

## BUNDANOON BOTTLES

The water extraction issue has galvanized Bundanoon. Norlex plans to bottle local water at great profit but without economic or social benefit to Bundanoon.

The bottled water industry has been described by Clean Up Australia as a global environmental disaster and by the Sydney Morning Herald as 'The New Social Poison' Water is even enhanced and bottled for dogs.

Some facts:

- Australia's water bottles use 400,000 barrels of oil p.a. Only 30% are recycled
- In 2008 Australians were expected to spend more than \$450 million on bottled water
- The average price of bottled water is \$2.53/litre against 1 cent/litre for tap.

We in Bundanoon have a fine product called Bundanoon Natural Tap Water!

We could make Bundanoon *Australia's First Bottled Water Free Town*. It would show that we care about the environment as well as reduce landfill, reduce street litter and add to the positive image of Bundanoon.

A number of businesses sell bottled water and their response to the idea has been generally positive. Any scheme should consider ways of compensating them and helping them resist the pressure from the major beverage companies.

Many people want to drink water (instead of soft drink) and it is commonly recognized that most of us should drink more than we do. Many people are reluctant to ask a shop/café to fill an empty bottle for them.

We could produce sports bottles printed with *'Welcome to Bundanoon – Australia's First Bottled Water Free Town. Ingredients: 100% Bundanoon Natural Tap Water'*. These bottles would either be available for free or for a small charge from the shops/cafes in the town.

Then we erect of *Bundanoon Bubblers* around town with clear signposting: *Bundanoon Natural Tap Water available here!*

These bottles would hopefully be used hundreds of times; not thrown away after one use. It would involve one light shipment, not trucking heavy water around the country. It would not drain the aquifer from underneath

a community like Bundanoon. It would also promote the town and show ways around the issue of bottled water.

Tourism in Bundanoon is based on its image and attractions. Being bottled water free will attract good media coverage and add to the positive image visitors take away. It could also give us all another reason to feel proud to live in Bundanoon.

To achieve this vision, we need local support as well as from those running events in Bundanoon. Events such as Brigadoon and The Highland Fling would need to be bottled water free. The support of Wingecaribbee Shire Council is vital to ensure the investment, infrastructure and signage can be in place to make the initiative work. Grant funding can be applied for from both public and private sources.

The Don & Bore Bundanoon committee would like to float the idea to the community. Your views, both positive and negative, are welcome.

You can respond and/or discuss being involved by emailing [huw@wildhorizons.com.au](mailto:huw@wildhorizons.com.au) or calling Huw 4883 6231.



*On its way out...  
bottled water in Bundanoon*

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## TRANSITION DIARY

Date	Location	Event
Tuesdays 7.30pm	Bundanoon Soldiers Memorial Hall	Bush Dancing classes. \$5 <a href="mailto:dave@bushtraditions.org">dave@bushtraditions.org</a> 4884 4214
Friday May 8	Henrietta Rose Room (outside Bowral Library)	Dr John Kaye, Greens NSW MP <i>Climate Change, where to now?</i> <a href="mailto:gbyrne@bigpond.net.au">gbyrne@bigpond.net.au</a>
Saturday May 16	Small Cow Farm, Robertson	Camembert, Quarg, Marscapone, Ricotta demonstration <a href="mailto:info@smallcowfarm.com">info@smallcowfarm.com</a>
Saturday May 16	Berrima Anglican Church Hall	Berrima Smalls: <i>Rapunzel's Party</i> (folk/world music with a Capella) 4877 1698
Sunday May 17	Small Cow Farm, Robertson	Soft Goat, Triple Cream Brie and Yoghurt workshop <a href="mailto:info@smallcowfarm.com">info@smallcowfarm.com</a>
Sunday May 31	Glover's Garden, Leichhardt	Tour of Sydney's oldest community garden, followed by talk about how to start one. \$8 <a href="mailto:bdsydney1@yahoo.com">bdsydney1@yahoo.com</a>
Wednesday June 10	Robertson Heritage Railway Station	CANWin climate science discussion

# TRANSITION SHIRE NEWS

## NEW FOOD CO-OP



*Reduce costs, packaging and food miles...buy bulk produce*

If you prefer organic produce but struggle with the ever-increasing prices, a co-op could be the answer.

Advantages of a co-op include:

- Save money
- Eat locally grown food and support your community
- Reduce your greenhouse gas emissions through buying in bulk, saving packaging and food miles
- Reduce trips to the supermarket - save your car, fuel and the environment

- Buy with confidence knowing that your food is chemical free
- Start sharing goods and services with your local community and get to know your neighbours
- Learn new ways of preparing and preserving produce

Local women Sarah English and Chris Ann Urquhart have established the Colo Vale Food Co-operative. The Co-op deals mainly with dry goods such as flour, nuts, dried fruits, grains,

lentils, honey, soap, beauty and domestic household products. Almost all products are organically certified and local if possible.

You'll be amazed at the savings and the high quality of the products on offer.

Orders are taken quarterly (next in June) from across the Shire and collected from a local hub on a Saturday morning.

If you would like to know more, contact Sarah on 0438 213 210 or Chris Ann on 48 89 5989.

Do you know of a group practising Transition principles in the Southern Highlands?  
Do you have a Transition-friendly event that you would like to have listed in TSN?  
Would you like to subscribe to this newsletter?

Contributions and comments welcome.

Email the editor at [kathy\\_biddlecombe@acenet.com.au](mailto:kathy_biddlecombe@acenet.com.au)

## THE HEALING GARDEN

Historically the enclosed garden provided the opportunity to remove themselves from the dangers of the wilderness.

However, modern man has moved nature to where it is more easily and conveniently viewed from afar and sometimes even eradicated completely.

All the more reason to develop our gardens not only for subsistence, but as a sanctuary for rest and reflection. In the garden we can slow down, particularly when providing only for oneself or family. It is here that we can really reap what we sow and live in harmony with the rhythm of the seasons as we reconnect with the earth.

Autumn is a good time to plant trees that will set

down their roots before next spring. The elder (*sambucus nigra*) is a deciduous 5.8 metre tall tree that is perfectly adapted to the Southern Highlands. Tolerating moisture and shade, clay and loamy soils, it can do well if you have a difficult shady, wet corner.

Together with peppermint and yarrow . other easy-to-grow perennials . elder flowers can be brewed into a medicinal tea when you have a cold. You can add honey, garlic, ginger, lemon and cayenne pepper (just a pinch) and your cold will leave you much sooner than expected, particularly if you rug up and sleep a lot!

By leaving the flowers on the tree you can harvest the berries that follow. The

Laura Wilson

elderberry was traditionally brewed into a wine and is more useful as an antioxidant than a cold and flu remedy which is better made from the flowers that bloom throughout the summer.

Science has confirmed antiviral properties in the elder flower, not that we needed it to, because it has been a traditional remedy for cold, flu and fevers for thousands of years. I wonder if there would be less occurrence of colds and flu in this region if we planted more Elder trees - in any case we would certainly all be more equipped to manage our symptoms independently if these majestic trees were in abundance!

Laura is a medical herbalist in Bowral. The Herbal Tradition 4861 7139



*Now is the time to plant (and brew) elderberry*

# TRANSITION SHIRE NEWS

## TAKE YOUR PARTNER



Local events can empower people through their involvement. Local music, theatre, dance, gardening clubs, and book clubs as well as the established sporting clubs all have an important role to play. The essential key is active participation rather than passive audience consumerism.

David Johnson, a bush musician and dance caller from Penrose, suggests that bush music and dance provide an historical model that is valuable for a number of reasons. Firstly, it is inclusive of all ages and provides a rich communal bonding experience.

Secondly, it is a pleasant and social exercise that provides opportunities for community networking and even match-making.

David is currently running a series of Bush Dance classes in the Bundanoon Hall on Tuesday nights from 7.30 - 9.30 pm.

Dances include such classics as the Irish Trot, which was first recorded in the Sydney Gazette in 1804, as well as dances that have won awards in more recent times. There are dances in circles, lines, squares and couples and each dance is explained carefully and walked through before being attempted.

There is no particular clothing required, just comfortable casual clothes and flat shoes. The price is just \$5 per night. All ages are welcome and a partner is helpful but not necessary.

Bioregional events such as the Bundanoon workshops

David Johnson

can be encouraged with inter-regional events such as the Weekend of Bush Dancing on the Queen's Birthday Long Weekend (5th- 8th June) in Bundanoon.

Callers, Musicians and Dancers will descend from Canberra, Sydney, the Illawarra and beyond to make this event a real hoot. There will be quality daytime workshops with some of Australia's best callers. Each evening will feature a Bush Dance, with the Bush Ball on Sunday night.

More information is available from the Bush Traditions website [www.bushtraditions.org](http://www.bushtraditions.org).

To register for the classes contact David at 4884 4214 or by email to [dave@davidjohnson.id.au](mailto:dave@davidjohnson.id.au).

## SMALL COW FARM

Since 2005, Lesley and Mark have been using the milk of Small Irish Dexter cows to make a range of outstanding cheeses.

Their efforts have been rewarded with gold and silver medals at this year's Sydney Royal Fine Food Show. They are also on the prestigious Australian Cheeseboard Trophy with 4

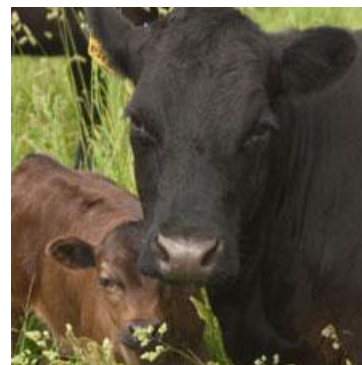
other gold medal winners.

They produce a range of cheese from brie and camembert to fetta and blue vein. And they can show you how to do it too.

Small Cow Farm is running cheesemaking courses at their Robertson farm with Carole Willman of Cheeselinks.

On May 16th and 17th, you can learn how to make a range of cheeses. For more information, contact the farm on [info@smallcowfarm.com](mailto:info@smallcowfarm.com). See the website for 2 day workshops in coming months.

You can buy Lesley and Mark's cheeses at the Robertson supermarket, The Cheese Shop in Bowral and other outlets across the shire.



## SLOW FOOD

In this rather trying time of cheap and processed food, it is refreshing to hang out with Jill Dyson, Convivium Leader of Slow Food Southern Highlands.

Slow Food is committed to protecting traditional and sustainable quality foods, primary ingredients, conserving methods of cultivation and processing and defending the diversity of cultivated and wild varieties.

Slow Food believes that gastronomy is indissolubly tied to, among other things, politics, agriculture and the environment. This is why it is such an active player in agricultural and ecological questions worldwide. (*The Slow Food Companion*)

Jill is at pains to stress that Slow Food is not about food snobbery; rather taste education and emphasising the connection

between consumer and producer and making the path from soil to plate the best that it can be. And that, of course, means the best for the environment as well.

Taste education is about steering we eaters away from fast and ill-considered processed food and back to traditional and sometimes endangered production and preservation methods.

Slow Food has a lot of refreshingly sensible and inspiring things to say about food.

Check out [www.slowfood.southernhighlands.com](http://www.slowfood.southernhighlands.com) for ways to be involved in the local convivium and the benefits of membership.

Go to [www.slowfood.com](http://www.slowfood.com) for links to the Slow Food Companion, a must read for anybody who has ever eaten anything.

# TRANSITION SHIRE NEWS

## TRANSITION BUNDY

Transition Town Bundanoon has made a start at becoming the first transition town in the Shire.

An initiating group has met on three occasions, and in addition to local members of TSW, the meetings have included members of Slow Food, the Bundanoon Community Association, the Bundanoon Men's Shed, local permaculture people from Penrose and Exeter, and individuals who are new to the Transition Movement.

TT Bundy has gained recognition as a sub-committee of the Bundanoon Community Association, a hub organisation that networks a number of community groups.

A showing of "Australia Pumping Empty" in the Bundanoon Hall near the end of last year drew a good crowd, demonstrating a good general appreciation of the challenges that the community will face in a future affected by peak oil and climate change.

The next activity of TT Bundy will be a potluck supper followed by a showing of the film, "The Power of Community", and a discussion of the issue of local food security. This will be held in the Bundanoon Hall at 5pm on May 10th.

Other work started by the initiating group includes a skills register and the encouraging of a series of re-skilling workshops whereby people's talents can be passed on to others.

Bob Thomas

In the longer term the group is pursuing the development of a village green that would include a community garden and food-bearing trees.

Some members of TT Bundy are also participating in a proposal, still in its infancy, to make Bundanoon the first bottled-water free town in Australia (full story on page 1).

For more information or to explore ways to be involved in TT Bundy, contact Bob on bobuc2@bigpond.net.au

## COMMUNITY GARDEN OPEN DAY



*Moss Vale Community Garden volunteers in action*

Moss Vale Community Garden is a shared open space being converted into a Garden of Eden. Not only the work is shared, but also the surplus produce grown by the volunteers.

The community garden was established in 2004 on Council land by some keen Anglicare community workers. The co-ordination of the garden continues to be funded by Anglicare. The community garden itself is non-denominational and welcomes all members of the community.

The garden has, over time, been successful in gaining

funding for perimeter fencing, a garden shed and shade house. Produce from our gardens has even won prizes at the Moss Vale Show.

There will be a "Square Foot" Vege Gardening demonstration using no-dig methods at 11.00am. This workshop will be useful for people with tiny backyards who wish to grow the maximum amount of vegetable crops with minimal land and effort.

There will be plants and seedlings for sale and a \$2 sausage sizzle with hot drinks at lunch time.

The Community Garden Open Day coincides with the market at the Christian Centre next door. People can not only do some shopping but also pick up some tips for growing organically in the Highlands.

So come and join the fun on Saturday 30th May, Moss Vale Community Garden in Railway Street from 9.00am till 2.00pm.

Entry is by gold coin donation.

For more information, contact Sandra Mapstone on 4868 1780 during office hours.

## CLIMATE SCIENCE DISCUSSION

Those interested in taking part in an interactive discussion on climate science are invited to the Canwin Discussion on Wednesday morning, June 10th 10 am until noon at the Fettle's Shed Gallery, Robertson Heritage Railway Station. Phone David Tranter for further details on 4885 1394.

### Five things you can do for Transition...

- Give away something you don't need and get something you do at [http://groups.yahoo.com/group/highlands\\_freestuff/](http://groups.yahoo.com/group/highlands_freestuff/)
- Check out <http://transition.org.au>
- Treat someone who irritates you with compassion
- Go to a local farmers market and buy some food
- Grab the Transition Handbook from the Bowral Library (333.79/HOP) —and read some of it