

Hills Local Permaculture Group

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**NEXT MEETING—
SATURDAY 15TH
MAY**

Make Black Gold
compost

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

If you have any seed-
lings to spare please
bring these for the
children's garden
project

Volume 1, issue 2

April 2010



We are ONE!

The Hills Local
Permaculture Group
is now **one year old**.

The first meeting was
on 6th April, 2009 at
Joy and Jim's house.
Ten people attended.

One year later and the
group is going strong.
We have increased
our membership and
have formed a rela-
tionship with the Sil-
ver Tree Steiner
School in Parkerville
helping them with
their school garden in
exchange for using
their facilities for our
monthly meetings.

We envisage further
workshops, projects
and visits to other
permaculture sites for
this year.



The garden beds have been prepared for planting and the
fruit trees have a new home.



What happened at the HLPG April get-together?

This month we held our first workshop with a presentation from Dipaunka, the herbalist. Dipaunka has recently moved to Gidgegannup from Fremantle, so our group was fortunate to have him talk to us. He enthralled the group with his knowledge of all things herbal. In this newsletter is an article written by Dipaunka, as well as some resources that were mentioned during his talk.

After morning tea HLPG members worked hard to clear the vegetable tanks and top them up with new soil. New pots were prepared for the fruit trees and the fruit trees were transplanted.

The school now has eight fruit trees:

- Peach *O'Henry*
- Orange
- Kaffir Lime
- Orange
- Cumquat *Orange Dashquat*
- Lemon *Eureka*
- Orange *Washington Navel*
- Mandarin *Ellendale*

Sharryn and Ken searched high and low for a safe compost container. They finally found something suitable and Ken put it together from bits of screen doors. All is now ready for making the compost at the next gathering.



Above: The HLPG members hard at work

Middle: The compost ingredients awaiting the next meeting

Bottom: Ken hard at work filling the garden beds with soil

Silver Tree Steiner School Open Day

The school's annual open day this year will be on Sunday, May 16th, between 10am and 3pm. This is an opportunity to share with anyone interested in the wonderful teaching and learning that happens in our school. There will be items performed by the children, the classrooms will be open to show the children's work and teachers will be available to discuss how the Steiner curriculum is implemented as the children progress through the years. They will also be conducting tours throughout the day which give

a total picture of how Steiner teaching is delivered from kindergarten through to Class 6.

We are now seeking expressions of interest from stallholders. If you would be interested in having a stall at our open day, please get in touch with Carol via email at: craftynz05@yahoo.com.au or phone 040 496 3779 for further details.

Written by Carol Baines, Teacher, Silver Tree Steiner School

What will be happening at HLPG get-togethers?

May's activities ...

We will be doing some learning activities in the school garden

Bring your gloves, sunscreen, water and a hat.

- Helen will be showing us how to make compost using the Black Gold compost recipe.

The next few workshops ...

- We will be creating a propagation space for students to raise seedlings to sell at Market Days and to use in the garden.
- For June—a talk by Ralph Darlington from the Mundaring Organics Group (OGAWA).
- For July - a cooking class presented by Jas from Soul Tree Café using fresh produce from the garden.
- For August—a talk by Peter, an Apiarist, about beekeeping and making honey.

And there is more to come ...

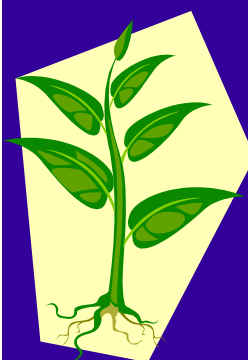
- Create an Indigenous cottage garden area—with advice from an Indigenous plant expert.
- Creating a new worm farm so that the students can use the worm juice on the vegetable garden.
- Make homemade liquid fertilizer from weeds, etc.
- Start medicine garden—bush medicine and herbal medicine garden. We will be running workshops on herbs and bush medicine, as well as bush tucker.
- Workshops will be run at our new venue.

If you have any suggestions or ideas for field trips, workshops and activities please do let us know.

All suggestions are greatly appreciated

REQUEST

Please bring seedlings to the May gathering for the school's garden project



Herbs—respiratory

Air, something we all need yet take for granted. The automatic process of breathing (though some people don't breathe properly) is something we don't give a second thought to, but for someone who suffers from Asthma, they are very conscious or should be about this process. It is a very stressful occurrence, more so for the person suffering the attack but also for any reaction, anxiety or stress. This causes wheezing and breathlessness, which is very distressing, and can result in panic that then can obviously exacerbate the situation. This is more likely in children or the elderly, so calming herbs like Catnip or California Poppy in a mix are beneficial.

There are a number of things that should be avoided in Asthma.

Here is a list of foods, etc to be avoided: Milk, peanuts, wheat, tree nuts, eggs, fish, shellfish, meat containing antibiotics or tenderising enzymes. Preservatives - benzoates, sodium, sodium metabisulphite, antioxidants, dyes, artificial colours or flavours. Red wines containing preservatives or antioxidants.

There are some politics involved in the business of Asthma, which by the way is a Multi Million dollar business in Australia alone, not to mention the rest of the world. There are a number of herbs that are extremely effective in treating Asthma that have been banned or put on the schedules list, Coltsfoot, Lobelia, Ma Huang, Comfrey, and Lungwort.

I will not get on my soapbox about the politics of Health at this point.

Here is a list of herbs that are good for Asthma. There may be more that I am unaware of, if you know of any please let me know.

Herbs Catnip, Chinese lobelia comfrey, coltsfoot, elecampane, euphorbia, butterbur, ginkgo, Grindelia, Ma Huang, lobelia, lungwort, pleurisy root, Japanese honeysuckle, senega, sundew, weeping golden bell, wild Chinese violet, wild cherry bark.
For now, we are looking at Coltsfoot, Grindelia, and Sundew.

Coltsfoot - Tussilago farfara

This herb grows profusely and is a member of the Compositae family like dandelion, daisy, tansy and yarrow. In England, they have large cough lollies called coltsfoot rock, which is very hard, but enjoyable, a sort of all day cough drop. This herb has been used for at least 2500 years for coughs and smoked to ease breathing. It is also used in herbal cigarettes. The common name is due to the shape of the leaves and the Latin name refers to its use for coughs.

Parts used: Leaf and flowers

Properties: Anti catarrhal, anti tussive, anti inflammator, expectorant, demulcent, diure.

Uses: Coltsfoot has a wide range of uses in respiratory complaints like asthma, bronchitis, laryngitis, irritating coughs, and whooping cough. It can be used externally as a poultice for ulcers and sores.

The reason for its efficacy in these conditions is that the leaves contain significant levels of zinc. The mucilage in the plant helps give it a very soothing effect, which is beneficial in chronic emphysema. The plant contains an alkaloid called pyrrolizidine, which can cause hepatotoxicity if taken in large doses. In clinical trials {I Hirono et al 1976}, it was shown not to cause any damage to human chromosomes in vitro. The amount needed to cause in vitro damage is extremely high, but nevertheless caution should be exercised. The leaves should be used for no more than 3- 4 weeks at a time then take a break. Also not to be used in pregnancy or if breast feeding.



Majik and folklore.

Folk names used are Ass's foot, British tobacco, bullsfoot, butterbur, Pas d'ane {French} Sponne {Irish}. Its gender is Feminine, ruled by Venus and element is water. Its powers are for love and visions.

Majikal uses: It can be added to love sachets and for spells to bring peace and tranquillity. It can be smoked to induce visions.

Grindelia - Grindelia camporum

It is also called Gumplant because of its resin content, which makes it very sticky. Native Americans used it externally to treat poison Ivy rashes and internally for bronchial complaints.

Parts Used: Aerial parts

Properties: Anti asthmatic, antispasmodic, expectorant, hypotensive.

Uses: It is used for treating Asthma and bronchitis especially in cases that are triggered by anxiety. This is because Grindelia has a relaxing action on the heart muscles, which is why it can be used to lower blood pressure though not as effective as Hawthorn or Lavender. If there is any upper respiratory catarrh as with Hayfever you can combine Grindelia with the herbs I listed in Sept 2001 Herb blurb. For Whooping cough, it can be combined with Coltsfoot, horehound, sundew, thyme and a little honey as the horehound and thyme are a little bitter. If you have or get Cystitis, it will help by soothing the irritation along with other herbs, but I will cover that in detail in the next Herb Blurb.

Grindelia's antispasmodic action is a primary factor in its treatment of Asthma and bronchitis; it also is used for treating emphysema.

Sundew - Drosera rotundifolia

In the 16th and 17th centuries it was used to treat Melancholy, which was the condition related to the Spleen and the element Earth. In Chinese medicine, the emotion related to the spleen is reflection or worry. It was also used externally to treat scrofulous sore.

Parts used: Aerial parts

Properties: Anti asthmatic, anti spasmodic, anti tussive, demulcent, expectorant.

Uses: It looks a little like a bright version of the Venus flytrap. Again, like the other two herbs in this article it is used for any conditions involving spasms in the chest like Asthma, bronchial asthma and whooping cough. In scientific studies one of the compounds {Plumbagin} showed antimicrobial action on parasitic protozoa, bacteria and pathogenic fungi. Also, it is effective against streptococcus, staphylococcus, and pneumococcus bacteria.

It can be used in cough syrups with wild cherry bark, licorice, thyme, coltsfoot, violet flowers or leaf and fritillary.

If you have stomach ulcers Sundew will be of benefit with other herbs like Golden seal, comfrey root, marshmallow root, meadowsweet and Echinacea.



I see a number of patients who have varying degrees of Asthma and other related problems like Eczema and we are having a good deal of Success in dealing with these conditions. Don't hesitate to contact me if you have any queries or would like further information on any of the herbs or topics I have written about.

Happy herbing.

Dipaunka

<http://www.theherbalist.com.au/index.htm>

Dipaunka—The Herbalist— brief notes from the presentation

Dipaunka relayed a vast amount of information during his presentation at the HLPG meeting on Saturday 17th April. He clarified his use of the word 'herb' as "any plant or part of a plant used medicinally".

The idea that we can use food as medicine was discussed. We are able to use herbs in everyday cooking and general application. Dipaunka termed this as 'sneaky herbalism'.

Dipaunka's website

<http://www.theherbalist.com.au/herbalmixtures.htm>

Resources referred to during the discussion.

The Yoga of Herbs: an Ayurvedic Guide to Herbal Medicine by Dr David Frawley and Dr Vasant Lad

Plants for a Future

<http://www.pfaf.org/index.php>

Tropical plants

<http://www.rain-tree.com/>

How Can I Use Herbs in My Daily Life by Isabella Shipard



Swap ... Recycle ... give-away ... wanted CORNER

WANTED—chicken netting

For the compost making at the next HLPG meeting we need some chicken netting. We need a piece we can roll into a sturdy tube, about 1.2m high.

If you have any that we can use please email Silvia - silviarose88@yahoo.com.au

FREE TO GOOD HOME

Old metal propagation tables

3.66 m x 1.23 m

A bit rusty, a bit loved, a bit used

Twelve tables are still available. Anyone interested who has not already registered their interest, please email Silvia

silviarose88@yahoo.com.au

HELP NEEDED

There is still a problem with transporting the propagation tables, so if you know someone who has a truck that we can use please let Silvia know.

SPACE AVAILABLE

Let us know if you have

ITEMS TO

**RECYCLE, SWAP, GIVE AWAY or
ITEMS THAT YOU WANT**

This column will be a regular in the newsletter.

Snakes, frogs & birds at Lake Leschenaultia



Just hanging ...



Who's watching the Bird Watchers?



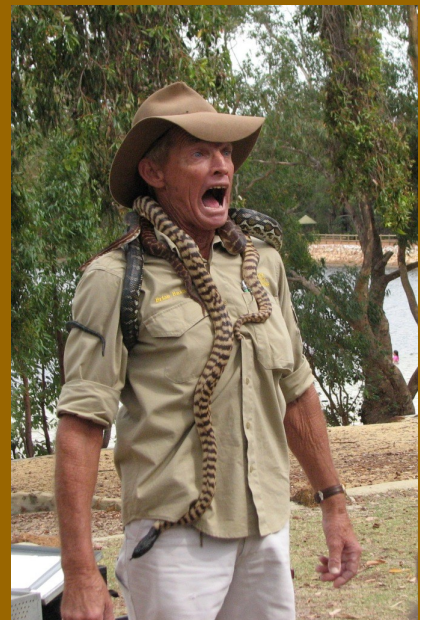
A work of art—the col-

As part of my work as Bushcare Co-ordinator for the Shire of Mundaring I had to organize a workshop for the Bush Skills for the Hills program.

We held three sessions on Saturday 27 March 2010 at Lake Leschenaultia.

First up was Brian Bush discussing his passion -snakes and showing us the various poisonous and non-poisonous types.

After a BBQ lunch the Frog Doctor talked to us about the local frogs. Then to finish the day we heard about the local birds from Birds Australia volunteers and then went for a spot of bird watching around the lake.



I've got WHAT around my neck?!



Tiger snake coming at me

*Photos & text by
Silvia Rosenstreich*



Is there no end to this snake?

What do I plant now?

Before you plant anything soil preparation is vital. For me that is compost, manure and weeding. Weeds are a great source of nutrient for the soil. I just pull them up and leave them on the surface of the soil as mulch or dig them in as green manure.

I plant winter veggies in mid to late March to early April, though many people wait till rain to plant. I like my winter vegetables maturing in June, July and August as they are less likely to have caterpillars in them as it is too cold. Don't need to use insecticide. I plant successive plantings so I only have a few plants ready at the same time. Cauliflower, Broccoli, Beans and Peas are very easy to preserve. I plunge them in boiling salted water for a second or two then freeze in air tight containers.

Planting in March does mean watering and possibly creating some shade over your garden.

Legumes: Beans Peas Lentils and sweet peas benefit from soaking overnight in water. Their seeds will be swollen and ready for growing when planted the next day. This gives them a great start in enriched soil.

If growing from seed mid March to early April is a good time. I have a seed raising box which I stand in a tray with water in it. I find this is the best method for me as I work and forget to water.

Silver beet and Asian vegetables can be grown from seed directly where you want the vegetable to grow.

Potatoes are available in garden centres and can be planted now. Potatoes are very easy to grow. They have two main requirements which are water and space. Peter Cundall of Gardening Australia has grown potatoes in straw (See Gardening Australia website) but I prefer to grow in soil. I have grown potatoes in raised garden beds, in a circle of chicken wire filled with soil and in bags. All need lots of water and as the green leaves appear to heap soil on top of them so the potatoes have soil to grow in. My experience in Australia is unless we get a very wet winter, potatoes need to be watered.

Garlic: Plant garlic on St Patrick's Day which is 17 March and harvest on Remembrance Day which is 11 November. After digging my garlic up I hang it too dry for a few weeks in the shed. I bought garlic from Maggie's Shed in Gngangara Road West Swan in December and I planted it in an old bath is already up.

Companion planting: Cauliflowers grow well near celery which keeps away the white cabbage butterfly. Cauliflowers and strawberries are bad together. A sprinkling of wood ash around cauliflower plants will protect them from insect attack and snails.

Broccoli: Broccoli belongs to the cabbage family and has the same characteristics. Broccoli grows well in the company of beans, beetroot, celery, mint, thyme, sage rosemary, dill, onions and potatoes. They don't grow well with strawberries or tomatoes. The herb rue sends out an exhalation from its leaves and excretions from its roots which all in the cabbage family can not tolerate.

Silver Beet loves onions and beetroot growing around it.

Spinach needs cool conditions and will run too seed very quickly in hot weather, but thrives near strawberries. Spinach is rich in iron, calcium and vitamins A & C and is delicious served the Greek way with garlic and lemon.

Article by Jacqui Rawlings.

Information from *Companion Planting In Australia* by Brenda Little, Diggers Club

Everything you ever wanted to know about worm reproduction but were afraid to ask

EARTHWORM MATING AND COCOON FORMATION

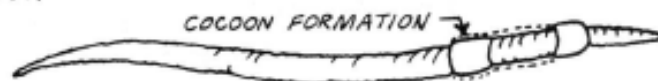
EACH WORM HAS BOTH OVARIES AND TESTES.



TWO WORMS JOIN BY MUCUS FROM THEIR CLITELLA. SPERM THEN PASS FROM EACH WORM TO THE SPERM STORAGE SACS IN THE OTHER WORM.



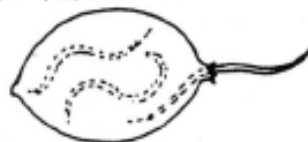
LATER, A COCOON FORMS ON THE CLITELLUM OF EACH WORM. THE WORM BACKS OUT OF THE HARDENING COCOON.



EGGS AND SPERM ARE DEPOSITED IN THE COCOON AS IT PASSES OVER OPENINGS FROM OVARIES AND SPERM STORAGE SACS.



AFTER BEING RELEASED FROM THE WORM, THE COCOON CLOSES AT BOTH ENDS. EGG FERTILIZATION TAKES PLACE IN THE COCOON.



TWO OR MORE BABY WORMS HATCH FROM ONE END OF THE COCOON.

MSE.

Figure 17. Worms are hermaphroditic.

Kindly reproduced from *Worms Eat My Garbage: How to Set Up and Maintain a Worm Composting System* by Mary Appelhof (p. 47, 1997) with permission from the author.

The Story of the Hills Local Permaculture Group

Written by Joy Thom, PAWA Local Group Coordinator.

Several people have asked how we got started and what we do, so here is the story.

Elizabeth Nicholas and I were enjoying a cup of tea, musing about the value of local community groups and the challenges of our warming world when suddenly the seed sprouted – let's reactivate the Hills Local Permaculture Group (HLPG)!

Some years ago the Permaculture Association of WA (PAWA) supported six local groups. The Hills group was a thriving and busy crowd, meeting every second Sunday. People worked hard to implement and teach permaculture. It's natural that groups wax and wane and eventually the Hills group ceased.

So, first we contacted someone who facilitated the Hills group in the past. His life has moved onto other things but he wished us well for the new group.

Next we sent an email to PAWA and two other local groups (Hills Climate Action Group and Glen Forrest Community Garden Group) inviting people to a meeting and shared meal with the question "shall we restart the Hills Local Permaculture Group?"

Ten people arrived! We were delighted. This was the agenda.

Introduction

Introduce selves

About PAWA

Questions and discussion:

If we start a 'Permaculture WA – Hills Local Group what would be its purpose? What would you want from the group?

What would the format be? Would we meet monthly, quarterly, spontaneously? Would it be an email group?

Here are the notes from the evening:

A meeting to discuss the possibility of reactivating the Hills Local Group of PAWA was held on Monday 6 April 2009 at 6:30 pm at 510 O'Connor Road, Mahogany Creek.

We talked about the activities offered by PAWA, see www.permaculturewest.org.au. Elizabeth is on the PAWA Committee and will link with them.

In answer to questions about what we might want from the group we focused around:

Learning, sharing knowledge and experience – including local conditions
Being a network, hub, community link – including with schools
Permaculture as a means of addressing climate change
Sharing seeds, seedlings, produce

Areas of special interest are:

Growing food
Soils
Insecticide alternatives
Chooks
'Care for people'

As there was considerable enthusiasm for restarting the group we agreed to:

Form an email group where we can share information and ask questions, but refrain from forwarding emails on unrelated topics.

Meet monthly on 3rd Saturday of the month, 9:30 for 10:00 start, finishing at 12:00.

Initially in someone's garden, but we will review this later.

Advertise the group in the Hills Gazette free ads. Jim will do this.

Joy will be the initial contact person.

Bernie offered to host the next meeting on 16 May, he will email directions.

Since then our gatherings places have included working permaculture systems and “what I plan to do here is ...” gardens. Numbers have ranged from 10 to 35. We have had one planned discussion on permaculture and climate change. We have a contact person who keeps the email list up to date and a person to liaise with the PAWA committee. Being a part of PAWA is essential as it provides us with support, information, the web site and insurance. We encourage our group to become financial members of PAWA but it is not compulsory. We have no fees and hold no money.

Someone volunteers to host a meeting and emails an invitation. The host person puts out a bowl for coin donations to cover morning tea expenses. Each gathering has a space for group issues and announcements. After the event we email a paragraph report for those who couldn't be there and send it to PAWA.

The use of email is great. We try to keep to related topics and are conscious of email overload.

For the future, there is interest in busy bees, guest speakers and knowledge sharing. After each gathering I feel blessed and hope there will be another one. The group will last as long as it lasts and no doubt will change and decline – and reactivate!

(This article was to be published on the PAWA website late last year)



What is that Geo-Textile fibre you are wearing?

Several people were keen to find out more about the product that Bernie was using to line the blue pots for the fruit trees. Bernie has provided information about the product and has offered to buy a roll if enough members are interested in buying a metre or more of the fabric.

This product is called 'Filter Wrap' by Geofabrics Australasia and it is Australian made, from recycled plastic drink containers! The fabric is a non-woven fibre that allows excellent drainage. It is strong and can assist in preventing tree root intrusion, and is great for under stone and gravel paths. It is not however a 'weed mat' as seasonal winter weeds may still establish, but larger roots and some invasive grasses are blocked.

I have used this to build stormwater drains, pathways, drip line barriers and root barriers. The product comes in rolls 2m wide and 50m long and I have an account with a plumbing supplier in Midland currently priced at \$160 per roll or \$3.20 per linear metre (2m wide).

If you were planning to establish a food area, garden beds or maybe even pot plants then this product is helpful, especially when tree roots are invading your veggie patch sucking out the nutrients.

If there is interest from our members I am able to collect a roll and we can 'cut to length' for the above rates at one of our meetings quite easily. I will always have use for any residue amounts.

The following images are of two uses I have for the fibre, one is under stone for pathways and the other three are at my place to line a by-pass drain that has recycled stone inside to divert stormwater run-off away from our new rain-water tank.

If members wish to Email me direct - bernie@sustainablealternatives.com.au with confirmation that they wish to purchase 'x' amount I will then collect an entire roll and bring it along to our meeting to supply.

*Text and photos by Bernie Elsner,
Sustainable Alternatives*

Is that Bernie in action?



One of the many uses of the 'Filter Wrap' product under stone for pathways

At Bernie's place to line a
by-pass drain



Placing recycled stone inside

Which will divert stormwater run-off
away from the new rainwater tank



Issues and questions raised by HLPG—PAWA reply

Issues raised

- No phone contact listed on the PAWA website
- Disgruntled new members – website advertises that membership includes quarterly magazine – not forthcoming.
- What are the benefits of PAWA membership?
- What are PAWA funds to be spent on?

Resolution of concerns

At the March PAWA Committee meeting the above issues were discussed and the following resolutions/ responses were decided, to be affected as soon as possible.

1. Phone contacts

Sparkles agreed to be PAWA's phone contact for general enquiries. Tash agreed to be PAWA's phone contact for Perma-blitz enquiries. The website will be updated to include these contact persons.

2. Disgruntled new members/ attracting new members and the question 'What does PAWA membership offer?'

Some History

Over the past few years PAWA has suffered from a general down turn in membership and an inability to recruit volunteers to keep the organisation moving in positive directions. At the August 2009 AGM, with just a handful of people in attendance, the prospect of 'mothballing' PAWA was very real. The passionate few that were present agreed to breath life into PAWA for one more year.

With new energy and focus, the committee hopes to reshape PAWA's future. Progress to this effect is often slower than any one would like. We all have jobs, families, other volunteer commitments... It would be a different world if many could offer a little, but the reality is that a few do an awful lot. Committee members did resolve to avoid burnout by only taking on what they truly could afford.

At the August 2009 AGM the new committee agreed to focus on the following:

- Develop the website
- Streamline administrative activities to make them more effective and less labour intensive (connected to website)
- Re design the logo and organise new promotional material.
- Encourage the formation of local groups so that the responsibility for activities and events can be shared by many.
- Organise 1-2 inspiring whole day events during the year, instead of monthly guest speakers.

The above list may be a tall order, especially since several committee positions remain unfilled. NB PAWA does not have an e-news compiler, grants writer, festival coordinator, promotional materials officer, assistant magazine editor, assistant treasurer and so on...

However towards the above goals, the committee and friends are still working.

Whilst continuing the journey, the committee acknowledges that there are concerns that require immediate attention.

E-news

The e-news was always well received by PAWA members and friends of PAWA. We appreciate that it kept people in touch and was useful to communicate problems such as delays in the magazine being published. It is understandable that not having the e-news for the past 6 months has left people wondering if PAWA even exists. Tash has kindly volunteered to resume the e-news but as she is already on the events planning committee, it would be better if an alternate person could step up to this task. Perhaps there is someone in the Hills Group who could volunteer some time or

assist Tash?

Magazine

PAWA's magazine editor, Warwick Rowell has been unable to publish the summer magazine on schedule due to sad circumstances. Warwick recently had to 'drop' everything to care for acutely ill parents who subsequently passed away. The magazine takes a huge amount of energy and usually relies on the efforts of one. The committee has resolved that it is better NOT advertise a service than to offer one and not deliver. The committee discussed incorporating magazine content into the e-news or directly on to the website. A decision will be made once Warwick has been consulted. In the mean time, the magazine will not be advertised as a membership benefit.

Membership benefits.

At present the main benefit of being a member of PAWA lies in securing its future. No members = the end of the Permaculture Association of WA.

PAWA's major expenditure is insurance to cover liability for any activity it organises or participates in. This includes advertised local group events at private homes. If people do not wish to pay an annual membership fee then they are expected to pay a casual fee when attending a PAWA organised event (including local groups). Currently attendance at a Permaculture local group meeting by a non member costs \$5. This money is deposited into the general PAWA operating account and contributes to the total cost of administering and furthering the goals of PAWA. Apart from insurance, other annual administration costs include auditor's fees, printing of promotional material, attendance at festivals etc. Currently PAWA is not accumulating any funds surplus to its basic needs.

Other membership benefits include magazine or access to articles on the website, participation in local groups and Perma-blitz events and discounts on admission to major PAWA events. (The Great Re-Skilling day is scheduled for mid May).

Member benefits similar to those offered by Organic Growers are possible in the future if someone volunteers to coordinate.

Accessing PAWA funds.

Local groups are able to access PAWA funds. Local groups need to forward a proposal to the PAWA committee. The PAWA committee will assess the proposal dependant on funds available and other competing proposals. The committee would welcome a representative from each local group.

3. Future of PAWA

PAWA's future rests entirely on the commitment of the Permaculture community.

PAWA exists only if people have a need for its existence. This need must extend to action. Being a member of any group whether it be family, school, community or work requires involvement. If no one has the time to vision, lead, organise, administer, turn up and connect then a group fails to be. Formal organisations have the ability to access community resources, unite and connect people and to reach a higher profile than casual groups alone. Passion is what keeps Permaculture heart pumping and vision is what drives it forward. It is fantastic that the Hills Permaculture Group is so vibrant at this time. If there is any spare energy there, we hope it can come PAWA's way.

Kind Regards
Karen McKenzie
Convener

Permaculture West
Permaculture Association of Western Australia (PAWA)

<http://permaculturewest.org.au/home>

The Black Gold compost recipe

What you need – the ingredients:

- Bales of straw – can use Pea straw but that is expensive. Wheat or Oats or Barley will do just fine.
*You will need a **minimum of four bales** to keep the moisture in and make a reasonable amount. You can use more bales, but four is the minimum.*
- Manure – cow, chicken, Multigrow or dynamic lifter.
Multigrow is composted and pelletised chicken manure. An effective, organic all purpose fertiliser. The product is available from Green Life Soil Co. or Landmark in Midvale.
- Molasses
You can buy in bulk at stockfeed places but may need to bring your own container.
- Seasol and/or fish emulsion

What you need to do – the recipe:

1. Find a place that you can leave the compost on the ground for at least nine to twelve months.
2. Put two bales on the ground side by side and cut the strings, but don't spread the straw out. Just loosen the bales up a little so that the straw can absorb moisture more easily.
3. Thoroughly wet these two bales - you may need to water them, and come back and do it again.
4. On top of these bales put as much manure as you like or can. Use cow, chook, Multigrow or dynamic lifter and work it into the bale (gently) with the hose and a hand fork - don't drown it this time.
5. Mix up a watering can of Molasses (about a 3/4 cup full) plus Seasol and/or fish emulsion, and water on the bales.
6. Place two more bales on top of the bottom bales but go across them this time, and do the same again. Cut the strings, etc (*items 2-5*) like a layer cake.
7. When finished, cover with black plastic or a tarpaulin or some such, to keep the bales moist.
8. Have a look every now and again to check that they are still wet. Give them a water if they dry out, and another half can of the molasses mixture.
9. Patience is a virtue, but you can have a 'sticky' every now and again. If you have a worm farm, put a hand full in at about 3 months down the track, (but they may already be there).


Thank you to Ralph Darlington for this recipe. Ralph is the convenor of the Mundaring Organics Group—part of the Organic Growers Association of WA.



the Great Reskilling

*Skilling up for power down,
A day of DIT (Doin' It Together!)*

Workshops by folks who really give a hoot about a resilient future!
Participants and protagonists instead of just voters and taxpayers.
If you're not part of the solution, you're part of the possibility.
Creating connections for getting on with it in the real world.



Sunday 16th May 2010

10am-6pm @ City Farm, 1 City Farm Pl, East Perth
\$15 adults/\$10 concession & PAWA members, U16 free



What does Transition Perth look like?

Launching **Permablitz Perth**,
Permaculture; celebrating diversity, creativity &
resilience - it just makes sense!



soul food

Held on Nyungah land.

folk music

Homemade Recipes for Green Cleaning *from the Down to Earth website*

LAUNDRY

Laundry Liquid

Makes 10 litres

You may add any essential oil of your choice to these homemade cleaners. Oils like tea tree, eucalyptus, lavender or rose are ideal but are not an essential ingredient. They are not necessary to the recipe but do not detract from the effectiveness by adding them. Use essential oil and not a fragrant oil.

Ingredients

1½ litres water

1 bar Sunlight or generic laundry soap or any similar pure laundry soap, grated on a cheese grater
OR 1 cup of Lux flakes (*take care grating the soap as it may cause irritations*)

½ cup washing soda – NOT baking or bicarb soda

½ cup borax

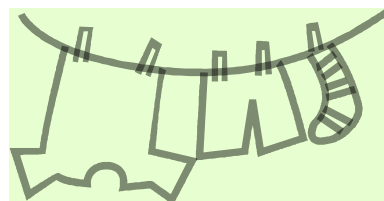
Tools

Saucepan

10 litre bucket

Slotted spoon or wooden spoon for mixing

Into a medium sized saucepan add 1½ litres of water and the soap. Over a medium heat, stir this until it is completely dissolved. Make sure the soap dissolves properly or the mixture will separate when cold.



Add the washing soda and borax. Stir until thickened, and remove from heat.

Pour this mixture into your 9-10 litre bucket then fill the bucket with hot water from the tap. Stir to combine all the ingredients. The laundry liquid will thicken up more as it cools. When cool, store in a plastic container. I use one of those 10 litre flat plastic box containers with a lid. Use ¼ cup of mixture per load or monitor to see what works well for you. I keep a ¼ cup measuring scoop in the box to measure the mixture into the washing machine.

This detergent will not make suds when you wash, as it does not contain the chemicals that supermarket detergents add to make suds. You do not need suds to wash your clothes or for the detergent to be effective. The agitation of the washing machine does most of the washing. Additives loosen the dirt and grease. If you use the grey water from your laundry on your garden, leave out the borax.

All these washing aids are suitable for top loaders AND front loaders. I have been using them in my front loader machines for years with no ill effects.

There is also a powdered version of this recipe. I like the liquid because you can use it for stain removal too, but the powder is much easier to make up. I am now using the powder for my washing and I usually have about a litre of the liquid made up for general cleaning.

CONCENTRATED LAUNDRY POWDER - this is the powder I use in my front loader

4 cups grated laundry or homemade soap or soap flakes (Lux)

2 cups borax

2 cups washing soda

Mix all the ingredients thoroughly and store in a plastic container with a lid. Use 2 tablespoons per wash. Again, this powder will not make suds and again, this is perfectly okay.

HEAVY DUTY WASHING POWDER

For use on worker's greasy or dirty overalls, football and sports uniforms or fabric that has food spills.

2 cups grated Napisan soap

2 cups grated laundry or homemade soap

2 cups borax

2 cups washing soda

Mix all the ingredients thoroughly and store in a plastic container with a lid. Use two tablespoons per wash. The powder will not make suds.

For a very heavily stained load of washing or tradesperson's clothes, if you have a top loader turn the machine off when the powder is completely dissolved. In a front loader, operate the machine to dissolve the powder and then stop the machine for an hour to soak the clothes. Leave to soak for an hour, or overnight, and then turn the machine on and continue washing as normal.

FABRIC SOFTENER

1/2 cup white vinegar in final rinse

WHAT'S IN THE CLEANING PRODUCTS YOU'RE ABOUT TO MAKE?**BICARB**

This is sodium bicarbonate. It can neutralise acid, so it's usually not used with vinegar or lemon juice. It can be used in several cleaning applications and it shines metal, porcelain, plastic and glass without scratching it. Mixed into a paste with a little tea tree oil and water, it makes an excellent bathroom cleaner. It absorbs odours so can be used in the fridge as a deodorizer and sprinkled on carpets to freshen them. It can be used as a deodoriser in the refrigerator, on smelly carpets, on upholstery and on vinyl.

Bicarb soda, or baking soda - pH 8.1, is in the same family as washing soda. They are processed differently and washing soda, or sodium carbonate, is much more alkaline with a pH of around 11 Try to find a bulk source of bicarb.

WASHING SODA

Washing soda or sodium carbonate is a natural mineral. It can cut through grease and can be used on engines as well as to remove wax from floors and furniture. It softens hard water and is used in our laundry detergent recipe, along with borax and soap.

BORAX

Borax, or sodium borate, is a naturally occurring mineral. It is an ingredient in the washing liquid and powder we'll talk about tomorrow. It removes stains and boosts the cleaning power of soap or detergent. It is also a disinfectant and can kill ants and cockroaches.

SOAP – this is NOT detergent

All soap is made from fats and lye – even the so called “natural” soaps. The fat used in soap can be either vegetable or animal. Vegetable oil could be olive oil, coconut oil, sunflower oil or any other vegetable oil. Animal fat is often called tallow and it is from beef, pigs or sheep. Lye is caustic soda but in the process of soap making the caustic soda is neutralised. Detergents are synthetic or man-made materials. Pure laundry soap – like Sunlight and its generic equivalents, or a pure soap you make yourself, are good for removing dirt and grease.

VINEGAR

Vinegar is an acidic solution made from fermented juice, grain, or wine. Vinegar can dissolve mineral deposits, grease, remove traces of soap and deodorize. It is a wonderful glass and mirror cleaner as it leaves no streaks. Vinegar is normally diluted in water, but it may be used straight. Buy cheap white vinegar for your cleaning needs. You can usually find this in a large two or five litre container.

What's the buzz, tell me what's a'happening?



The Nature Conservancy Australia—Nature Writing Prize

A biennial national prize of \$5000

Inaugural winner published in indigo journal

Entries Close: 30 September 2010

To request guidelines, eligibility & entry forms email Australia@tnc.org

The prize will be awarded for an essay between 3000 and 5000 words set within an Australia landscape and exploring the author's sense of 'place'.

Founded in 1951, and with more than 1 million members worldwide, The Nature Conservancy is the leading conservation organization working around the world to protect ecologically important lands and water for nature and people. Working in partnership with Australian conservation organizations, Indigenous landholders and government, TNC Australia programs include the biodiversity rich Gondwana Link in WA, Central Australian deserts and Northern Australian grasslands.

indigo journal is dedicated to promoting Western Australian writers and their writing.

Find out more by visiting www.indigojournal.org.au

The Bickley Carmel Harvest Festival is on this weekend

The **Bickley Carmel Harvest Festival** is on **1st – 2nd May** from 10:00am to 5:00pm

Experience the gourmet delights, arts and crafts in the picturesque Bickley and Carmel Valleys.

Go to the website and download a brochure:

www.kalamundachamber.com/events/harvest_festival.phtml

Let's learn more about the Swan Hills LETS System

LETS is a Local Exchange Trading System or community currency system which originated, many years ago, in Canada. LETS money (in the case of our system it's called 'gumnuts') is created as mutual credit. Each transaction is recorded as a corresponding credit and debit in the participants' accounts. The quantity of currency issued is thus automatically sufficient and (unlike regular currency) does not depend on the judgment and effort of a central authority (such as the Reserve Bank).

Swan-Hills LETSsystem is firmly established in the Darling Ranges and nearby suburban areas. From Morley to Sawyers Valley, and from Pickering Brook to Middle Swan, with a cou-

ple of outlying members in Toodyay and Belmont, over 100 member families are offering a wide variety of services and goods over a very wide area and at the same time fostering community connections.

There are, literally, hundreds of LETS groups worldwide, all fostering community spirit. In Australia there are over 80 groups.

If you wish to find out more have a look at the web site

<http://swanhillslets.org/public/>

** This information has been taken from the home page of the Swan Hills LETS System web site.*

Eastern Hills Branch Wildflower Society Native Plant Sale on Saturday 8th May 2010

**EFTPOS
AVAILABLE**



9 am to 2 pm

100's of Native Plants suitable for Hills/Metro Gardens
Most Plants from \$1.50 to \$5.00. Also Seeds & Books for sale

**OCTAGONAL HALL
52 McGLEW ROAD
GLEN FORREST**

****Light Refreshments Available****

Catalogue - Available from the Glen Forrest & Darlington Post Offices week prior to sale or at Octagonal Hall 7th May and day of sale – Cost \$1.00

Sustainable Communities Competition

The competition involves groups of people joining together to nominate their Community Group as the “Most Sustainable” in Perth’s Eastern Region.

Your group could win a 2.1 kWp Solar PV System, while all group members will go into the

Both systems are courtesy of SunPower.

To nominate, go to the Perth Solar City website at www.perthsolarcity.com.au or phone the Perth Solar City team on 1300 993 268.

Eastern Hills Catchment Management Program

Bush Skills for the Hills

Bush Skills for the Hills is a series of free, hills-focussed workshops for the community. The workshops are a refreshing mix of information and practical hands-on sessions designed to give participants both the 'WHY' and 'HOW' of managing land, bush and creeks in the hills environment.

Registration is essential.

Greenpage newsletter

The Greenpage is a landcare newsletter produced for the volunteer community networks in the eastern hills natural resource management sub-region. The newsletter provides information on current issues affecting landcare, reports on work

being undertaken within the region and provides updates on activities, training and funding opportunities. The newsletter is produced every month except January.

To subscribe to the Greenpage newsletter, to register for Bush Skills for the Hills or to find out more information please contact:

Joanne Woodbridge, Administration Officer, Environmental Services

Phone: (08) 9424 2216

Email: joanne.woodbridge@emrc.org.au

To check out the 2010 Bush Skills for the Hills program or to read the latest Greenpage:

<http://www.emrc.org.au/eastern-hills-catchment-management-program.html>

Links

Biodynamics

Biodynamics2024—biodynamic farming and gardening in Australia **NEW**
<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>

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
4040 West Swan Rd, West Swan
(08) 92745526

From the Soil Up **NEW**
<http://www.fromthesoilup.com.au/>

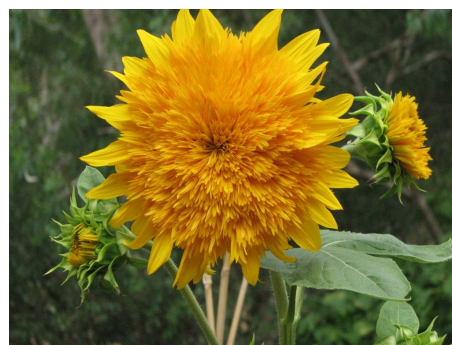
Green Life Soil Co.
<http://www.greenlifesoil.com.au/index.htm>

178 Farrall Road, Midvale WA
Ph: 9250 4575

Organics

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



Links continued ...

Permaculture / Living simply

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

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

Permablitz Melbourne **NEW**
<http://www.permablitz.net/>

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

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 **NEW**

There is an email list for locals to pass on unwanted items or to find items all for free — Mundaring Shire Freecycle.
<http://groups.yahoo.com/group/FreecycleMundaringShire/>

Suppliers

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

Greenway Enterprises **NEW**
21 Tacoma Cct, Canning Vale WA 6155
(08) 6258 0333

Landmark **NEW**
<http://www.landmark.com.au/>
32 Farrall Road, Midvale WA



Tass1Trees – specialising in fruiting plants – Fruit Trees **NEW**
<http://www.tassitrees.com.au/>

Sustainability

Environment House—Bayswater **NEW**
<http://environmenthouse.org.au/index.php>

Miscellaneous

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

Swan Hills LETS System— Local Exchange Trading System **NEW**
<http://swanhillslets.org/public/>

HLPG

Contact us

Silvia and Rosemary

Email:
silviarose88@yahoo.com.au

Phone:
(08) 9252 1237

Subscription to mailing list

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

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 or phone (08) 9252 1237.

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.

