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For more information on CANWin, go to: www.canwin.org.au

If you do not want to receive our e-bulletin, please advise toni.mclean@aapt.net.au



FOR YOUR DIARY

CANWin Annual General Meeting and Film Showing

Sunday 4th March, 1.30pm Registration for 2.00. The Board Room, Berrima District Credit Union (BDCU). 411 Bong Bong Street, Bowral.

A short AGM will be followed by an inspirational film: "The Food Forest Story", which shows how permaculture is not just about growing vegetables, but encompasses a whole way of living which is sustainable. [more ...](#)

'Power of Community'

- a fund-raising film screening for the Bundanoon Community Garden

Tuesday, 28th February, 6pm for 6.30 start. Empire Cinema, Bowral. [more ...](#)

Art Exhibition sponsored by Moss Vale Community Garden

Friday 2nd March, 2012. 6.00-8.00. Family Medical Practice, Illawarra Highway, Moss Vale (opposite Elizabeth St).

Relax after a busy week and enjoy the work of local artist, Cane (pronounced car-nay).

Southern Highlands Harvest at the Local Food and Wine Festival

3 - 4 March 2012. Bong Bong Picnic Racecourse, Kangaloon Rd, Bowral. [more ...](#)

Resilient Hearts Group

Monday 5th March, 2012. 7.30-9pm. Henrietta Rose Room, near the Library, Bowral.

For reflection and thoughtful conversation. [more ...](#)

Seasonal Farm Walks

Department of Primary Industries and the Livestock Health and Pest Authority

Friday 24 February, About 3-4 hours. Southern Highlands. Cost: FREE

Contact Susan Orgill T: 02 6298 0806 M: 0428 424 566 E: susan.orgill@dpi.nsw.gov.au

Learn to identify plants and weeds in your paddock - discuss seasonal issues and farm activities.

A new quarterly magazine for CANWin



CANWin is producing a magazine with a local focus as a pilot project for 1 year to see if it is of value to the community and CANWin.

Sustainability Wingecarribee will make going green and sustainable a bit easier for you.

Local stories * Local people * Ideas you can put into action right here in Wingecarribee

Issue 1 will be launched at the Annual General Meeting – 4th March.

One year subscription (4 issues): Members \$15.00 Non-members \$20.00

To subscribe, contact the Editor at toni.mclean@aapt.net.au



Strawbale Design Workshop

17-18 March. 9.30am Sat – 1.00pm Sun. Wingello.

Learn techniques to design and construct with straw bales. The weekend will incorporate presentations and hands on construction of a small straw bale shelter for the Nature Reserve of Wingello Public School.

For more information go to: <http://www.gudhara.org.au/retreats.htm> or contact: Gudhara Holistic Sanctuary Southern Highlands P: 0403 203 963 (9am to 5pm Mon-Fri)

Can't do the workshop but would like to help the school? You can join the working bee to prepare the site for the shelter or to help finish it off. To find out more about the working bee, email gudhara1@bigpond.com.

A Carbon / Future Farming Field Day

26th and 27th March. Jamberoo.

Hosted by Clover Hill Dairies and the Southern Rivers Catchment Management Authority.

The program will include presentations about sustainable farming, improving soil health, the Australian Government's Carbon Farming Initiative and opportunities to generate carbon credits. Field visits will explore the work at Clover Hill and Lemon Grove Research dairy farms. For more information, go to: <http://www.smallfarms.net.au/UpComingEvents.html>

Register your interest in attending: email peter.pigot@cma.nsw.gov.au or phone 4429 4449.

CANWin INITIATIVES & PROJECTS

CANWin Web Site: by locals for locals – a site for information and discussion [more...](#)

CANWin Working Groups: locals actively working towards a better future locally [more...](#)

Wingecarribee Sustainability Hub: supporting sustainability and clean energy [more ...](#)

Alternative Energy Project: for clean, efficient energy for Wingecarribee [more ...](#)

Transition Shire Wingecarribee: a grass roots initiative to foster sustainability [more ...](#)

Southern Highlands Harvest: promoting local food producers [more ...](#)

Fruit Rescue Southern Highlands for Growers and Pickers (FReSH): [more ...](#)

Community Exchange Southern Highlands [more ...](#)

Request for Responses from Southern Highlands Residents*

My name is Joanne Dodd and I am an agricultural ecologist and educator. CANWIN has kindly agreed to allow me to use the Bulletin to reach people in the Southern Highlands.

I am developing a business in sustainable agricultural education and am conducting market research to determine the educational needs of landholders in the Southern Highlands region. I hope to organise a range of workshops based on the survey responses. These may include such topics as organic farming, natural animal care, aquaponics, beekeeping, holistic grazing management and building healthy soils.

I would be grateful if you could click on the following link and complete a small survey (it will take around 6-8 minutes): <http://edu.surveygizmo.com/s3/804454/Landholder-Market-Research-for-LightFoot-Education>

For further information about LightFoot Education, please go to my website, call me on 0403569076, or email me at joanne@lightfooteducation.com.au. Thank you for your assistance with my research.

*CANWin has no connection with LightFoot Education

MORE ON THE UPCOMING EVENTS

CANWin Annual General Meeting and Film Showing

Sunday 4th March, 1.30pm Registration for 2.00. The Board Room, Berrima District Credit Union (BDCU). 411 Bong Bong Street, Bowral.

The Management Committee for 2012 will be elected at the AGM.

Please note that only financial members are entitled to vote at the AGM. If you're not already a member and would like to join, there is an application form in this Bulletin.

The positions to be elected are:

1. Convenor
2. Deputy Convenor
3. Secretary
4. Treasurer

Eight (8) non-executive (ordinary) committee members, who generally are expected to head sub-committees as required by the Management Committee.

The short AGM will be followed by light refreshments and the screening of an inspirational film.

The film is free to members and \$8 for visitors.

Design for Life: Permaculture—The Food Forest Story

Permaculture is about

- *sustainability*
- *organic gardening*
- *whole farm planning*
- *alternative energy*
- *appropriate technology*
- *ethical investment*
- *alternative economics*
- *eco-villages*
- *permanent solutions*



The film shows how Graham and Annemarie Brookman transformed a bare paddock into a bountiful food forest, using renewable energy, appropriate technology, and sustainable farming and living practices. The Brookmans demonstrate how an ordinary family with a typical Australian income can grow its own food and create a productive and diverse landscape.

The Food Forest is not just about sustainable gardening and farming. Consistent with an environmentally responsible approach, other energy wise projects at the farm include straw bale buildings, passive solar housing, solar hot water, and solar panels for electricity.

Whether you come along for the whole afternoon or just to see the film and join in the discussion afterwards, please let us know you're coming to assist with catering and seating.

‘Power of Community’ - a film screening

28th February 6pm for 6.30 start. Empire Cinema, Bowral.

Wow! What a great time we had with the Food Matters film at the inaugural Community Health Film Seminar late last year.

The new film screening is 'Power of Community', which says it all!

The Southern Highlands community is certainly unique and this evening is primed to be fun, with **gifts, door prizes, a guest speaker and open discussion.**

The door price is \$17, however if you pre-purchase your ticket it is only \$12. Better still - **if you have a group of 5 or more the pre-paid price is only \$10 each.**

It's recommended you book your seats soon as the last film was a full house.

No waiting at the door – prebook and walk straight in!

This film is one of the Catch the Health Bug film series and funds raised from the evening will go to support the Bundanoon Community Garden. Contact Frank on 0413 344 955, Joan on 0417 819 428, or email joanandfrancisco@gmail.com for your tickets.



Southern Highlands Community Health Film Seminar

“Catch the Health Bug” Monthly Series

NEW EMPIRE CINEMA
 327 Bong Bong St BOWRAL

1 hr screening + 1hr discussion with MC
 Guest Speaker + Lucky door prizes

Join us on Facebook
 Southern Highlands Community Health Film Seminar

ABN 74 337531472
Claim Your Seat To Health!

To benefit the Bundanoon Community Garden

RSVP to Reserve Now
 \$12 Pre book
 \$17 at door

CBA ACCT NAME: ALEGRIA
 BSB 062 511 ACCT 1025 3996

Tuesday
28 February 2012
@ 6pm for 6:30pm start

Let thy Food be thy Medicine and
 thy Medicine be thy Food - Hippocrates

POWER OF
 HOW CUBA SURVIVED PEAK OIL
COMMUNITY

Frank 0413 344 955 Joan 0417 819 428
 email: joanandfrancisco@gmail.com

Resilient Hearts Group

Monday 5th March, 2012. 7.30-9pm. Henrietta Rose Room, in front of the Library, Bowral.

An open space for reflection and conversation ... unique and inspiring. The group meets on the first Monday of each month. Contact Francine at francinebart@gmail.com for more information and to let Francine know if you want to be on the emailing list.

Please feel free to pass this Bulletin on to others so we can spread the word about CANWin's activities in the Southern Highlands and help make our community the best it can be. New members can complete the membership form in this Bulletin and return it to the secretary.



Southern Highlands Harvest at the Local Food and Wine Festival

3 - 4 March 2012. Bong Bong Picnic Racecourse, Kangaloon Rd, Bowral.

Come and enjoy this fabulous two day festival to be held at the **Bong Bong Picnic Racecourse** to celebrate award winning food and wine. Listen to live music whilst savouring local food and sampling great wines by the glass. Be inspired by cooking demonstrations and a program of **talks about growing food, community gardens** etc put on by Southern Highlands Harvest.

Take home the **region's best produce**.

Enjoy the family fair and over 100 market stalls, it's sure to be a fun day out for everyone!

Entry is \$10 per adult, kids under 15 free. For bookings and more information visit:

www.australianhighlandswineshow.com.au

About Southern Highlands Harvest:

SHH is a collaborative project of CANWin's Transition Shire team, Slow Food Southern Highlands and Harmony Community Farm, supported by Tourism SH and seed-funded by Wingecarribee Shire Council. SHH fosters interest in local food, not just for the nutritional and taste benefits, but also to help strengthen local communities and reduce food miles.



ALL farmers, markets, farmgate sellers, locals and visitors alike now have the opportunity to learn more about how their food is produced and to build relationships with those who grow that food.

Stage One of this project is now up and running, with more than 30 farmers, growers and distributors registered and showcased on the Southern Highlands Harvest Food Trail Map.

You can get a free copy of the Harvest Providores map at Council or from the Southern Highlands Tourism website on the [Food and Wine page](#), or just click on the logo above.

New producers are encouraged to register so we can help spread the word about their products. For more information or to get a registration form: contact Jill Dyson (jill@foodpath.com.au) or Sandra Menteith (menteith.sandra@bigpond.net.au)

CANWin invites you to become a member, subscribe to the magazine, or simply have your name added to our mailing list to receive our monthly e-Bulletin which will keep you up to date with CANWin's activities and projects.

Membership or Magazine Subscription: I/We would like to:

Become a member or Renew my/our membership or Take out a magazine subscription without membership and I enclose \$ for membership and/or subscription

Name: Phone: Date:

Address: P/C:

E-mail:

Payment: Cheque Electronic transfer to: CANWin, Inc, at BDCU
 Acc. No. 105745* at BSB No. 802-101 *if transferring from a BDCU Acc: use 105745S5

\$20/person/yr, which includes membership and a free subscription to the **electronic version** of this magazine, downloadable from the CANWin web site.

\$35/person/yr, which includes membership and a one year subscription to the **print version** of this magazine, mailed quarterly.

\$20 / year for a one year subscription to the print version of this magazine (for non-members)

(Concession rates are also available for students and Centrelink recipients.)

Please **post** completed form and payment to The Secretary, P.O. Box 1193, Bowral, 2576.

Please **email** completed form and payment transfer details to: phizwalker@optusnet.com.au

Mailing List: Please email toni.mclean@aapt.net.au to go on the monthly email list for CANWin updates.

REPORTS AND UPDATES

CANWin Web Site

Have you visited the CANWin website (<http://www.canwin.org.au/>) lately? It's more colourful, it's updated more often, and the new three column web page layout makes information easier to find.

We all know people who disagree about the urgent need to stop burning fossil fuels, about the availability of renewable energy in the Wingecarribee, or even about the glorious flavours of local foods. We all know that there's a lot of misinformation around. The CANWin Website aims to be a reliable, local resource where you can find facts for discussions with friends and relatives, or where you can refer fellow Highlanders to seek out information for themselves.

Some of you already know that CANWin has been on Facebook for a couple of years (<http://www.facebook.com/climateactionnowwingecarribee>). We've now started to make greater use of Facebook's particular style and strengths to reach people who rely on it. We'll soon be asking members for experience and opinions about this and other "social media" possibilities through a survey - look for it during March.

Commenting on Website articles or on the Facebook page is one way you can get involved without much time or any ongoing commitment.

If you're interested in doing more, please contact Sandra Oates or Claire Burniston. How? Through the Website or Facebook, Of course!

Newly Established Bundanoon Community Garden

In the last Bulletin we announced the launch of the Bundanoon Community Garden. Sandra Menteith has provided an update on progress at the garden.

The Bundanoon Community Garden is now up and running, with a keen team of volunteers. Several raised beds have been constructed, a compost bay established, signage installed, and the long, stone wall cleared ready for citrus and deciduous fruit tree planting. Steps now lead to the large, north-facing deck overlooking the garden. The communal lunch has already included some salad greens harvested from first plantings!

In a carbon constrained world, food security is becoming a hot topic around the world as the cost of fresh fruit and vegetables continues to rise.

A community garden is an effective way of addressing this need for food security, social opportunities, health promotion, environmental improvement and learning for sustainability. It is not simply about growing, eating and sharing fresh, locally grown food – it also builds resilience in a community, growing friendships and a sense of place.

Location: Quest for Life (QFL) Centre, Ellsmore Rd, Bundanoon

Opening times: Tuesdays & Thursdays 10am-3pm

Come along and share fresh food, friendship, skills and knowledge. We welcome potential community gardeners and visitors of all ages!

For more information contact:

Tony Coyle, BCG Convenor: 0402 719716 coyle_tony@hotmail.com

Sandra Menteith, BCG Secretary: 4883 7687 menteith@bigpond.net.au





Clean Energy Future Working Groups

These working groups were formed as a result of CANWin's Clean Energy Future Workshop in November last year. They are spearheading CANWin's activities in 2012 as it leads the way in helping to create a sustainable future for the Southern Highlands.

Renewable Energy: Group Leader Mike Meldrum

The Renewable Energy working group is investigating and evaluating the technical feasibility of various renewable energy options. There has been keen interest in this group, with 8 – 10 members signed up for the group's first meeting on Sunday, 26 February at Mount Murray. The first item for consideration is a draft submission in response to the NSW Government's Wind Farm Guidelines which had already been prepared by group members. This submission will be one of the first deliverables of the working group.

Energy Efficiency: Group Leader Tim Edwards

The Energy Efficiency working group is up and running with around 12 members.

The Australian Industry Group says electricity prices are likely to rise by 100% by 2015. We think that means the time is now for the Wingecarribee community to learn how to reduce their energy use, and therefore reduce their electricity bills as much as possible.

The Energy Efficiency Working Group has started with a major homework task called Energymark. Energymark is a program developed by CSIRO and the NSW State Government to provide hands on education for community based organisations. The working group members will complete the program over the next two months with a view to making it available to the community at large.

So right now we see Energymark as a train the trainers program. We aim to learn how to provide both residential and commercial members of our community with the information they need to reduce their energy consumption.

Any one interested in joining a future Energymark Group should contact Tim Edwards - tim.edwards@acenet.com.au

Community Engagement: Group Leader David Tranter

The Community Engagement working group will be liaising with the community, businesses, and the local Council to encourage their engagement with clean energy options for the Southern Highlands. The working group will also inform the local community about opportunities to save energy and be more efficient with the use of our resources. The group's first meeting is on Friday 24th February.

Permaculture Design Certificate Course

The Permaculture Design Course got underway on 7th February at Berrima. The organisers were overwhelmed with interest and had no difficulty filling places for the program. Those of you who aren't too sure just what permaculture is about, come to the CANWin AGM and stay for an interesting and inspiring film about a permaculture farm in South Australia, and see how it embodies all the principles of a sustainable life.



CANWin INITIATIVES

Wingecarribee Sustainability Hub (WSH)

In September 2010 CANWin formed a project group to investigate opportunities for enhancing sustainability and alternative energy in the Highlands – a **Sustainability Hub**. Members include volunteers with management, business, accountancy, engineering and scientific expertise. Their initial priorities are renewable energy, energy efficiency and community engagement.

The project group has held several meetings with representatives from community, government and consultancies to discuss the feasibility of alternative energy and other sustainability elements, such as energy efficiency.

Sustainability Hub Site

We are also seeking a suitable operational site for the Project. There are a number of possibilities and we are presently researching options.

Project Sustainability

CANWin is applying for funding through government avenues being set up to support initiatives which will facilitate a transition to a cleaner, greener Australia. We believe that this project needs to become financially sustainable to ensure its continuity when seed grants expire. To that end, we are examining ways to generate continuing income.

Membership

We propose to manage membership of the Hub on a co-operative or not-for-profit community association basis, which might involve annual membership fees, shares and/or fee for service payments. Funding and management options will be included in the initial feasibility study to be refined on determination of feasibility and scope for the Hub.

We believe that the Wingecarribee Sustainability Hub has the potential to:

lead our Shire to a “clean energy future”

provide significant opportunities for “Green Jobs”, and

promote a healthy and resilient ‘sustainable’ community

Interested? Send an email enquiry to canwinergy@gmail.com

CANWin Alternative Energy Project

The CANWin Alternative Energy Project is an early outcome of the Sustainability Hub meetings. It is guided by a report on wind energy compiled by the Southern Councils Group in 2009. The project group also drew on the experience of the Hepburn Wind Project in Victoria and various community led sustainability action projects that have emerged nationally and internationally. Four important factors have become evident:

- Engaging the community early in an informed manner about energy options is critical.
- Lead time to commission an alternative community energy facility could be 4-5 years.
- While wind energy is suitable for this area, other forms of alternative energy must also be considered.
- A pre-requisite for success is community ownership of the project.

Renewable Energy Working Group

A newly formed Renewable Energy working group is preparing a submission in response to the NSW Government's Wind Farm Guidelines as an important step in achieving CANWin's objective of fostering renewable energy for the Southern Highlands.

Transition Shire Wingecarribee

CANWin's Transition Shire Wingecarribee (TSW) is a grass-roots initiative that encourages all members of our local community to think about how we can create a sustainable future together. *Transition* refers to the process of becoming more resilient.

The Transition movement became an election issue in Wingecarribee during the 2008 council elections, as it became apparent that the community will need to be more self-reliant. Rising energy costs and increasing competition for water and resources will eventually require local production of food, energy and many goods and services.

For more information, go to: <http://canwin.org.au/entry/initiatives/transition-shire/>

Fruit Rescue Southern Highlands for Growers and Pickers (FReSH):

Some people have fruiting trees and vines that they can't harvest. Some people are available to pick the fruit. Fruit Rescue Southern Highlands (FReSH) brings those people together.

You can register as a grower or as a picker on the CANWin web site: <http://canwin.org.au/entry/initiatives/fruit-rescue/>

When fruit is ready to be harvested, pickers will be contacted, a time arranged and picking and merriment will follow. Once the job is done, 2/3 of the fruit will be divided among the pickers. The remaining third will remain with the grower.

It's early days for FReSH, so we shall see how it evolves. There is, of course, much scope for pre-serving parties/workshops and perhaps even a pruning service.

For more information, go to: <http://canwin.org.au/entry/initiatives/fruit-rescue/>

Community Exchange Southern Highlands

The newly-launched **Community Exchange Southern Highlands** is a LET System. It allows members to trade with one another using a local currency (Gibs) instead of Australian dollars.

Why is this a good idea? Even if you don't have a lot of money available, we all have goods and services that we would like to receive – and those that we can give. Now we can trade without the restriction of earning dollars first.

It's also a useful way to extend your friendship circle. You have friends with whom you quietly exchange favours all the time, but do you have a friend who will look after your kids, perform a marriage ceremony, edit your documents or teach you how to make soap?

If not, CESH is just the thing.



**Community Exchange
Southern Highlands**