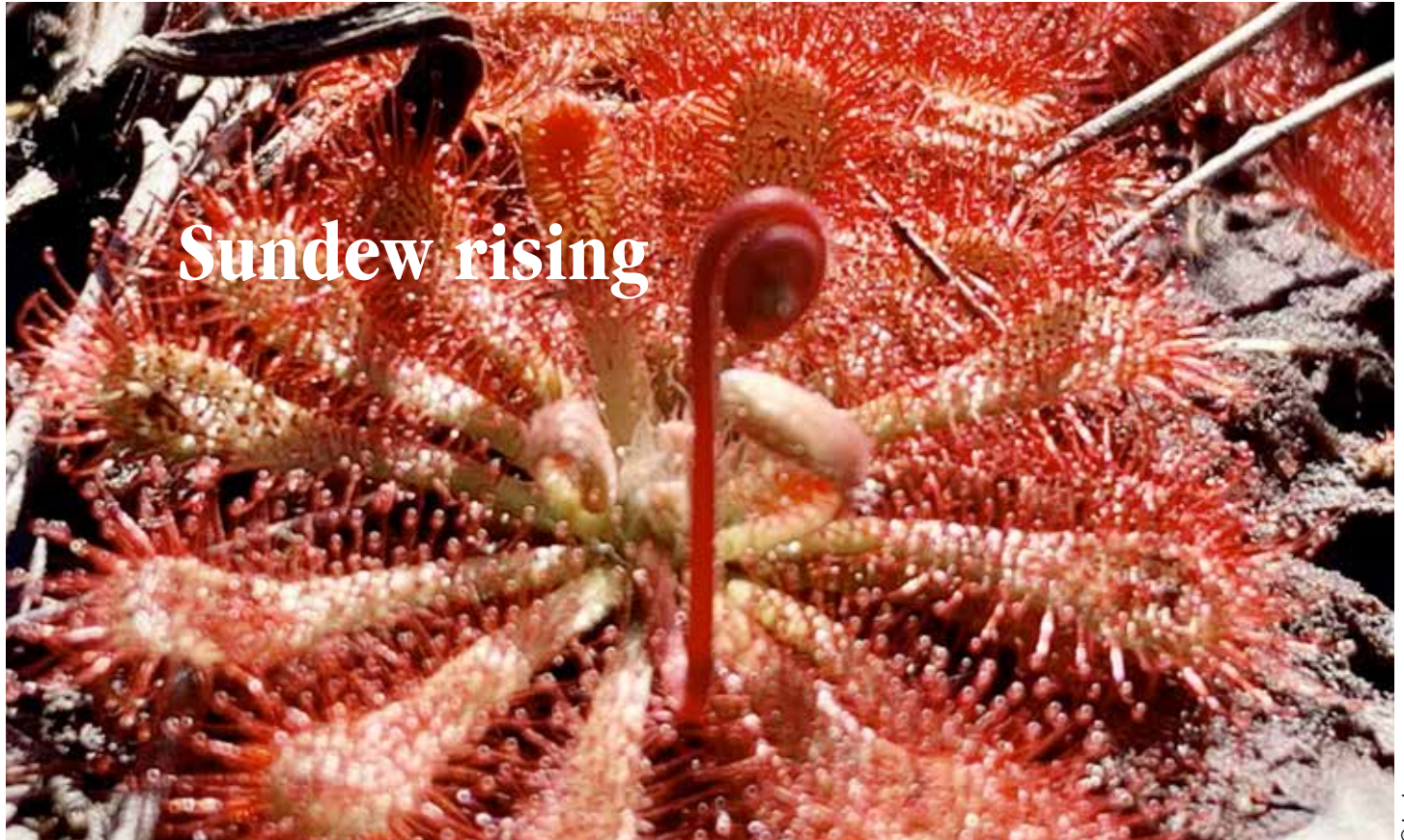


Goolawah^{CO OP} Gazette

Journal of Goolawah Co-operative Limited

November 2021



Sundew rising

© Jac Larsen

From the Editors



Welcome to the latest offering of life on *Goolawah*. After record floods at the beginning of the year, nature burst with a flurry of activity, providing a bounty of tree growth, crisp winter mornings, and an onslaught of hungry birds! It appears our avian friends have come from far

and wide to feast on the fruits of our labour, along with the nectar of the forests.

And even though mosquitoes have been mysteriously missing for nearly 12 months, the interruptions to our lives continue due to THAT microscopic monster engulfing the world. However, in true Frankenstein tradition, our Frankie got to work creating its nemesis, *Coronasaurus redhillii*. Keep a lookout for it throughout this edition. October 2021's G-month events, including the inaugural 'GooliArchi' portrait prize, already suffering from a 12 month postponement, sadly had to be consigned to the compost heap. Instead, we will include some 'throwback' images to celebrate *Goolawah*'s 21 years of age. Feel free to send in anything along these lines for the next edition.

With all this extra time, people took advantage of the wet weather to grow stuff, inspiring a garden frenzy with mulch arriving by the tractor load. *The Men's Shed* continued building the new toilet and slashing the fire trails, whilst the *Women's Circle* gathered to discuss a broad view of what is possible for the community. The Boomerang garden is starting

to take shape, the *Last Resort* continues its rise from the ground, and a koala crawled up a door frame.

On the management front, the board hit gender parity at the AGM voting in Bron, Denise and Julica, with Rose taking up the Secretary baton. They join Craig, Wayne, Kev and newly elected Ralph V to steer all manner of policy, DAs and roads for the Co-operative. Then, in true viral fashion, members upgraded to a more secure communication platform on the *Signal* phone app. *The PhoneTree* was migrated over and a slew of new groups were created to appeal to the ever-increasing interests and activities of our community.

So, while it has been difficult to 'lockdown' stories for this edition, we have learnt to 'pivot' here at the *Gazette* desk, and make it up as we go along. The first casualty is the calendar: 'Tragedy!' I hear some of you saying, but I can assure you all that there will be a Christmas and a New Years Eve. And that's about all we can be certain of. Keep a look out for any number of random celebrations posted on *Signal* as we begin to 'open the borders'.

In this edition, we welcome back James with stories of fungi and young children, Alby with some weed action, and the next instalment of our local tragedy, *Romeo and Juliet*. We also welcome a winning recipe from Jim, a spring clean with Aliya (there's still time!) and a bit of trivia from the masked Quiztopher Columbus. But wait, there's more!

Now it's time to explore.

Stay well and enjoy the silliest of silly seasons.

Ed.

Cute but not so cuddly Echidna!

You may have noticed more echidnas recently, as the breeding season is from June to September. So, here are some interesting factoids about them:

- Like their close cousins the platypus, they are the only living mammals that lay eggs and the only surviving Monotremes, which evolved some 20-50 million years ago.
- Named after Echidna the “Mother of Monsters” – half woman, half snake creature from Greek mythology - they were seen by early scientists to have both reptilian and mammalian features
- Echidnas have no need for teeth but rather a long (15cm), sticky tongue that can quickly slurp up ants, worms and insect larvae. Their scientific name *Tachyglossus* means “fast tongue”
- Their spines are long, tough, hollow hair follicles made of keratin, the same fibrous protein that makes finger nails, claws and horns.
- Baby echidnas are born with tiny soft spines and are called puggles - how cute is that after all!

Finally, why we love them: echidnas are referred to as ‘ecosystem engineers’? While they might not seem very active, with top speed of 2.3kph, echidnas spend an incredible amount of time digging and moving soil – estimated average 200 cubic metres each year per animal. Beat that bandicoots!

Turning over so much improves soil mixing and water penetration, reduces run-off and erosion, and ultimately makes for healthier soils.

In our next issue, resident scatologist Roger will explain how to identify echidna do-do, and we’ll look at echidna mating rituals (males have a four-headed penis!).

Craig Singleman



Boomerang Garden Update



© Jac Larsen

Red Hill Boomerang Garden is well under way:

- Gordon worked his earthworks magic in August, digging up the ground, two struggling trees carefully removed and put safely in pots for replanting later.
- A group of Goolies kicked clods till they could kick no more in early September. In three short sundown sessions we managed to whittle those pesky clods into manageable pieces while working to kickin' beats.
- Cue our favourite Ti-tree mulch provider, Jason... 10m³ delivered and we are now spreading it over the beds.

- Next up is temporary fencing (while our trees become established), building of the entrance gate with sign, and then construction of a community stall.
- To give our plants the best chance of survival we will plant them in early Autumn 2022.

All ideas and help are welcome, especially if you would like to get involved with the fencing (star pickets and ring lock), designing and building the gateway, constructing benches, the community stall or even the sunset spot chessboard.

Report by Ishbel

New Members



Justine Shaw and Steve Hall

Hi Goolies

Justine, Steve, Isaac and Isla here – we arrived from Sydney in May and are settling happily into life at number 25. Originally from England, where both the kids were also born, we travelled over the oceans in 2011 – more of a challenging undertaking than our responsibility-free backpacking days! Sydney city life was good to us, but we were slowly building up to a sea-change, and keen to experience life in an off-grid community, something we'd been looking at for a few years...so here we are, almost as busy as ever (hey, that wasn't part of the plan!) but in a more rewarding way (that was) as we all slowly shape and adjust to our new surroundings, friends, home, gardens and life – we are very happy to be here with you all.

The Fettuccine Ronchetti Story

By Jim Ronchetti

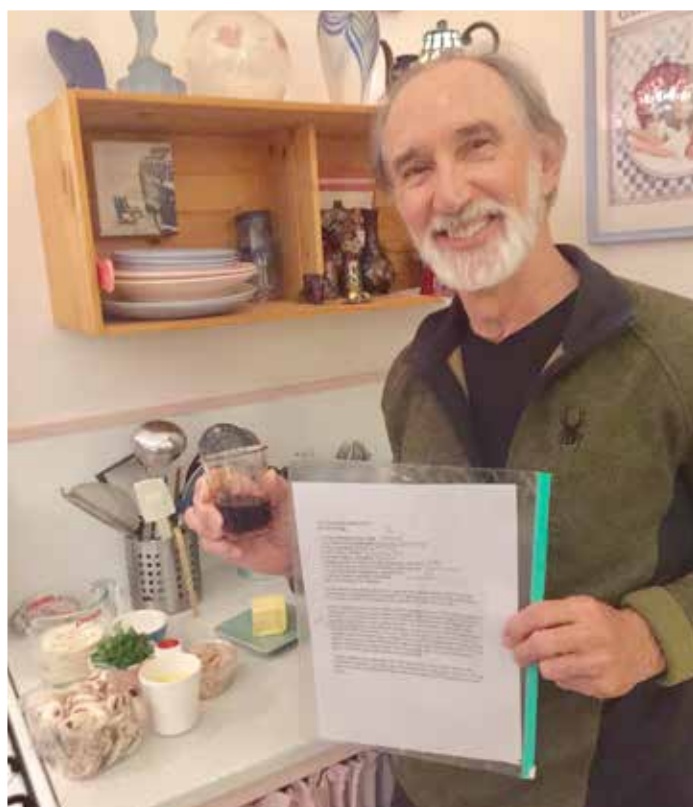
'Fett Ron' was abbreviated on guest checks at the first restaurant I owned, T-Bar-S. Operated with Lyn, my wife at the time, it burned down after 11 months. The only food we could salvage was in the chest freezer - ham and boxes of Alaskan king crab legs.

We discovered that being the owners, and not employees; we weren't eligible for unemployment benefits. Since we had no income, we applied for food stamps and ate what came our way. Ham sandwiches and smoked crab became a staple in our diet.

One night, Lyn sautéed garlic and mushrooms in butter, poured in heavy cream, added white pepper then smoked crab meat before tipping the mixture over fettuccine noodles. It was one of the most amazing meals I had ever eaten!

A year or so later, when we began to remodel our next restaurant and plan the menu, I asked Lyn, "Do you remember that crab fettuccine dish you made awhile back? Do you think you could fix it again? I think it might be a good menu item".

Long story short, she did remember, and when she made it again, it was as good as the first time. We put it on the menu for our new restaurant, *Kilgore Trouts*, as both an



appetizer and a main dish. In the ten years the restaurant was open, we sold more *Fettuccine Ronchetti* than any other dish. Soooo - out of adversity...

Fettuccine Ronchetti

1/2 lb. (225g) Alaskan King Crab (any suitable crabmeat)

3/4 lb. (375g) fettuccine

1/4 lb. (100g) + 2 tbsp. unsalted butter

1/2 pint (235ml) heavy cream (not whipping cream)

3 cloves garlic, chopped

2 tbsp. olive oil (the best you can buy)

1/2 lb. (225g) mushrooms, thinly sliced

1/2 cup parmesan reggiano (or similar) grated fine

1/4 bunch Italian parsley, chopped

Salt and white pepper as desired

Method

Cook pasta, save 1/2 cup of the pasta water. Drain pasta in colander and return pasta to the pot, burner off.

Add back in the 1/2 cup of the pasta water.

Add 1/2 of the parmesan, 1 tbsp. of butter, 1 tbsp. of olive oil, and half of the heavy cream to the pasta, stir, and let sit with the LID ON.

Add 1 tbsp. of the butter and 1 tbsp. of the olive oil to a saucepan on medium-hi heat. Once the pan starts to bubble slightly add the garlic and roll in pan for 1-2 minutes (don't burn!!)



Add the mushrooms and slightly stir until the mushrooms are golden brown. Turn the heat to low and add the 100g of butter and a handful of parsley. Let the pan sit with all ingredients on low for 10-15 minutes.

Turn up heat to HI and when the pan starts to bubble add the rest of heavy cream and the rest of the parmesan.

Reduce the sauce until it becomes creamy but not thick. Add all of the crabmeat.

Toss the pasta and add to a large bowl.

Top the pasta with the crab/mushroom sauce and put more parmesan on as desired.

Sprinkle chopped parsley on top. Serves 4.



JoJo

Earlier this year, Adam and Shantel found a young joey sick and dying on Red Hill. With the support and advice of Wildlife rescue specialists, they were able to nurse little 'JoJo' back from the brink.

Then life moved them way up north for work, so Aaron jumped full on into their parental shoes. They became inseparable as Jojo built up strength.



A couple of months later Aaron was off up north for work too, so Ish and Luke became Jojo's third set of parents. He's weaning now and it won't be long before Jojo re-joins the local Roo mob.

It goes to show how much time, care and effort it takes to raise a kanga to roo-hood. Nice work people!

Early Days Camp Kitchen



ALBY'S WEED NOTES

Camphor Laurel

(*Cinnamomum camphora* L. J. Presl [family LAURACEAE]) is a highly invasive, 20m tall, evergreen tree. It is considered invasive because of its ability to adapt and easily reproduce, out-competing most other vegetation when it gets a hold. Mainly spread by birds eating the fruit, it germinates easily, putting down rapidly growing tap-roots. After 7 years, the Camphor Laurel commonly starts to produce a prolific amount of fruit. The seed can last for up to 3 years. Unfortunately, we have clusters of Camphor Laurel growing on *Goolawah*, particularly near North Gate and along the Beach Track. We will need to remove these trees, for the reasons given above, and the impact on our native forests.

The timber of the Camphor Laurel is high quality and sought after by cabinetmakers. Perhaps this could provide an opportunity to assist us in their removal? If you're unsure, crush its leaves, and, if it is Camphor, you will smell it's a potent, unmistakable *Vick's* vapour rub smell. Be aware though, as it can be mildly toxic to some people.

Removal: Should we use chemicals?

Even though we tend not to use chemicals on *Goolawah*, the larger trees may need herbicide treatment using the drilling method to eradicate them. It is a bonus if we can manually remove smaller plants.

But wait! There are some new organic herbicides coming on the market. I've also had luck with using a chain saw at the lowest base and covering the cut trunk with heavy plastic, so new growth doesn't get any sunlight. Whilst we control the camphors on *Goolawah*, it's a good idea to replace them with native plants, such as Blueberry Ash. Planting indigenous trees then provides food for the native birds that eat the Camphor laurel fruit.

Alwyn Hunter



Bush Fire Ready - Are you prepared?

As we have seen lately, it doesn't take much for the land to dry out here on Goolawah. Sunny days and dry winds mean everything's in need of a drink. With all the growth over the last season and old wood hitting the forest floor, it's important to be aware of the increased fuel load around us.

There are many types of fire we can encounter. However having chosen to live within a forest, are you prepared for the different situations we may face? And how does your property affect those around you in the event of an emergency? There are many resources available now to help prepare our homes and property. Below is an overview of a fire plan developed by the Rural Fire Service RFS, with a link to the full version posted on our website to download. Hard copies can be found at our local RFS in Crescent Head.

Many members have already begun clearing up around their places, actively slashing trails, clearing the undergrowth and doing small burns around the community. There's plenty of work to be done and members are encouraged to help out. Craig has offered to chat to anyone who needs any advice or assistance around their place.



Four Steps To Making Your Bush Fire Survival Plan

1. DISCUSS what to do if bush fire threatens your home.

Leave early (safest choice) or decide to stay (only if you're well prepared).

There's a good decision flow chart to help you determine what's best for you. If you do stay they provide a Checklist for firefighting equipment and protective clothing.

Also included is an Action Checklist for what to do before, during and after the event.

2. PREPARE your home and get it ready for bush fire season.

The Top 5 actions to make your home safer; trim vegetation, mow grass clearing around your home, remove debris that will burn, clear gutters, prepare hoses and a reliable source of water.

Also included are the 'More Permanent Protection for your Home' and 'Prepare Your Rural Property' checklists.

3. KNOW the bush fire alert levels.

Listen out on local radio or get alerts on 'Fires Near Me' phone app. Know what to do on each level: Advice, Watch and Act, Emergency Warning.

Also know what you are going to do at different Bush Fire Danger Ratings: Low-Moderate, High, Very High, Severe, Extreme, Catastrophic.

4. KEEP all the bush fire information numbers, websites, and the smart phone app.

Keep these numbers, links and apps on your phone or close to hand:

Emergency - 000 Bush Fire Information Line – 1800 NSW RFS – 1800 679 737

'Fires Near Me' free smartphone app.

Local radio, emergency broadcaster frequency, TV, newspaper and social media sites.



The Third Kingdom of Goolawah Part IV

Aleutian ferruginia

Found in seedling pots, Cup fungi are strange little gelatinous bowls, often quite small (15mm diameter) and hard to spot in the forest. It grew from soil mix we purchased, so I thought it was a feral fungi and not native to Goolawah. But research showed that they are commonly found in Australian forests, specifically the Mid North Coast. How quick we are to condemn a “non-native” species, when it could only be our perception that dictates whether they belong in an area!



Concybe apala

This dainty little mushroom, known as white dunce cap, was growing out of grass and tea tree mulch in our garden. It may have come with the mulch, as I'd never seen it before. It sprung up with the morning dew then shrivelled and was gone by lunchtime. Not a bad trait for a poisonous mushroom, especially when you have a toddler exploring the world by putting everything in her mouth and doesn't rise until after noon!

James Gallety

Romeo and Juliet – Act 2

22nd May 2021

In May, our local thespians took to the Campisi stage to continue this epic tale of love. The Houses of Montague and Capulet, bitter enemies, are about to face their biggest challenge to date. Here's an overview of what happened...

Romeo has found love. He has been in love before but his love had not been returned. But Juliet, Juliet returns his love. So much he longs to tell her. But he has to make his speeches of love to a woman who's supposed to be his enemy. He is her enemy. No chance for Romeo to see Juliet and say the things a lover usually says. Juliet, just as much in love as Romeo, has even less opportunity to meet her lover. But love gives them power, and the night gives them the chance to meet, sweetening danger with pleasure.

Do yourself a favour and see the next enthralling addition when Act 3 returns...



Juliet despatches a maid to set up a rendezvous with Romeo to be married.



Tybalt displays fierce swordplay, challenging Romeo to fight!



Benevolio and Mercutio try to track down a lovestruck Romeo, goading him for his absentmindedness.

Meanwhile Romeo rocks up to Juliet's balcony declaring his love then begging Friar Lawrence to marry him to his beloved.



Romeo and Juliet secretly exchange rings

Out on the tracks with Jac (Episode 3)

After the waters subsided from the floods, Rhonda and I were finally able to traverse the tracks again. Winter proved to be one of the busiest and noisiest times out in the forests as the Swamp Mahoganies burst into flower. Wattlebirds, Friarbirds, Golden Whistlers, Spinebills, and just about every honeyeater imaginable darted about, screeching, squawking, and announcing the nectar was ready to be feasted on. At night the bats moved in, gliding with stealth across the dusky sky. Bandicoots and Echidnas left potholes in their wake and joeys started popping out of pouches all over the place.



Then one morning down at the 'Secret Paddock', someone from the Lantana Working Bee spotted a koala munching on the leaves of a 'Swampy'. I received a text; photo included and decided

to check it out. The track was very overgrown, a bit boggy and the grass in the paddock was shoulder high. I marvelled at the age of the forest, particularly the Banksias, and a little dismayed at the size and density of the Camphor Laurels. Sigh. I found the tree in the photo but alas no sign of the koala. I was hooked. Time to leave the orchids and jump on the bear bandwagon.

So began the journey to track down the best areas and trees on Goolawah for this threatened marsupial. I put out a call-out on the PhoneTree to members to alert me of their whereabouts whether spotted in the forest, heard grunting or pictures of scats and scratches. This stimulated trips all over Goolawah and it's become very obvious over the last 6 months, that we have a healthy population around us.

After the deadly fires the year before last, where many animals perished, we were contacted by a group of ecologists looking to find private land that had a population of koalas. They propose to develop a partnership and offer services such as weed and pest control, revegetation and surveys using Government funding (not linked to coal offsets) to assist in their preservation. We have invited them to come take a look. It's now spring which ushered in the next wave of birds; King parrots, Galahs, Bower birds, Cuckoos and the majestic Rainbow Bee-eaters, and time to enjoy the growth and bounty of the forest as the Boronias, Orchids, Pea-flowers and Tea-trees burst into flower. With the first surveys done by the koala crew, it seems that our little 'green island' is the place to be.

Eucalyptus robusta, commonly known as swamp mahogany or swamp messmate, is a tree native to eastern Australia.

Growing in swampy or waterlogged soils, it is up to 30 m (100 ft) high with thick spongy reddish brown bark and dark green broad leaves, which help form a dense canopy. The white to cream flowers appear in autumn and winter.



The leaves are commonly eaten by insects, and are a food item for the koala. It is an important autumn-winter flowering species in eastern Australia, and has been planted extensively in many countries around the world. Its timber is used for firewood and in general construction.

Wikipedia

The koala or, inaccurately, koala bear[a] (*Phascolarctos cinereus*), is an arboreal herbivorous marsupial native to Australia. The koala is found in coastal areas of the mainland's eastern and southern regions, inhabiting Queensland, New South Wales, Victoria, and South Australia. It is easily recognisable by its stout, tailless body and large head with round, fluffy ears and large, spoon-shaped nose.



© Sam Wong

The koala has a body length of 60–85 cm (24–33 in) and weighs 4–15 kg (9–33 lb). Fur colour ranges from silver grey to chocolate brown.

Koalas typically inhabit open eucalypt woodlands, and the leaves of these trees make up most of their diet. Because this eucalypt diet has limited nutritional and caloric content, koalas are largely sedentary and sleep up to 20 hours a day. They are asocial animals, and bonding exists only between mothers and dependent offspring. Adult males communicate with loud bellows that intimidate rivals and attract mates. Males mark their presence with secretions from scent glands located on their chests. Being marsupials, koalas give birth to underdeveloped young that crawl into their mothers' pouches, where they stay for the first six to seven months of their lives. These young koalas, known as joeys, are fully weaned around a year old. Koalas have few natural predators and parasites, but are threatened by various pathogens, such as Chlamydiaceae bacteria and the koala retrovirus.

Wikipedia

The Map is not the Territory

Maps record different ways we use and perceive land, creating boundaries, ownership titles, extent of range for species, roads and tracks for access and a million other reasons. They provide a glimpse into the past and what the cartographer was directing our attention to. However as we know in the age of Google, relying totally on the little voice on our GPS, and then nearly driving off a cliff, the map is not the territory. To celebrate Goolawah's coming of age 21st Birthday non-celebrations, I thought to look to some maps that give a glimpse to our past.

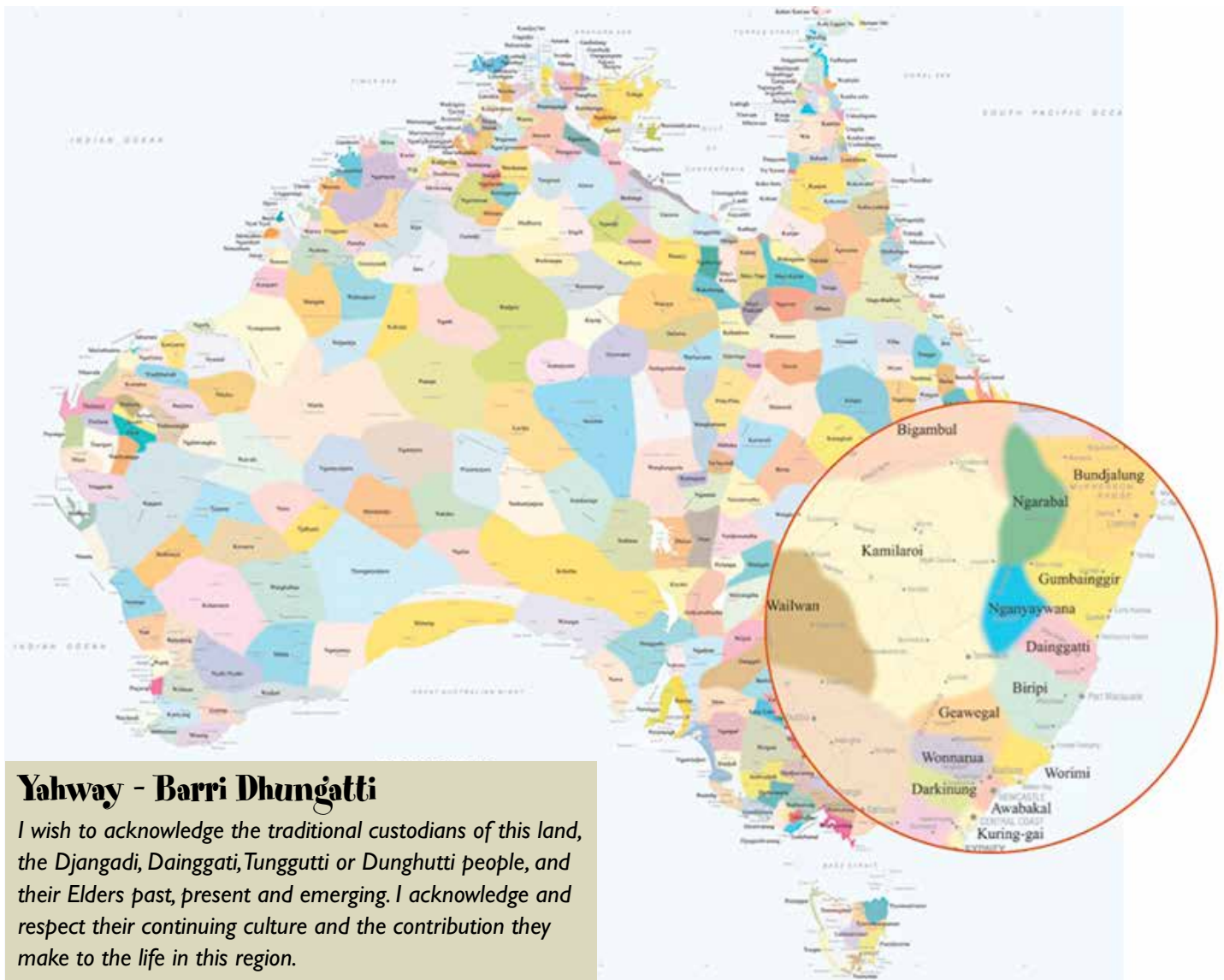
First People/ Nations

Before Europeans usurped the traditional lands of the Dunghatti people through both deceptive and often brutal means, The Macleay River system provided a rich and diverse source of food and culture. Whilst the land was never ceded, we now live within their territory. Aboriginal lands on the coast, were generally demarcated around a river system, from the ocean into the mountains.

This allowed people to move around based on what foods were available, to suit weather conditions, trade with other groups, and maintain cultural and spiritual connections. Basically they didn't possess the land, they are in deep relationship with it.

Colonial Settlement

The region was 'established' early in the 1800's through Port Macquarie as a penal colony. Squatters started to push into the bush, laying claim to large tracts of land. By the 1860's the Government had passed land acts allowing the new wave of people arriving for the gold rush to 'select' parcels of land, usually in 320-acre allotments. These were required to be 'improved', meaning clearing the scrub, fencing and creating pasture for stock, as part of the deal. This began a major deforestation program throughout Australia, which continues to this day.



Yahway - Barri Dhungatti

I wish to acknowledge the traditional custodians of this land, the Djangadi, Dainggati, Tungutti or Dunghutti people, and their Elders past, present and emerging. I acknowledge and respect their continuing culture and the contribution they make to the life in this region.

AIATSIS map of Indigenous Australia

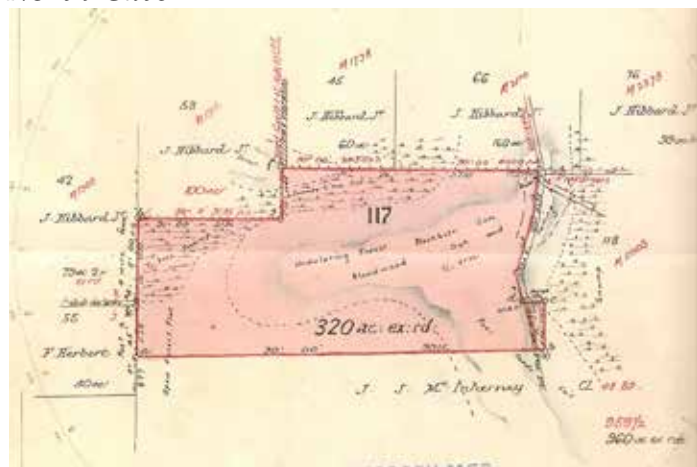
Five Lots make a whole lot of Goolawah land - 1638.5 acres and 4 rods

These maps from the late 1800s (although updated on some) show the 'carving up' of what would eventually become Goolawah. John Tennock has pointed out that hardy surveyors would have had to trudge through the bush with a surveyor's chain, compass, theodolite and notebook to do them, probably with lots of mosquitoes!

Parcel 118 – 959.5 acres - J.J. McInherney - Red Hill and Cockatoo Ridge



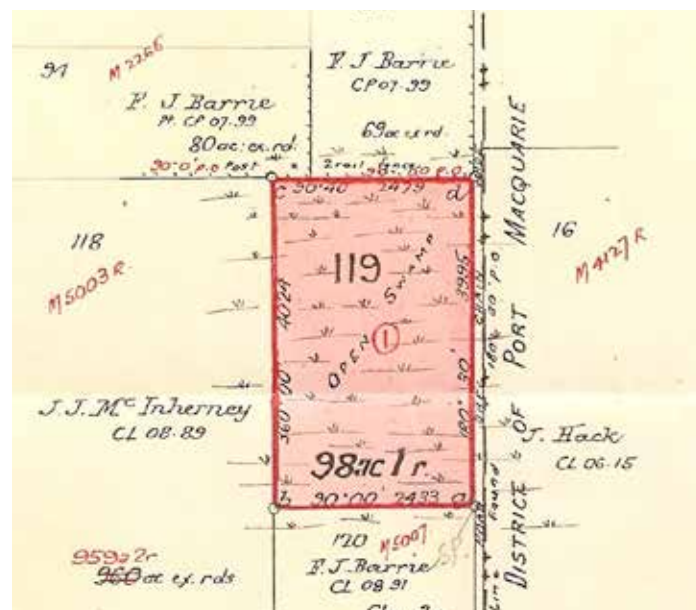
Parcel 117 – 320 acres - J.J. McInherney - North Gate



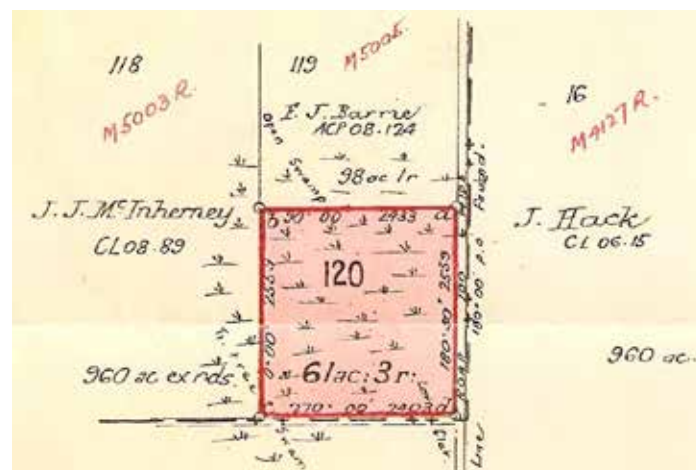
Parcel 114 – 200 acres - G. D. Herbert - Burrandong, The Bowl, and The Outback



Parcel 119 – 98acres + 1 rod - F.J. Barrie – East Boundary



Parcel 120 – 61acres + 3 rods - F.J. Barrie – East Boundary



Notably, John Joseph McInherney owned the most significant portion with nearly 1280 acres. Hailing from a large and prominent Irish family in Port Macquarie, he was an active fundraiser for the construction of St Agnes Catholic Church. Famously, his older brother James, a butcher from Settlement Point, was elected the first mayor of Port Macquarie. However his other brother more infamously drowned after falling out of his boat, 'The Rambler' drunk on a Tuesday afternoon at the age of 72.

Survey Maps 2007

As a part of the Development Application (DA) to Kempsey Council, the Co-op was required to have Flora and Fauna Assessments made to determine the impact of the development on the local environment.

This information is still used as part of our Landcare management, most recently when the Koala Survey began,

as it illustrates the different vegetation communities across our land.

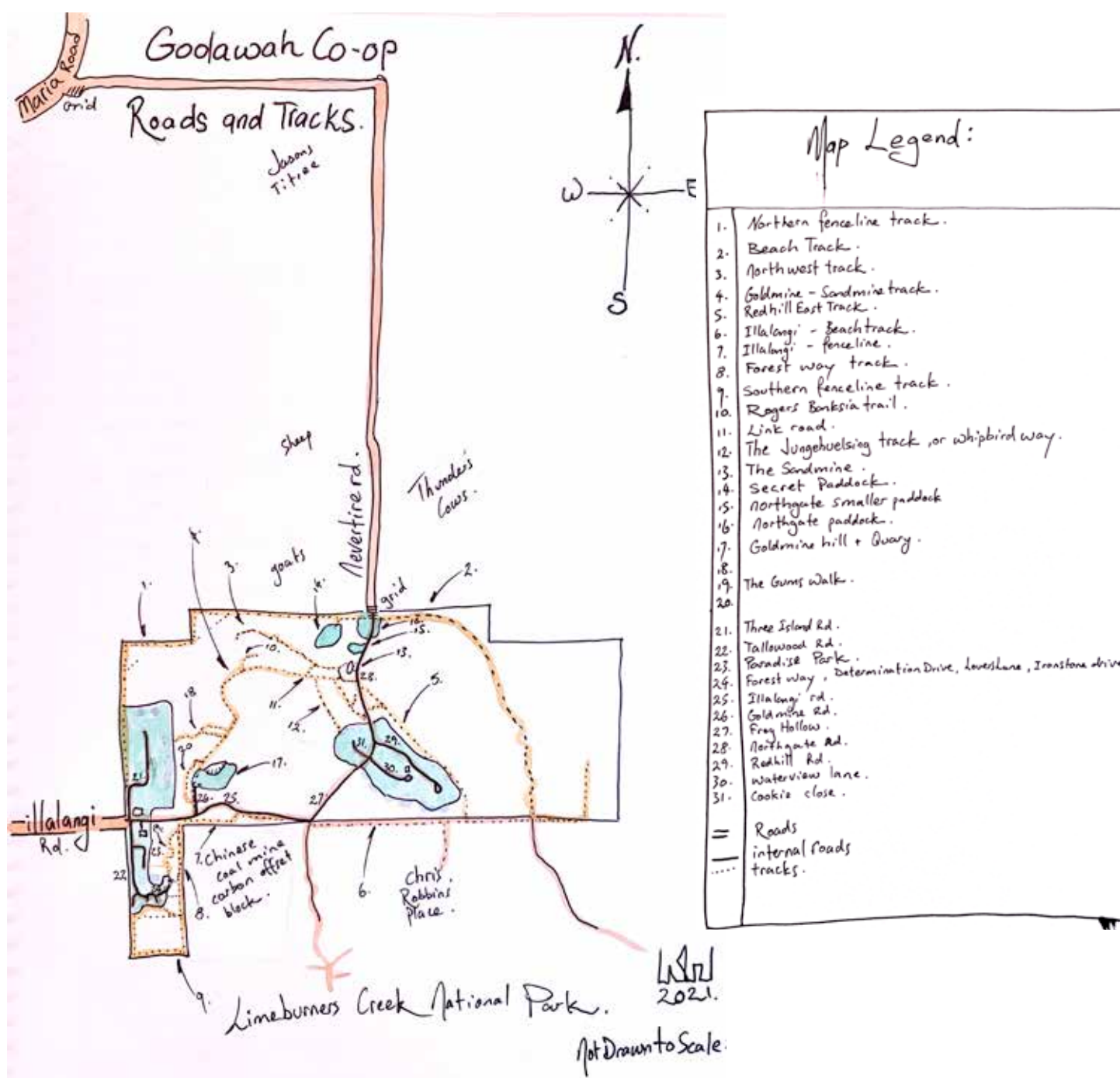
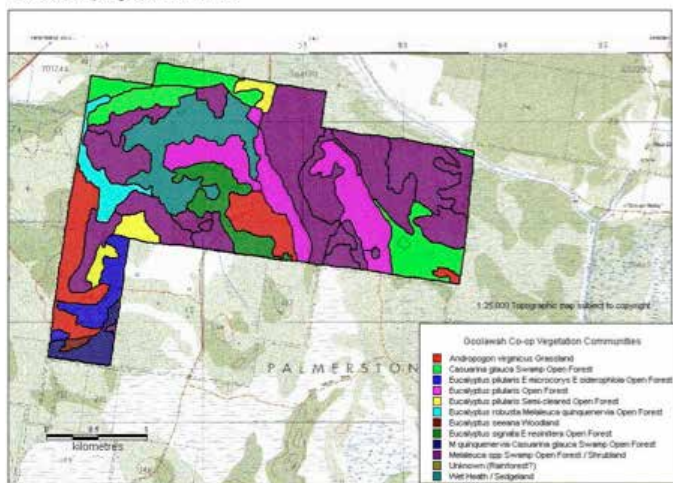
Trails and Tribulations

After the Co-operative was formed in 2000, access in and out was a challenge. No fancy potholed roads then, just a maze of overgrown tracks, and as the story goes, only visible after our 'cowboy' neighbours on horseback set fire to the place.

Apparently it was originally quite a spectacle when Christmas Bells bloomed, but getting all our tracks and roads up to current standards has been hard yakka.

Kevin has made an illustration of Co-op roads and tracks, which is vital information for fire fighters and orchid spotters alike.

Goolawah Co-op Vegetation Communities





Spring clean with Aliya

You might think of Spring as a time to thoroughly clean inside the house and garden, but did you know that Spring is also a great time to do an internal clean of the body?

According to naturopathic wisdom, the body slows down in winter and as a result may become sluggish, accumulating toxins* from various sources like environment, food, and stress. With the start of spring, the body awakens, responding to the warmer temperatures and longer days. Spring is the best time of the year to shed excess toxins.

Looking - to European traditional knowledge and practices, it was very important during spring to plant out enough food to survive the next winter. Working hard, the physical body was kept strong, while nourishment was found in eating stinging nettles and other greens, freshly dug up roots, shoots, freshly caught fish and wild game that contained good fats- each of these foods helping to clean the body's system. During this time there were no sweet foods available, as all the berries, fruit and honey came much later in the year.

As we are living with the land, we are exposed to a lot of different living things, and parasites are one of these. When the body is properly nourished it can better fight off these living creatures. Parasites that are seeking a host to live in. Often, there are some parasites that you don't even realise are in your body. They can cause abdominal pain and affect your overall physical and mental health. Importantly, some conditions might need medical attention.

I hope this has reminded everyone about the importance of spring! Here are a few simple suggestions that can help your body cleanse during this time. And it doesn't have to be difficult.

Below are some foods and recipes that can help you eliminate toxins, parasites and also strengthen your immune system, shown as adult intake per day:

Lemon

Lemons are a staple of many detox diets, and for good reason. They are packed with Vit C, which is great for the skin and for fighting disease forming free-radicals. Furthermore, the citrus has an alkaline effect on the body, meaning that it can help restore the body's pH balance, benefitting the immune system.

Start the day with the juice of a lemon in a big glass of water to help your body flush out toxins and cleanse your system!

Garlic

This pungent superfood is great to detoxifying body. Garlic is not only antiviral, antibacterial and antibiotic, but it also contains a chemical called allicin which promotes the production of white blood cells – key in the fight against toxins.

Garlic is said to kill any existing pinworm eggs and prevent the female from laying any more and is best eaten crushed and raw.

Eat 1-2 cloves of raw garlic a day. Have some sourdough toast (or gluten free substitute) for breakfast, and rub the garlic on the toast with a drizzle of extra virgin olive oil. Make some pesto, shred it over

your meal or just eat it on its own.

Pumpkin seeds

If you know you have a parasite problem, then you can eat up to a cup full of pumpkin seeds a day in a combo with a laxative to flush them out (7 days on, 7 days off, then 7 days on again), otherwise a small handful is great.

It contains amino acids such as cucurbitacin that paralyse the parasites so the body can get rid of them easily.

Pumpkin seeds are high in zinc, which is an important nutrient for digestive enzyme production and immune system function. They contain the bitter tasting compound cucurbitacin that "paralyse" the parasites so the body can get rid of them easily.

It's the perfect time to plant your pumpkin seeds NOW!

If you know you have a parasite problem, then you can eat up to a cup full of pumpkin seeds a day in a combo with a laxative to flush them out. Do this following the 21 day cycle of 7 days on, 7 days off, then 7 days on again. , Otherwise a small handful is great.

Figs

Figs are incredibly nourishing, as well as a gentle and effective anti-parasitic as they contain an enzyme called ficin. They are packed with immune-boosting Vit A and C, potassium, calcium and magnesium. It's also an excellent anti-inflammatory food that aids in digestion, promotes healthy skin, and balances glucose levels.

Eat 2 to 3 fresh or dry figs every day!

Fermented foods

The immune system is directly affected by the gut flora. By consuming fermented foods you are adding beneficial probiotics, bacteria and enzymes to your intestinal flora. Thus increasing the health of your gut microbiome, strengthening your digestive system and enhancing the immune system. Adding fermented foods and beverages to your daily food intake can greatly assist your body in staying healthy. Probiotics also help fight infections, and when you're sick, they help you heal faster.

How much should you eat per day? It is ok to eat as much as you like, without giving you diarrhoea or other negative side effects. So it is all very individual.

Examples: Sauerkraut, kimchi, water and/or milk kefir, yoghurt, kombucha, sourdough bread.

Virgin coconut oil

Virgin coconut oil is well known for its antimicrobial effects and is broken down into monolaurin, a compound that can help rid the body of parasites, ringworm, protozoa, and unhealthy bacteria and yeasts, like candida.

It fights bacteria, and creates a hostile environment for viruses.

Coconut oil also boosts an already weakened immune system by improving white blood cell counts, which helps the body directly fight viruses. Another thing to remember is that our brain needs fat to function properly, and if you're a vegan and want to avoid animal fat, virgin coconut oil is one of the best ways to get the healthy fats your brain needs.

Try to stick to 2 tablespoons a day or less. Add it to your salad dressing or make your own delicious raw desserts or chocolate with it. Just remember that it's very high in calories, and overindulgence will cause weight gain!

Another thing to remember is that our brain needs fat to function properly, and if you're a vegan this is one of the best ways to get the healthy beneficial fats your brain needs.

Pawpaw or papaya seeds

Proteolytic enzymes in papaya seeds help in getting rid of parasites in our body. They also ease digestion and make it easier for our body to process food. The seeds normalize the acidic environment in our intestine and prevent worms and other parasites from residing inside our body. The seeds bring health benefits to internal organs, especially the liver, which is very important to be able to rid the body of waste.

You can dry the seeds and use it as a pepper substitute or blend them into your smoothie.

(continued on p 14)

Spring Clean with Aliya (contd)

The fruit and leaves of the papaya or pawpaw tree are also packed with health beneficial properties! Work your way up to 10-15 papaya seeds a day and try this amazing recipe:

Papaya Seed Parasite Killing Smoothie Recipe

1 small ripe organic papaya
10-15 papaya seeds
½ cup fresh pineapple
1 banana
¼ cup raw pumpkin seeds
1/2tsp clove powder
1 cup water or more
1 tablespoon unrefined coconut oil

Drink it straight away as it gets more and more spicy the longer you leave it.

General hygiene

If you're a gardener it is important to remember to always wash your hands before eating after working in the garden and also try to keep your nails short. Any cuts on you as a result of your work in the garden should get cleaned and sterilised. Hydro-peroxide is a great and cheap option.

Water filter and/or UV light

If you haven't already invested in a good water filter, then now is a great time to get one.

Rainwater picks up all sorts of pollution on the way down. If the roof has bird poop and other organisms on it then it will end up in your

tank, where the bacteria can continue to grow and grow and grow.

UV light can disinfect water that contains bacteria and viruses that can make you sick. Drinking good quality water is essential for the body to get rid of toxins and stay strong and healthy.

Conclusion:

We don't have to fear toxins, we need to support our body through good nutrition, so it can function properly and have the right tools it needs to fight away the unwanted stuff.

Eat your dark leafy greens, healthy proteins and fats, nuts and seeds, good wholesome carbohydrates (not just white pasta!), and some fruits. Get regular exercise, enough sleep (for those of you that can...), and limit your intake of sweets and alcohol.

At the very least, let's be a bit more conscious about this during spring! Your body will thank you for it.

Aliya

Goolawah Trivia

with trivia explorer, Quiztopher Columbus



- What is explicitly prohibited on Little Knobby?
- Many Goolies have used the Water Boys shop in Kempsey. Name the shops on either side?
- What is the name of the downstairs restaurant at the Crescent Head Country Club?
- The Goolawah co-operative was started in what year?
- How many posts hold up the Camp Kitchen verandah roof?
- Is the perimeter of Goolawah property, 8.7, 11.9 or 13.5 kms?
- Name the kangaroo recently raised by Shantel & Adam/Aaron/Ish & Luke?
- Who has been a Director the most number of times?
- Apart from English, name six languages that are the first language of Goolawah residents?
- What are the speed limits in residential and non-residential parts of the co-operative?
- Name the two roads in Burrandong?
- Our house has 4 north-facing walls, 4 south-facing walls, 4 east facing walls, and 4 west-facing walls. Who are we?
- Who was the first couple to get married on Goolawah land?
- What's the name of Rami and Mukhi's python?
- Name two of koalas' favourite food trees?
- How many Goolies have a first name that starts with A?
- Name three Goolies who are registered nurses?
- How many windows are there in the Last Resort cupola?
- Who last held a slab party (so good they did it twice)?
- Who painted the scenery for Romeo and Juliet?

Answers on page 17.

Raven wins Art Prize



Raven wins art prize and \$10 @ Coastline Credit Union Art Exhibition

What's happening @ Goolawah?



All-abilities Toilet taking shape @ Camp Kitchen



Full Moon fire @ Back beach



Attending Inaugural Macleay Sustainability Festival @ Kempsey



Starting a garden bed @ Justine and Steve's vegie patch



Weed team tackling Lantana @ the Secret Paddock



Craig talking us through Permaculture @ his place



Tractor taking time out after Fire Trail slashing @ Frog Hollow



Lifting the roofload @ the Last Resort

Goolawah Women Come Together



It started as a small gabfest by a few *Goolawah* women who were bemoaning the fact that though we mostly knew each other by sight we did not really know many of our *Goolawah* women neighbours. In doing a count, we realized that there were now about 30 of us.

It was decided to put out feelers to see if other *Goolawah* women might enjoy coming together. We felt that the establishment of a women's group could be a valuable support and resource to the women at *Goolawah* as well as a way to add to the cohesion of the larger community.

We first met at the Camp Kitchen on a chilly Saturday afternoon in May. We were surprised and pleased to have 19 women attend our first gathering, and 3 others send apologies. We sat in a comfortable, casual circle. Our

first meeting was focused on introducing ourselves to each other and each woman sharing what we love about living at *Goolawah* and what we would like to see for the future of our community.

We all agreed that *Goolawah* had 'come of age' at 21 years and that though we all had been busy building our homes, establishing our gardens, raising our children, it was now time to take a wider view of what was possible for our community. Lots of heartfelt communications and laughter brought us all together quickly, and many stimulating ideas were introduced. A diverse and talented lot we are!

We all were inspired to continue on with a monthly meeting and also to connect with each other in smaller interest groups at other times during the month. After our meeting we stayed to chat a bit more while enjoying a delicious afternoon tea with treats of all kinds displayed on a beautiful flower-laden tablecloth. For extra fun, we initiated a raffle prize (free raffle tickets!) of a produce box of *Goolawah*-grown and handmade food items. Since then, we have established a woman's phone tree for our women's communications. We held monthly meetings in June and July but had to cancel August and September because of Covid19 restrictions. Hopefully October will have us meeting again.

*The *Goolawah* Womens Group meets the last Saturday of the month from 2 pm to 4:30 pm. The format is casual with talking and sharing first, then discussing of ideas or possible future projects, followed by an afternoon tea. All *Goolawah* women are welcome to attend. To join our women's phone tree (run by Justine), please contact Justine on 0426513740.

Cindee



Fifth instalment of the series describing all things *Goolawah* - K, L M - which will eventually serve as a comprehensive dictionary of Co-op life. Feel free to join the fun by sending in your contributions - next up is N, O, P.

K for

KANGAROOS, our constant companions, silently hopping, breeding, sheeting and lounging about.

KOALAS, our special responsibility, to take care of their habitat.

KOOKABURRAS, also constant companions, with their quintessential Australian laughter and mockery.

K TOWN - Kempsey, shire Kapital on the Macleay, home to Slim Dusty, our nefarious Council, and serious shopping.

KINGMA - patron saint of Goolie DAs

L for

LAZ - legendary tribal elder, band leader & Bonobo Chief.

LANTANA - still a few patches for our working bees to tackle.

LIMEBURNERS - Creek, that is, our watery national park to the south.

LEMONS - ubiquitous citrus fruit grown in abundance in the Co-op, and used in marmalades, tarts, sorbets and much else.

LIZARDS - always lurking around: goanas, monitors, blue tongues - tree climbers, layabouts and compost raiders.

M for

MARIA - RIVER & ROAD - major waterway and arterial road to the west

MOSQUITOES - summertime companions, when the living ain't so easy, with the whining sound at sundown and anti-social biting behaviour.

MOTHERHOOD - statement : babies are good and booming, with mini-Goolies galore!

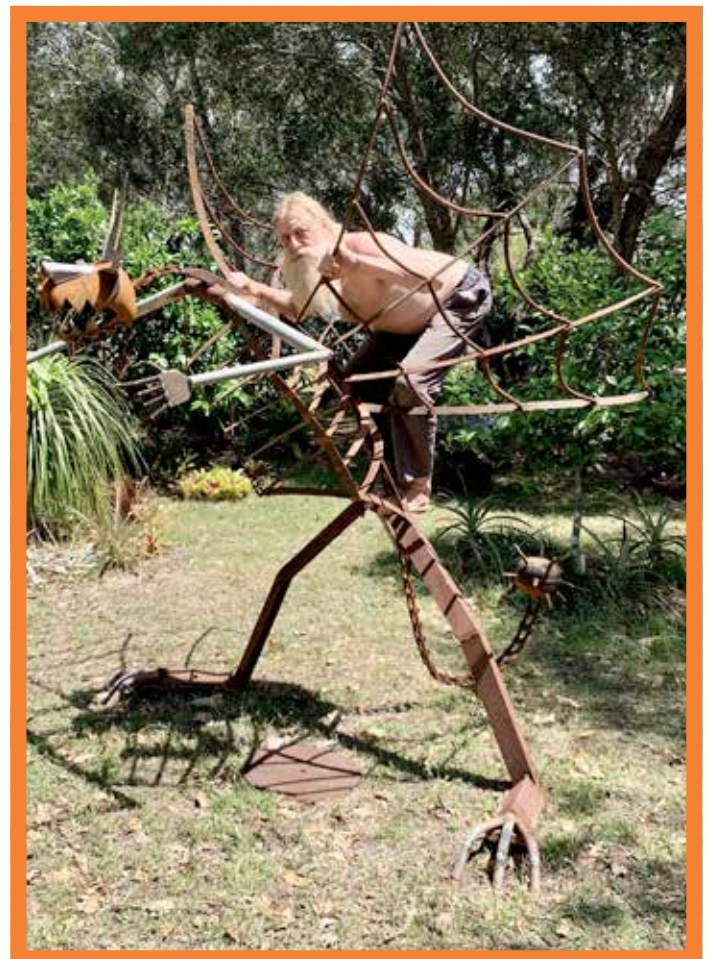
MINING - even here, with our retired gold mine and dormant sand mine - this is Australia, after all!

MUSHROOMS - the abundant Third or Fungi Kingdom of *Goolawah* - but how does *Phallus indusiatus* get called Veiled Lady?

POH

Trivia Answers

- According to the sign - 'wheels' (as in bikes and prams, etc)
- Super Cheap Auto and KFC (if you got this right, we're concerned that you know KFC too well...)
- Bamboo Vick's Chinese Restaurant
- 2000
- 10
- 13.5 kms
- JoJo
- Craig
- You had at least 8 to choose from: German (Julica, Sam O, Petra, Atmo), Creole (Ric), Japanese (Mayumi), Norwegian (Aliya), Portuguese (Erika), Spanish (Lexie), Thai (Via), Vietnamese (Trinh),
- 20 km ph in residential hamlet areas, and 40 km ph elsewhere – thanks to all those who respect this and keep the dust down!
- Tallowwood Rd and Paradise Park
- Callum and Helen
- Louise and Tony
- Cecil
- Tallowwood and Swamp Mahogany (and quite a few others, including paperbarks)
- At least 12 ... Aaron, Andrew, Alby, Anna, Aliya, Alec, Alicia, Adam, Acacia, Atmo, Al, Anne. For an extra point, you might also have realised that Lexie is Alexandra Gonzales!
- You might have chosen from Ish, Lexie, Gerard, Christina
- 6
- Sam and Erika
- Kev





© Jac Larsen

Another glorious Goolawah sunset.....

Newsletter Team

Editors - Jac Larsen & Anna du Chesne Layout - Griff

Disclaimer

The content of the *Goolawah Gazette* and it's web site is provided for information purposes only. No claim is made as to the accuracy or authenticity of the content of the website.

The *Goolawah Gazette* and the Goolawah website do not accept any liability to any person or organisation for the information or advice (or the use of such information or advice) which is provided on this web site or newsletters or incorporated into it by reference. The information on

the newsletters and the website is provided on the basis that all persons accessing the site undertake responsibility for assessing the relevance and accuracy of its content.

The information contained in the newsletters is not to be displayed except in PDF A4 format. No liability is accepted for any information or services which may appear in any other format. No responsibility is taken for any information or services which may appear on any linked websites.

Stay up to date, follow the member website - get a mail when new items are posted!

Get the *Goolawah Good Oil* from the comfort of your own computer!

You can stay up-to-date instantly with the latest Goolawah news & notices by choosing to receive an email whenever a new item is posted on our website.

Simply go into the members section, and follow these instructions:

FOLLOW BLOG VIA EMAIL

Enter your email address to follow this blog and receive notifications of new posts by email.

Join 57 other followers

Follow



Goolawah Co-operative Limited

PO Box 4080 Crescent Head NSW 2440

Secretary: Rose Maher email: goolawah.secretary@gmail.com

Treasurer: John Tennock email: gool.treas@gmail.com

Banking details: Goolawah Co-operative - Bank Australia: BSB 313-140 Account 12088171

Registered with the NSW Department of Fair Trading