



PO Box 33, Aldinga Beach 5173

Friends Group of the Decade 1993 - 2003

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NEWSLETTER

August/September 2008

Recent Meetings

John Edmeades welcomed 13 members to the June meeting.

Toby Bekkers from Paxton Wines spoke to the group about the history of the company and its move into biodynamic viticulture.

The principles, developed by Rudolph Stienen, are based on old farming techniques. No chemical fertilisers are used, as the soils are enriched with compost. Herbicides are not required, as biodiversity is encouraged through a range of practices including the use of soil organisms, microbes, cover crops, beehives and cows.

Paxtons have registered with the '1% for the planet' scheme. Over 500 companies world-wide have registered, including 8 in Australia. Participants in the scheme will donate 1% of their sales to an environmental group, and Paxtons have invited Friends of Aldinga Scrub to become their first donor organisation. The offer was very enthusiastically received by the Friends! Thanks for Toby and Paxtons for nominating us for this scheme.

Pam Rowney chaired the July meeting which was attended by 8 members and 1 visitor.

Unfortunately our guest speaker was not able to attend the meeting, but John Edmeades kindly stepped in at short notice and gave an informative talk about bush tucker.

John explained that information about bush tucker foods from our area is lacking, as the traditional culture died out relatively early. However, we do have more information about plants and their uses from the desert and northern lands.

Many grasses were harvested for grain which was used to make bread and damper. The starchy tubers of rushes and orchids were food sources, as were the rhizomes of bulrushes. Fungi, some weighing up to 20 kg, were eaten as 'bread'.

The seed pods of wattles, which provided complex carbohydrates, protein and fibre, were steamed or ground wet and eaten as a paste. Banksias and hakeas were dipped in water to make a sweet drink.

**Guided walk for new residents
of the Sunday and Bayswood estates**

We have planned a walk to introduce new residents to our unique Aldinga Scrub, to be held on Sunday 23 August at 2:00 pm. The walk will commence at the Coral Lichen Circuit and finish with afternoon tea at the Aldinga Caravan Park.

The facilities at the Caravan Park are kindly being donated by the owners for this function, and we have received a grant from the City of Onkaparinga to provide refreshments for the walkers.

All Friends are invited to join us. We will need people to help guide the walks, and also to meet the walkers and help with the afternoon tea. Please contact Neville on 8556 6782 if you can help.



Park news

Recent work has focussed on the south-eastern section of the Park, where boxthorn and olives have been the main targets.

Over 20 people attended the planting day on the northern boundary, and in total some 400 seedlings have been planted at the site.

Seedlings are ready to be planted on the dune site. Rabbits are an increasing problem throughout the Park, and guards will be needed at this site.

The current Green Corps group are handweeding in the northern boundary enclosures and placing vegetative barriers across unofficial tracks.

Friends have attended a First Aid course, funded by the Volunteer Support Unit.

Important dates for your diary!

SATURDAY 26 July

National Tree Day—planting at Hart Road from 9:00 am to 12:00 noon

SUNDAY 27 July

Almond Blossom Festival—join the parade, meet at 9:00 am at the top of High Street in Willunga

TUESDAY 29 July

Planting at the dune site—meet at the boardwalk alongside Aldinga Beach ramp at 9:30 am

WEDNESDAY July 30

GP Plus Health Care Centre—come and help plant the new garden from 3:00—5:00 pm

From the committee ...

- we are supporting a request from Green Corps to undertake another major project in ASCP later this year
- committee has applied for a grant of \$650 from the Volunteer Support Unit to purchase safety equipment
- committee has applied for a Coastcare grant of \$10,890 to carry out bridal creeper spraying in 2009
- we have been invited to contribute to the consultation process in regard to the 'Knoll' at the Sunday development

Financial Report as at 31 May 2008

Balance at 31/03/08	\$5142.16
Balance at 31/05/08	\$5405.48

Monitoring



Planting



Friends at work!

Coming events – General Meetings Aldinga Library at 7:30 pm

Thursday, 14 August 2008

Members of the Aldinga Bay Coastcare group will speak about the beach survey and beach closures.

Thursday, 11 September

Sheryn Pitman from the Botanic Gardens of Adelaide will speak about sustainable urban landscapes.

Coming events – Working Bees Every Tuesday

Working bees are in full swing, and are held regularly on Tuesday mornings. Your help would be greatly appreciated!

Please contact Julie on 8556 5782 if you would like more information about where the groups will be working each week.