

'Round the Ridges



Free bi-monthly
publication
for Ridgewood,
Carters Ridge,
and surrounds

~
An initiative of the
Ridgewood Hall
Committee since 1984
~

Feb/March 2024

Christmas at the Hub

Last month the HUB at The Ridge hosted its annual community Christmas hoedown, bringing festive cheer into the neighbourhood.

The weather was almost perfect as locals and families laid out picnic blankets, and chilled beverages ready for an afternoon of fun, food, games, live music and connection.

There were raffles, a free sausage sizzle, live band, children's outdoor games, Christmas Ham (kindly donated by Ryan from Mary Valley Smallgoods), and the Hub's famous homemade pizzas.

Santa arrived in style at 6pm in a rural fire brigade truck, attracting attention as he made his way to the party. Children lined up eagerly waiting for their chance

to talk to Santa, get a photo, or sit on his lap—some were a little older than others (see inside for photos).

Locals had donated prizes for the raffles ensuring that there were a lot of winners and everyone left with a smile and a full tummy.

Thank you to everyone who showed up, the night was a great success and Deb, Bianca and the Hub team did a fantastic job with keeping the community fed and entertained.

See photos on p16





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WHAT'S ON 'ROUND THE RIDGES

Community Calendar

February

Every Sunday

Imbil Markets every Sunday 8am-1pm

Sunday 11 February

Ridgewood Hall Sundowners, 4-6pm

Friday 23 February

Monthly Community BBQ. Ridgewood Hall, 6pm

Saturday 24 February

Twilight Markets, Mrs Browns Diner, 3pm

Saturday 24 February (last Saturday of the Month)

The Hub at the Ridge Community Music + Pizza Night, 4pm-7.30pm

March

Thursday 17 March

Sunday Sundowners with St Patricks Day Theme, Ridgewood Hall

Thursday 7 March

Wine Time, Belli Park Hall, 5.30pm

Friday 29 March

Monthly Community BBQ. Ridgewood Hall, 6pm

Saturday 30 March

The Hub at the Ridge Community Music + Pizza Night, 4pm-7.30pm

WELCOME...

to the new members of our community. Please don't be shy,
come along to our community BBQ and other events.

We can't wait to meet you!

ROUND THE RIDGES

A community publication designed to keep residents informed, promote local events, business, or trades, and stay in touch.

RTR is published bi-monthly.

Contributions close on the **15th of the month** prior to publication. Issues are distributed in the first week of the publication month.

Download digital copies:
www.roundtheridges.com/newsletter

For advertising or articles:
rtr.editor@gmail.com

Thinking of Advertising?

AD TYPE	RATE PER ISSUE (paid annually)
FULL BACK PAGE COLOUR (taken)	\$40
FULL INSIDE FRONT COVER COLOUR (taken)	\$30
FULL INSIDE BACK COVER COLOUR	\$30
FULL PAGE B/W	\$20
HALF PAGE B/W	\$15
QUARTER PAGE B/W	\$10

The production of **Round the Ridges** is supported by a Community Grant from



RIDGEWOOD HALL HIRE

The Ridgewood Hall, rich in character and history is a great place for get-togethers. It is affordable and has excellent facilities, including a recently renovated kitchen, quality crockery, cutlery and glassware (for 50 settings), bar, ceiling fans, air conditioning, and gas heaters for comfort.

Private functions for locals - \$100
hire + Bond

Private functions for those living outside the
RTR distribution area- \$250 + Bond

Profit making functions- \$250 + Bond

Not for Profit- Free up to three hours, then
\$50 per day

Hourly rate- \$15 per hour

Community fund raisers- rates on
application

Bond payments (\$250) are fully refundable
once follow-up inspection is completed.

Bookings and enquiries- Charles 5447 9179
(leave a message) or email bollendorff@aapt.net.au



A LITTLE NOTE FROM THE EDITOR

Happy New Year and welcome to 2024!

Wow, can you believe we are in February already. It really was a blink-and-you'll-miss-it January. I hope you all had a great Christmas break. We took a road trip up to Cairns and back with our puppy. It was a beautiful drive and luckily we had great weather the whole time. I highly recommend staying at Mission Beach if you are ever up that way. It is absolutely beautiful, and it's a lot of fun looking for ripe coconuts on the ground.



The rain keeps coming down and our garden keeps blossoming. I find being able to harvest and eat your own food so rewarding, and the whole neighbourhood looks amazing, so lush and green. I'm sure the lawn mowers are getting a good workout.

Well it's just a short one for me this edition. I'm always looking for new contributors and businesses to feature so please get in touch with me anytime.

Till next time

Naomi - RTR Editor
rtr.editor@gmail.com



Mission Beach at Sunset

President's Report



Well, I have come inside again out of the rain after another round on the mower, smelling like a wet dog and wondering about the futility of trying to mow in this weather. Sitting on the verandah catching my breath and wondering what that strange sound is and then realising that it is the sound of freshly mown grass growing again.

I had threatened the whole four acres with replacement with Astro Turf but this seemed to encourage it to grow faster! The grass has, for the moment, been subdued to a golf course appearance and I may have won this battle but am far from winning the war! It is enough to make me seriously think about trading in the ride-on mower for a John Deere Industrial Harvester and be done with it!

I shouldn't grumble as it was not long ago that the grass crunched under foot and we were lamenting a falling dam and dropping water levels all over the community! The prediction of a long, hot dry summer somehow vanished as fast as 2023 moved into the new year as here we are into the second month of 2024.

I really hope that everyone had a great time over the Christmas and New Year as we did. Satisfyingly I did not gain any weight over this period which is a bonus!

I shouldn't be too smug about that though as I know how easily it is to balloon into a size that would require my own post code! I think I now know why we are having this wet and steamy weather! To keep us busy keeping the grass in check so we don't have a chance to put on weight!

Several members of the Hall Committee have suggested some great events that we are considering to run at our Hall. We would love to get your feedback!

- Discos
- Bush Dances
- Themed BBQ nights eg. Come dressed as anything beginning with 'P'
- Food from around the world nights
- Ballroom dances
- Board Games night
- Mud wrestling (only joking!!)

We all agree that our Hall is under utilised and we are open to any of your suggestions to see some 'different' events going on at the hall. Last year I located some very sturdy speaker stands and so we will have the quite large speakers located either on the stage or in front of the stage as prior to this the speakers were stored away in the back room of the Hall and rarely used. We can now play some serious music like ABBA or Porcupine Tree!! (Boy those two are worlds apart!!!)

It has been great to see new people moving into our neighbourhood and without naming names, would like to welcome you to our community. Our monthly BBQ's held on the last Friday of every month starting at 6pm till 8ish is a great opportunity to meet with old friends and who are new to the area too of course. Bring along a salad or sides to share, some meat for the barbie and your own drinks. It is a fabulous night!

As usual, the new year brings us the opportunity to apply for community grants for the hall, either through Noosa Shire Council or the State Government.

Last year we applied for a grant through both. One through the Noosa Shire Council for the installation of signal boosters for the hall as phone reception at the hall is very poor due to being located in a ‘dead spot’ for most of the carriers.

The other application was through the State Governments Gambling Grants Fund to see about upgrading our solar system but we won’t find out if we are successful until April this year!!

Thankfully we were successful with the grant through our local shire and would like to thank the Noosa Shire Council for this. Work will be carried out soon on the installation of the boosters.

Our Hall also has its own Spit for hire to members of our community. We tested it out at our yearly Committee AGM in November last year, cooking up some magnificent organic chickens and it worked a treat! If you would like to hire the Spit please contact me on 0414 986 582 for further details.

Well, that is it from me for this edition.

Cheers,

Chris Kirkpatrick

President of the Ridgewood Community Hall Committee

Around the Halls

Gheerulla Hall

Tuesdays Qi Gong 5:45—6:30pm

Wednesdays Line Dancing 9-10:30am

Gold coin donation

Thursdays Exercise Class 9-10am

Sponsored by Sunshine Coast Council \$5

Saturdays Yoga 8-9:30am \$5

Belli Park Hall

Monday Homeschool Drop Off

Tuesday Pilates 6:30pm

Wednesday Pilates 6:30am; Yoga 5:30pm
Ukelele Jam 8:30am FREE (fortnightly)

Thursday Wine Time 5:30pm (first Thurs of month)

Friday Crop Swap 10am (first Fri of month)

Ridgewood Hall

Tuesdays Mat Pilates with Micheala, Tuesday mornings at 9.15am every week

Thursdays Yoga at Ridgewood Hall on Thursday mornings at 9.30am - 11am.

Fridays Monthly Community BBQ, 6pm (last Friday of every month)

Sundays Sunday Sundowners on the Deck, 4pm (second Sunday every two months)

**Come join us
Sunday 17 March
for our St Patricks
Day themed Sunday
Sundowners**





HUB

@ THE RIDGE

8 Jubilee Road, Carters Ridge

4pm - 7.30pm

The LAST Saturday of
Every Month.

(Weather Pending)

Community Music Evening
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A COMFY CHAIR!

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space, fresh air and local
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Relaxation in the Bush!

Until further notice, COVID 19 restrictions and laws will apply. These are signposted throughout our café and grounds.
For the Safety of Staff, Patrons and our Community, please adhere to these rules.

Business Spotlight

S JEAL ELECTRICS

Hi community! I would like to introduce myself.

I'm Stuart from **S Jeal Electrics**, a family run and local electrical business that strives to provide customers with the highest quality service. I strongly believe that everyone requires assistance every now and then, so no job is too small to assist.

All types of Electrical and Aircon work are undertaken to the highest standards, with compliance rules and regulations adhered to at all times.

I previously ran a successful business in Victoria for over fifteen years before relocating to this peaceful neck of the woods at the end of 2014. Since 2015, I've had great support from this wonderful community, not only supporting my business but all of the friendships and acquaintances I've met along the way.

Looking forward to assisting the community throughout the coming years.

Kind Regards

Stuart from **S Jeal Electrics**.



RURAL FIRE BRIGADE



There is very little to report. The last fire incident the Brigade attended was on the 16th Nov. at Tuchekoi. Nothing since. Looking statewide, it has really been relatively quiet all over.

The fire hazard is always dependent upon how much rain has fallen, and the state of curing of the vegetation. While we have our current weather, the fire danger is lessened, but that will not continue indefinitely.

There is significant growth of grass, and the fire hazard will escalate with no rain. In recent years, it has been dry from February till late March. This is the time when land owners and occupiers often turn their thoughts to burning off, and needing fire permits.

It is the job of the Fire Warden is to issue or refuse to issue permits. (Contact details for the Warden is on the back page of the RTR.) A permit may be refused if the Warden cannot be assured the applicant has the capability to control the fire, or if it is considered that the fire would pose a risk. Existing permits can be cancelled if there is a high fire danger. Conditions may be imposed on the permits.

When there is no fire ban, fire permits are required for fires that are greater than 2m in any direction. Fires smaller than 2m in all directions and fires to burn a dead animal do not need permits. Permits are free.



Notifying neighbours before applying for a permit is needed, and an application for a permit should be made 72 hrs before the fire is due to be lit. The applicant must have the permit in their hand before the fire is lit. All the conditions in your permit must be obeyed.

Before burning, FIRECOM and the Ridgewood Brigade must be notified. Telephone numbers will be on the permit.

Having a permit means a couple of things. There is some legal protection if the fire escapes and cause damage to other people's property. It means that if a fire is reported, then the Fire Communications Centre can re-assure the caller that it is a permitted burn. It means that if something goes wrong, the Fire Brigade knows where to go.

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Pet Care with Dr Terri



HOMEMADE DIETS FOR DOGS



A home cooked diet can be a good way to reduce the cost of feeding your dog and also a way to use produce from your own property.

Our furry companions have similar nutritional needs to us - so they need a source of protein (25%), vegetables (50%) and a starch (25%). Like us, balance is key. For tips and tricks you could spend hours on Google - below are some tips for you, I do advise that 50% of your dog's diet should come from a commercial diet to ensure that your dog's body has everything they need.

Good sources of protein;

Lean Chicken, beef, kangaroo, or eggs. Protein can be cooked or raw - mine get raw eggs, but if I am using meat i cook it until it is just translucent. Cooking helps to keep meat fresh for longer and can make it easier to digest. Care using roo meat obtained from the wild - this must be cooked well in case they are harbouring parasites.

Eggs can be a little high in cholesterol and recommended to be fed no more often than 4 days a week.

Not recommended = Mince of any type as fat levels are too high, any fatty meats - fat can come from the outside of meats or from marrow bones. Pork also tends to be a little high in fat and cholesterol. No dairy - though cottage cheese or greek yogurt can be used in small amounts.

There are many good vegetable sources available - my dogs are enjoying cooked zucchini at the moment. This often comes down to personal preference - one of my dogs refuses to eat green beans and will pick them out. A frozen vege mix of carrots, peas and corn can also be a cheap addition.

Not recommended = cabbage, lettuce, white potato, not too many tomatoes (never green tomato).

Good sources of Starch - all sources must be cooked;

- white rice
- pasta / gluten free pasta if your dog cannot tolerate gluten.
- Sweet potato
- Pumpkin

Please note feeding pumpkin/sweet potato may cause orange coloured faeces.

Quinoa is also safe to use - though this tends to be a little pricey.

Not recommended = white potato, brown rice, beans - these are all too gas producing.

Reminder; Onion and garlic is toxic to dogs

All meals provided **MUST** be low in fat and salt. Do not use salt when cooking at all, even in pasta water. Dogs do not need seasonings of any type.

Care when feeding bones - as vets we don't recommend them at all - they can get stuck in their mouths, break teeth, cause constipation and can actually cause obstruction of the bowel.

Please note; I do not recommend homemade diets for puppies* as it is hard to get all of the nutrients, vitamins, etc in the right amounts to support healthy growth - please wait until they are fully grown.

*Puppies = small dogs up to 1 year old and large dogs up to 18 months old.



Dr Terri is our local Vet, serving Ridgewood and Carters Ridge.

Ph. 0430410283

Website: www.drterris.com.au/

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- Home made scones

- Cakes, muffins and biscuits
- Milk & bread
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WEDNESDAY.....	7am – 2pm
THURSDAY.....	7am – 2pm
FRIDAY.....	7am – 7:30pm
SATURDAY.....	7am – 7:30pm
SUNDAY.....	7am – 2pm

(07) 5447 9326

8 Jubilee Road, Carters Ridge

Hubarooney@hotmail.com

CHRISTMAS AT THE HUB

cont. from p1

Dear community,

We hope you all enjoyed our community Christmas party.

We would like to say a HUGE thankyou to everyone who donated or helped in any way to bring the community Christmas party together.

Thankyou to Ryan and the team from Mary Valley Smallgoods Factory Outlet for donating Christmas hams and meat trays for our raffle and sausages for our free sausage sizzle.

Thankyou to all of the business for donating beautiful gifts and gift vouchers for our raffle, Thankyou to our team for helping the night come together and thank you to the members of this beautiful community for your support it means the world to mum and I.

Deb, Bianca and the Hub team

A little note from the Hub team



Thank you to everyone who came, donated and made this event succesful



A big thanks to our wonderful musicians who kept the crowd entertained for hours



Hub Easter Party

SATURDAY, MARCH 30

- From 3pm
- Outdoor Movie
- Kids Entertainment
- Live Music
- Easter Egg Hunt
- Raffle & Prizes to be won



It's goin' to be Egg-cellent





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The Heritage Centre will close on Dec 16th
for the holiday season, reopening on Jan 9th 2024



For upcoming events see the Calendar on website

Specialist groups meet once a month

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genealogy-noosa.org.au



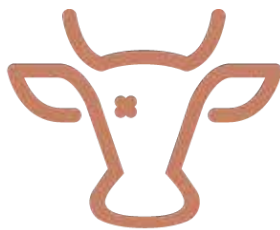
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LAND FOR WILDLIFE

Southeast Queensland and the Wide Bay districts have been fortunate to have local governments promote and support the Land for Wildlife program (LfW).

LfW connects with landowners who want to contribute towards biodiversity conservation and improvement, and are actively managing their properties to achieve this. The Ridgewood locality is even more fortunate in that it straddles two Local Government Authorities (LGA's), Noosa Council and Gympie Regional Council, which support LfW.

The aim of LfW is to restore ecological function across a landscape. While “core areas” of habitat exist within both LGA's (e.g. National Park, Conservation Areas), these areas are fragmented across the landscape and lack connectivity, which is essential for the movement of multiple plant and animal species. Linking habitat areas together allows animals to forage over a wider area and maintains seasonal movements and genetic diversity. Plants and fungi also move through these corridors as seeds and spores spread BY animals, wind and water.

Most of the area around, and between, these core areas of habitat is privately owned land. Private landowners who engage with the LfW program and actively manage their properties to support wildlife, provide habitat stepping-stones between these areas of core habitat. The role those private landowners play is critical to the survival and conservation of our native wildlife.

The Ridgewood locality in the Noosa LGA has more than 35 private landowners who are currently engaged with LfW. This engagement with the LfW program greatly enhances the biodiversity conservation influence of the West Coroor Conservation Park, and provides



connectivity to a nearby land acquisition by council in Black Mountain which has significant ecological value and has been dedicated to biodiversity conservation.

The LfW program provides assistance to landholders. LfW members receive advice about revegetation, local flora, and fauna species and how to conserve and restore wildlife habitat on their land.

Noosa Council offers the following services as part of the program:

- expert advice and information on habitat management
- help with plant identification and weed management
- a property report identifying ecological values and recommendations for property management,
- free workshops on habitat management topics
- regular newsletters and fact sheets
- incentive programs to improve habitat on private properties.

For more information visit <https://www.lfwseq.org.au/>

Written by Paul Sprecher
Conservation Partnerships
& Offsets Officer, Noosa Council



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CAT'S CLAW CREEPER

(*Dolichandra unguis-cati*)

One of the things Australia has been particularly bad at even since the first colonists has been the introduction of feral and destructive plants and animals.

As for animals, we have only to think about the rabbit! What a disaster that was to Australian farmland in the 1930's. Another example is the now nearly Australia wide Cane Toad. Another environmental disaster, not to mention feral camels, goats, pigs, and deer and foxes, the birds, blackbirds, sparrows and mynas to name a few.

And what about the plants? Where should we start? Let's try Madeira Vine, Singapore Daisy, Rats Tail, Alligator weed, Pattison's Curse, Signal Grass and I could go on but one of the most invasive and destructive plants to have ever been introduced into Australia came though your local nursery as a decorative and pretty yellow flower: The Cat's Claw Creeper is native to tropical America and so named because at the base of the two leaf pattern are two very adept three pronged claws, very similar to its namesake.

The plant is beautifully designed to creep up any surface and sends out fine tendrils in all directions, seeking out whatever is available to climb on. Once the vine takes hold it continues to climb and the vine thickens as it provides nutrients to the climbing head of the plant, eventually smothering the host plant, usually a native plant and more often than not trees in our

creeks and rivers and waterways. Once the vine reaches maturity it flowers, showing a bright yellow flower which was the attraction for gardeners when the plant was first brought into Australia.

Once the flowers have died off the creeper produces long green pods in which the Cat's Claw Creeper seeds are dispersed once the pod dries out and splits open. The seeds are very fine and scattered to the wind to continue with the cycle of destruction.

The photos below show the vine in various stages of growth. It is very easily identifiable with its twin leaf pattern and the claws which can be seen even when the plant is attached to the host plant. Cat's Claw Creeper is classified as a category 3 invasive plant by the Queensland Government Biosecurity and states that it can be controlled by specific herbicides.

Great care must be taken when treating this plant with herbicides as it is mostly a problem around our waterways and if not careful, poisoning of plants and marine animals can occur.

To find out more, you can call your local Land for Wildlife dept for advice on how to control this destructive plant as once it takes hold, it is very difficult to eradicate completely.

Written by Chris Kirkpatrick





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BOWEN THERAPY - WHAT IS IT?

The gentle, holistic nature of Bowen Therapy can sometimes make it a challenge to explain for people who have experienced it.

I've heard numerous stories from clients about how they tried to explain Bowen Therapy to family, friends or co-workers and inevitably ended up saying "I don't know how it works, it just does - you just have to try it!"

The short explanation is that '*Bowen Therapy stimulates the body to heal itself*'.

The technique works on the mechanoreceptors and soft connective tissue (fascia) of the body and can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions.

Bowen is a holistic therapy, in that it works throughout the body as a whole, rather than treating isolated parts. This is evident in sessions where the body is actively working in areas seemingly unrelated to where Bowen is being applied.

A perfect example of this is when a client recently came in for treatment of low back pain. After a couple of Bowen moves on his lower back, he felt very strong sensations in his right knee. When I asked him about it, he said he had injured that knee a few weeks prior while surfing. This is a good illustration of the body's innate intelligence prioritising the healing process.

Along with the holistic nature of Bowen, it's gentleness is another special aspect that some find a challenge to get their head around. "The moves are so gentle, how can you possibly be doing anything?" is a common question I hear. Unlike other types of therapies, Bowen moves gently stimulate the body to relax and realign itself, it does not use deep tissue or forceful manipulation.



A sequence of precise rolling 'moves', are performed on specific points on the body, interspersed with important rest intervals not unlike acupuncture allowing the body time to process and integrate them. The 'moves' stimulate mechanoreceptors (nerve endings), overlying muscles, which also correlate with acupoints.

During the pauses, people often experience sensations such as warmth, coldness, tingling, pulsating or heaviness. These tend to correspond with the release of tight and adhered muscles and tissues (fascia), the calming of the nervous system, and improved flow of energy throughout the body. The body's response to this stimulation can look & feel different for each individual depending on the healing process of their own body's inherent wisdom.

Just as we maintain our motor vehicles with regular services to keep them running smoothly, I highly encourage everyone to do the same for their bodies.

At Innate Holistic Healing my aim is to keep your body balanced, regulated and aligned so that you can live your best life.

With over 12 years experience as a health practitioner, my family has relocated to Ridgewood and I am now offering my services in Cooroy in addition to my practice in Coolumb Beach.

Bookings can be made online
www.innateholistichealing.com.au
or by calling 0405 709 101.

Written by Nicola Chaffey
Innate Holistic Healing



RIPPER AUSSIE DAY BRINGS COMMUNITY TOGETHER

They came dressed in their best Aussie clobber.

From Southern Cross sunnies and hats, double plugger thongs, various shades of green and gold garb, the "Straya" spirit in the Ridgewood-Carters Ridge community was proudly on display at the Ridgewood Hall on Australia Day.

The event, organised by the hall committee, fell on the regular Friday barbecue date - which this year happened to be January 26, so hall president Chris Kirkpatrick said it was a "no brainer" to have an Aussie theme.

"Our monthly barbecue is a popular hall tradition when neighbours come together to celebrate what we love about living in this unique part of the world," Chris said.

"This year with the Australia Day long weekend it was an opportunity for a double celebration to also embrace what we love about Australia. We were thrilled with the community's enthusiastic participation."

It wouldn't be Australia Day in this part of Queensland without the aroma of sizzling snags wafting through the sub-tropical summer air and an all-Aussie playlist belting out of the speakers.

The Aussie Day barbecue also featured a range of activities for all ages. From a thong-throwing competition to an Australiana quiz and a Great Australian Bite biscuit eating event.

Phil Mason showed a deft hand to take out the thong-throwing comp while Mike Norman meticulously nibbled his way through an Arrowroot biscuit creating a map of our wide brown land, including Tassie!

But it was president Chris who took the unofficial "best dressed" gong turning up in his Aussie ocker get-up.

"I was a bit Hoges, Reg Reagan and Russell Coight all rolled into one," he said. "It was just a great day of laughter, good company and a strong sense of Aussie pride.

"Thank you to everyone who helped make sure the hall was looking its best, those generous people who donated prizes, the tasty sausages from Belli Beef, the competition organisers... and the community for turning up to strengthen local bonds."



Written by Scott Thompson



MANGO MANIA

We're so lucky to live in a place where our trees are laden with delicious juicy mangos at this time of year, but how do we make the most of the crop and ensure we get the majority of the haul and not the wildlife?

We have found that the key is to pick them from the tree as soon as they reach a good size, wash them to remove any sap and then wrap them individually in newspaper and store them at room temperature. Wrapping traps the ethylene (odorless gas) so the fruit will still ripen naturally but just faster. I then check them every couple of days to see if they are ready to eat or use.

Once they are ripened, we cut off all the cheeks ready for processing and use the sides for daily eating with breakfast or ice-cream.

I will do a number of different things with my mangoes. I'll freeze bags of diced mangos to use in smoothies, dehydrate the cheeks and store them



for a yummy snack, make a daily mango daiquiri and most importantly make mango chutney for the family, who just can't get enough of it! The chutney can also be frozen so you can have jars all year round, but ours never last very long. Chutney tastes like a sweet and savory jam, full of spice and packed with mango flavour.



Mango Chutney

Yield: 2 cups

1 tablespoon avocado oil or neutral oil

½ cup finely diced yellow onion

3 cups diced mango (about 3 large mangos)

2/3 cup of sugar

1/3 cup of water

1/3 distilled white vinegar

1 garlic clove grated

1 teaspoon grated fresh ginger

½ teaspoon crushed red pepper

½ teaspoon ground coriander

½ teaspoon of whole yellow mustard seed

½ teaspoon of sea salt

Pinch of cinnamon

1. Heat the oil in a medium saucepan over medium heat, add onion and saute until almost tender, about 5 mins.

2. Stir in all other ingredients and bring to a boil. Simmer gently until the mango is tender, about 15 minutes. Use a hand held masher to crush the mango into smaller pieces.

3. Continue cooking, stirring occasionally, until the chutney has thickened to a jam like consistency, about 22 minutes.

4. To freeze: Cool before freezing. Packs best in rigid containers.

Written by Kirsten Norman



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Rural Living with Tim Scott

BLACK GOLD – A CIRCULAR SOLUTION

Regenerative agriculture and business are about finding the double (or triple) bottom line and ensuring that every action leads us closer to our Holistic Context or vision.

We want nutrients cycling in our system and do this by engaging nature's inputs- the things we get for free! This is also the basis of a "Circular Economy".

So, what if we applied regenerative or holistic thinking to urban issues? What would give us the biggest "bang for buck" in terms of a triple bottom line in beginning a Circular Economy? An old employer once told me that there's money in the stuff others don't want to touch- WASTE; so that's a good place to start.

Waste on a farm isn't waste, it's nutrition. It is stolen by gravity in water runoff, lost in smoke if it is burnt (burning has no place in a regenerative system) or oxidised from dead plants. Systems like Natural Sequence Farming teach measures for cycling nutrition against gravity and incorporating it into the soil through plants starting high in the landscape and working down to the wetlands.

Animals & birds can carry nutrition from low points to high and help stimulate plants in the process, so you have a circular system where matter isn't created or destroyed it just changes form.

Urban green waste is buried, sometimes mulched but often is lost in gases emitted as it decomposes. This is a big problem for councils trying to meet "Net Zero" targets. Even as mulch, over time it is still lost unless incorporated into soil (rather than laid on top). Admittedly this loss is then attributed to other industries. Soil organic matter isn't even stable and humus levels can change drastically with seasons or under different management*.

Carbon itself is an extremely stable molecule with a 5730-year half-life. One of the purest forms of carbon is Biochar, made by Pyrolysis. High temperature, low oxygen conditions enable waste to be converted to Biochar without the emissions or nutrition loss of uncontrolled burning. Gas & heat are collected from Pyrolysis units and used for power generation, heating or drying.

Almost any form of waste can be converted to Biochar and thanks to the emerging carbon market, the resultant biochar product is currently worth \$150-\$300 per tonne (DM) just for its sequestered carbon value. Other offtakes such as electricity from Syngas, CO₂, wood vinegar and heat are all saleable and in high demand**. This is on top of the value gained from not having to deal with green waste by turning it into less stable products like mulch- at a cost.

But a Circular Economy doesn't stop there...

The uses for Biochar, at different grades are surprising. In agriculture it is fed to animals to reduce emissions by over 30%** (ever taken a Charcoal tablet when you have gas?); subsequently weight gain is increased significantly and as a microtoxin inhibitor, it has been proven to reduce poisoning risk and bloat in stock. Old farmers used to leave a burnt log in the paddock to identify the cattle getting sick as they'd lick the charcoal. Once it passes through an animal it is incorporated into soil along with microbes from the animal's gut to be a long-term fertiliser.

Biochar has been used since the time of the Incas as a direct soil additive for food crops activated with microbes and often a nitrogen source like urine. It's a buffer in acidic soil that decontaminates – a big issue in ex conventionally farmed or mined areas. It's used in urban areas to filter large quantities of storm water *** as long chain heavy metals and chemicals attach to the stable carbon molecule breaking it down by "out lasting" it. The contamination issues in South-East Qld drinking water supply**** could be addressed by dealing with the waste problem faced in South-East Qld.

Imagine that!

This Black Gold is probably the best long-term solution we have for real carbon sequestration (not many trees have a half-life of 5000 years), it could decontaminate and amend degraded farming land and for the triple bottom line; make our animals (and people) healthier. It is carbon positive, hence



cashflow positive to produce (in our Carbon economy), and we could have unlimited supply and virtually unlimited demand for it when it is made available.

Noosa council is currently investing in Biochar production and Logan City has already done it.

Kandanga Farm Store has marketed Biochar into the Livestock market for over 8 years for high value agricultural uses. It is involved in projects at Barcaldine, Noosa, Beaudesert, Charleville and Central Qld. based on developing Biochar markets and has sold product across 3 states of Australia.

Tim Scott owns Kandanga Farm Store and runs his own farm in Kandanga. Ph. 5484 3771.

www.agvention.com.au

YouTube: Kandanga Farm Store





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Soil Carbon, Calcium and Boron —

As a local in the area and a passionate agriculture enthusiast, I've been observing soil health for years. I've started to notice that due to pasture degradation and gully erosion there has been a loss of soil fertility, mainly a loss of soil carbon, calcium (lime) and a decline in deficiency of Boron; organic matter.

This article is titled Soil Carbon, Calcium and Boron because these factors together along with adopting a biological approach can greatly improve soil fertility.

Soil carbon (organic matter) is important and impacts many factors. The more permanent carbon, HUMUS is long lasting, if not broken down by nitrogen fertiliser or cultivation. Organic matter provides soil protection (armour) and breakdowns products to provide food for pastures and crops.

Humus is unique and formed from root exudates made by green photosynthesising plants. Fungi and bacteria convert these exudates into complex carbon compounds called *glomulin* which help bind the soil together to form crumb structures. These clay humus complexes also form plate-like structures, that are negatively charged, to store nutrients and water. If these *structures* are too close together, as when saturated by sodium potassium or magnesium, they don't function properly and calcium is needed to separate the plates further apart. The importance of this carbon is that humus stores 3 to 10 times more water and nutrients than clay, sand and gravel.

There are four soil basics: soil aeration - soil water - soil life above and below ground and within soil fertility. Putting on some NPK soluble fertiliser does not easily fix the problem of poor productivity. Soil is a mixture of minerals, air and water; roughly 50, 25 and 25%. The aeration and water holding capacity is provided by soil aggregation (crumb formation.)

Aeration is crust formation and compaction from vehicle traffic or animals. Combine this with poor soil structure and it results in poor aeration. Soil life needs air to function in breaking down organic matter and supplying life for biology. Compacted soils lacking air leads to bacterial dominance over fungal dominance — resulting in many soil borne diseases. **A sour smell is normally associated with poor aeration and excess water logging.**

Water is held between soil aggregates. And any loss of aggregation ie; soil carbon can diminish the water holding capacity. For every one percent carbon in the top six inches of soil, an extra 25000 gallons of water is stored. Remember it is not only rain that is important but effective rain — ask yourself does the rain penetrate the soil or runoff, and can it be stored and how deep? We don't want crust formation caused by lack of soil armour (organic material) so bare soil is a no no! In bad times of drought, it is better to get rid of stock or lock it up in a small area. Make sure you leave a cover on the soil!

Improving Soil Fertility

Soil life is essential in making nutrients available to plants and building soil structure; ie dirt to soil. **There have been four major insights into the role of the soil life of fungi, bacteria, earth worms.** The *first* insight comes from *Dr Christine Jones*, an Internationally famous soil microbiologist who reports that different plant species result in more varied soil microbes, called *Quorum Sensing*. This gives better water, nutrient uptake and drought tolerance as it exploits 100 times more soil volume.

The *second* important function is the formation of the *rhizosphere* on the roots, so instead of clean roots they are surrounded by fungi and bacteria, making the roots one hundred times more effective in exploiting soil volume and uptaking of nutrients.

The *third* insight is that humus formation is the conversion of root exudates from the photosynthetic activity of plants into complex carbon compounds. This form of humus is called *glomulin*; a long lasting carbon.

The *fourth* insight is RHIZOPHAGY described by *Dr James White*; where plants absorb bacteria through root hairs and break down bacteria cell walls releasing complex nutrients for the plant. This process is very efficient in supplying nutrition and more important than the ion absorption that we were taught in our soil lectures. Hydroponics is where ion uptake is dominant and unnatural.

When it comes to **plant nutrition**, soil is there to supply the nutrients to the plants. This requires both cations and anions which holds a nutrient holding capacity called Cation Exchange Capacity and can vary from one unit to well over 30 up to 80 units. *Professor Albrecht* and his work is reported in a book written by *Michael Astera* which states that the ideal soil needs a balanced soil nutrition that has Cation levels of 65 % calcium, 12% magnesium, 4% potassium, 1% sodium and 8% hydrogen. This automatically gives a pH level of 6.5.

Our Mary Valley soils are unbalanced with too little calcium and too much magnesium. The ratio should be about 6 to 1 but is down to 0.8 to 1. Boron is often deficient as indicated by rosetting small petioles in plant legumes. We do have plenty of Phosphorus but it is tied up and not available. Though It can be made available if the soil biology is working properly.

Soil Health is a big topic. For more information I recommend listening to *Rick Haney's* podcast. Rick developed a soil health test based on carbon dioxide and the releasing of dried then wetted soil. For a more simple test you can always get a shovel, dig the soil and smell it — if it doesn't smell right, you may have some work to do in creating optimal fertile and healthy soil.

Dick Schoorl is an agricultural scientist who lives in Carters Ridge.



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Neighbourhood Watch

As a community, it's important that we look out for each other. There have been a number of incidents in the area the past six months and locals are being encouraged to take better precautions when leaving homes, businesses, and keeping their cattle safe.

Always keep an eye out for any unusual activity, unregistered cars or odd characters. If you see any strange behaviour report it to the police immediately. Facebook community groups are a great way to let other community members know.

When leaving your home a great idea is to keep a light on and if you're away, ask a trusted neighbour to keep an eye on your home.

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They wave!

What did the policeman say to his belly button?
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DAD JOKES



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"I'm on a seafood diet. I see food and I eat it."

"What country's capital is growing the fastest?"

"Ireland. Every day it's Dublin."

"What did the fish say when he hit the wall? Dam."

"Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera."

"Have you ever tried to catch a fog? I tried yesterday but I mist."



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flower of
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— Victor Hugo

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