

# Community

## Life

**Aldinga**  
Arts EcoVillage  
*live.create.evolve.*

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**COVER: COMPOSTING  
WORKSHOP HELD IN THE  
VILLAGE IN PARTNERSHIP WITH  
THE WILLUNGA BASIN  
PERMACULTURE GROUP**



- INSIDE:**
- **BIODYNAMICS BY CAM WATERS**
  - **WILLUNGA BASIN PERMIES COMPOSTING**
  - **WETLANDS REHAB BY MARIA BRAY**
  - **ARTS: SITE SPECIFIC WORKSHOP BY KAT WORTH**
  - **WORLD: WATOTO CHILD CARE BY JOHN TURNER AND PAT FRASER**
  - **OWNER BUILDER TIPS BY PAUL SHILTON**

**ENVIRONMENT    ARTS    COMMUNITY**

## ADVERTISERS WANTED!

THIS MAGAZINE IS CURRENTLY LOOKING FOR SPONSORS AND ADVERTISERS OF AN ETHICAL NATURE. IT IS PUBLISHED QUARTERLY AND IS DISTRIBUTED BY INTERNET AND HARD COPY TO OUR VILLAGE LOTHOLDERS AND VISITORS, WHO HAVE A STRONG INTEREST. IN ARTS, ENERGY CONSERVATION, ECOLOGY, COMMUNITY AND SUSTAINABLE AGRICULTURE. IF YOUR PRODUCT OR SERVICE FILLS THESE NEEDS WE'D LIKE TO HEAR FROM YOU. [help us to help you]  
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# ENVIRONMENT AND FARM

## Excursion to Biodynamic Farm by some Farm Committee Members by Cam Waters



In writing about our Biodynamic workshop day with Deb Cantrill at Nirvana Farm, Heathfield, I will not attempt to convey a comprehensive explanation of the whole experience as it would be like writing a book. I will say something in general about our wonderful day only.

First of all we were given a Biodynamic Handbook compiled by Deb Cantrill and produced at Nirvana Farm that can be borrowed from me. Nirvana farm has been in the making for 20 odd years and in our Sunday workshop we explored the farm and it's practices fairly extensively. It's beauty and diversity stand out: from the beautiful soft, rich soil, to the walking amongst areas wholly dedicated to particular types of varieties – chestnut and other nut trees to fruit trees, vineyards, berry areas, hops and vegetables grown in raised gardens. Along the way we met up with the geese flock who keep the grass down when they are out and about.

We visited their enclosed vegetable and herb gardens which were also very fertile and the plants looked very good – the soil felt just so full of humus.

During the day, mostly in the morning, Deb took us through a short history of Biodynamics and then introduced us to the preparations for general soil improvement and compost preparation.

Biodynamics as a method for growing was mostly developed by the use of the Preparations and indications that Rudolph Steiner gave in the early 1920's and by farmers who applied the knowledge, then made their observations from season to season as the results showed themselves.

The aim in applying the preparations is for a rich soil humus. The preparations are in essence a vehicle for stimulating the forces in the natural world i.e. between the mineral, plant, animal and human. For example, the first prep, being 500, is primarily for general soil quality improvements. It will bring about a strong microbiological life and support healthy plant growth, especially where preparation 500 has been used. The results have shown outstanding improvements in just one year in soil crumb structures, in soil depth, earthworm activity and soil penetration.

Preparation 500 is made with fresh cow manure from a lactating cow, from the best biodynamic pasture, if possible, on the day that the cow horns are to be filled. When the horns are filled they are laid in the ground, points facing up at about 30 to 40 cms deep and 3 to 5 cms apart, covered with BD compost and this "planting", as it were, takes place in Autumn on a waning moon around the months of April/May, in relation to early rains. Then in Spring, September/October, before the soil starts to dry, they are dug up and the horns tapped to extract what should be a substance that has been transformed from green fresh cow manure to a decomposed sweet smelling dark coloured paste, which when rolled in your hand or between your fingers, does not stick to you. There should be no suggestion of cow dung smell. Apparently the Indian farmer will tell you that the Goddess of Prosperity lives in cow dung!!

The quality of preparation 500 can be checked by chromatography which gives a pictorial image of the strength of the forces present. Researches into the science of biodynamics in New Zealand have built up an extensive body of experience in making and assessing chromatograph pictures of prep 500.

Prep 500 is then stirred into water for an hour using a forward/reverse circular movement creating a hollow or vortex to the bottom of the bucket each time before change of direction. Around the late afternoon, 4 pm, it is then sprayed around over your area to be done.

The explanation is fairly basic, just to give the readers an appetite for further investigation! Peter Proctor and Gillian Cole's book - *Grasp the Nettle* – is a very easy read, and it's in our library. Other titles are: "A Biodynamic Handbook" by Deb Cantrill, "Biodynamic Farming" by Alex Podalinsky and "The lectures on Bio Dynamics" by Rudolph Steiner.

It was a good day at Nirvana Farm, and money well spent. I recommend it as a work experience to be had by any gardener.

Cam Waters - 4 Tetragonia Walk – 8557 6281  
images courtesy of Nirvana Organic Farm, <http://nirvanaorganicfarm.blogspot.com/>



# PREPARING THE SOIL OF OUR FARM using the Biodynamic preparation 500



## Willunga Basin Permaculture Group Composting Workshop at AAEV

On April 6th the Willunga Basin Permaculture Group held a composting workshop in the village. We layered green waste, pigeon manure, lawn clippings, food scraps and green weeds into the compost bay with plenty of water. The secret ingredients added in layers were compost activating herbs such as comfrey and yarrow, also gypsum, rock dust and coal. What a mix!

The new mix will be turned twice and left to mature probably for a spring planting. Mature compost from a previous heap was put on the Lorenzin's garden bed, soon to be renovated by some enthusiastic volunteers.

If you are putting compostable materials in these bays please use the one on the left and NO couch grass.

Thanks to all the enthusiastic helpers from the Willunga Permie group and the village. Everyone is welcome to attend the monthly events and they are always followed by a scrumptious shared lunch.



THE COMPOSTING CROWD

## Wetlands Rehab Program Update by Maria Bray

Contacted Andrew Thomas at the council, a wetland project officer with many years experience in the field and is very keen to give us help. He directed me to the engineering firm Connell Wagner who did the work for our storm water holding system. There I spoke to Micheal De Hus their project manager and the information from him concerning our dams was:

1. Unless we change the present format by creating weirs or doing major reconstruction work he sees no problem with going ahead with our wetland ideas.
2. He says the reason our dams do not hold water is the fact they dry out and the clay shrinks thereby breaking the 'membrane' effect.
3. There is no problem with water levels less than 2-meters, the growth of bull-rushes in the ponds indicates a low water level, at a guess 1 or less meters.
4. He feels we need to get the system working properly at an early stage otherwise its big bucks later on, he recommended a wetland and habitat specialist Paul Manning (82703066)

Contacted Paul who was most helpful and his comments were-

1. He would be happy to come and see us about the project and his first visit would be free, any professional work after that would be \$180 per hour, he has a good assistant who is cheaper.

Comments from-Andrew Thomas

1. The council uses a product called Bentafix which is a water holding clay impregnated on a durable material. An example is Sellicks Beach where the pond holds water even in drought and the weather and conditions are similar to ours.



2. On the banks they use Jute weed mats which break down naturally at about the same time as the plants get established, this prevents weeding and thereby loosening the bank walls.

We now have an experienced propagator who is willing to get things moving and give us vegetation for the project. Any ideas, let us know.

Cheers Maria

PROPAGATION BEGINS FOR WETLAND PLANTINGS

# ARTS

## Outdoor Site Specific Workshop

by Kat Worth



For the Arts and Cultural meeting in April, Kat Worth led a dance in the landscape, site specific workshop. The workshop started with a warm up on the lawn outside the townhouses. Kat led the participants through Gabrielle Roth's 5 Rhythms as well as some partner work exploring abstracting a starting movement idea and changing its tempo, size, body part. The group then moved to the spot above the dam between Margaret Madge, Kate and Coralie's place, near the big flat rock. The group was invited to find stimulation and inspiration from shapes in the landscape. For example, the shape of the hills, or trees or clouds. The group moved their bodies in response to the shapes and forms around them. The second task was to move in response to the textures of the landscape, the feel of the grass, rocks, and trees. The following explorations involved moving in response to

stimulation from sound and emotional/personal response. The group then put all those ideas together and we danced for each other in small groups. The workshop allowed participants to connect with the village landscape in a close and detailed way. Some of the visual artists related their approach to painting with the moving of their limbs as they created and explored movements. For the next few days after the workshop, some people continued to feel the keen sense of connection to the land, the sounds around them and the ground beneath them.

The next ACC workshop is 'Creative Writing' on May 25th 1.30-4pm at Sue Gebhart's house.

Some Comments by Kat's Group.

- Refreshing and new for me
- Enjoyed using my body as a form of expression
- Found new ways of using my body
- Learned things about myself
- Was a safe space to explore movement without feeling embarrassed
- Was good exercise
- Enjoyed relating with people in a different way
- Broke free of my usual limited dance moves
- Loved the way we used the environment as a source of ideas for movement
- Atmosphere was relaxed and friendly
- Was comfortably stretched outside my comfort zone



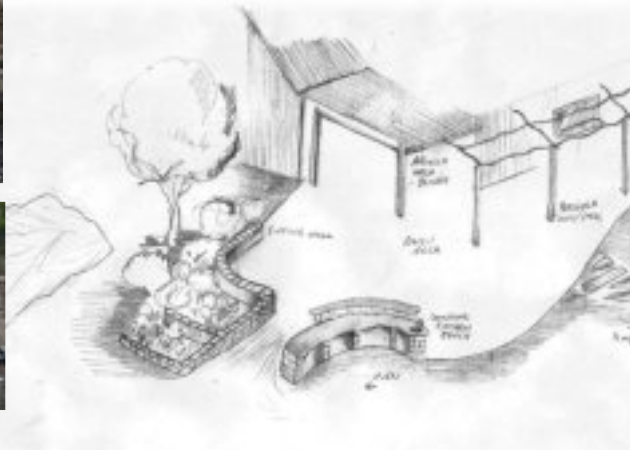
# COMMUNITY

## NEIGHBOURHOOD ROUND UP!



SNOW IN THE VILLAGE? THE CORELLAS DESCEND ON CLEMATIS

## VILLAGE HEART WORKING BEES



## NEIGHBOURHOOD GROUP 4 WORKING BEE



## VILLAGE WELCOMINGS

BELOW: Cam and Anne Waters 4 Tetragonia Walk and their next door neighbors Vicky Lesley and Jan Skoudam 5 Tetragonia walk opened their house as we welcomed them to the village.



BELOW: Villagers gathered at John Turner's home to welcome long time lot holders Jacqui and Toby Good, Runi and Grandmother, Rita, to their new house on Clematis Walk.



# THE FROG AND THE BIKE

Once upon a time, a man went to visit a wise elder for advice. The man had many professional qualifications and an important position in the community, but was frustrated by fellow community members who grumbled continuously and refused to conform to the management processes he worked so hard to develop for them.



The wise elder listened carefully to the man's complaints, and said, "My friend, I see your heart is in the right place, but you have forgotten something essential. You have forgotten the difference between a frog and a bicycle. "

"Oh", said the man, "What have frogs and bikes got to do with the issue? I thought you could help me make people agree with me and obey the rules!"

"Listen, my friend," said the elder, "and you will understand."

"The essential difference between a frog and a bicycle lies in the relationship of the parts to the whole. You can take a bicycle completely to pieces on your garage floor, clean and oil every single part, and reassemble the lot, confident that the whole thing will work perfectly, as a bike, as before. The frog is different. Once you remove any single part, the entire system is affected instantaneously and unpredictably, for the worse. What's more, if you go on removing bits, the frog itself will make a series of subtle, but unpredictable adjustments in order to survive. The frog, at a level below consciousness, wants to survive, and will continue for an amazing length of time to keep functioning as bits are removed – until it can do so no longer. At that point, and again quite unpredictably, its whole system tips over into collapse. The frog is dead, and it won't help to sew the parts back on."

"Yes," said the man, "I can see the difference but how does it relate to my problem?"

"Well," said the wise man, "complex systems that involve people – like your community - are mostly frogish. They respond to their environment and can't be sensibly operated from a manual that considers only the functioning of separate bits. Good management of a frogish system needs to align with the natural flows and processes of the whole system and help them along. Bad management tries dogmatically to shoehorn the system into shape according to abstract theories or one-size-fits-all rules."

"So", said the man. "I think what you are saying is that you can't manage a frog with a bike manual!"

"Exactly!" said the wise elder, closing his eyes to meditate on the beauty of frogs.

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# FROM OUR VILLAGE TO THE GLOBAL VILLAGE

## Raising Future Leaders with Watoto Child Care Ministries RESCUE A CHILD • RAISE A LEADER • REBUILD A NATION

by John Turner and Pat Fraser

We have recently signed on to be part of a team doing a 2 week mission with the Watoto Children's Ministry in Uganda, East Africa. This Global team will be a combination of building and administering medical services and will gather in Kampala in November of this year.

Watoto is committed to providing physical, educational and spiritual care to parentless children. Uganda has endured the scourge of civil war and a deadly AIDS epidemic, leaving approximately 2 million children orphaned. In 1992, Gary and Marilyn Skinner, Canadian missionaries living in Kampala, were moved to start the Watoto Child Care Ministries to address this crisis. Presently, there are about 1500 children in care and once enrolled in Watoto, the child remains part of their new family for life. Eight children and 1 house mother live in one of the homes constructed by volunteer teams from around the world. The Watoto Villages are made up of these small homes, schools, water project, medical clinic, events hall and playing fields.

The medical team is made up of doctors, nurses, lab techs and pharmacists who assist the assigned Watoto Physician in addressing the needs of the children in care and to provide outreach to the surrounding village people. Medical education is also provided to the mothers.

Pat joined a Watoto medical team to Uganda in Nov 2006 and John has been to Sri Lanka with Habitat for Humanity in April 2005 after the tsunami. Uganda is a beautiful country, a great holiday destination. The opportunity is available for people to join this team or see a project through to completion. For example, the construction of a Watoto home for children, including surrounding infrastructure, would cost \$30,000 CND. You can join a build team and be part of the construction process. The home that you help to build will house 8 children and 1 house mother for years to come! You will also be able to enjoy the beauty of Africa if you choose to participate in a white water rafting trip on the Nile River or a safari. For a daily fee of \$45 CND (subject to change) Watoto will provide food, water, accommodation, and transportation.

Donations can be made to specific teams. Our team identity is the Global Build/Medical Team November 2008. You can specify where you want your money to go (for example, house construction, team expenses, medical supplies, where most needed, etc.). For further details on the Global Build/Medical Team in November 2008 or to make a donation, please contact John at [johnturner@picknowl.com.au](mailto:johnturner@picknowl.com.au) or Pat Fraser at [patafraser@yahoo.ca](mailto:patafraser@yahoo.ca).

The children are growing up fast and a second high school has been established. Over 60 Watoto young adults now attend tertiary education, including university. Watoto has many successes to be proud of! With goal of caring for 10,000 children by 2023, there is a great deal more to be accomplished.



The poster features a green border and a central logo for 'Trees For Life' with a stylized tree icon. Below the logo, the text reads: 'YOU can help restore biodiversity in South Australia! register for a Bush For Life Introductory Workshop Wednesday 2nd July 5pm - 8pm To be held in Aldinga'. It includes details about the program, such as 'Trees For Life (TFL) is a community based program run by Trees For Life Co., that invites community members to...'. It also lists contact information: 'Trees For Life 11 Mayfair Street Park SA 5002 Phone: 8006 5500 www.treesforlife.org.au'. Logos for the Australian Government and the Government of South Australia are at the bottom.



# BUILDING AND DEVELOPMENT

## SOME TIPS FROM ONE OF OUR OWNER BUILDERS

by Paul Shilton

\* We were building in the autumn/winter months so one of the main worries we had was the weather. As it turned out we were very lucky but given other circumstances entire weeks could of been wiped from our building schedule because of rain and winds. If at all possible try organise it so the building process doesn't take place in the winter. Easier said than done, I know.

\* When in the planning process keep a folder with all your ideas in for colours, layout etc. Steal ideas from pictures in magazines.

\* Keep your building materials stored safely and in some kind of order that you intend to use them. I spent hours hunting for a specific piece of roof timber that was eventually found under the wood we were going to use for the stairs.

\* Take pictures of everything at every stage. Electrical layout, plumbing, everything. Comes in very useful when you have drill holes in the wall and you don't want to hit a water pipe or get electrocuted or you have to find that sewer outlet buried in the garden.

\* Be realistic about your limitations and try to enjoy the process. Speak to other owner builders as much as you can. Be prepared to compromise, it will probably save you money.

\* Never assume that the professional tradesman knows exactly what he is doing. Conversations get misunderstood (especially telephone conversations), specific details can get forgotten, so always check as much as you can at every stage. The excavations for our house were actually dug in the wrong place due to a mix up with the plans. Luckily, this was discovered before the slab was poured or else our north facing house would of been pointing towards the west.

