

FROM THE EDITOR

With our little corner of SE Qld looking greener by the day after this lovely spring weather, I am looking forward to what my veggie garden is producing. Shiny tomatoes in all shapes and sizes, capsicums finally getting some colour and ripening up, bok choy and cabbages ready for lots of stir fry dinners, and everything going crazy setting seed after these warmer days. My chooks are also going beserk with lots of fresh greens and rewarding me with dozens of delicious eggs every week.

So not only does my grocery bill go down, but so do my number of trips to the shops, the packaging, the refrigeration and the transport costs of my weekly food purchases. Down down down goes all those greenhouse gas emissions associated with high food miles. Up goes the nutritional value of what my family eats (no pesticides, herbicides or chemical fertilisers), up goes time spent at home with my family, and up go my hopes that many others are doing the same thing in gardens around Australia.

This edition looks at ways that we can reduce our carbon footprint through better choices about what we eat. Looking for locally sourced items, asking your local shopkeepers about the origins of their produce, supporting farmers' markets, growing your own or working with neighbours on a shared garden – these are all great ways we can contribute to a healthier planet and a healthier way of life. Check out Peter's piece on page 2 about the push for local food. And don't miss Lesley's great article on pages 4-6 about vegetarianism and the benefits to your health and the environment.

There are some important dates for your calendar in this issue, we hope you will come along to one or more of the upcoming events. If you would like to get involved in one of our ongoing projects or make a contribution to an upcoming newsletter, please contact us at pineriversCAN@gmail.com.

Yours in hope for a greener future,

Kirsten Kennedy

Co-Chair,
Pine Rivers Climate Action Network

Film triggers climate action in Samford

Over fifty people attended a special Samford screening of "**Australia Pumping Empty: The Looming Peak Oil Crisis**" in early September. Special guest speakers were the minister for Energy Geoff Wilson and Stuart McCarthy from the Australian Peak Oil Association, with local sustainability advocate Howard Nielsen hosting the show.



The film makers, Aquila Productions, stimulated plenty of thought and this was reflected in the insightful discussions following the film. It was inspiring to hear Geoff and Stuart speak about taking action and working on a community consensus for change.

The challenge was taken up by a number of people who have put their hands up to get started on a local food co-operative/farmers' market concept for Samford. Reducing our food miles and reliance on commercially produced fresh fruit and vegetables is a fantastic way to curb our reliance on fossil fuels and also to "bring CO2 down to earth".

The first meeting of the emerging food co-operative was held on 25 September and the next gathering of interested people will be on Sunday 26 October from 9-11.30am at 203 Wights Mountain Road, Wights Mountain.

Samford residents who would like to find out more about the project should contact Kirsten Kennedy from Pine Rivers CAN on 3889 1634 or 0418 870 060 or email to pineriversCAN@gmail.com.

Thanks go to our host for the night Howard Nielsen and Peter Kearney (founder of Cityfood Growers) for getting the ball rolling with this great initiative.

"Australia Pumping Empty" is produced by Aquila Productions and DVD copies of the film can be purchased through their website. See www.aquilaproductions.com.au for more details.

Kirsten Kennedy

Co-Chair,
Pine Rivers Climate Action Network

Win A Great Prize and Help Save the Planet!!!

Buy your tickets at any Pine Rivers CAN meeting from



October to December to be in the running to win this beautiful hand-made blanket or toy box which has been lovingly made by PRCAN supporter Frank Fiedler. It really is a special piece of furniture anyone would be proud to own and it's made from fully recycled materials - old window frames and salvaged wood (Silky Oak and Tassy oak). He's even

left a little bit of painted frame on the inside to show that it's recycled. Size: 1200 long by 500 wide by 600 high.

This lovely piece of furniture will go to one lucky PR CAN supporter for only \$2. Raffle will be drawn on **Wednesday 17th December 2008** at the Pine Rivers CAN meeting.

Please contact Kirsten Kennedy on 3889 1634 or 0418 870 060 if you can't get to a meeting but would like to buy raffle tickets or take a book to sell to your friends and family.

Buy your ticket today for only \$2 and help support Pine Rivers Climate Action Network.

Samford Local Food Group

Peter Kearney has set up a Google Group site so people can



keep updated on the activities of this newly created group. It's free to join and then you'll have access to minutes of meetings, be able to communicate with other members, etc. The link is <http://groups.google.com.au/group/samford-local-food-group?lnk=srg>.

Next meeting: Sunday 26 October from 9-11 am,
203 Wights Mountain Road,
Wights Mountain.

Contact Peter Kearney for more info Ph: 3289 3602

RECOMMENDED READING

The following books on topics related to simpler, healthier and greener lifestyles are a selection of those available from the Moreton Bay Regional Council libraries. Often, the easiest way to source the books is to check out availability on-line and place a hold on books not located at your nearest library. Another great source for books on sustainable living is the Good Life Book Club which can be found on-line at

www.goodlifebookclub.com

Choosing Eden by Adrienne Langman

The story of a Sydney couple in their fifties who left their well-paid jobs, children and grandchildren to establish a self-sustaining food farm on 12 acres on the North coast of NSW.

Adrienne's firsthand account is fascinating, frank and well written. With warmth and humour she tackles the changes that we all need to face if we are to solve climate change and prepare for uncertain times.

Living the Good Life by Linda Cockburn

This Australian family documents an inspiring half year experiment during which they tried to grow all their own needs on their half acre block, made, modified, or went without.

Living sustainably on a suburban block became their aim and their battles, successes, joys and tips for regaining a measure of control over their lives is inspirational.

Faye Benjamin

Pine Rivers CAN member

PINE RIVERS CAN NOVEMBER MEETING

Come along to the November meeting for Pine Rivers CAN and hear more about reducing our eco footprint.

Time: 7pm start

Wednesday 19th November 2008

Old Catholic Church Hall,

Corner Samford Road & Camp Mountain Road, Samford

RSVP appreciated to Kirsten on 0418 870 060 or

pineriversCAN@gmail.com

Gold coin donation encouraged to cover venue hire

Fragile food system

Under the veneer of bulging supermarket shelves of fruit and vegetables in Australia, there is a growing fragility the industry doesn't want to talk about.

At present, about 80% of all fruit and vegetables in Australia are sold through supermarkets and only two businesses have the lion's share of that trade. As such, these businesses have incredible market power. This power not only impacts the quality, freshness and price of fruit and vegies for the consumer, but it is having a profound affect on the medium term viability of our food supply chain.

It's a basic rule of our sometimes destructive economic system that competition encourages predatory power by big players. This is a "free" market at work, serving short term profit interests. This power is usually exercised at the expense of other participants in the supply chain, a "dog eat dog game". Well, once the big dogs in the game have cannibalised the smaller players, how can it continue and where does our food come from? Here are some points to consider:

1. Transport companies are striking because their increased freight costs are often excluded from their transport contracts to supermarkets. So do the transporters have to continue striking before they get a fair deal or do they just go broke and the supermarkets establish their own freight companies, thus leading to greater monopoly control? Whichever way it goes, because we have become so wedded to consuming food that has travelled long distances, food prices will go up significantly under the current system.

2. The Australian supermarket food system has become divorced from the concept of selling locally grown food in season. The system is dependant on long distance transport and lengthy cold storage or preservation methods. This is driven by the notion created in consumers that it is OK to consume all types of fruit and veg at any time of the year. This notion comes at a hidden cost. Fruit and vegies, despite looking plump, are neither fresh nor nutritious, as nutritional value is greatly affected by freshness and transport/storage costs make a large proportion of food prices.

3. The food supply chain contributes approximately 30% of Australia's carbon emissions. Carbon emissions from transport and storage are a significant and increasing portion of this. When carbon trading comes in and businesses are penalised for carbon emissions, the costs will be transferred to consumers. Ultimately this is supposed to lead to a change in behaviour of businesses supplying food, but because of the monopoly market dynamics in Australia, this will be very challenging and consumers will bear the cost.

4. The economic viability of fruit and vegetable growers has been on the downhill slide for a number of years now. Up to 70% of Australia's farmers are heavily in debt and their average age is 61 years. Attracting young people to the industry is getting harder by the year because there is "no money in it". This seems a crazy proposition when the mark-up of most fruit and

vegetables from grower to consumer along the current supply chain can be up to 10 times.

5. Farmers are being "screwed" because of centralisation of power in the market and the huge amount of costs, pushed down to them in lower farm gate prices, which are built into food prices because of long distance transport and lengthy cold storage.

6. Without viable food growers in our country, there is no supply chain to the supermarkets. The big guys have also found a way of temporarily getting around this problem by importing food, such as garlic from China or oranges from Brazil, when they are in glut in those countries and out of season in Australia. Transport costs are huge in this case and food is never fresh.

It all sounds very gloomy and if we keep going along the same path, a train wreck is approaching, but there is a solution and it doesn't have to exclude supermarkets. That solution is beginning to spread in other parts of the world, but it will be very challenging in Australia because of the incredible centralisation of power in the fruit and vegetable supply chain.

The solution includes the following key components:

1. **Big focus on growing your own food and urban agriculture**

Backyard food gardens, community gardens, allotment gardens and peri-urban small scale growers are popping up everywhere. The food is always fresh, cost is not an issue, you consume carbon by doing it and growing food is a healthy pursuit.

2. **Strengthening consumer demand for eating locally grown in-season food** - This is a very powerful market dynamic which consumers are driving, but they must be genuinely shown that food is fresh and in season. Rapidly growing patronage to local farmers markets is evidence of this.

3. **Provision of support for farmers** - The growing transition to more sustainable organic farming practices, fairer allocation of margins and more local selling will increase the number of farmers, improve the quality of their product and their long term viability.

These three factors can help to redeem the dysfunction in the Australian fruit and vegetable supply chain and hand more control back to the consumer and grower. They can open whole new horizons of food supply and distribution. Who knows, perhaps the supermarkets may wake up from their myopia and start selling locally grown food in-season. They can make good money from it after all, while the Australian growers stay viable and we get genuine fresh, nutritious food. The solution is blossoming right in front of us, but can only be driven by us, not Government nor big corporates, but you and me.

Peter Kearney,

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Lentils against Climate Change

or Meat No More

Many organizations, active in promoting the issues of Climate Change, are advocating “Eat one less meal of meat per week”. Well I’d like to suggest that you eat “One meal (or less) of meat per week”. Spot the difference?

There are many reasons for becoming vegetarian, or at least for drastically reducing the amount of meat and animal products eaten...

1. Climate change

Meat production is a contributing factor in changing the climate. Hard to believe?

50% of the world’s methane (a potent greenhouse gas that raises global temperature) is due to human activity but over a third of this is from livestock production (mainly beef). In Australia emissions from livestock (30%) have more impact than that of all the coal-fired power stations. In contrast plant food accounts for only 2% and this is for more than double the amount.

Methane is 20 times more potent than CO₂ at trapping heat inside Earth’s atmosphere. However, methane breaks down in less than 20 years, while CO₂ stays around for 100 years or more. So reducing methane will have an immediate effect and may buy us the time necessary to effect the drastic world-wide reductions in CO₂ emissions.

Livestock are also the source of additional greenhouse emissions apart from methane. Fuel is used to transport animals to market and to cool the refrigerated distribution from abattoirs to consumers.

Feeding livestock also incurs other environmental costs. They are fed nitrogen enriched grass or grain. This fertiliser is heavily dependent on oil both for production and its transport. The demand for intensively raised animal protein has also increased demand for the growth of grain and soybean around the world, specifically to feed livestock. Forests are being cleared, partly to graze cattle to produce cheap hamburgers, but also to grow grain to export to other countries for fattening cattle, rather than to feed the people of these countries. This compounds the problem of global warming as less trees means less CO₂ is trapped. This is to provide food for the cattle that only a select few of the world’s population can actually afford to eat.

Eating meat involves processing grass or grain very inefficiently. The same amount of land used to grow lentils, for example, would feed many times more people. The grain currently fed to beef could be eaten directly by humans. An acre of land used for crops will feed about 10 times as many people as an acre used for grass-fed beef.

Then there’s the issue of water use. Dairy and beef production are the highest major water users in Australia. It takes thousands

more litres of water to produce a kilo of beef than it does to grow the same quantity of grains or vegetables. In contrast plants are 4.5 times more water efficient (even rice uses half the water of chicken).

And what about the gases emitted as the manure from all the cattle rots?



FACT: 95% of methane is emitted through belching, not flatulence, as commonly believed.

FACT: The livestock sector generates more greenhouse gas emissions as measured in CO₂ equivalent - 18 per cent - than the burning of fossil fuels by transport.

FACT: A traditional meat diet pumps more than six times the amount of emissions into the atmosphere than the vegetarian diet.

FACT: Producing half a kilo of cattle meat is estimated to create more than four times the amount of greenhouse gas emissions produced by a week’s worth of vegetarian meals.

FACT: 96% of land clearing in Australia is for grazing. Half of the area of Australia is used for grazing but only 3% for food crop production.

FACT: Approximately 1000 litres of oil are used to produce 500 kilos of beef.

FACT: It takes 8 kilos grain to produce 1 kilo of meat.

FACT: For everyone in the world to eat as much meat as Australians would require 70% more agricultural land than the world possesses.

FACT: Australia has 28 million cattle and 110 million sheep; the highest ratio of cattle and second highest of sheep to people in the world.

2. It’s better for your health

But don’t we need the proteins in meat and fish to survive?

No, a sensible vegetarian diet, with a wide variety of plant-based foods such as fruits, vegetables, breads, cereals, whole-grains, legumes, nuts and seeds is perfectly healthy. It provides essential nutrients including protein, iron, calcium, zinc, vitamin B12, iodine and essential fatty acids, and is suitable for all ages, including infants and children, and also breastfeeding and pregnant women. It also provides high numbers of antioxidants and protective phytonutrients which may help to decrease the risk of cancer and chronic diseases.

Numerous scientific studies have shown that people who eat a healthy vegetarian diet are less likely to be obese or develop heart disease, Type II Diabetes and some forms of cancer.

Scientific studies show that statistically:

- Vegetarians are thinner and have a lower body mass index than non-vegetarians.
- Vegetarians have a lower risk of developing heart disease and are 24 per cent less likely to die from heart disease compared with non-vegetarians.
- Vegetarians are twice as likely to have lower blood pressure compared to non-vegetarians.
- Non-vegetarians have a 54 per cent increased risk of developing prostate cancer and an 88 per cent increased risk of developing bowel cancer.
- The World Cancer Research Fund estimates that the incidence of cancer can be reduced by 30-40 per cent if people consume plant-based diets, are physically active and maintain a healthy body weight.
- Vegetarians enjoying a plant-based diet have a higher fibre intake, between 50% and 100% more fibre than non-vegetarians, helping to reduce constipation and the risk of developing diverticular disease.
- A high animal protein intake has been linked with an increased risk of developing osteoporosis.

Australians are renowned carnivores and their diet, with meals such as BBQs, steaks, sausage sizzles and fish, features large servings of animal protein every day. I remember being astounded, on my first visit to Australia, at the huge portions of meat that Australians ate at any one meal. One time, as I waited for my salad sandwich to be prepared, I stood with open mouth watching the preparation of a roast meat sandwich. Instead of one thin slice (the norm for the UK) it was piled in at least an inch thick! Or roughly the protein requirement of an adult for a week! In one meal!

The traditional meat diet, even if it contains adequate amounts of fruits and vegetables, still contains almost twice the amount of saturated fats as the vegetarian diet, which may result in higher blood cholesterol levels and an increased risk of heart disease. Protection against some chronic diseases is also significantly reduced in the traditional meat diet due to a lack of protective plant foods like legumes and soy products.

Huge populations around the world live long and healthy lives on a totally vegetarian or vegan diet. And don't forget that another health benefit is the very much reduced risk of food poisoning.

Incidentally I've been a vegetarian for over 20 years with no major health problems.

3. It's cruelty-free

Most animals that are eaten do not live an idyllic grass-browsing life as the commercials by meat producers would have you believe. They are not called factory farms without reason - animals in them are treated as machines with what little rights they have frequently ignored. They are kept in appalling conditions of filth and consequently need to be fed huge quantities of antibiotics (produced using fossil fuels). (Diseases

in hospitals are at epidemic proportions now because of this overuse of antibiotics).

There is a trend in Australia to advertise "corn-fed" beef as if it is somehow superior. Cattle have evolved to forage (eat grass) and their digestive system is unable to cope with a corn-based diet. It causes many health problems for them which are "managed" by the daily feeding of antibiotics. Regardless, grain is still a type of plant protein, which, by the time it has worked its way through the cow's system to be deposited as meat, is highly unlikely to have any effect on taste. No, they are fed corn because it fattens them quickly; meaning more profit for the producer. (Presumably you've heard of the other unnatural food that cows in Britain were fed? The remains of diseased sheep!) Also corn-fed cattle can be kept intensively in feed lots rather than "wasting space" by wandering around in the fields.

Most Australians would be horrified if their pet dog or cat was treated in this way, so why do we subject other animals to such cruelty? Consumers contribute to the cruelty by distancing themselves from the truth. Have you ever really stopped to think about the cruelty systematically inflicted on other species simply by eating them? Everyone who eats meat should educate themselves on the way the animals are kept.

How many of the health benefits of a vegetarian diet are also the result of not consuming the antibiotics and growth hormones which can pass through to the meat?

4. Cost (dollar and hidden)

A traditional meat diet is more expensive, not as much as it should be, but on average a vegetarian diet is at least 20% cheaper.

Meat needs refrigeration - which requires electricity. Transport costs are higher for meat as it needs refrigerated transport. Once it has reached your home (or restaurant) it needs continuing refrigeration. It can be kept for only a few days before spoiling meaning more frequent trips to the supermarket (using fuel to get there). Incidentally, supermarkets order in far more than they can sell meaning that large amounts must be thrown away as unfit. What a waste.

In contrast fresh vegetables need cool storage but do not need to be kept as cold as meat, leading to savings in refrigeration costs. Also, that wizened carrot may not be particularly appetising on a plate but it can be thrown into soup. So less waste. We can also grow some of our own vegetables; reducing costs even further.

The high protein vegetable foods such as lentils, nuts and seeds require no refrigeration at all. They keep for months (if not years) in the pantry. Together with a few tinned staples, herbs and spices; it's always possible to rustle up a vegetarian meal from the pantry. This means that the vegetarian diet requires far fewer trips to the shops. As petrol prices rise and the cost of electricity sky-rockets a vegetarian diet could well become the "norm" for that reason alone.

Finally...

If animals were still to be eaten but lived a more natural, cruelty free life, grazing in the fields; the price of meat would increase enormously. But you could still eat it, occasionally, and also benefit health-wise from eating a largely vegetarian diet. **Meat as a Treat.**

I don't advocate changing your diet to substitute fish or kangaroo meat for the beef and chicken currently eaten. This would simply generate new problems of sustainability.

So how do you do it?

OK – you're convinced. You want to eat more vegetarian meals but have no idea what to eat or how?

- Use TVP mince when making chilli or bolognaise – no one will be able to tell the difference.
- In a stir fry use tofu and a handful of cashews in place of chicken etc. Use a marinated tofu such as Nutiso Soy Spicy.
- For a curry use any seasonal vegies or try chick peas. Sanitarium make Tender Pieces which are a good substitute for beef in curries and stews.
- For an instant "meat and 2 veg" type meal, substitute a veggie burger (such as Pureland VegeGold) or vegie fingers for the meat. Serve with steamed (or roast) vegies and serve with gravy (Massel gravy mix with an added teaspoon of Vecon stock is yummy and quick).
- For lunches and snacks; beans on toast is a nutritious staple or a crunchy salad sandwich, or soup.

You'll find a selection of vegetarian foods in the supermarket chilled food cabinet. Remember that the more people who buy them, the more choice will be available for all. Anyone who has visited Tesco's in Britain will know what I mean! And as you become more used to the different tastes and variety you'll find it gets easier. And check out the recipes in this and back issues of the newsletter.

Actions:

- Read "The Ethics of What We Eat" – Peter Singer and Jim Mason (Publisher Text Publishing, Melbourne ISBN 1 921145 37 4). *PR Can members may borrow my copy.*
- Check out the Vegetarian Society Website www.veg-soc.org particularly the "Veg Now!" page
- Check out the National Vegetarian Week website if it's still available: www.vegetarianweek.com.au
- Cut down or preferably cut out meat. If you must eat meat then choose meat which has been raised humanely and with respect, without chemicals or antibiotics and preferably organically. Ask where the meat is from, how the animals were kept, how far it was transported.

The references to all facts and figures in this article can be found in either The Ethics of What We Eat or the Vegetarian Society website.

2 Easy Recipes to get you started

Quick Lentil lasagna

125g red lentils
1 can chopped tomatoes (with herbs)
Extra Italian herbs
Lasagne sheets (6)

Place tomatoes, lentils, herbs and 1 can of water in a saucepan and simmer until lentils are cooked (20 minutes). Layer tomato mix and lasagne, starting with a layer of tomatoes. Finish with a generous topping of grated cheese. Cook in hot oven for 40 minutes – should be a bit crispy.

Sprinkle a little soy sauce and parmesan over when serving. Serve with a green salad.

Can be improved by using spinach as the first layer and adding a few sliced mushrooms..

Spicy Chick Peas

1 medium onion
2 cloves garlic – crushed
1 can chick peas
1 can brown lentils
½ can chopped tomatoes

Spices:

1tsp cumin seeds
1heaped tsp coriander
1heaped tsp cumin
¼ tsp chilli
½ tsp turmeric
1heaped tsp paprika
½ tsp garam masala

Fry cumin seeds in oil for 30 seconds then add onion & garlic and fry until brown. Add other spices and fry for 2 minutes. Add tomatoes and allow to thicken, then add chick peas and lentils and about half of the juice from the tins. Simmer for about an hour until thick and brown (may need extra liquid). This curry improves if kept until the next day. Serve with chapattis or naan bread or rice.



Lesley Hughes

Secretary,
Pine Rivers Climate Action Network



Northey Street City Farm is a non-profit community organisation situated on the banks of Brisbane's Breakfast Creek in Windsor.

More than 1500 exotic and native fruit trees, bushtucker plants, shrubs and ground covers have been planted on the four hectare farm site since its inception in April 1994.

The farm has been developed for people to enjoy and participate in using the principles of permaculture. It is also intended to be a demonstration site where people of all ages can learn through practical, hands on experience.

Take a walk through the gardens and see permaculture in action, enroll in a workshop or course to broaden your knowledge, shop for organic produce at the Sunday markets (see below), stock up for your own garden with permaculture plants and organic vegetable seedlings, or take a break with a cuppa and a tasty piece of cake. There's so much to see, you won't be disappointed!

Sunday Organic Market

Northey Street Organic Growers' Market, which operates every Sunday from 6:30 to 10:30am is a terrific place to shop for all your certified organic fruit, vegetables, dairy, meat, bakery and pantry needs. In between making your selection from a huge range of Brisbane's freshest organic produce, you can enjoy breakfast from the Market's many food stalls which offer made-on-the spot chai and herbal teas, coffee, sizzling sausages, bacon and eggs, pizzas and other nutritious options – all made from certified organic produce.

Market Coordinator Paul Ziebarth works closely with the more than 30 stall holders that proudly exhibit each week to ensure that the Northey Street City Farm Organic Growers' Market continues to be one of Brisbane's most popular destinations on Sunday mornings.

And after you finish your weekly shop in relaxed and friendly surroundings, under the majestic fig trees beside Breakfast Creek, why not visit the organic "Edible Landscapes" Nursery to pick up your new season's seedlings, plants and trees (or perhaps a gift voucher for somebody special?)

This remains Brisbane's only Organic Market. We are keen to not only keep up all the wonderful aspects of the market, but to expand and enhance the marketing experience for all our patrons, volunteers and stall holders.

To find out more about Northey Street, visit their website www.northeystreetcityfarm.org.au or ring 3857 8775.

Does the idea of a community garden and organic farmer's market sound appealing, but Windsor is just too far away? Join us for a discussion on how this might evolve on a more local level. The newly formed Samford Local Food Group invites you to 203 Wights Mountain Road, Wights Mountain on Sunday 26th October from 9am. Contact Peter Kearney on 3289 3602 for more details.



Brisbane

Saturday November 15th

As the debate over the final Garnaut report gets underway it's a good time to remind our leaders that we expect decisive, appropriate action to lower our emissions and begin to catch up on the ten year gap that's opened up between us and most of the developed world.

Join thousands of families, workplaces and communities in a walk for renewable energy and a safe climate future for our children. With vital decisions being made this year, we will Walk Against Warming to ensure the Australian Government supports strong, urgent action and justice for developing nations affected by global warming.

Brisbane's walk is a uniquely colourful umbrella parade. Come rain or come shine Brisbane Walkers are sheltered from our tempestuous climate.

This year will be a celebration that we are *finally* under the Kyoto umbrella - the first step towards sheltering us from dangerous Climate Change.

Now the hard work must begin. Brisbane Walkers will be highlighting what we need to do to **Save the Reef** from the ravages of dangerous Climate Change.

We will also emphasise what's needed to **Save the Region** by helping to shelter our neighbours in the Asia Pacific from the sea level rise and wild weather that's already locked in to the warming climate system for the next few decades.

More information soon - Watch this Space

GREENFEST A NATURAL SUCCESS



For a first time event on such a big scale, last weekend's Greenfest got a thumbs up all around!

Held at Brisbane's Southbank on 10, 11, 12 October, Greenfest encouraged visitors to "Change a Habit for the Planet". And there were plenty of exhibitors and displays to demonstrate ways of doing this. The *Green Street Mall* showcased a wide variety of eco-friendly products from clothing to gardening, compost systems to solar hot water systems, skin care to home care, and more. *Green Bake* provided visitors with yummy organic treats, the *Green Motor Show* encouraged more eco-friendly transport choices, and there was never a dull moment with entertainment on 2 music stages, as well as art workshops, guest speakers (international and local), and a film festival.

As a volunteer worker for the event (that's me in the green shirt!), it was great to hear such positive feedback from the visitors about the variety of displays showing just how easy it is being green. I look forward to next year's Greenfest and encourage everyone to go along and enjoy a great weekend at Southbank.

Kirsten Kennedy
PR CAN

Pine Rivers Climate Action Network

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Solar Neighbourhoods Co-coordinator

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Fundraising Co-coordinator

**PRCAN meets regularly on the third
Wednesday of every month**

"Pine Rivers CAN!" is a Climate Action Network started by a group of concerned local residents who are passionate about taking real and effective action on climate change. Pine Rivers CAN acts locally with residents, schools and businesses to raise awareness of climate change and create a sustainable future for the world, starting at home.

Helping residents to live more sustainably is what the network is about, especially by promoting energy efficiency and supporting renewable green power options, as well as promoting material efficiency through reducing, reusing and recycling.

Contributions from PR CAN supporters are always welcome for our monthly newsletter. Send your book/movie reviews, seasonal recipes, eco-related stories from the community, hints and tips for saving energy/living more sustainably to pineriversCAN@gmail.com.

NATURE DOES NOTHING USELESSLY.

- ARISTOTLE