's true! If you have a lot of bees starting to come to your new garden of native plants, wildflowers and flowering herbs, put a little water basin out (a bird bath with some stones in it for them to crawl on does a nice trick). They will appreciate it!

Buy local organic food from a farmer that you know

What's true for honey generally holds true for the rest of our food. Buying local means eating seasonally as well, and buying local from a farmer that you know means you know if that food is coming from a monoculture or not. This is much easier in the summer when you can get your fresh produce from a local farmer's market. Another option is to get your food from a local CSA

(Community Supported Agriculture) Farm.
(Ed. Note – A huge challenge for beekeepers is to keep their bees in an area where there is no chemical spray within 3 miles, as this is really what is required to guarantee truly organic honey. All the more reason for us all to avoid the use of harsh chemicals.)

Learn how to be a bee keeper with sustainable practices

Look up a local bee association that offers classes with natural approaches in your community and link up.

Understand that honeybees aren't out to get you

Honeybees are vegetarians. They want to forage pollen and nectar from flowers up to three miles from their hive and bring that food back to provide food for themselves and the beehive. Contrary to what the media might have us believe, they are not out to sting us. Here are a few tips to avoid getting stung. 1. Stay still and calm if a bee is around you or lands on you. Many bees will land on you and sniff you out. They can smell the pheromones that come with fear and anger it can be a trigger for them to sting you. 2. Don't stand in front of a hive opening, or a pathway to a concentration of flowers. Bees are busy running back and forth from the hive, and if you don't get in their way, they won't be in yours. 3. Learn to differentiate between honeybees and wasps. Honeybees die after they sting humans (but not after they sting other bees!), wasps do not. Wasps are carnivores, so they like your lunch-meats and soda. Honeybees are vegetarians. For a quick lesson on their differences click here.

Share solutions with others in your community

There are so many fun ways to help and be a voice for the bees. Share about the importance of bees at local community meetings, at conferences, in schools and universities, and on on-line message boards and forums. Let them know about QUEEN OF THE SUN and other great media out there that is in support of the honeybee.

Let your local politicians know what you think

Change has to happen from the top-down as well as from the bottom-up.

Taken from the website
http://www.queenofthesun.com/

More On The Bumblebees Demise

Bumblebees, like our beleaguered honeybees, are in trouble; their populations are crashing. A three year study has documented four species of U.S. bumblebees declining by up to 96% and that their geographic ranges have contracted from between 23% to 87%, some within just the past two decades. The news is grim from the U.K. also where three of the 25 British species of bumblebees are already extinct and at least half of the remainder shows serious declines of up to 70%, since the 1970s.

Australian Honey Better Than Manuka Honey

Honey sourced from an Australian native myrtle tree has been found to have the most powerful anti-bacterial properties of any honey in the world and could be used to treat antibiotic-resistant bacterial infections that commonly occur in hospitals and nursing homes. Australian native myrtle honey has very high levels of the anti-bacterial compound, Methylglyoxal (MGO), and outperforms all medicinal honeys currently available on the market, including Manuka honeys.

UN report into mass honeybee deaths provides no simple solution

A recent UNEP report fails to fully explain the crisis facing honeybees or address its underlying causes

Honeybees account for over 80% of all insect pollination. The recent UN report into mass honeybee deaths fails to explain the crisis. Photograph: Rex Features

It is significant that on the cover of today's Unep report on global honeybee colony disorders is a photo of a honeybee with a varroa mite clearly visible on her thorax. This external parasite, which feeds on bees' circulatory fluid, spreads viral diseases and bacteria from hive to hive, and if left unchecked it will lead to the premature death of bee colonies – and is the most serious threat to the western honeybee in almost every country, say the report's authors.

Yet in 2006 when US beekeepers began to report the disappearance of their bees – a mysterious phenomenon that wiped out more than a third of colonies at its height in 2007-08 and was named colony collapse disorder – no one was interested in this pinhead-sized parasite.

Varroa had already been in the USA for 20 years. A group of US scientists wanted to find a new killer. They identified a number of suspects, many of whom are highlighted in today's report including virulent fungal infections; memory-damaging pesticides applied in the field or used by beekeepers to control mite levels in hives; and poor diet from low-protein monoculture crops. A combination of some, or all of these factors, was creating the conditions, they concluded, that suppressed the bees' immune system.

Five years after honeybee deaths made headlines worldwide and continue to be a problem in many parts of the world, scientists in the US and Europe who collaborated on this report accept that varroa-spread viruses and bacteria are helping to kill weak bees. But climate change and air pollution have been added to the honeybees' ever-growing list of assailants.

Interestingly the report also refers to electric and magnetic fields from sources such as power lines that may be changing bee behaviour. This potential threat was dismissed by the scientific community when I was researching a book about the causes of the honeybees' decline. The role of pesticides was also initially played down. Since then, France, Italy, Germany and Slovakia have temporarily suspended the use of some systemic pesticides because of their implication in bee deaths, but the report makes no mention of what impact this has had. It may be too early to tell or the results are inconclusive. It does however admit that pesticides "can weaken the honeybee's immune system and hamper bees' ability to fight infection". But rather than calling for a ban pending further tests it timidly suggests that farmers and gardeners apply pesticides more carefully or switch to non-toxic methods.

Most significantly, the Unep report does not look at honeybees in isolation but as one of the insects

and animals that contributes €153bn globally by pollinating crops. Taken together it concludes there is insufficient data to demonstrate a current worldwide pollinator crisis.

Yet it points to a potential crisis unless we reverse the loss of habitat and flowers that are threatening wild pollinators such as bumble bees and solitary bees and rightly calls for famers who plant wild flower margins and set-aside land to restore habitats and food for pollinators to be financially rewarded.

But the authors are misguided in their belief that one way to avert a crisis is by conserving populations of wild bees, and even managing them where possible, to compensate for the continual loses of managed honeybees. The wild bees that we expose to pesticide-sprayed fields, monoculture crops and management by humans could all suffer the same fate as our immune-suppressed honeybee. Bumble bees that managed to pollinate tomatoes, for example, suffer from diseases that have spread to wild bumble bees. Until we have tackled and then eliminated the underlying causes of honeybee deaths, substituting one failing pollinator for another will not be a panacea.

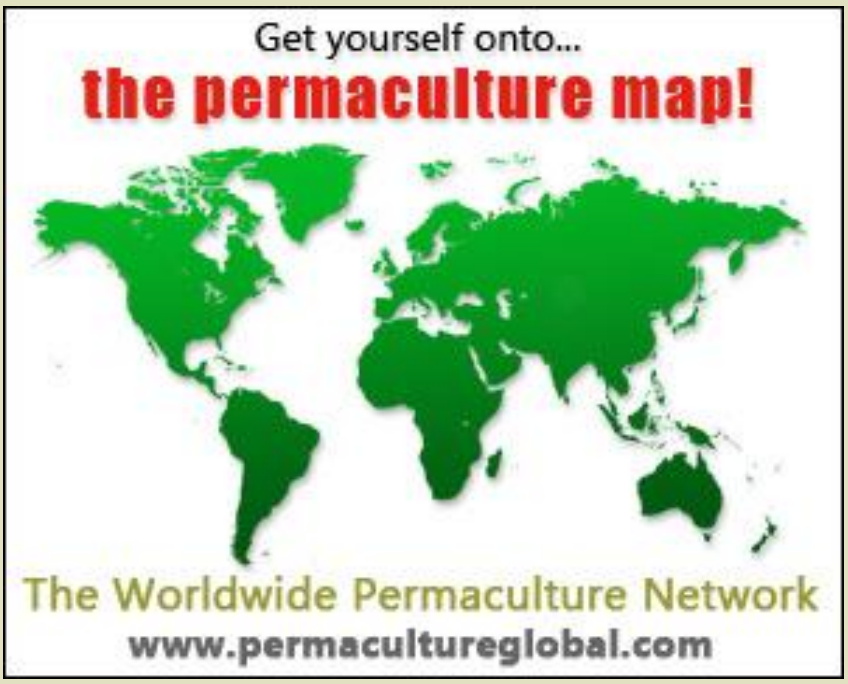
Alison Benjamin
guardian.co.uk, Thursday 10 March 2011 07.00 GMT
Article history

Alison Benjamin is co-author of *A World without Bees*. Her forthcoming book on Urban Beekeeping is published by Guardian books in the summer.

Welcome to the Worldwide Permaculture Network

A shiny new and rapidly growing interactive database that's showcasing the exciting, solutions-based work being implemented by permaculture projects and practitioners worldwide. If you're getting depressed watching current events, this is the site to reinvigorate the mind with real, lasting, holistic solutions for all the problems humanity currently faces. Have a look around, be inspired, and if you're a permaculture practitioner, be sure to register and upload your profile, add your project(s), and network with others to share inspiration, resources and support, and to advertise your services for a brave new economy.

http://www.permacultureglobal.com/



Items from *From the Soil Up* www.fromthesoilup.com.au

Insects Used to Assess Soil Health

In the future, organic farmers may be able to use tiny, wingless insects to help them easily assess the health of their soils. Preliminary research has shown that springtails are good bio-indicators of soil quality. Soil health can be determined by measuring springtail body growth. Results showed that changes in the growth of one-day-old springtails over a period of time "will effectively reflect the relative quality of different soil samples."

And apparently lichen is used the same way to monitor air pollution in US forests.

Diluted Milk

Home delivery grocer Aussie Farmers Direct has taken a swipe at what it described as the inferior milk bottled for retailers such as Coles and Woolworths. It suggests that dairy processors should declare how much of the fresh milk destined for supermarkets is diluted with filtered byproducts from cheese production. Permeate is a byproduct of milk processing in which proteins and minerals are separated from the milk sugar and milk solids.Using what was regarded as a waste product of milk processing, especially when making cheese, made it cheaper for the bigger companies to produce.

Raising Acceptable Radiation Levels

If we have a nuclear crisis and radiation is leaking everywhere and we want to resolve it - here's the perfect solution... RAISE the acceptable Radiation Levels so that its no longer a crisis! Some suggested changes to the US Federal Register include: a nearly 1000-fold increase for exposure to strontium-90; a 3000 to 100,000-fold hike for exposure to iodine-131; and an almost 25,000 rise for exposure to radioactive nickel-63. Once the EPA publishes the changes in the Federal Register, it is a done deal. EPA deliberations are not discussed in public or debated in Congress. There is only a public comment period *after* the new PAGs are published.

The Rice With Human Genes

The first GM food crop containing human genes is set to be approved for commercial production. The laboratory-created rice produces some of the human proteins found in breast milk and saliva. Its U.S. developers say they could be used to treat children with diarrhoea, a major killer in the Third World. the U.S. Department of Agriculture has already signalled it plans to allow commercial cultivation.

"...it is estimated that Australians currently **flush more than 6 million trees down the toilet each year!** We can all help our environment and wildlife simply by choosing recycled toilet paper."

GMOs Linked to Organ Disruption

A new paper shows that consuming genetically modified (GM) **corn or soybeans** leads to significant organ disruptions in rats and mice, particularly in livers and kidneys. The report, published in *Environmental Sciences Europe* on March 1, 2011, confirms that "several convergent data appear to indicate liver and kidney problems as end points of GMO diet effects." The authors point out that livers and kidneys "are the major reactive organs" in cases of chronic food toxicity.

Engineered Nano Materials

Manufacturers are not required to label products containing ENMs, and there seems to be a recent trend toward dropping voluntary references to such ingredients from packaging, websites, and other publications. In some cases "manufacturers will either just use the name of the chemical without stating whether it's at the nanoscale or not, or they'll use words like 'micronized,' so it's hard to work out whether it's nanoscale." The upshot is that consumers are largely in the dark about whether the products they use contain ENMs.

Loss of Biodiversity and Patenting

Food crops were deliberately excluded from patenting on moral grounds. In 1978 a patent on a genetically engineered microbe did go through for the first time. This opened the floodgates for genetic engineering where companies like Monsanto now have the power to own and control the species of the earth.

Criminalising 1000s of Plants

Legislation being proposed in Australia would criminalize most permaculturists, farmers, gardeners, nurseries and bush regenerators by banning any plant that contains DMT – a naturally-occurring hallucinogen. Many of these are common garden plants that honest, law abiding citizens have legally grown for as long as they remember - but it also includes some native plants such as wattle.

Secretly Privatising Water

Senior executives of 16 North American companies are descending on Bengaluru, India in a "Water Trade Mission" initiated by the U.S. government's commercial service arm. Their purpose is to "tap the $50 billion Indian Water Market." The mission is cloaked in secrecy. The U.S. Commercial Services office in Bangalore has told us that Indian citizens are not allowed to have any information pertaining to the mission...Though the objectives of the visit were put on the U.S. commercial services website more than three months ago...

QUESTION:

Which well known member of the HLPG appears in Spice magazine Autumn 11 issue in an article titled *The Auld Triangle* (p.62)?

Green tea helps with Urinary Incontinence study finds

COLLABORATION between Curtin University and the University of Tokyo has found green tea (*Camellia sinensis*) may prevent Urinary Incontinence (UI) in older women.

"We also investigated the effects of black tea and also coffee and we found the relationship between these other beverages was weak or not significant – unlike green tea." —Prof Lee

The study, directed by Professor Andy Lee of Curtin's School of Public Health, interviewed a cohort of Japanese women aged between 40–75, and collected data on their dietary habits and medical conditions.

"We found that those women who have a higher intake of green tea have a significantly reduced risk of getting UI," Prof Lee says.

"We also investigated the effects of black tea and also coffee and we found the relationship between these other beverages was weak or not significant – unlike green tea."

The study pointed to a specific type of polyphenol, epigallocatechin gallate (EGCG) as the possible 'active ingredient' in lowering instances of UI in the cohort. Previous studies have found EGCG could also have an inhibitory effect on urinary stone formation.

UI is a significant problem for older women, with up to 35% of women over 60 years suffering from the condition. Obesity, smoking and childbirth can contribute to the condition, but for many it is simply a sign of aging.

"A lot of the older women tend to believe this [UI] is part of the ageing process, they tend to think 'oh well don't worry about it, it's a part of ageing'," Professor Lee says.

"They may not know this is actually a treatable condition and also can be preventable as well."

According to Prof Lee, the effects of the study may be difficult to replicate in Australia due to the difference between average Japanese and Australian diets.

"In Australia, unfortunately the green tea consumption is not high; people will predominantly drink coffee and black tea.

"There is also literature suggesting the effect of black tea and coffee is actually the opposite of that than green tea – the high caffeine content has diuretic effects that actually make the situation worse."

According to the Australian Continence Foundation, up to 77% of Australian nursing home patients are affected by UI. With an aging population, UI is likely to be a growing problem for older people and health care providers.

According to Prof Lee, the findings are strong enough that Australians may benefit from introducing more green tea into their diets.

Written by Tegan Thorogood
Thursday, 21 April 2011

On a recent trip to Melbourne we went to a couple of Melbourne community gardens and took some photos—next few pages.

Veg Out was a vibrant and colourful garden full of little nooks and crannies. Each plot had a mailbox. As we walked around we could hear the screams of kids on the rides in Luna Park next door. Very surreal.

CERES had its organic market happening when we were there. The nursery was full of an interesting assortment of plants and the café was packed full of people enjoying a warm Saturday morning in Melbourne.

Check out the photo above that I took of the busker that we saw playing down at Veg Out.

The signposts from the Veg Out gardens—photo taken from the Veg Out web site.

Quote

The Dalai Lama, when asked what surprised him most about humanity, answered

"Man.
Because he sacrifices his health in order to make money.
Then he sacrifices money to recuperate his health.
And then he is so anxious about the future that he does not enjoy the present;
the result being that he does not live in the present or the future;
he lives as if he is never going to die,
and then dies having never really lived."

VEG OUT

Community Gardens St Kilda

Veg Out is an organic, chemical free garden run by volunteers. Formerly a lawn bowling green, the land Veg Out is situated on is administered by the local council for the State of Victoria, and has been permanently reserved for public use since 1881. They have over 140 plots, where members, friends, families and community groups enjoy getting their hands into the soil. Many have little or no gardening experience, but they soon learn as advice, seedlings and friendships are readily shared.

A commitment to a sense of community, conservation and organic gardening principles underpins all activities on the site. Related endeavours include the monthly Veg Out St Kilda Farmers' Market and water conservation initiatives in association with South East Water.

Unlike most community gardens in Melbourne, Veg Out lacks rigid barriers between common land and each plot; the paths curve and meander; flowers, vegetables and artworks have equal standing; the rabbits, chickens, budgies and quails add yet another dimension; and the friendships that have sprung up between gardeners, artists and visitors make the gardens an oasis of calm in one of Melbourne's busiest tourist precincts.
A very fertile and creative place.

http://www.vegout.asn.au/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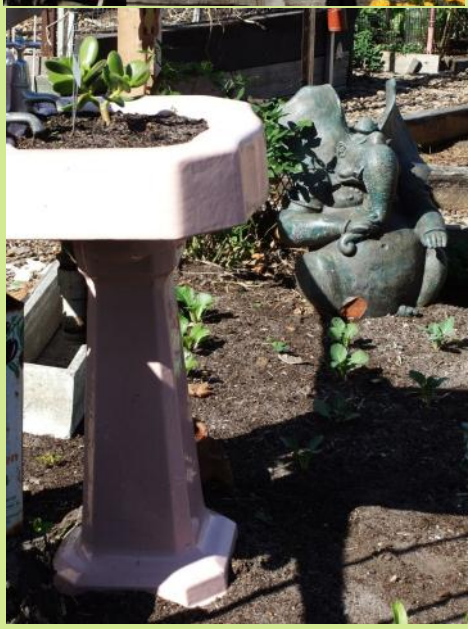

CERES - Centre for Education and Research in Environmental Strategies, is an award winning, not-for-profit, environment and education centre and urban farm located by the Merri Creek in East Brunswick, Melbourne.

Built on a decommissioned municipal tip that was once a landfill and wasteland, today CERES is a thriving, vibrant community. Over 300,000 people visit CERES each year. Many more connect with us through our innovative program taking sustainable education directly to schools across the State.

CERES Organic Farm, Market, Shop, Co-ops and Café and Permaculture and Bushfood Nursery are unique social enterprises that offer new solutions and ways to combat climate change.

Community groups such as the Bike Shed, Community Gardens and Chook Group that call CERES home are also vital to CERES culture.

All waste and water on the site is recycled and much of the site is powered by renewable energy such as wind and solar.

CERES is now working towards making the site completely carbon neutral by 2012.
http://www.ceres.org.au/

Creating garden settings to enhance connection to nature

We all need access to peaceful garden spaces;
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Spaces where our senses are enlivened
– listen to birds, smell the air and plants;
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Connection to nature especially through time spent outdoors is essential to our health and well-being, particularly our mental health.

Ruth Balding, a Hills resident, designs rammed earth garden settings.

"Choice of material is important and natural materials like gravel and limestone are perfect for rammed earth. These products suit both the Hills and Coastal Plain. A wide range of artistic elements can be incorporated into rammed earth to create unique features."

"In my own garden I've used curved seating and walls or panels that I like to call 'landscape sculptures'. These walls both comfortably enclose and define the space and in addition showcase artistic elements. Another benefit of the wall is to obscure anything within view deemed to be 'ugly'."

"As the designer, I want functional designs that invite you to spend time in the space. As these settings are inspired by the natural environment the result is a space that feels good and lifts the spirits."

"Not all people realise the impact of the built environment on our lives. Poor home design with inadequate natural light and spaces that instead of embracing us make us feel lost and lack of natural elements disconnect us from the natural environment. As a consequence depression and unhappiness are prevalent in our society."

"Beauty and design have always been important to me. The natural environment inspires my design and in turn the garden settings I design allow people to connect back to nature."

If you are interested in looking into a design for your property, Ruth may be contacted on

M: 0439 968 931

T: 9298 9939

E: rumaba9@gmail.com

Contentious Perspectives on Weeds

The permaculture movement has long been criticised for its approach to environmental weeds. Debates also rage within the movement itself, and perspectives vary widely. Some like David Holmgren are quite outspoken in their defense of certain declared weeds for their landscape repairing properties. It was brave then of the Weeds Society of Victoria to invite Holmgren and others with equally provocative and interesting views to present at their 45th annual meeting and seminar series entitled Contentious Perspectives on Weeds, which took place last month. I was lucky enough to attend, so I'll give you a blow by blow run down and offer a few thoughts on reconciling the most extreme views.

Firstly however, I should say that for me, the most memorable part of doing my Permaculture Design Certificate was seeing the Spring Creek Community Forest in Hepburn Springs, managed by David Holmgren, Su Dennett, their goats and their neighbours. It is a long stretch of degraded but beautiful gully filled with a mix of native and exotic species, peppered with useful species like black walnut, apples, cherry plums, cricket bat willows, californian redwoods, next to grey box and other natives on the dryer slopes. The once fertile creek flats were stripped back to bedrock gullies and denuded piles of mullock heaps during the gold rush. It was subsequently colonised by blackberries, which became a fire risk for the houses adjacent. Without funding, and using the processes of observation, succession and selective planting, David and his neighbours seem to have created a fire-retardant, productive commons, one that is rebuilding the fertility in the denuded gully. That non-indigenous species were welcome to help achieve this goal seemed shocking to me, but somewhat liberating too, when I understood the processes of succession of which they were a part.

Adam Grubb holds up some shepherd's purse on an edible weeds walk
Photo: Phuong Le

For the last six years I've been learning about and teaching people about edible and medicinal weeds (The Age carried this story about it a few years ago). Edible Weeds Walks have proven probably our most popular short course at Very Edible Gardens. On the walks I always, cautiously, talk about ecological perspectives on weeds as often valuable pioneers of disturbed soils, and it's a topic which meets with much interest and surprisingly little resistance given how deep anti-weed thought runs though our culture. So with that as an introduction to what has formed my perspectives coming into the conference, here's a report from it.

Around 50 people made their way to the city fringe location of the DPI offices in Attwood, Victoria where a broad ranging and passionate collection of presenters gave perspectives on weeds from the realms of psychology, culture, permaculture, beekeeping, biofuels, edibility, art, ecology, and even military strategy.

John Dwyer who has recently completed a PhD thesis, *Weeds in Victorian Landscapes*, presented a paper on *Weed psychology and the War on Weeds*. He quoted Professor William Stearn in the 1956 Journal of the Royal Horticultural Society:
Taken as a whole, weeds are not so much a botanical as a human psychological category within the plant kingdom, for a weed is simply a plant which in a particular place at a particular time arouses human dislike...

Dwyer questioned why "fear and loathing" have become widespread in our approach to weeds. One thread of investigation was tracing the heritage of the weed concept to our desire for control and cleanliness, and notions of dirty pollutants in contrast to virtuous crop or native plant cleanliness.

The concept of pollutants are deep human concepts which exist in all studied cultures. Dwyer suggested that emotive language reflects and compounds fear and anxiety towards weeds. While he acknowledged many actual cases where this is justified especially in agriculture, he said the language makes it difficult to see scientific, unbiased views on the ecological roles and impacts of exotic species. Terms like 'noxious', 'feral', 'alien', and 'invader' are examples. Facilitator Brendan Roughead in part-jest asked how our perspective might change if we referred to exotic weeds as "new Australians."

Dr Paul Downey from the University of Canberra presented next on *The plant invasion processes, and understanding the impacts of plant invasions*. It was an impressive distillation of what seemed an uncountable number of his own published papers and field work. He questioned: if this is a war on weeds, where are the achievable goals, where are the strategies, and where is the information gathering and feedback needed to proceed successfully? Often he said the unstated goal is complete eradication of a species, when this is not even remotely possible. He said, "We need to achieve something as a result of the killing. Not just killing per se." He presented on some of his own work with Bitou Bush, and offered ways to both judge the impact on biodiversity a weed has, decide strategically on areas to focus on, choose achievable goals, and report on the outcomes in a standardised, statistical way. He also mentioned what was for me one of the most memorable parts of the conference, the Von Manstein Matrix, but you'll need to Google that!

Permaculture co-originator David Holmgren presented on the topic *Weeds or wild nature? A permaculture perspective*. It was the broadest and most difficult to summarise presentation, which took the major influences on his development of permaculture and perspectives on weeds: limits to growth and the topic of global oil peak, indigenous perspectives on nature, 19th century economic botany, Howard Odum's ecological systems thinking, and his own work studying native ecosystems of Central Victoria (published in *Trees on the Treeless Plains*). He emphasised that weeds are adapted to disturbance, and "almost all 'weed invasions' occur in a context of human disturbance to a greater or lesser degree." He referred to weeds performing the role of ecological pioneers, stabilising soil and water resources, and providing habitat while other longer lived species become established.

He said, in the context of human disturbance and climate change, "many exotic species have greater potential to better stabilise soil and water resources than locally indigenous species." Holmgren showed the results of some of his own work in Spring Creek, as mentioned above. Holmgren referenced recent scientific papers on "novel ecosystems" and "conciliation biology" (eg. 1, 2, 3, 4), which echo his own view that new ecosystems composed of mixed indigenous and exotic species are of value and interest. He believes they can serve as models for sustainable perennial agriculture since novel ecosystems are easier to understand than long co-evolved ecosystems, where more details in plant/fungi/animal/microbe interactions are specialised and obscure.

David Severino, Chairperson, Victorian Apiarists' Association Melbourne, presented next on *The place of weeds in the honey industry*. He listed capeweed, clover and many other weedy species as essential to his personal beekeeping business and to the industry in general. Bees are required for pollinating a large percentage of the global food supply, and without weeds providing a varied diet and emergency food supply when crops fail to flower, he believes the industry could not do this effectively. By the way of one example, the industry would have lost thousands of colonies in the almond crops this year, were it not for weeds. Blackberry, Patterson's Curse and Blanket Weed honeys are also highly sort after by consumers for their flavour.

Graeme Allison of the DPI presented Bruce Shelley's paper based on their joint research on Some issues associated with the introduction of weedy species as biofuel crops. Echoing David Holmgren, he said that the end of cheap energy is coming, and that energy security is a rapidly emerging issue. In order to produce large amounts of biomass for first and second generation (which includes the use of woody plants) biofuels, his project needed to look at fast growing, easy to propagate, locally adapted species: ie. plants with the potential to naturalise. He presented their research into the

likely ranges of 30 plants with biofuel potential. The research looked at both current and projected climatic conditions in 2050, as part of their risk assessment. He suggested that some declared weedy species such as Arundo donax (Giant Reed) can be grown with minimal risk in many areas.

Sydney-based artist, Diego Bonetto presented on *Nettle, dock, dandelion and wild fennel: environmental weeds or environmental belonging*. Diego's weedyconnection.com website highlights edible and cultural uses of weeds. His presentation covered the connection people from different cultures in Australia can have with weeds, which in many cases are the same plants as found their countries of origin. Diego talked about people from both Australian rural and international heritages using weedy species as food plants, and of different ways of interacting with nature from the Anglo-Celtic traditions. He noted that some of this activity is actually illegal, where transporting of declared noxious weed material as food is involved, and went so far as to question if any plant should be illegal.

Geoff Carr of Ecology Australia and the Invasive Species Council finished the conference with a presentation entitled *Conflicts in weed management: under what circumstances should we tolerate 'beneficial' invasive plant species?* He earlier characterised David Holmgren's presentation as "human-centric and old testament." He called for better quantification of weed control outcomes and better monitoring. He echoed Paul Downey's message that intelligent strategy was often missing in weed management, describing some of the War on Weeds infantry as something of a "Dad's Army". Whereas Downey had earlier questioned the concept of "sleeper weeds" – a War on Weeds parallel to terrorist sleeper cells – Geoff inferred they are certainly real, and "it's the people that should be noticing them who are asleep." While he mentioned some cases of wildlife being dependent on naturalised weeds, he said we must take a "guilty until proven innocent" approach to weeds and apply the precautionary principle. He said the impact of weeds in Australia has been catastrophic environmentally and economically. Carr said he would continue fighting this destruction even if "there is only one square metre left".

Diego holds up some salsify
Photo: Adam Grubb

One core philosophical divide in the conference was most readily seen between David Holmgren on one hand, and Geoff Carr on the other. Carr is driven by conservation, Holmgren by creating sustainable human ecosystems. Carr puts the needs of native plants and animals first and foremost. Holmgren focuses first and foremost on limiting environmental impacts at home and in the local community through productive and sustainable use of landscape. Carr sees invaded, mixed ecosystems as catastrophes, a process which is happening constantly, even as we sleep. Holmgren is interested in what happens after invasion, in learning from these ecosystems and using the lessons to design novel ecosystems which provide for human needs.

They both have obviously worthy and hugely important goals. Since conservation says nothing about human needs, we are forced to look at it in a larger framework. If we can, as Holmgren claims (his family produce most of their own food from their own 2.5 acre property), produce for more of our needs in low input and zero pollution permaculture-styled systems, then our systems of production themselves would be biodiverse and provide ecosystem services. From the perspective of a conservation agenda, they lower our ecological footprint, freeing up agricultural land for use by wildlife and native plants. They also produce less CO_2 and pollution. To me it seems that the view of permaculture as "human centric" might reflect a blind spot to how one's own clothes, one's food, one's house, one's transport is produced and fuelled. If it is not from a sustainable system, then it directly and indirectly contributes to destruction of habitat.

Holmgren's goal of sustainable human ecosystem presupposes that humans are not inherently de-

structive to nature. The conservation agenda, in isolation, has the danger of suggesting the opposite. If humans – and invasive species – are inherently destructive, and inherently separate from nature, there is no hope for conservation short of human extinction and exotic species eradication. Since the former is politically unpalatable, the latter often unachievable, this would seem a defeatist agenda, resulting in tragic-heroic visions of saving the "last square metre" of untarnished native ecosystems.

That doesn't really answer the question of whether invaded ecosystems represent an unmitigated ecological catastrophe or that they might have value as "novel ecosystems". Does this merely come down to our perspectives – is it a psychological categorisation? Or can we select a set of indicators – such as soil loss, carbon capture, water quality, native and overall biodiversity, value to endangered species, perhaps value to beekeepers and sustainable human sustenance, and so on – and monitor these novel ecosystems with the rigour of Paul Downey's work? That would seem to be a way forward.

In terms of practical strategies, Holmgren in his conference paper offers these important caveats:

> *In highlighting the positive aspects of naturalised and migrant plants to balance what I believe is an anti-ecological and damaging orthodoxy, I don't want to give the impression that I believe no caution is required in introducing new species. In my teaching of permaculture I have always emphasised the distinction in power and potentially problematic introduction to new environments of animals (especially vertebrates including fish) compared with plants. Clearly top predators are the most problematic of all introductions.... I also distinguish between introduction in radically modified environments and relatively pristine environments....*
>
> *In Trees On the Treeless Plains: A revegetation manual for the volcanic plains of central Victoria (1994) I used a hierarchy for species selection in broad acre farm revegetation and tree planting; Use a local indigenous species in preference to an Australian native species, in preference to an exotic species. However, the multifunction nature of species selection in permaculture, often means locally indigenous or even Australian native species will not do the job. For example, in many environments, shelterbelt designs may require deciduous species to avoid long winter shadows over crops. Additionally, a need for fire retardant and animal fodder species would lead to well proven exotics such as elms and oaks while no Australian species can match these criteria (in central Victoria).*

It was certainly a highly engaging conference. So broad were the perspectives it felt like the first and certainly not the last words on the topics for the group. Much credit must go to the Weeds Society of Victoria for their bravery and particularly the organisers, who included Rodney Jones, Ros Shepherd and James O'Brien, and to Brendan Roughead of the DPI who did an excellent and difficult job as facilitator concluding and summarising the major points and themes of the day, and to all the thoughtful and knowledgeable presenters who put themselves into a potential firing line. Thanks must also go to the participants who were passionate yet respectful in their interactions on what are indeed contentious and equally important issues.

Proceedings will be published in Plants Protection Quarterly:
www.weedinfo.com.au/ppq_home.html

by Adam Grubb May 7, 2011
From the Permaculture Research Institute of Australia
http://permaculture.org.au

Adam Grubb is a Director and permaculture designer with Very Edible Gardens in Melbourne Australia. He's currently working on an edible weeds booklet which will be available through the Very Edible Gardens website in a few months. http://www.veryediblegardens.com/

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On the Orchard

Come and check out what's in season on the orchard (pear & apple harvesting are in full swing as well as quince and late plum varieties).
Visitors to the cider house tasting room can also take home bags of freshly harvested organic fruit from the orchard, or purchase some of our jams, chutneys and preserves - we're got some great new varieties. With Mothers Day creeping up on us, there are some great gift ideas.

We hope you'll come join us to unwind at 'The Core' which will no doubt blossom into one of the regions must visit tourist destinations, so be sure to put us on your itinerary when you next visit the Perth Hills.

Contact:
Emily Lyons: 0417 954 715 for more info
emilylyons@highvale.com

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Hills Sustainability Group

David Suzuki Coming to the Hills in May

How do you take the life of an iconic Canadian, the sum of his knowledge and wisdom and summarise it in a 90 minute film? This has been done with ***"Force of Nature: The David Suzuki Movie".*** The film interweaves scenes from the places and events in Suzuki's life with his philosophy of living over the past 70 years. Winner of the Toronto International Film Festival 2010, People's Choice Documentary Award, the film has been described as "Smart, fascinating, articulate and compelling" (Now Magazine).

The Hills Sustainability Group is proud to be able to bring this to the Hills. **Monday May 16, Octagonal Hall, McGlew Road, Glen Forrest. Doors open 7pm for 7.30 start.**
Light supper will be available after the film.

A donation of $5 per adult to cover costs is requested, children are free

Links

Biodynamic

Biodynmics2024—biodynamic farming and gardening in Australia
http://biodynamics2024.com.au/

Eden Valley Biodynamic Farm Dumbleyung in southern Western Australia
http://www.edenvalleybiodynamic.com.au/

Highvale Biodynamic Orchard – Pickering Brook
http://www.highvale.com/home.html

Bushtucker

Bush Food Network
http://www.bushfood.net

Bush Tucker Plants
http://www.teachers.ash.org.au/bushtucker/

Yelakitj Moort Nyungar Association
http://www.nyungar.com.au/bushtucker.html

Community Gardens

Australian City Farms and Community Gardens Network
http://communitygarden.org.au/

Glen Forrest Community Garden
http://groups.google.com/group/glenforrestcomgarden?hl=en

Growing Communities WA
http://www.wacgn.asn.au/

Compost and Soils

Eureka Organic Compost
Address: 4040 West Swan Rd, West Swan, WA, 6055
Phone number: (08) 92745526

From the Soil Up
http://www.fromthesoilup.com.au/

Green Life Soil Co.
Family business promoting the practical use of Permaculture and Organic Gardening. They have developed several specialist soil mixes designed for improving Perth's impoverished soils

http://www.greenlifesoil.com.au/index.htm

178 Farrall Road, Midvale WA
Trading hours: 8:30 am – 5:00 pm. Closed Wednesday.
Ph: 9250 4575

Links *(cont.)*

GroundGrocer.com Earth Supplies ***NEW***

Online shop for composting products, compost tea brewers, monitoring equipment, microscopes and bioactive soil additives - everything you need to put the life back in your soils.
http://www.groundgrocer.com

Herbs

Dipaunka Macrides—Living as a Herbalist
www.theherbalist.com.au
www.groveofpan.com.au
Mobile: 0412180796

Plants for a Future – edible, medicinal and useful plants for a healthier world
http://www.pfaf.org/index.php

The Amazon Plants – Tropical Plant Database
http://www.rain-tree.com/plants.htm

Nurseries

Tass1Trees – specialising in fruiting plants – Fruit Trees
http://www.tass1trees.com.au/

Zanthorrea Nursery
http://www.zanthorrea.com/

Organics

Aussie Organic Gardening – a gardening blog by Lyn Bagnall
http://aussieorganicgardening.com/

Mundaring Organic Growers
http://www.mundaringorganicgrowers.net/

Nutritech Solutions – products for organic gardening
http://www.nutri-tech.com.au

The Green House Organic – provides organic seedlings
www.thegreenhouseorganic.com

The Organic Growers Association of WA – some good links and information
www.ogawa.org.au

Vital Organics ***NEW***
WA distributor of Natrakelp, located in Darlington. Natrakelp is a liquid seaweed for plants, animals and soil conditioner.
http://www.vitalorganics.net.au/

Permaculture / Living simply

City Farm
www.cityfarmperth.org.au

Down to Earth—preparing for the future by relying on the past
http://down---to---earth.blogspot.com/

Fremantle Environmental Resources Network (FERN)
www.fern.org.au

Hills Local Permaculture Group
http://permaculturewest.org.au/hlpg

Peacetree Permaculture & Edible Landscapes (PPAEL)
http://www.peacetreepermaculture.com.au/

Permablitz Melbourne
http://www.permablitz.net/

Permaculture Design – Pathways to Sustainable Living
http://www.permaculturepathways.blogspot.com/

Permaculture Power – spreading the permaculture word
http://permaculturepower.wordpress.com/

Permaculture Research Institute of Australia
www.permaculture.org.au

Dr Ross Mars - permaculture Designer, Teacher, Author, Consultant.
Candlelight Farm and Candlelight Trust
www.cfpermaculture.com / www.redplanetplants.com

Water Installations and Greywater Reuse Systems - greywater and rainwater tank installations, manufacturer and consultant.
www.waterinstallations.com / www.greywaterreuse.com.au

Sustainable Agriculture Research Institute – Jeff Nugent
www.permaculturepplants.net

Sustainable Alternatives – Bernie and Rose Elsner's web site
www.sustainablealternatives.com.au

The Worm Shed – information about worms and worm farms
www.wormshed.com.au

Recycling

There is an email list for locals to pass on unwanted items or to find items all for free — Mundaring Shire Freecycle. You have to join the yahoo group to be able to post and receive notices.
http://groups.yahoo.com/group/FreecycleMundaringShire/

Seed Savers

Diggers Club—heritage seeds
www.diggers.com.au

Seed Savers' Network
http://www.seedsavers.net/

The Drylands Permaculture Nursery and Research Farm
http://www.permaculturenursery.com.au/

Yilgarn seeds in Geraldton
Part of Seed Savers Network

Suppliers

Greenway Enterprises
Horticultural, landscape and landcare tools and equipment
21 Tacoma Ct, Canning Vale WA 6155 (08) 6258 0333

Landmark – wide range of products, including multigrow
32 Farrall Road, Midvale WA
http://www.landmark.com.au/

Sustainability

Environment House—Bayswater
http://environmenthouse.org.au/index.php

Perth Solar City
www.perthsolarcity.com.au

Miscellaneous

A Frog Pond
http://afrogpond.com/

Eastern Metropolitan Regional Council
www/emrc.org.au

Ecological Agriculture Australia Association
http://www.ecoag.org.au/www/

Silver Tree Steiner School
http://silvertree.wa.edu.au/index.php?option=com_frontpage&Itemid=1

Slow Food - WA
http://slowfoodperth.org.au

Soul Tree Organic Store and Café
Shop 6, 3-5 Railway Parade, Glen Forrest
http://www.thesoultree.com.au/index.html

Swan Hills LETS System— Local Exchange Trading System
http://swanhillslets.org/public/

HLPG

Contact us

Silvia and Rosemary

Email:
silviarose88@yahoo.com.au

Subscription to mailing list

If you wish to **subscribe** to the HLPG mailing list please send an email to us with the word "*subscribe to newsletter*" in the subject heading, and provide your full name and brief message.

If you wish **to be removed** from this email list, please send an email to us with "*unsubscribe*" in the subject heading

Permaculture West

Permaculture Association of Western Australia (PAWA)
http://permaculturewest.org.au/home

Hills Local Permaculture Group (HLPG)

The Hills Local Permaculture Group meets on the 3rd Saturday of the month, 9:30 for 10:00 start and finishing at 12:00.

The HLPG meets at the Silver Tree Steiner School in Parkerville.

Please bring a small plate of goodies for morning tea and a spare mug if you have one.

If you are interested in joining in, or have questions or suggestions, please contact Silvia or Rosemary
by e-mail silviarose88@yahoo.com.au

Web: http://permaculturewest.org.au/community/local-groups/hlpg

The HLPG meets at the
Silver Tree Steiner School in Parkerville

The school is at **69 Beacon Road in Parkerville**.

If you are coming via **Great Eastern Highway** then turn into Seaborne Street (which becomes Byfield St and then Roland Rd).

If you are coming via **Toodyay Road** then turn into Roland Road.