

PSW

Monday Meeting

3rd March 2025

We opened the meeting with a short video:

Phototropism 3 mins

<https://youtu.be/HmHvWDeTt7Y?si=vfqngOseNqWsiHtf>

Acknowledgement of Country



We acknowledge the first inhabitants of this land who arrived on this island continent over 65,000 years ago.

We acknowledge that via The Dreaming and Songlines, our first Australians united 250 different Nations living in many different eco-systems.

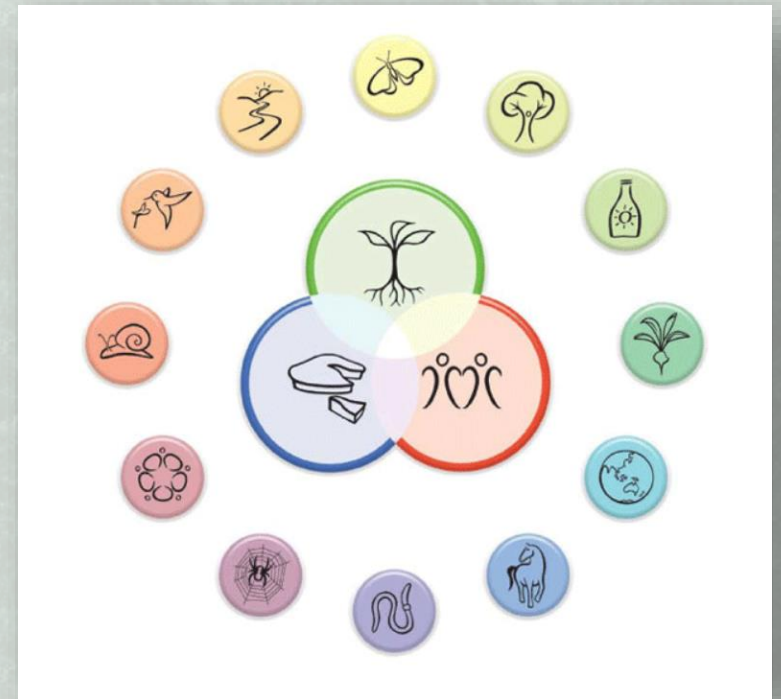
We acknowledge that they shared this land and produced sustainable human agriculture for over 50,000 years.

Today we commit to current and future elders to integrate their sustainable practices. Together we can ensure the regeneration and beauty of this island continent for all future Australians.

Greg reminded us of the 12 principles and how we can apply them to...
much more than our gardening!

At each meeting, we aim to incorporate or point out as many of the 12 principles as possible.

- How do we see them in action?
- Are we using them in our own gardens?
- Are we applying them in our daily lives and interactions?



PSW has a free copy of the 12 Principles booklet for all new members. Please check in with the registration desk on arrival for your copy.



PSW... what are we here for?

PSW Mission Statement:

*Enabling communities to apply
earth care, people care and fair share*

*through
*education,
*application
advocacy.





*To our
members
& visitors
present tonight*

...

What happened on Monday night?

Bees



David Giblin

Chifley College School Farm Project

David gave us a wonderful update on what's happening with the school's farm project and then we talked about BEES! 😊

Seed Segment:
What is a seed?

Lynne delivered this presentation via a 15-question quiz!

Well done! 😊

The Hawkesbury EarthCare Centre at Richmond aka HDRRAA
(Henry Doubleday Research Association of Australia Inc.)
invites PSW members to become an affiliate member



Affiliate PSW / HDRAA member will enjoy:

- Reduced HDRAA membership- \$10
- Free or reduced cost for Member workshops and events
- Share resources (e.g. library - HDRAA have hundreds of books / magazines)
- Unique venue space for conducting living skills workshops, pizza nights, movie nights, educational programmes, events, etc
- Opportunity to opt into the Adopt-a-Plant programme.
- A space to grow nutrient dense food and practise permaculture skills



Our summers are getting hotter.

It's more important than ever that we find ways to cool down our streets so that all of us can get around our suburbs without feeling overwhelmed by the heat.

Saturday March 15, from 11am-12pm, join in for a **'cool walk'** around Parramatta. Learn more about urban heat during this interactive walking tour.

We will **monitor temperatures** and map the **'hot spots'** you want to see improved and the **'cool spots'** you'd like to see more of.

Walk time: 30 minutes

Free cool drink afterwards.

We will be walking slowly 😊

The Sydney Alliance is a coalition of community organisations, unions, schools and faith groups that are working together to build a fairer and more sustainable Sydney.

On March 13th, the Sydney Alliance will be hosting a pre-election assembly to negotiate with decision-makers on
*housing,
*energy, and
*climate policy.

1000+ Sydneysiders and politicians, such as Minister of Climate Change & Energy, Chris Bowen, will be in attendance.

Date: Thursday, March 13th

Time: 5:40 pm – 7:40 pm

Location: [Morley Centre](#),

2 Darcy Rd, Westmead

(8 mins walk from [Westmead Station](#))

Who: Minister Chris Bowen

**(Minister for Climate Change and Energy),
other politicians (TBC).**



What's happening in your community

Blacktown Council

Worm Farming and composting workshop

Date: 22nd March 13th

Time: 10:00 am – 12:00 pm

**Location: Marayong Community Centre,
62 Railway Rd, Marayong**

Green Cleaning workshop

Date: 22nd March 13th

Time: 1:00 pm – 3:00 pm

**Location: Marayong Community Centre,
62 Railway Rd, Marayong**



Crop Swap is happening here tonight.

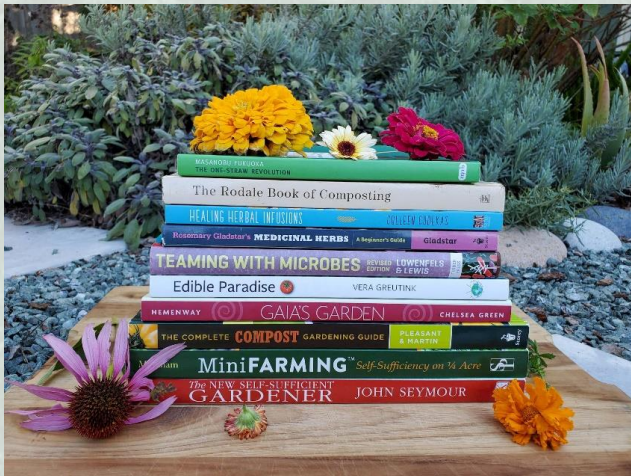
1. Please bring your goods to the Crop Swap table before the meeting starts.
2. Take a ticket (A for larger items, B for smaller items)
3. *After the formal part of the meeting, the Crop Swap table will re-open.*
4. You may now pick up an A or B once you hand back your ticket.

We urgently need a volunteer who will supervise the Crop Swap table at our meetings!
Please contact the Secretary if you can help!



PSW Library

You can check out books from the PSW library online.



They will be ready for you at the following Monday meeting 😊

Recycle Table

Drop off your goods – could be someone else's treasure. Please take back home if not chosen 😊



PERMIE POD VOLUNTEERS and Pod Groups update

| Name | Address | Pod group location |
|---|-----------------------|----------------------|
| Reina Matsui | Kings Langley | Blacktown |
| Peter Theo | Werrington | Outer West |
| Cecilia Bird & Dorothee Wallis-Baker | Carlingford Epping | Carlingford / Epping |
| Rosie Wong | Pendle Hill | Blacktown |
| Sonia Barber | Kellyville | Baulkham Hills |
| Greg/Vera | Northmead | Parramatta |

All PSW members were sent this list with contact email addresses last week.
If you'd like to join a pod group, just contact one of the volunteers.

| | |
|----------------------------|--|
| Mountains | Springwood – Emu Heights - Kurmond |
| Baulkham Hills | Glenorie – Baulkham Hills – Kellyville – Glenhaven – Beaumont Hills |
| Carlingford -Epping | Carlingford - Epping |
| Hills District | Winston Hills – Castle Hill - |
| Blacktown | Westmead – Merrylands - Blacktown – Quakers Hill – Pendle Hill – Guildford – Greystanes – Kings Langley – Toongabbie - Smithfield - Glenwood |
| South Sydney | Chester Hill |
| Outer West – | Kingswood – Llandillo - Penrith – Rouse Hill - St Clair- Schofields – St Mary’s – Cranebrook – Colyton – Werrington – The Ponds – Rooty Hill |

These are the localities where our members live.
Which locality do you fit into?

| | |
|-------------------|--|
| Parramatta | North Rocks – Granville – Northmead – Oatlands - Rydalmere |
| North West | Mt Colah - Annangrove - Kenthurst |
| Inner City | Five Dock - Enmore |

We reminded everyone why Permie Pods are a good idea

A Permie Pod is a group of local Permies who work together resiliently to meet their physical, mental, emotional and spiritual needs. (like a village or tribe).

*Permie Pods are **better able to respond** creatively, efficiently and sustainably effectively to **change** which impact their lives (environmental, social, economic, health)*

Benefits Pods to members

1. **Share Equipment:** hand tools, power tools, shredder, trailer, chainsaw, canning, dehydrator
2. **Share Resources:** food, cuttings, seedlings, seeds, compost, worms, mulch, food CO-OPS
3. **Share Information:** videos, books, labour, film nights, Perma designs, plans, guidelines, IPM, plant care, sowing, propagating, pruning, chickens, bees, water features, cooking tips, cuisines,
4. **Share labour:** Blitzes, composting, planting, designs, clean ups, building, removing, grow beds, bee hives, tending holidays, chicken coops, green houses, shades, water systems, habitats)
5. **Recycle materials:** woods, plastic, metals, netting, bamboo, tarps, structures,
6. **Regenerate Soils** (via bio-complete compost + extracts, worms, C sequestration, mulch,..
7. **Select Plants** (food, herbs, medicinals, bee attracting, habitats, climate aids, heirlooms
8. **Attract Beneficials** (pollinators, pest predators, habitats, ground covers,
9. **Reduce their waste** by refusing, repairing, renewing, re-using, recycling
10. **Make & Repair Clothes** Sewing, patching, repairing, designing
11. **Make their own Natural Body Products and Home cleaning products**
12. **Preserve and Ferment food surplus**
13. **Learn and teach others** (People care, art, music, counselling, study groups, workshops, coaching)

And this is how PSW Helps Permie Pods

1. Have a monthly forum to share your successes, concerns, requests with the larger group and local councils.
2. Advertise your group pod to the wider group and via our website
3. Liaise with local councils, state and federal government to address issues or garner support live/work within legal guidelines and council regulations.
4. Find people from your local neighbourhoods (website, monthly meetings, mailouts, letter drops, information nights)
5. Experienced people to coach/guide you how to running your own meetings and workshops, blitzes, seed saving, etc.

PSW Suppertime



We provide the tea
and coffee.
You bring the mug!



Thank you

for your contributions to
the supper table 😊
Always welcome!

