

Goolawah CO OP Goolablah

Journal of Goolawah Co-operative Limited

December 2024



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Newly discovered pocket of rainforest on Goolawah

It is with great excitement that contact has been re-established with a beautiful pocket of pristine RAINFOREST on our property. And many have been out to visit the site...

As a Community we will need to discuss issues of conservation around steps for the future of this precious and most significant old growth sub-tropical Rain forest (possibly critically endangered)

We are in the process of organising Community volunteer working bees for the removal of Lantana and Camphor Laurel in this same area. Please see Tanja if you are interested.



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Calendar

Please check our website and phone tree for updates.

December

- | | | |
|------|--------------------------------------------------|--------------|
| 7th | General Meeting – 9am | Working Bee? |
| 25th | Ba Humbug Xmas lunch at Bonobo Bar, 3 Island Dam | |
| 29th | Stitched Up Collective | |

January

- | | | |
|------|------------------------|--|
| 4th | Working Bee? | |
| 25th | Stitched Up Collective | |

February

- | | | |
|------|-------------------------------------------|--|
| 1st | General Meeting – 9am | |
| 16th | Stitched Up Collective | |
| 23rd | Community and Griff's 70th birthday Lunch | |

From the Editor

Goolawah 25 Years Celebration

As decided by the Community, we have had a great start and momentum with our monthly Community Dinners held at the Camp Kitchen! This decision was made in order to do a whole year long celebration leading up to our 25th Anniversary in October 2025.

So far we have enjoyed events organised by Trinh and Laz - Goolie Band performance, Karaoke and International cuisine themed dinner - where the humble onion and spud stole the show! In early November Denise organised a lovely Open Garden Tour to view the talent and diverse range of plant life in member's gardens and share tips.

Although the Goolie Band will not be performing on New Years Eve, they most certainly will be back in full force for an April gig in 2025.....

Please note the Calendar of Social Activities enclosed in this newsletter and mark them in your diary. We also have a hard copy of the Calendar up at the Camp Kitchen in the Burrendong Hamlet and at the Produce Stall in the Red Hill Hamlet.

I'd also like to take this opportunity to warmly welcome Mim Flurer as a new member and wish her all the best as she settles into her abode on Red Hill.

Finally, if you have a contribution for the newsletter.... Please send to Tanja at sacredshenanigans@gmail.com before the end of February for the next edition in 2025.

20 birds to find at Goolawah



Find the following words in the puzzle.

Words are hidden: and

BROWN CLUECOO DOVE
BUTCHER BIRD
COCKATOO
CROW
EASTERN KOEI
EASTERN SPINEBILL
EASTERN WHIPBIRD

EASTERN YELLOW ROBIN
TIGERBIRD
GALAH
IBIS
KING PARROT
KOOKABURRA
LITTLE WATTLE BIRD

MAGPIE
HOVEY FRIGATEBIRD
POWERFUL OWL
REGENT BOWER BIRD
TAWNY FROGMOUTH
WONGA PIGEON

Solution on page 8

Alec Gooline-Singleman

17 years old

Parents: Craig and Rebekah

I have lived at Goolawah all my life.

What do you like best about living at Goolawah?

The wildlife. The Kangaroos used to be scared but now they are tamer. You can walk right past them....

What do you find most challenging?

The distance of being so far away from work, school and friends.

What is something you would like to see get developed at Goolawah?

KFC lol. A zip line across one of the dams.

What are three areas of interest?

- Soccer
- Golf
- Outdoor activities

What is something you would like to get better at?

Patience!

What is your favourite style of music?

I don't choose to listen to music

What is a skill you've always wanted to pick up?

Speaking multiple languages

Where in the world do you have NO desire to travel to and why?

Columbia - because at school I heard a speaker who had done walks across the world including Sth America. He spoke about some not so good experiences in Columbia.

What are the three most important things that children should be taught at school?

- Discipline
- Respect
- Maths

Are you happy with your current work/life balance?

Yes. I work 2 days a week - Wednesday and Sunday. Sunday is a slower day but I get double pay!

Can you imagine coming back to live at Goolawah in the future?

I will go wherever life takes me.



© Tanja Tree-Fern

Acacia Gorline-Singleman

17 years old

Parents: Craig and Rebekah

I have lived at Goolawah all my life.

What do you like best about living at Goolawah?

When I was growing up there were lots of other kids for me to connect to. I feel like I had good connections.

I really appreciate growing up with sustainable principles.

What do you find most challenging about living at Goolawah?

It feels isolated at times. Most of my friends now live out of Goolawah in town.

What is something you would like to see get developed at Goolawah?

To resurrect the slide at the Community dam on Red Hill. It was great over Summer and I have lots of happy memories....

What are three areas of interests?

- Music
- Going to the Beach
- Cooking (baking)

What is something you would like to get better at?

Maths

What is your favourite style of music?

I like listening to

- Korn (metal band)
- The Maria's (alternative rhythm)
- St.Vincent

If you had to write a book, what would you write about?

Horror or Sci- Fi - a group of kids on an adventure,

going through a portal and navigating a new dimension....

Where in the world do you long to travel and why?

Germany - I like the old buildings and architecture. I also think it would be central to travelling to other countries.

What would you do if you won the lottery?

Buy a good car and save the rest. Travel a bit and invest into a bank account that will collect interest.

What did you want to be growing up and why?

Zoo Keeper- because I like animals and being around native animals. Living at Goolawah has been an influence.

NOW - I think it would be interesting in doing a degree in Environmental Science. I'm interested in researching ways to be more sustainable and to explore Climate Change.

Earth Science was a favourite subject at school and recently I really enjoyed visiting ANSTO

In Sydney.

Can you imagine coming back to live at Goolawah in the future?

Yes. I've thought about it a lot. It would depend what Goolawah looks like in the next 20-30 years and whether Mum and Dad were still living here.



© Tanja Tree-Fern



© Harvey

IN MEMORIAM

Goolawah marks the passing of long-term member and resident, Dave Van Megchelen.

Dave originally came here from Byron Bay where he surfed and worked a variety of jobs - chimney-sweep and professional pool player, among others. Over the years, those who got to know Dave found him generous with advice and practical help about all aspects of life in a large off-



grid co-op. At Goolawah he was a devoted father to Joel, and a true expert on the intimate details of ancient Land Rovers. And then there were his stories. From playing pool with David Bowie ("I won") to missing one ventricle in his heart ("the doctor said he'd never seen anything like it"), Dave was full of them. Mostly about himself of course. As one Goolawah member said, "at first you think they're all bullshit, but then you find out one is true, which makes you wonder if the others were also true!" Perhaps this is the time to recall his story that he had died before, drowning in the ocean but regaining consciousness after being washed up on a beach. From then on, he used to say, he's never been scared of dying because he knows that death is a peaceful place.

Above all, Dave was a man of the sea, of boats and of waves. Known as an expert surfer up and down the coast, he had asked to be left at the beach to die. But his severely-malnourished body didn't make it and he died at home, just the way he had lived, fighting to the very end. Dave's passing is being marked at Crescent Head by a paddle-out of surfers who knew him, scattering his ashes on the waves of which he was so fond.

From a "good mate"

Sam's tribute:

Dave Van Meg, my mechanical go-to buddy in the Coop. I met Dave in 2019 coming to Goolawah. Due to the same interests in mechanics it didn't take long to become friends. We helped each other out, exchanged ideas and we could also have heated discussions sitting down for a cuppa!

He was the best story teller I have ever met and I do miss them.

I look up in the sky and hope he is resting up there in a calm, warm, painless place.....

Samuel Odermat

Book Review

An Immense World

by Ed Yong, Penguin Random House 2022

Our world ripples with energy – sight, sound, vibration, smell and taste, and electric and magnetic fields. But our experience of this world as humans is limited to just a small subset of its qualities, defined for us by our sensory organs. Every other animal out there is equally enclosed within its own 'umwelt' or experiential bubble. Can we reach beyond our own confines, and develop a sense of what other species are experiencing?

As Goolawah members, we have rich opportunities to observe a lot of wildlife, and this wonderful book walks us through this world as it is experienced by other animals. You'll learn

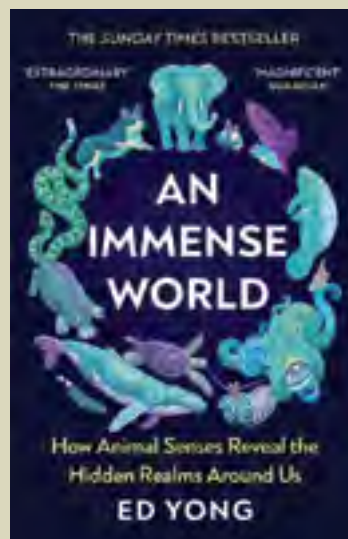
how oyster catchers can feel a buried shellfish without actually touching it; how bogong moths and migratory birds navigate; how the bill of a platypus senses both pressure and electric field, but their brain combines them into a single sense of 'electro-touch'; how dolphins use sonar to identify different species of prey by the varying shapes of their

swim bladders; how a bat can use echolocation to hone in on a flying moth against a background of moving leaves; how hummingbirds sing ultrasonic songs that they themselves cannot hear; and a thousand other fascinating ideas.

It really is an immense world out there, and all Goolies wanting better insight into the animal world around us will be astonished by this rich work. It is definitely a work of scientific enquiry, but its findings are so extraordinary, that it constantly borders on the mystical.

Happy to lend it to anyone interested.

Nick Reid



© Harvey

New kids at the Co-op



This is Norah, born 29 December 2023, daughter to Noemi and Clint



These are the twins Juniper Lu and Indigo Jane who were born 22nd September to Shelby and Aaron



This is Selkie born 23 July, daughter of Christina and Marc



This is Mika born 22 April, daughter of Sam and Andrew



This is Archie, born 16 May, son of Laura and Tarrik



This is Hakeem Aamot Tribe, born 31st October, son of Alya and Crow

Working Bees Are Back

Best outcome of a Working Bee? Hearing a visitor or Goolie say "That was so much fun!" – whilst getting lots of stuff done. When we joined Goolawah in 2014 Working Bees happened every month, plus when special projects required many hands. After my first ever working bee I came home with 3 leeches on my belly AND learned from an experienced weed controller how to tackle Camphor Laurel. How much more fun can one have?

This year we're trying to bring those sessions back with a regular date:

First Saturday of the month, 9am.

The idea remains the same: do jobs together that require many hands, enjoy working with others, maybe learn something new, socialise with members you may not see that often and meet prospective members who are invited to join as part of their membership process.

Our biggest new Bee so far was in October when more than 35 members and visitors started paving around the



Last Resort on Red Hill, whilst others mulched the trees around the Camp Kitchen on Cockatoo Ridge. The paving took the whole day and a few more work

sessions after that. But it was so important to get that kick start and a massive momentum going at the Saturday WB.

Here's a few FAQ for Goolawah Working Bees:

Who decides what we do?

Well, ideally you, me, everyone comes up with jobs around Goolawah that need to be done and are more fun together. If there's too many ideas for one morning, we prioritise and get a list going. If you have ideas, just drop them on the PT or send to the person reminding the crowds about the next Bee.

Can I claim work hours for Working Bees?

No hard and fast rule for this one. Most members don't claim for Working Bees, but for some this is the only opportunity to claim, and that's fine too.

Are Working Bees suited for younger Goolies?

They definitely are and children and teenagers have been



helping and often even enjoyed those mornings. Some infants have been seen in a kind of Early WB Learning Program and brought along in baby carriers.

Are Working Bees suited for older Goolies?

Average age of the 14 participants at the September WB was 64. Pretty hot day too. Morning tee was early and rewardingly awesome though. Everyone is welcome, if you want to bring more good advice than muscle power that's always appreciated too.

What should I bring?

A list with useful tools or toys to bring will be sent out in the days before on the Phone Tree. You can still come if you own none of the items mentioned since tools are shared. Always bring your own water, hat, gloves.



Can I bring friends, family, woofers, help-exers or other randoms?

Oh yes.

Will I go home hungry?

If we're lucky some members supply treats for a morning tea break or brunch. Some of those spreads have been sumptuous! Think chocolate brownies, GF carrot cakes, watermelons, flat whites. Some were more of the improvised last minute biscuit-and-limo-type. As usual: It's all up to all of us.

See you on the 1st Saturday of the month, *Julica*

Fire Sprinklers

Thinking of installing fire sprinklers and not sure where to start? Following is a quick breakdown of components and essential costs to get you better prepared for the upcoming fire season.

When developing fire plans and designing a fire protection system things to consider include access to water sources, pumping and distribution, redundancies, and ultimately whether we stay or run. Consulting professionals is highly recommended to determine your individual needs, but consider the following as a basic set-up suited to ours. A basic fire protection system that includes roof mounted and perimeter sprinklers.

To create a ring of fire sprinklers around the home, choose a sprinkler head and space accordingly. Our chosen type covers a 3m radius, so units are spaced 6m apart and assembled from the following components:

Bushfire protection sprinkler head [$< \$10$ eBay], ball-valve (optional) [$\$14$] or adaptor [$\4], galvanised riser 1.2m [$\$15$], $1\frac{1}{2}$ " clamp + adaptor bush [$\$23$]. Total cost of each sprinkler unit is around $\$60$ with



components sourced from eBay, Bunnings and Kempsey 'Water Boys'. Each sprinkler unit is fed from $1\frac{1}{2}$ " rural poly pipe [$\sim \$2.30/\text{m}$] which needs to be buried [Dingo hire $\sim \$330$ for the weekend] and connected to a fire pump [$< \$300$ eBay]. We needed approximately 50m of poly pipe [$\$115$] and 8 sprinkler units to surround our 80m² house, so excluding the cost of excavation, star pickets to secure the risers, fire pump and extra fittings this totals a $\$600$ investment.

Tests confirm this set-up creates a soggy 6m buffer around the house that in addition to fire hoses fed from the same pump, improves the odds of better managing a mild to moderate bush fire risk, we hope.

Roof sprinklers are comprised of similar components

but since the pipes feeding these units are exposed to potential fire damage, then these need to be metal [$\$76/6\text{m}$] if roof mounted, or mounted beneath the corro if access permits and potential water leaks don't scare you. For a house our size three sprinkler units were needed, mounted directly to the ridge cap and fed with $\frac{3}{4}$ " copper pipe. Those with brazing skills could do things much cheaper, but compression fittings are quick and easy to install and for 3 sprinkler units [$\$150$], copper pipe [$\150] and a bunch of brass compression fittings and a ball valve around $\$400$ is a reasonable investment

for some extra peace of mind. The roof sprinklers are fed from the household water system and easily operated with the turn of a valve, but it will be connected to the fire pump also as a backup option.



A single sprinkler on the nearby shed was fed with internal plumbing, as leaks are easy to monitor here and the extra cost of external copper pipe was unnecessary in this case.

Whilst on the roof, it is worthwhile noting that this is probably the most vulnerable place on this house during a bushfire. Placing foam mouldings under ridge caps and where corro meets the wall plates, sealing gaps, and modifying gutters to make them quick and easy to clean took many extra hours to rectify things not done well enough during the build. It can get pretty wild and windy here in the Outback so dealing with leaves and pollen on the roof is ongoing, and unpleasant jobs like this are best made as simple as possible.



I hope this is of some value to those considering installing fire protection sprinklers. I am not a qualified plumber or seasoned member of the RFS, so once again recommend seeking advice from those qualified to give it. This brief article is offered as an overview of components suitable for a DIY application and associated costs to help make the process less complicated than my many months of procrastination had me believe.

Stay safe this summer, Gerard

Kevin's Goolawah sketchbook

Callum's Great Wall of Caravans, built for privacy to hide a collection of Land Rovers behind it. Built in 2022 it's as individual as it's creator.



ALBY'S BUSHFOOD NOTES

Lemon Aspen

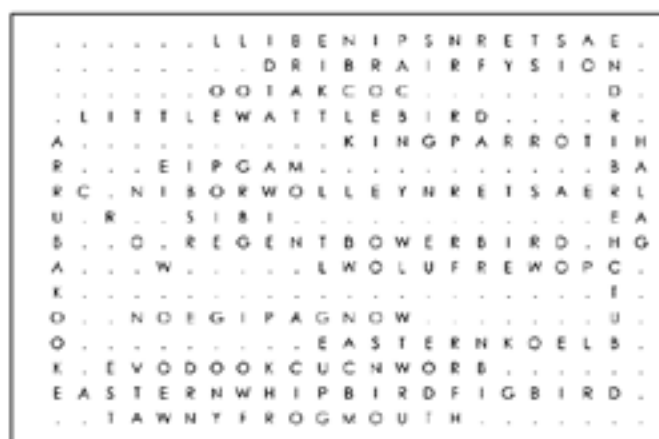
Heya Goolie green thumbs, I'd like to introduce Lemon Aspen (*Acronychia acidula*).

Our Rainforest area has it growing naturally and not long ago was pumping out fruit prolifically. So, yes it's a great bushfood plant to grow here. It can grow to be a medium tree. It has glossy green aromatic leaves, a bushy habit & showy creamy flowers in autumn leading to bright white lemon tasting fleshy fruits in winter, fruit can be used in a variety of ways. Can freeze fruit for later use. It prefers a sheltered position. The one I'm growing is sheltered behind top swale & other native plants. Grows best in rich soil. Can be used as a hedge, mid layer for a food forest. Can grow from seed although a bit slow, most folks strike cuttings & they have a good strike rate. Local landcare nurseries may have them. Bunnings does. Like many of our bushfoods, it's packed with antioxidants, vitamins & minerals. Also has antimicrobial properties that can benefit gut function. Like a lot of bushfoods, eat in moderation. Prepare that soil with plenty of compost & mulch in sandy loam. Compost & mulch in clay soil too, might be a good idea to mound up plant so it doesn't drown. Tree guards a good idea. Good luck Goolie green thumbs.



SOLUTION

20 birds to find at Goolawah



Word directions and start points are formatted: (Direction, X, Y)

BROWN CUCKOO DOVE (W,19,22)	EASTERN YELLOW ROBIN (W,22,1)	MAGPIE (W,9,7)
BUTCHER BIRD (S,1,1)	FIGBIRD (E,1,15)	NOSY FRIARBIRD (W,23,15)
COCKATOO (S,20,6)	GALAH (E,5,4)	POWERFUL OWL (E,2,14)
CROW (W,16,14)	IBS (E,11,5)	REGENT BOWERBIRD (W,16,6)
EASTERN KOEL (W,13,12)	KING PARROT (E,10,3)	SAWY FROGMOUTH (W,23,4)
EASTERN SPINBILL (E,3,10)	KOOKABURRA (W,12,13)	WONGA PIGEON (W,21,7)
EASTERN WHIPBIRD (W,18,9)	LITTLE WATTLEBIRD (E,3,8)	

Regards Alby

Out on the tracks with Jac (Episode 4)

It's mid spring, and 'La Niña' just can't work out whether she's coming or going. Know the feeling? Even though the tracks are slowly drying up, it's still difficult to pass where swamps cross. I only just, and I mean just, made it through the Gold-Sand Trail yesterday on my new ride 'Cruise'. He's electric, a bit flashy, and red like Rhonda the Honda, but so quiet



This is Cruise

I've nearly run over a red bellied-black snake and scared the crap out of a Lace Monitor. Actually, I nearly came a cropper myself; brakes grabbing and wildly veering to the left to miss it. So cruising is the go. You see, last year Rhonda finally retired from active journalism. Sad, I know. Another tale of sustainable modernism usurping the 'good old days,' where messages were delivered by post and fumes spluttered out the exhaust.

It's hard to know what good ol' Mother nature has in store these days; a mix of sticky humid nights, gentle clear days and wild winds whipping up some kind of karmic retribution. And that's just one day in Melbourne! So, I'm tracking in with rose-coloured glasses for today's little stories; a swirl of wonder, mystery and awe all wrapped up in a little love. Why the hell not? Getting the good hormones flowing is key to getting through these crazy days and our forests are as good as any place I've been to wake up their stubborn slumber. It's not some New Age trickery as it turns out; oodles of studies and millennia of (mostly naked) ancestors confirm active connection with nature is the best drug. Mmmm? OK! As someone, somewhere once said, "each blade of grass, each flower, each stone, is a creation of feelings. All you need do is look about you to know that feelings of love still abound. Beauty still reigns."

It's been 25 years of eco system recovery since Goolawah cooperated, and our (mostly) hands off management approach has released the constraints of farming and yearly forest fires to experience exponential growth year on year. Sounds like some corporate report I know, however over the last 3 years especially, with all the wet weather, I've marvelled at the sheer beauty of nature on my rides out and about. There's that time about two summers ago, when 300m of un-slashed Gold-Sand Trail near Planchon's Hill, was smothered in white-spotted magenta hyacinth orchids. Then the day scrambling through swamp I found some young figs strangling fallen stumps teasing me about some mysterious rainforest

nearby. Then the gruesome discovery of a freshly headless kangaroo sitting bolt-upright with not a drop of blood to be seen. Quolls I'm guessing. Then there's the mesmerising 'Gloria,' one of our giant Blackbutt trees, awing me with all the happenings in its canopy's embrace. To me it's like going to church; a symphony of life with moments of wonder and reverence where you realise how connected you are to every little leaf, every movement, every 'thing', under a vast unending beyond.

On the Deck of Life

Last year, I took a break from 'tracking' and sat on my back deck to conduct a bird survey as part of my Diploma of Sustainable Living. I had 30 minutes to observe and record ever little happening, song and flutter. Talk about the passing traffic of life. And noisy. Stupid idea I think. How can you catch our birdlife in half an hour? It was a frenzy. And of course, about five minutes after the alarm sounded, 20 Yellow-tailed Black Cockatoos glided erratically overhead into view and casually landed on the dead tree in the forest right in front of me. What?! Do I cheat and put them in? I mean that's bloody impressive. No, I didn't for the record. Suppressing my rock star genes, I opted for accuracy. Bummer. Then next session it happened again. This time a Darter circled Paul's Dam, spying the remaining perch and landed in the dead stag tree on the island. How often do you see one of those here? It then occurred to me that besides the obvious birds such as Kookaburras, Magpies and the weird swooping Plover's, nearly everything I heard I could barely recognise. What twittle- wishy-whoosh was that? And that whoop-whoop?

So, by way of ignoring my twitching and googling inadequacies, I triumphantly began a complete list of everything I've seen on the 'deck of life', as my memory dictated. How's this as a start. Red browed finches, Rainbow Bee eaters, Superb Fairy Wrens, wattle birds, Eastern Spinebills, both Black Cockatoos of the Yellow tailed and Glossy kind, Corellas, bloody Galah's, Butcherbirds, Crested Doves, cooing pigeons, Sacred Kingfisher, 7 wood ducks, Willie wagtails, King parrots, Rainbow lorikeets, Whipbirds, Lewins Honeyeater, bower birds, rails, quails, and the truly spooky Eastern Koels, *Eudynamys orientalis*. Let's stop here for a moment. These feathered 'Halloweeners' are prone to getting twitchers like me up at 3am with their eerie call, provoking a sleepwalk of choice words yelled out yonder. Don't they know it's the rooster's job to wake us up at 4am? Or the 7:45 chainsaw? The male let's rip with a loud ascending whistle or 'koo-el', monotonously repeated anytime day OR night. Thanks for that.



<https://www.climatewatch.org.au/images/Species/Birds/EasternKoel/Eastern-Koel-male-Bill-Higham-FlickrCC.jpg>

The call of the female is a repetitive 'keek-keek-keek-keek'. Not sure whether she sleeps or goes for it too. Got other business on her mind.



<https://www0.imageselect.eu/image-stock-female-eastern-koel-eudynamys-orientalis-australia-013672000-13672520.jpg>

They're both migrant and cuckoo. Who does that remind me of? Travelling down from up north during spring through summer holidays, the male creates a scuffle with local wattlebirds, whilst the female sneaks into unattended nests and lays her egg. Then she flaps her wings together, blows a kiss to her unborn and scoots off. Now that's my idea of parenting! Get a nanny and head back to the tropics for the winter.

Hazaah!! J Larsen 2023

The Dark Understory Mystery

Talking parenthood, one particular cruise out on the tracks, winding slowly through Forest Way, two dark raptors burst out of the understory right in front of me. Circling effortlessly through scribbly gum sticks centimetres above the bracken, these dark angular swooping objects certainly got my attention. Quick phone. Password. Photo. Wow got some of it. Then suddenly out of the corner of my eye, a fluffier smaller

version clumsily got on the wing, safely navigating the flight path into the scrub and out of sight. Damn!

Missed it. Had to be a falcon. Too small to be a kite. Moved too precisely in tight quarters for most of the other raptors. Have to be a black or brown. Distribution and habitat; but they tend to frequent open areas?

Questions. Maybe I stumbled on the nursery. First flight even. Who knows? I never saw them again; and whilst the photos are good, it's hard to tell for sure without more pixels. And as they say, "If a tree falls in the forest and you didn't see it, did it really fall?" Enjoy everyone.



Road Report by Clint

The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less travelled by,
And that has made all the difference.

Robert Frost

Easy Read Co-op Overview: The 5-Page Epic

It's Finally Here!

Hold onto your hats! After a thrilling journey through seventy rules and fifty-two pages of pure excitement, I've managed to distill all that wisdom into a sleek, five-page masterpiece.

<https://goolawahmembers.com/2024/10/29/co-op-overview-governance/>

What's Inside?

Prepare to be dazzled as we break down everything you need to know about our co-op in the most digestible way possible.

Co-operative Principles and Values:

Ever wonder what makes a co-op tick? It's you, you're the secret ingredient in our co-op recipe for success.

Goolies' Communication Channels:

We've got channels that make sure you're never left out of the loop. Think of it as a modern-day smoke signal—only less smoky and more effective! You'll be plugged in faster than you can say “community engagement.”

Goolies' Objectives:

We have goals, and they're exciting! Let's achieve greatness together!

Policies and Procedures:

Buckle up! Policies can be as thrilling as a roller coaster ride. Don't worry, we've made it all as clear as a sunny day.

Rules and By-Laws:

Yes, there are rules. Think of them as helpful GPS directions for navigating our co-op journey.

Membership:

Remember, being an active member is key - you won't see results if you don't show up!

Shares:

No, we're not talking about stock market shenanigans. Everyone gets a piece of the pie!

Dispute Resolution:

In the rare case that you and your neighbour find yourselves at odds, we have a peaceful conflict resolution strategy that's more effective than rock-paper-scissors.

The Board:

Your elected brains behind the operation for a year!

Voting, Resolutions, Decisions, and Meetings:

Our meetings are like family gatherings—with just as many awkward silences. And voting? That's the fun part where you get to flex your decision-making muscles!

Administration and Accounting:

Think of us as the financial ninjas of the co-op universe—quietly keeping everything in check.

Wrapping It Up

And there you have it! A whirlwind tour of our co-op in just five pages. Dive in, enjoy the read, and remember: being part of a co-op is like being part of a big, quirky family.

Denise with a bit of AI help



© Harvey



© Izumi Hewitt

Lentil Bread Rolls

An exceptionally easy, yummy recipe from Dr Doolicious. Apart from soaking lentils overnight you can be eating this bread within 35 mins of starting. My kind of home baking!

Ingredients (makes 4 rolls):

1 cup red lentils (soaked overnight)

1/4 cup psyllium husk

1/4 cup water

1 1/2 tablespoons olive oil

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon lemon juice or apple cider vinegar

Seeds for topping (sunflower, pepita, poppy etc)



Method:

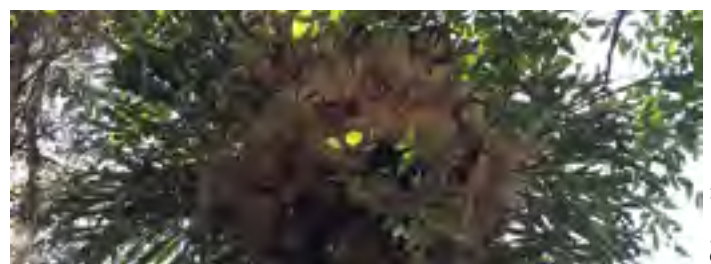
Chuck it all in a food processor (add lemon juice/ACV last as it causes the rise), blitz, make into 4 rolls, top with seeds and pop on a baking sheet lined tray into the oven for 25 mins at 180°C. Eat and enjoy.



© Harvey



Red Hill Moon by Mim Fluhrer



© Izumi Hewitt

Wisdom from THE SANCTUARY

“Cynicism implies scepticism.
Scepticism leads to investigation.
Investigation leads to understanding“

David Carradine

This will be a regular feature of each newsletter
submitted by Dave Launt.

Permaculture with Franklin Dykshoorn

Q: How long have you been living at Goolawah?

A: 19-20 years

Q: When you first arrived at Goolawah what was your vision for the site?

A: Make a place where I can live, grow fruit and vegetables and gardens. As soon as I knew where my site was I started planting wattles and deciduous citrus trees.

Q So how did you approach your site?

I looked at aspects - north, south, east and west. I looked at where the sun shines, where the water goes when it rains etc.

I planted pioneer trees and fruit trees that could survive in frosts and the harsh conditions. That took years for them to establish.

I used the top of the hill to build on - it had good sun for solar and I didn't have to worry about water pooling because it ran off the hill.

Then I planted more frost sensitive plants eg. Mango tree (that needed some protection).

Q: What does Permaculture mean to you?

A: Permanent Culture. I like to think of growing plants that will be permanent. I think with a long term vision of keeping the food chain going - eg banging lettuce seeds everywhere in the patch when it seeds.

I've never done a course in permaculture. For me it's just a word.

Q: How does poultry fit into your vision?

A: I've had 3-4 different flocks of chickens - ranging from using a poultry tractor (moved around every day) to a

larger flock including turkeys that live in a penned in area with high cyclone fencing and a quoll proof coop.

The chickens do weeding, provide fertiliser, produce eggs and meat and are entertainment with their own personalities....

Q: What are the principles of Permaculture to you?

A: - finding low maintenance plants that produce

• planting with purpose. So knowing what the tree is, what it is going to do and what it will provide

Q: When you go to a Plant Nursery what are you most attracted to?

A: Fruit Trees

Q: Is there something you would to grow that you haven't yet?

A: Avocados

Q: What are you most proud of in your garden?

A: That I am growing food year round that I can even share with neighbours and wildlife

Q: Speaking of wildlife, how do you manage growing things with wildlife on your site?

A: Firstly surrender then I build enclosures with a fence high enough that wallabies can't jump over, because I see plenty of fences with wallabies inside it which doesn't make sense to me.

Q: What is your daily routine?

A: Observing all my plants every day....that's the way to learn from them. To learn their cycles.

Q: And finally, what is your favourite plant?

A: My red bobble nut tree and my lychee tree!



Franky with his Red bobble nut tree



Tanja Tree-Fern



GECO

A newly formed committee called GECO (G-ECO - meaning Goolawah place of home), a term coined by Jac, has had several meetings now to discuss forest management, CMZ (Community Managed Zones), and all things environmental that relate to our lives in the beautiful Sanctuary we all live in called Goolawah.

Two of our meetings have taken place at a new bush setting called “The Wildspeak Circle” based in the bush at the Triangle on Red Hill.

The setting is a group of stumps set in a circle that depict images of different animals on them that are all local to Goolawah. The idea was inspired by a Deep Ecology activity and created by Tanja, Michael, Franky and Polly! Tanja and Polly collaborated for several weeks to select and draw native animals. The drawings are mostly Polly's designs of which Tanja has transferred onto the stumps using tracing paper and a burning tool.

Of course, the setting is available for use by all community members! At our first meeting we had a central campfire and even toasted marshmallows.....

Thank you Mairead for these photos.



Goolawah Men's Shed Report

By Craig

This year we have reflected on the life of Roger Ball. Roger was a founding member and President of Goolawah Men's Shed (MS) and avid supporter of the AMSA ethos – “a community to belong to and mates that make it all worthwhile”.

Roger was fundamental in the design and construction of the community pizza oven (CPO) and it is fitting that a roof over the CPO was the major project taken on by MS this year as well as other upgrades to the CK and surrounds.

When we are not having cups of tea, talking about our prostate and eating the best scones on the MNC, thanks to Alby, we have focused on lots of fire hazard reduction and storm damage clean up.

Fortunately, we have had time for some socialising with a session of Barefoot Bowls @ Creso and soon we will tackle a round of Putt-Putt Golf. For more info about MS and joining us etc, please contact Ralph V.

Poetry Cafe:

Theme: From little things, big things grow

The fruit that contains the seed.
And the seed that grows into the tower.
The inspiration that begins like a point of light.
To expose the stirring of the whole universe into action.
The avalanche that begins from the single flake of snow
merely trying to find its place in the greater scheme of thing.
As does the giant amongst men, like everyone begins with as a little
child fighting their way to suckle upon the simplest of joys.
The smallest of truths reveal the greatest lessons.
And the simplest lessons make the most profound change.
According to Vedic scripture all things within the vast universe
come from the bindu (the point) in Modern Science it's called
the singularity and with the process of the big bang the universe
continues to expand.

Submitted by Crow

In Memoriam Roger Ball



Every place has a memory and people who keep it in memory. Goolawah has many but there are some people who strike deep such that it becomes a permanent reminder of the place.

Roger Ball was one of those, a good man, good hearted yet no-nonsense with a very practical approach to most situation.

Although he passed in April this year, it seems like he is still here. Whenever I hear the sound of the slasher, the talk about fire season, fire trails, the pizza oven, burn piles, Men's shed, Camp Kitchen, directorship and rules - the list goes on. Roger has touched Goolawah and everyone here so much that it seems like he has left part of himself here.

Roger came from a family run dairy farm in country Victoria where his can do attitude and self reliance were nurtured. I recall him telling a story of his teenage years where he was changing a tractor tyre and over inflated it until it exploded, throwing him across the road.

Luckily he was unharmed. These learning experiences came through whenever he talked about tractor safety or someone misusing the machinery.

Roger met Belinda in Horsham and later they married and had two sons Glen and Aaron. Distance in the country was obviously not considered an obstacle. In the early days of training as a Technician in Ballarat he hitch-hiked the 180 km home on weekends.

Coincidentally, he started his Tech in Training with the PMG the same year as I did. We could talk shop about Step by Step or automated systems or managing a team in Telecom but he would say he was always happy on the



tractor or his three wheeled Spyder motor bike.

He was a keen runner, who was part of the Hash House Harriers which is probably why Goolawah appealed to him. Belinda and Roger also held a share in a cooperative for 30 years on an island off Victoria, before moving to Crescent head, this understanding of community living showed in his day to day life.

Roger could put his hand to anything and would persist on difficult tasks until they were sorted whether it be building, mechanical, electrical or gardening. He was always there to help but not the type to ask for help.

A good man.

Rest in Peace

Submitted by Wayne Skinner



© Harvey

Christmas bells on Maria River Road

Newsletter Team

Editors - Ishbel Keenan and Tanja Tree-Fern Layout - Griff

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Goolawah Co-operative Limited

PO Box 4080 Crescent Head NSW 2440

Secretary: Wayne Skinner email: goolawah.secretary@gmail.com

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

Banking details: Goolawah Co-operative - Coastline Credit Union BSB 704-189 Account 11027840

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