

BLUE MOUNTAINS PERMACULTURE NETWORK

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NEWSLETTER WINTER 2005

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Hello

Welcome to the Winter Newsletter. We look at two aspects of technology; efficient use of light bulbs and using biodiesel, Rowe reminiscences about her house and land at Katoomba as she prepares to move and "much, much more".

We are planning to have an information stall at the Sustainability Fair on 17 September at the Hawkesbury Earthcare Centre. The purpose is to provide information on Permaculture, that it is much more than organic gardening, to explain about permaculture in our special region, the Blue Mountains and to distribute relevant material.

If you have ideas for the stall and/or are available to help on or before 17 September contact me on 4751 4338 or email bmpermac@iinet.net.au.

Note also our new email address.

Pat
BMPN

WHAT'S ON?

- 1st Saturday of month
3rd Friday of month **Katoomba Community Garden** 10 00- 2.00
9.00 - 2.00
Contact Derek Pracy 0405 249528
- Saturday 6 August **Hawkesbury Earthcare Centre: Open Days**
12.00-5.00 Cnr Campus Dr & Science Rd
University of Western Sydney
Hawkesbury Campus
Richmond NSW 2753
PO Box 15, Richmond, 2753
www.earthcare.org.au
- 1st Saturday of every
month
- Sunday 4 September **Meeting to plan stall at Sustainability Fair** 10.00 - 12.00
1A Kanimbla St Blackheath Contact Pat 4751 4338
- Sunday 11 September **Mid-Mountain Seedsavers 2783 Meeting**
Bullaburra Progress Association Hall, crn Noble St and Gr Western
Highway, Bullaburra 10.00 - 12.00 Bring a plate to share
Contact 4759 2118 or mcrun@hermes.net.au to indicate numbers.
- Sunday 17 September **Sustainability Fair** Hawkesbury Earthcare Centre
- November/
December **Permaculture Design Certificate** Contact Rowe Morrow
ph. 4782 3011
- Saturday & Sunday
30 & 31 July **Organic Expo Sydney, Darling Harbour, Sydney,**
For more information contact: Lena Smeaton - 0413 043 287,
Mary Hackett - 0414 306 689 www.organicexpo.com.au
Phone 02 9451 4747
- 31 July **Planet Ark National Tree Day** www.planetark.com
- 11 September **Solar House Day** - www.solarhouseday.com

Cost Effectiveness of Energy Efficient Light Bulbs.

By Leanne Huxley

I've been contemplating the affordability of energy saving light bulbs for yonks and decided it was time to gather some hard facts and answer some of those FAQ's.

I won't bore you with dialogue or pages of spreadsheet calculations; the results though are quite startling.

Longevity:

Energy Efficient Bulb = 6000 hours
Conventional Bulb = 1000 hours
1 Energy Efficient Bulb = 6 Conventional Bulbs

Energy:

Energy Efficient Bulbs use about 80% less energy than Conventional Bulbs

Purchase Price:

Energy Efficient Bulbs are around \$7.00^
Conventional Bulbs are around \$1.00

Equivalent Illumination:

Energy Saving Bulb		Conventional Bulb
5 watt	=	25 watt
8 watt	=	40 watt
12 watt	=	60 watt
15 watt	=	75 watt
20 watt	=	100 watt

Number of hours of use before you've recapped the extra expense of the Energy Saving Bulb. ie. Break even point:

5 watt	2100 hours
8 watt	1400 hours
12 watt	1100 hours
15 watt	900 hours
20 watt	700 hours

Total Savings (\$) over the life of 1 Energy Saving Bulb: ie. Taking into account the cost of the bulb plus the electricity#:

5 watt	\$13.13
8 watt	\$21.61
12 watt	\$32.92
15 watt	\$41.40
20 watt	\$55.53

Decrease in Carbon Dioxide Emissions through decreased energy consumption for the life of 1 Energy Efficient Bulb:

5 watt	63.60 kg
8 watt	101.76 kg
12 watt	152.64 kg
15 watt	190.80 kg
20 watt	254.40 kg

Conclusions & Comments:

Energy efficient bulbs take a couple of minutes to warm-up and reach full illumination.

Energy efficient bulbs are only cost effective for lights with high energy usage; ie. living areas, kids bedrooms etc.

Lights using only a single bulb are more cost effective than lights with multiple smaller bulbs; ie. 1 X 20watt bulb vs 4 X 5watt bulbs.

Conventional bulbs produce a 'yellow' light whereas energy efficient bulbs produce a brighter 'white' light.

The initial cost is higher for an energy efficient bulb but look at it from the view of buying in bulk; you're saving money in the long term.

The savings in dollars per light bulb is quite a pleasant shock but the savings in carbon dioxide emissions is mind boggling.

For a real case of the guilts find your last electricity account and multiply the number of kilowatts used by 0.53*. This will give you the weight of Carbon Dioxide emissions in kilograms for that level of power consumption.

Our government may have declined signing the Kyoto Agreement on our behalf but it's not entirely impossible to do our own bit to decrease CO₂ emissions. It's as easy as changing a light bulb.

^ Prices range from \$4 to \$18 per bulb.

Electricity costing of \$0.11777 per kWh.

* Conversion figure for Integral Energy.

Sustainable Transport?

by Philip Dolan

After reading the book *From the Fryer to the Fuel Tank*, I decided I could use "waste" vegetable oil and/or animal fat, from a commercial kitchen, to fuel my car.

My wife wouldn't let me experiment/ruin a good car, so I bought an old diesel Gemini and did the conversion: a second tank in the boot, fuel lines, an electric heater, a six port solenoid and switch. I collected oil from the kitchen, heated and filtered it before putting it in the second tank.

Animal fat is turned into biodiesel by melting it and then mixing methanol and potassium hydroxide with it, leaving it overnight and then collecting the biodiesel which goes in the main

tank. The car is started on diesel or biodiesel and then I switch to oil. I switch back to diesel or biodiesel before switching the engine off as a cold engine will not start on vegetable oil.

After proving its success I bought a diesel Peugeot and have continued for the last three years to use an otherwise waste material. If you have a diesel engined car and access to used oil and/or animal fat,(commercial kitchens, take aways etc) you might like to try this. Soon you should be able to purchase biodiesel in Sydney.

dolandesign@yahoo.com

Joshua Tickell, *From Fryer to the Fuel Tank* Available from Alternative Technology Association (ATA) for \$34.95

Saying Thank You and Good Bye to Land:

A short history of permaculture regrets and successes

by Rowe Morrow

Nine years ago I was offered this 1.5 acres of land and a collapsing house, cottage and decrepit feed shed. The whole north western boundary was edged with 40 m high *Pinus radiata* so the sun was obscured by 1. am but.....the land fell gently to the north and each of the buildings faced due north or north east. Just perfect for permaculture. There were old fruit trees and lots of junk of the right type - wood for fencing, wire for chookyards and no need to buy it.

Nevertheless I could not see the hard work and the steps involved between what was there and what I wanted to accomplish. First remove the pines. There were 25 of them. Each had to be felled and I resolved that all parts of them would stay here not be taken to the tip. A portable mill was hired and cut up three racks of 6m long timber of various dimension. The brush and small branches had to be mulched. I carted timber and wood and mulch and firewood for years. But I never bought mulch or firewood. Then one day on the wireless I heard someone saying "no one ever grows timber and builds their own house any more". The cottage and the studio were just finished. All with timber grown on this site.....and replanting had taken place to ensure someone could do the same again one day.

But it was hard, hard labour. However removing the trees was the first priority and sunlight now flooded the block.

Next the buildings were made passive solar....insulation, draft proofing, good fitting windows, doors and heating costs went down.

I regret I didn't work with the whole site water plan next. Instead I planted huge numbers of shrubs because I wanted habitat for the loss of wildlife ecosystems I saw all around me. It took years, but it worked. Today I saw a pair of wood ducks waddling away to where I think they are

nesting. The yellow wattle birds are firmly in residence and duck through the waterhole daily. The blue wrens in their winter clothes happily move all around the house and are unafraid of people. Mrs Magpie brings each new baby to meet me. All types of parrots work through the different ecosystems - the grasses, the shrubs and the trees. There are several types of honeyeaters and the kookaburras have been very verbal and prominent these last few days. In summer there are blue tongue lizards in the garden and snakes around the water hole. It is working.

There is twice as much fruit and the enriched soils are filtered by plants or soils so the regenerating creek receives only clean water.

The dust which used to drift in from the dirt road is now filtered by dense shrubbery in which lots of residents have their sanctuary. And the air is clean. The whole site is more protected and warmer - for a mountainous area.

My vegie garden hasn't been very good. I realise I'm not a vegie gardener but I would love to grow organic flowers! In future I would keep a very small vegie garden and support other growers but buying their produce. But by contrast, without real design or hope, the glasshouse has thriving bush basil, lemon grass, Vietnamese mint, Thai ginger, capsicum, tomatoes in September, and Chinese water chestnuts. I don't know why it worked but I would try another glasshouse.

I ought to have built a bay window out from my north facing bedroom to get easterly and westerly light and sun and put the lovely glass door in the living room earlier.

I'm letting go of my lovely Wellstood wood cooking range which has been my friend and kept me warm, cooked my food, warmed the house and been a comfort, but chopping wood is getting too hard. My water bills have been zero, my energy bills so low as to be negligible, the food, fibre and fuels have been free. Everything possible has been composted and my ecological footprint has been satisfactorily reduced freeing up resources for others and the next generation.

As I get ready to say "thank you"" and goodbye" to this land I am grateful for the learning, for the joys and sorrows, for the mistakes and successes and to be able to say that "permaculture does work".

both. Where local growers are able to sell direct to the public they are often encouraged to diversify their product lines, work on a smaller scale and use less chemicals. There is also the potential to educate the public in the growing and eating of food they have come to take for granted. An informed community of eaters has the potential to encourage the growth of older heritage varieties of fruit and vegetables, with their superior taste.

We would like to again start this local market at Hartley. We are looking for people who would be interested in participating. We would like to extend the market to also include regular workshops at the markets that would include both the practical and the philosophical aspects of permaculture, organics, slow food and sustainability.

We would be aiming at starting again on or about September 25 with an opening festival and workshops. If you would be interested in participating please contact us.

Suzanne and David Alder
Brynmawr Sustainable Living Resources
Ph 02 6359 3175
Contact David Alder 02 6359 3175 email bslr@bigpond.com

Talk by Alan Fairley by Sue Girard

In June I had the pleasure of attending a talk by Alan Fairley for World Environment Day. You may know him as the botanist who wrote *Native Plants of the Sydney District* with Philip Moore, and more recently *Seldom Seen...*

The man himself is fascinating to listen to, his wealth of knowledge on our local Blue Mountains plants is impressive, right down to slides of our local landscapes where he can pin point exact locations of these rare and endangered plants. Some of them he has discovered himself and are yet unnamed.

The Wollomi Pine was discussed of course. We now know with DNA testing that the whole stand of pines are genetically identical and therefore they must be a series of runners from one parent plant.

What I did not realise is that we have another tree in the Blue Mountains, which is considered to be even rarer. Also listed on Schedule 1 Part 1 of the NSW Threatened Species Conservation Act 1995,.

Eucalyptus copulans, first identified in 1899, is a multi trunked gum with smooth grey bark shedding in ribbons. It was historically described as being a notable stand of trees. But due to clearing and inappropriate fire regimes it was thought to have become extinct.

However in 2000 two trees were rediscovered in Wentworth Falls, of these, one has since and died. The last remaining gum has been known to bud, but has never been seen to flower. A close relative to the Snow Gum of the Snowy Mountains, it is recognised that even if it did set seed these would only germinate after a period of freezing.

With present climatic conditions and global warming, this mean that as a species *Eucalyptus copulans* no longer has a place in today's world. The Botanical Garden at Mt Annan has been able to grow several specimens in pots from root cuttings. So once again we are left with the last remaining tree and a bunch of clones diversity gone.

Seeds

by Chris Garvey

The *Seed Savers' Handbook*¹ is a fabulous book. It contains instructions to collect and save seeds. At philosophical level it represents a very fundamental movement for humans to adapt to their environment and to view their habitat as ecology. In this article I discuss the fundamental genetic characteristics of natural systems (variability), how they can be exploited by the permaculturist in a very practical sense, and the fundamental oversight of molecular biologists who try to design a perfect plant (genetic engineering).

I was always fascinated with seeds as a child. From a seemingly inanimate object sprung forth and grew into a living organism. The miracle was the multitude of form and shape which sprang forth from these nondescript objects. The other miracle was that they knew when to germinate. This was especially true of the persistent and successful weeds, which recognised the time of year which was most advantageous for them to begin growth, or germinate. Like weeds humans tend grow and proliferate in ideal conditions, and like weeds they have humans have the ability to modify and dominate the environment.

Inside, perhaps at the very centre, of the cell of a plant is a collection of large spiral molecules called DNA. These molecules essentially act as a tape recording of the instructions for the plant to produce all the difference parts of the plant, the roots, leaves, fruit and perhaps other woody tissue. When a seed germinates, these instructions are implemented, and after an interaction with the environment, the final form of the plant is produced. Of course these instructions are the very identity of the plant. For the same species of plant, these instructions are reasonably similar between different plants, and a small amount of variability is an important quality. Through sexual reproduction, or the production of seeds, this variability is explored further. An essential difference with transgenic plants is that this code is defined by the scientist. There is no variability or ability to adapt.

Perhaps you remember Jacob Bronowski's wonderful TV series "The Ascent of Man" (or book²)? Bronowski examines the adaptations which lead to humankind becoming so successful on this planet. A key adaptation of humankind is the ability to circumvent natural selection through observation of the natural environment and implementation of these observations. A long time ago some protohuman, perhaps we could him Bill, observes the role of seeds in the propagation of plants, and the production of food for various animals in food chain. Bill believes that he can

¹ *The Seedsaver's Handbook* by Michel and Jude Fanton, The Seed Savers Network (1993).

² "The Ascent of Man" by Jacob Bronowski, Little Brown & Co (1974).

harness the power of seeds to help his tribe in the struggle of life by harvesting and then growing them. In a profound step for prehistory, humankind has left the constraints of the hunter-gatherer and entered the realm of civilisation, where the inhabitants harness nature to begin agriculture. In this way it is not the technological triumph of the wheel, but the ability to imitate an ecology, to build a living space, and perhaps transcend the constraints of nature, which represents the true ascent of man to civilisation. Bill has much to teach us.

So what are the essential features of an ecology with seeds, and how do we implement them in the Permaculture garden?

Firstly the germination conditions should suit the growing conditions for the plant. A simple example is that growing a tomato seed which germinates during the winter will simply succumb to the frosts. The grower in this case is constrained by the nature of the seeds, and to leave the plants to germinate by themselves is simply not practical. Thus the grower will not always plant the seeds directly into the garden in optimum and growing conditions, both in terms of soil, aspect and seasonal conditions. In some cases it is possible to imitate the natural ecology more fully, both for aesthetic and practical reasons (saving on labour), and establish a system which is entirely self sustaining or self seeding. Plants which are suited to this approach typically produce large numbers of seeds which have very specific environmental cues to germinate. In my little garden I have a beautiful patch of self-seeded parsley and lettuce. Apart from looking and tasting good, it requires next to no maintenance apart providing adequate soil conditions (moisture and nutrients) and the occasional thinning. At the end of the growing season I might choose to move the patch simply by removing the mature plants and distributing many seeds in a new garden bed.

How does the grower store seeds? The recipe can be given in the *Seed Savers' Handbook*. When we choose to store seeds away from the natural environment we choose conditions which mimic an environment which do not lead to germination. Cool dry and with a stable temperature are the best conditions. At some stage we may wish to germinate these when the natural environment will not permit germination and then we manipulate the conditions to optimise germination.

The selection of plants for seed saving is discussed at some length in *The Seed Savers' Handbook*, but in general one can summarise by selecting seeds from plants which are healthy, and therefore do well in your particular environment, and have desirable characteristics, taste and look good. Of course there may be a degree of compromise between the two priorities, a truly wild type plant will not necessarily have good food characteristics, but it is good to remember that wild characteristics include the ability to resist perturbations in growing conditions, and include a larger variety of characteristics than highly domesticated species. Artificial systems, such as selectively bred hybrids or transgenic plants, are optimised simply for production of a type of fruit or pesticide resistance etc. Importantly for the permaculturist they lack the essential genetic variability which allows the plant and grower to adapt the cultivar or species to the particular local growing conditions.

In the reality "Bill" is probably successive generations of humankind. As Jacob Bronowski argues, the true measure of man's ascent, is not the reaching the heights of genetic supremacy but the ability to adapt using that rather large brain. This is something that plant geneticists could bear in mind when trying to design genetically or transgenic superior species.

Permaculture in Cambodia

Margot Turner makes annual visits to Cambodia to monitor permaculture projects set up by Rowe Morrow and now being managed by some Khymer women. Here are some pictures from her most recent visit to Cambodia. The people in this village are keen to study Permaculture.

The well is empty at the end of the dry season. The man and woman are preparing some new roofing material. The monsoon rain is not far away.



PEST REPORT

European Wasps

by Sue Girard

I am writing this article, supposedly in winter, yet I have spent the morning in a T-shirt and the European wasps are still buzzing around the windows of our house.

Why as a Permaculturist should a predatory wasp concern me?

This is an introduced species, as the name suggests, and it's becoming an increasing problem in the Blue Mountains. These wasps unlike that other introduced species the European bee, will sting repeatedly without dying. They are able to communicate to other members of their nest, to also come and defend their territory. One wasp sting is painful; several stings are very bad news. More people die of anaphylactic shock from wasp and bee envenomation in Australia, than from shark, crocodile and snake attacks combined.

What to look for, you ask? Well, European wasps are about 12-15mm long (kings and queens are slightly bigger). They have bright yellow bodies with black bands that have small yellow arrow shaped indents, and they have yellow legs. Some people describe them as a 'fluoro' bee. They have a life cycle similar to bees, except that the workers feed the larval-young on insects, not honey. You will find their nests in the ground, in tree stumps, in rock outcrops. Sound a lot like my Zone 5, let alone the National Park beyond that... They will also nest in retaining walls, roof voids and wall cavities.

In Europe a nest will only survive a year before the cold of winter kills off the workers while the queen hibernates ready to start again in Spring. Here in Australia there is often no such break (like this year) so the nest just grows and grows. Often to over 1000,000 workers and to a size of 5m³. Even with this size nest, you won't necessarily know if they have taken residence in your roof, because wasps do not buzz the way bees do. The first sign that you have a nest on your property may be a definite flight path into their nest. If you get in their way, watch out! Don't go investigating at night with a normal white light torch. If you want to look more closely place some red cellophane over the light and then explore. A pest manager will need to know exactly where a nest is if you are concerned and want to treat the nest, a vague 'over there in the bushes' probably won't do..

European wasps have a varied diet. Being predators they like meat but they also have a sweet tooth and have been known to like tomato sauce, fruit, beer and soft drink. So when you have your next Aussie barbie, cover your food and if drinking from a can consider using a straw. Swallowing a European wasp is a sure way of getting stung. In such a scenario a person will need CPR and hospitalisation. If you are only lucky enough to be stung on the body, a bag of ice held over the site and some antihistamine cream should help take away the pain.

COURSES

Gardening with Permaculture, Lithgow Style!

by Vanessa Steele

Do you live near Lithgow or are interested in travelling to Lithgow to attend an intro course to Permaculture? Well if so, then I want to hear from you! This is an initial 'call-out' to seek your interest and to confirm that there is need to host such a course. No dates have been set as yet, but the idea is for a Saturday morning course to be run over a few weeks later this year and or in early 2006.

If you are interested or know someone who might be, please feel free contact me for more information on 02 4782 2813 or send me an email at veeandsteve@hotmail.com with your contact details.

Permaculture Design Certificate in Upper Mountains

Rowe Morrow is planning to coordinate a Permaculture Design Certificate during November and early December (finish in plenty of time to organise Christmas).

Enquiries Rowe 4782 3011

Certificate 4 program in Accredited Permaculture Training.

The Permaforest Trust www.permaforesttrust.org.au is offering a Certificate 4 program in Accredited Permaculture Training.

- Austudy approved.
- Starts July 25th.
- \$160 per week. Includes food, accommodation and tuition.

See website above for details or email Tim Winton at winton@nor.com.au
phone 02 6689 7579
fax 02 9225 9536

Sustainability Street

by David Alder

We would like to introduce the concept of the Sustainability Street Approach.

Sustainability Street, at its simplest, is a basic training program designed to nurture sustainable living both at home and around the neighbourhood. But it can also be whatever the imagination of a local group dreams up. So far, some of the dreams to come true have been ... small "street" festivals to share achievements with others, community gardens, neighbourhood sustainability kits, projects with local schools, a food co-operative, frogponds, and recycling projects.

The Sustainability Street experience can range from as little as a basic training program in sustainable living through to whatever the imagination of local groups of people dream up. The Approach is driven by a four stage process - Mulch, Sow, Grow and Harvest ... or ... learn, plan, do, teach!

The "Harvest" is the Holy Grail. It can range from influencing the neighbour over the back fence through to growing into a Beacon Community ... a local "village" which others watch keenly and aspire to emulate. The Approach has already created many wonderfully strong and radiant Beacon communities.

It is an action research program in which the ideas and discoveries of one group become available to all. "True" culture shift! While based on key principles and information, it is not didactic. It is transformative. The amalgam of experiences touches people deeply.

Individuals and groups are now proudly re-defining themselves by their experiences with their Sustainability Street community. Some communities are now entering their fourth year as "Streeters". The experience is already proving to be something which will impact on people's ideas, values, passions, thinking, and behaviour way into the future. This is the golden objective of environmental education.

Where Did It Come From?

Local communities in partnership with Vox Bandicoot and Moreland City Council in Victoria piloted the Sustainability Street Approach (SSA) in 2001. A couple of neighbourhoods in Wollongong joined in soon after. Since then, the SSA has become a learning and culture change resource for a network of over 50 communities throughout Victoria and New South Wales including Penrith City Council. The Approach was a finalist in the Australian Museum's 2004 National Eureka Awards in the Sustainability Education Category.

More information can be gained from the Sustainability Street website

<http://www.voxbandicoot.com.au/Sustainability%20St/sustainabilitySt%20Main.htm>

We believe the Blue Mountains Permaculture Network has a huge untapped potential that given the opportunity could be used to help other members of the group or other members of the surrounding community to become more sustainable in their homes. We would like to introduce the Sustainability Street Approach and its potential to the Blue Mountains. If you would like to know more please contact us to explore opportunities.

Suzanne and David Alder

Brynmawr Sustainable Living Resources

Ph 02 6359 3175

ODDS & SODS

- **Organic Expo Sydney, Darling Harbour, Sydney, 30-31 July**
The Organic Expo is Australia's first major expo, created for both the public and trade, highlighting the excellent certified organic and environmentally friendly products and services (collectively known as eco-ganics) that are currently available.

Approximately 100 'qualified' exhibitors will be showcased from a wide range of everyday lifestyle categories including:

- * Food, Wine & Beverages
- * House, Garden & Building Products
- * Fashion & Manchester
- * Personal Care, Health & Beauty
- * Mother & Baby
- * Pet care
- * Restaurants, Spa's & Eco-resorts

- **Organic and Biodynamic seeds** are available from:

Eden Seeds/Select Organic, MS 905, Lower Beechmont, Qld, 4211, (07) 5533 1107,
www.edenseeds.com.au

Greenpatch Organic Seeds, PO Box 1285, Taree, NSW, 2430, (02) 6551 4240

Green Harvest, 52/65 Kilcoy Lane via Maleny, Qld, 4552, (07) 5494 4676,
www.greenharvest.com.au, inquiries@greenharvest.com.au

New Gippsland Seeds & Bulbs have just released a new range of organic lines also, but they're a bit more expensive than the above (\$3.90-\$4.20 per packet). PO Box 1, Silvan, Vic, 3795, (03) 9737 9560, www.newgipps.com.au, info@newgipps.com.au.

All the above supply bulk quantities of common lines, much cheaper than packet prices.

- **Downshifting Downunder Conference**

Less is more ... simpler richer living.

Have you downshifted or have you thought about making the change? Are you interested in seeing downshifting become a movement in Australia? A majority of Australians could afford to escape the rat race by downshifting economically, enhancing their happiness, health and well-being, while reducing consumption and environmental damage.

Downshifting Downunder is a new organisation, coming together to catalyze and co-ordinate a downshifting movement in Australia that will provide a focus for downshifters to help each other and promote more balance in Australian society. The organisation will launch with a conference on 23rd July 2005 in Sydney.

Downshifters: people who make a voluntary, long-term change in their lifestyle that involves accepting significantly less income and consuming less. Motives may include those relating to personal life and those based on principle.

The conference will enable downshifters and those who are thinking about changing course to meet and share experiences, difficulties and advantages.

Despite the obsession of society with material success, this event will remind us that the pursuit of something deeper is alive and well in Australia. Speakers include Dr Clive Hamilton of the Australia Institute, Dr Richard Eckersley, ANU, Ruth Ostrow, journalist and broadcaster and many others.

When: Saturday 23rd July 2005, 9am - 5pm

Where: The Square House, UNSW (entrance off Anzac Pde), Kensington, Sydney

Cost: \$125, includes lunch, morning and afternoon tea

Registration Forms and further information available on the organisation's website

www.downshifting.net.au

<<http://www.downshifting.net.au>> or contact Christie Breakspear 0417-069-026 or David Wyatt 0419-786-042 novogenesis@bigpond.com

- **Proceedings of APC8.** A CD of proceedings is now being developed.

Support the BMPN Stall at the Sustainability Fair

SPRING NEWSLETTER

Contributions for the Spring Newsletter by Friday 20 August PLEASE.

We are aiming to produce the newsletter for the beginning of each season. So in future the newsletter will appear as follows:

Spring	end August
Summer	end November
Autumn	end February
Winter	end May.

To **unsubscribe** please reply with subject 'Unsubscribe'.

Disclaimer: The Editor cannot be held accountable for any content but has endeavoured to check all she can.