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COASTLINE

Nov
2018

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Western Southland Leading the Way

Our exciting 'Longwood Loop' launch is this month with a series of presentations by NZ's Golden Bay re-localising food expert, Robina McCurdy. More about Robina: <https://bit.ly/2z1jbBY>

Re-localising will bring rejuvenation and resilience to our small country towns. We will be leading the way in reducing our Carbon Footprint and inspiring other rural communities to do the same.

Robina will share her expertise and Robyn Guyton will share her vision of Western Southland communities flourishing once again with an electric passenger and transport vehicle system connecting us all!

Food growers and producers, crafts people and cottage industries will have access to the low cost transport loop. Their market will instantly grow to 4,000 plus people without having to leave their township. It will be great to reconnect and find ways to meet many of our needs locally. E.g. how many dozen eggs do we need? Sourced from all round the loop!

What can you offer? What do you need? Join the Loop!
 Once we have re-localised we will be resilient to any natural or man-made disaster as we will be meeting most of our own needs locally. Let's not wait until the need unexpectedly arises...let's do it now...because we can!

Dates to Diary - November	
Tues 20	South Coast Environment Society AGM 7pm Enviro Centre
Thur 22	'Seed: The Untold Story' 7pm Riverton, Senior Citizens Rooms
Sun 25	Re-localisation Presentation 1pm Nightcaps, Town Hall
Sun 25	Re-localisation Presentation 3.30pm Tuatapere, Last Light Lodge
Sun 25	Re-localisation Presentation 7.00pm Riverton, Senior Citizens Rms
Mon 26	Re-localisation Presentation 7.00pm Otatau, Council Meeting Rm
Tues 27	'S.O.S. Save our Seeds' 7pm Riverton, Senior Citizens Rooms
DEC	Sat 1 'Bountiful Backyards' workshop: https://bit.ly/2zJfRuz

Busy Busy Busy!!!

As Usual it's all go at the Environment Centre; planning for launches, revamping the shop and office layouts, visitors, workshops in Riverton and away, to name just a few things going on.

As well some individuals within our community have been in the spotlight; inspirational Riverton resident, Wini Solomon, has been recognised for her 40 years of sharing her skills and passion for Maori Culture teaching raranga (flax weaving) and now receiving the Environment Southland Kaitiaki Tohu Pai (Guardianship Award).

And Jade McGuire has received the Individual Environmental Leadership Award for his work in setting up the native nursery based in the Te Takutai o te Titi Marae in Colac Bay; with an eco-learning focus to benefit the community and environment.

Congratulations to Wini and Jade and thank you for being leaders in adopting more sustainable lifestyles and eco-friendly practices.

Pleasance Hansen, our committee deputy chairperson, attended the Strengthening Communities Hui in Wellington recently where the MP for Climate Change talked about the importance of community led initiatives which is consistent with our Round the Longwoods Loop and Seed Savers Enterprise launching later this month.

Our SCES is once again, demonstrating environmental sustainability leadership.

Wendy Joy Coastline Production Co-ordinator

The South Coast Environment Society Incorporated (SCES or the Society) is a NZ registered Charitable Trust (Registration Number CC41561).

The Society vision is of a sustainable, resilient community of good leaders, resources, systems and examples available to assist and support people to adopt sustainable lifestyles and care for and about our environment. The Riverton Environment Centre is a project of the Society. Volunteers open the Centre for the public 40 hours a week. The displays, information and resources are designed to be inspiring and enabling, incorporating a blend of traditional ways and new concepts to give people more earth-friendly options in their daily lives.

Robert Visits the Wairarapa

In response to a request to talk with school children in the Wairarapa about forest gardens, I flew to Wellington to be met at the airport by one of the generous organisers of my visit, Karyn, who shuffled me out of the airport to her waiting car – an electric car, I should note, and off to the train station to travel on to Carterton. Or Masterton. Or Greytown, I never did quite pin down which town was which, as I was ferried between them over the next three days.

I stayed overnight in a straw-bale-and-mud house, cosy and well entertained by Gill, Andrew and their two daughters and driven to the intermediate school, where representatives of 8 other schools were gathered.

We all had a great day, exploring the processes for creating forest gardens and the benefits of doing that at each school, and finished off, after an intense day of talk and questions, with a stirring haka by the school kapahaka group.

For dinner, I was invited to the lovely home and garden of Helen Dew, a delightful and strong-minded community developer and magically-fingered gardener, where we met with other folk of similar interest, had dinner and planted an avocado tree – well, I did, because my chances of doing so down here are slight. Photos were taken; growing tips exchanged.

The following day, I spoke to a large and energised audience; one that I described as “funky”, rightly or wrongly, at a Carterton community “house and garden” where all sorts of exciting events take place and projects are developed. 90 people turned out and the questioning was intense. I tried to inculcate all of them into the forest gardening practice. I was successful with some, I'm sure, as their feedback was very positive.

Following a shared lunch, we drove to a forest garden in the making where I marvelled at the differences between gardens there and in Riverton. Some things boom up there that languish here and vice versa. We all had a lovely time there in that floral space where poppies, lavender and roses were blooming prolifically.

Day 3, I was driven, again in an electric car, back down to Wellington, for the flight south and drive back to Riverton in my petrol-powered banger. The trip was far more interesting than I've been able to show in this article and helped, I'm sure, spread some of the ideas that we hold to be valuable here in Riverton.

Robert Guyton

November Gardening with Robert

Labour Weekend is traditionally a time of great activity in the garden. Many people wait until then before doing any garden preparation. Garlic being the exception, has midwinter's day tagged as the best time for planting, but potatoes and brassica seedlings are often kept until the long weekend and planted then.

It's an advantage to have soil well prepared before that date. Allowing a garden bed to settle and even produce a crop of weed seedlings which can be lightly hoed for control, is the better way. It's likely you will find your potatoes and everything else will grow better in well cultivated soil, into which many gardeners sprinkle fertilizers of several sorts in preparation for planting.

Some potato growers line their planting trenches with seaweed; kelp is best, or comfrey to aid the tubers in their development. Good compost, made the previous season, good and dark, helps almost every plant to grow to its optimal size and health and compost-making is something everyone can do with relative ease.

You just need preferably a sunny space for a bin or two and materials to go into it, like kitchen scraps, grass clippings and a raft of other organic materials. They break down more slowly over the winter months down south, so choosing an extra-warm spot for the heap is a wise idea. If your compost is still a bit chunky or twiggy when you come to use it, it's usually not too much of a problem and will continue to break down anyway, as the crops planted into it, grow. Check out the numerous explanatory websites and the Environment Centre for more information about making compost. Well worth the effort, which isn't much, and such a simple way to avoid needless waste.

Riverton Community Forest Garden: Mulching Time

The tall Wild Chervil herb is in full flower now and it's the time to crunch it down to be mulch over the summer, to keep the moisture in the soil around the 60 fruit, nut, berry, and native trees and herbs planted in the Community Garden.



Wild Chervil, AKA Cow Parsley, is a plant tool to use for the first five years of establishing a permanent forest garden. It smothers grass, protects and enriches the soil. Once the permanent plants are established, you can stop letting the Chervil seed, and as a result it fades away.

The Riverton Community Forest Garden was planted in almost pure sand, amongst couch grass and with almost no watering, Now because of this wonderful mulch, it is a lush food forest with almost no couch, and rich soil.

Visit the garden anytime; it is always open during daylight hours. Be careful where you walk as there are small berry bushes everywhere. When you find a small tree or berry bush etc. crunch down the Wild Chervil with your boot in a fan away from the tree/bush. Alternately you can bring a small sharp spade and chip them off at the base into the roots, leaving the plant lying on site.

Don't confuse Wild Chervil with Sweet Cicely that is lower growing with a denser flower head, thicker leaf fronds, smells like aniseed and attracts insects. The leaves can be used like stevia as a natural sweetener. In spring the young seeds can be eaten and taste like aniseed lollies. It is a permanent plant in the garden.



Call in to the Environment Centre with any questions or to let us know if you would like to take part in fortnightly educational working bees: planting, pruning, clearing and harvesting in the Community Forest Garden, beside the Riverton Fire Station, Palmerston Street.

Robyn

Plant of the Month

Hopi Corn

Recently, I planted out the seedlings of blue Hopi corn I'd been given by a Bluff grower!!



I raised them in the shelter and warmth of the tunnel house to about 15cm high. Looking strong and ready for the Big Wide World, I planted them into a well cultivated patch I'd cleared a fortnight ago, sheltered and perhaps a little drier than most other places in my garden, which I thought might suit them nicely as they originate from a very hot, dry place and I wanted them to feel at home.

The next day it hailed. The air temperature fell to mid-winter levels and the skies were grey. Welcome to Southland, little corn! I don't know yet if any harm has been done but it's likely that their growth will have taken a check, which no young plant likes, so far as I know.

Fortunately, I planted only half of the plants I'd raised; the others are sitting under plastic still and aside from being a little cold, are probably going to do alright.

I've other corn plants too; black Peruvian corn and they look very vigorous indeed! I suspect they won't be worried by a little cold, as their homeland is subject to similar weather, I think, and they look very robust. Their leaves have a strong, dark colour and their growth rate is twice that of the blue Hopi. I'm looking forward to planting them out in a sunny spot, but might just wait until this patch of weather has passed over.

If you want to try growing something different and to be more self-sufficient, try blue Hopi corn. Low growing it's not affected by the winds. Use it for grinding flour for pizza and the likes. *Robert*

Herb of the Month

ELECAMPANE - Inula Helenium

This tall hardy perennial, has yellow sunflower-like flowers in late summer and likes a rich well-drained soil, full sun or partial shade. Propagation is best by seed when weather is still cold or root division once plants are 2 years older or more.

The main parts used are the roots and leaves, both fresh and dried. Has a long history for helping treat hay fever, coughs, colds and respiratory infections, as an infusion or decoction. Boil the chopped roots, when cool breathe in the steam with a towel over your head. Applied externally, relieves skin irritations and inflammation and as a rub, can bring relief to sciatica and neuralgia.

CAUTION: DO NOT USE WHILE PREGNANT or BREASTFEEDING.

While leaves are best fresh, roots can be dug, cleaned, scraped, cut into thin slices, soaked in water, boiled until liquid evaporates, dried thoroughly, beaten with mortar and pestle, then stored for later use in a coloured glass jar kept in the dark. Dried Root is available at the SCES store. *Suzie Best, Herbalist*



Creature of the Month: Native Bees



My son brought me a tiny insect to identify - a tiny wriggling thing that looked like a small crayfish, though hadn't come from water. Its wee head poking out of a hole in clay was very difficult to extract.

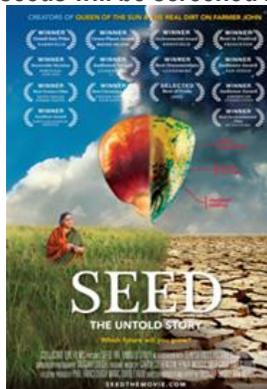
There were little hooks and bristles on the rear end anchoring it in the ground. It was, it turns out, the larvae of one of our small black native bees that live in holes drilled into clay banks or flats such as the one we've made. The bees are wonderful pollinators and do a lot of work setting fruits and seeds. Mostly, they go unnoticed, despite there being something like 27 different varieties, none of which sting. They are small and hover over their holes in a very discreet fashion.

The native bees don't however, produce honey, or at least they might, but not enough for humans to harvest.

If you would like to attract native bees to your place, simply clear some soil where there is clay beneath and keep it compressed, rather than cultivated so that the bees can successfully drill tunnels to lay their eggs and it's from those eggs that the curious creature my son brought to me for identification, hatched.

Seed Saving: More Seed Savers Needed - Learn More to Help Out

During November two movies about the value of seeds will be screened in Riverton.



The first movie is the just released international film that has received many awards telling the worldwide story of seeds.

Few things on Earth as miraculous and vital as seeds, worshiped and treasured since the dawn of time.

SEED: The Untold Story follows passionate seed keepers protecting our 12,000 year-old food legacy.

In the last century, 94% of our seed varieties have disappeared. Biotech chemical companies control the majority of our seeds. Farmers, scientists, lawyers, and indigenous seed keepers fight a David and Goliath battle to defend the future of our food.

In a harrowing and heartening story, these heroes rekindle a lost connection to our most treasured resource and revive a culture connected to seeds.

SEED features Vandana Shiva, Dr Jane Goodall, Andrew Kimbrell, Winona LaDuke and Raj Patel.

For more information visit: www.seedthemovie.com
If you are unable to join us, please watch online.

Screening: Tuesday 20th November 7.30pm
Senior Citizens Rooms, Princess Street, Riverton
Koha \$2-\$10 appreciated to cover costs

If you are unable to join us, please watch online.

Seed Saving: Continued.....

See the Movies

The second movie is being screened the next week, and flows on showing the positive initiatives happening right here in NZ.

Director Robina McCurdy will be with us at the Riverton screening.



The documentary provides an overview of inspirational seed saving initiatives happening throughout Aotearoa-New Zealand, which can be replicated and adapted anywhere. And it gives an insight into the impact of industrialised food monopolies and why our very food security is now reliant upon local community-scale seed systems.

This documentary addresses the impact of industrialised food monopolies and why our food security is now reliant upon local community-scale seed systems:

<https://www.localisingfood.com/index.php/ensuring-genetic-diversity/98-sos-save-our-seeds-trailer>

Screening Tuesday 27th November 7.30pm
Senior Citizens Rooms, Princess Street Riverton
Koha \$2-\$10 appreciated to cover costs

If you are unable to join us, please watch online.

Seasonal Recipe: Vietnamese Crispy Pancakes -- Gluten & Dairy Free

1. Put all into a bowl and mix well

1 cup of Rice Flour
1/2 cup of Cornflour
1 tsp of ground Turmeric
1/2 tsp of Himalayan Salt
2 finely sliced Spring Onions

2. Add:

1 beaten Egg
1 cup of Cold Water
1/2 cup of Coconut Milk (unsweetened)

Mix well and set aside for at least 10 mins

3. Heat a little Coconut Oil in a small pan on med-high.

Ladle in some pancake batter and swirl the pan to achieve a thin layer

When surface starts to bubble and firm, flip and cook the other side for about 30 seconds

Eat straight away with all your freshly picked spring garden forage!

Julia Middleton

Our People Anna Cannon, Volunteer Co-ordinator

October 2018 marked our first anniversary of living in Riverton. It has taken most of the first year just to familiarise myself with my new life and what it offers. So, I decided to spend my second year in Riverton learning how to live local. While this may sound easy in principle, it can be quite tricky in practice.

Never one to take the easy road, I commit full throttle and decided to write a blog about my journey. However, now that I'm a little older (and hopefully a little wiser) I know to set small goals each week, rather than trying to change everything at once.

I'm committing to living local by making decisions that benefit the local community and support my desire to live simply. After a visit to the Environment Centre and a chat with Robyn, I was equipped with information on how to make my own cleaners with products purchased from the Centre.

This week I had a craving for roast veggie frittata, so onto Facebook Riverton Haven by the Sea I go. Within a few minutes I've ordered eggs from some very happy local hens. The eggs were huge and tasted delicious. I now have a standing order with my local supplier. #lovinglivinglocal

Anna

To learn more you are welcome to visit my website or Facebook page;

<http://www.perfectlyorganised.co.nz/living-local-challenge/>

<https://www.facebook.com/TarameaBay/>

Our Community Office Space Revamped and Now Ready for Action!

The day-to-day operations of the Riverton Environment Centre and personnel involved, had well outgrown the 1990's office set-up. So it was definitely time for a change!!

Now the workspace has been more than doubled with the addition of two 2.4 metre long bench tops wall mounted at the modern standing height. The centre of the office has been opened up creating a more practical and spacious work area.

In total there are now 2 sitting height and 2 standing height computer work areas including the almost 5 metres of bench space. Only items used weekly are located in the office. Anything else like spare stationery and seasonal event resources are stored upstairs. Robyn has a highly functional corner with easily accessible storage around her for the different ongoing projects.

It has been a big spring sort out requiring a lot of work to do so' definitely all worth it as everyone loves the efficiency and space; there is now a place for everything!



Karla Evans, Office Admin, and Robyn Guyton, Centre and Project Admin enjoying the spacious office

Thanks to Russell and Jonathan for installing the two \$99 bench tops, Aaron for finding the inexpensive tall chairs, and Karla, Sam and Robyn for all their hard work and surviving the upheaval!

Roland Playle is a community worker in Scotland who facilitates community projects. He's currently on a learning exchange visit to NZ sharing his experience regarding 'Comm-unity' Building.



I live and work in Scotland where there is an increasing aspiration and drive for communities to have a greater say in the decision-making that affects people's lives. I feel lucky to be working with rural communities addressing these issues. The decisions might involve proposals of new developments by outside corporations or government (e.g. a housing or infrastructure development), or more generally about the kinds of aspirations and the direction a community may want to have in relation to its development 5, 10 or 25 years into the future.

My experience has been that there is genuine excitement when people gather and talk about what it is they care and cherish about their place and how to protect and enhance these things. I feel this is in large part because common ground can be established about particular characteristics of the community and the places and things that people feel are unique and special to it. No matter how diverse and different individuals in a community may be, we each share the common factor of inhabiting and living in the same place.

2 key factors seem to be important in determining how successfully a community can work together towards determining their future. One is the ability to identify and reach areas of common understanding about their place. Reaching common ground doesn't need everyone to agree on all the ideas people have about a place, it only needs understanding about why someone might have a particular view rather than another. This requires what is often called 'deep listening'. 'Deep listening' is about listening beyond of 'behind' the words someone might be expressing to understanding on the level of someone's underlying intention or needs. A young person's view of what might be an important place or aspect of the community will quite likely be different from an older member of the community. With a level of empathy, which is essentially what 'deep listening' is, we can come to understand both perspectives and value them equally, without necessarily needing to share those perspectives. <https://www.mindful.org/deep-listening/>

The other factor is ensuring that the feelings, sentiments and wishes of local people are adequately communicated within the structures and systems of decision-making relevant to the locality. In Scotland, this is often the planning system and through 'Community Councils', the official contact point between communities and local or regional government. A level and body of work is needed to ensure there are appropriate channels of communication.

There is still a lot of learning required for communities to become empowered enough to have the agency and autonomy to participate in decision-making about their futures. Perhaps the most important thing is that we are asked to have a change in attitude from asking others to do things for us or the community (be that government agencies or other organisations for example), to taking more responsibility in participating in the course and direction that a community develops in. All of this has a bearing on the kinds of places we currently live in, as well as the nature and types of places we leave for our offspring and theirs. **Perhaps the important thing is to recognise we have a choice in this, and that our actions or inaction have an impact on the places we live in.**

Some background information on what 'democracy' means today;
<https://celdf.org/how-we-work/education/democracy-school/>

An example of how a collaborative approach can work in practice;
<https://www.communitychartersing.org/scottish-fracking-consultation/>

Comment 1. Roland's article is relevant to the SCES establishing the Round the Longwoods Loop, Southland Seed Enterprise and other such community integration projects.

Comment 2. Roland's partner Daisy, from Devon, was wwoofing for us a few years ago and she and I enjoyed a teddy bears picnic under our Devonshire Quarrenden apple tree. This visit, I replicated that event with Roland to send a photo back to Daisy.
Robyn



Next Month, Pleasance will write about the United Nation's 17 Sustainable Development Goals that NZ and all other UN Member states signed up to in 2015. It is likely that NZ Environment Centres will need to report to the Ministry for the Environment on actions linking to the goals so lets be proactive and begin work to understand the SDG's now

Readers' Patch

Is there something you would like to Buy, Sell, Swap or you have a Service to offer? Any burning questions? Maybe a Hint, Tip or Idea to share or Feedback on a previous article?

If relevant to our local community / environment / sustainability and space is available, we will be happy to include your item. If Selling goods or a service and you make a sale, a donation to the SCES would be greatly appreciated.

Riverton Menzshed Fundraiser:

Bagged Cow Compost available in time for your Spring Gardening. For more details, call Russell on 03 234 9337

FREE Heritage Bean Seeds from around the world, for you to trial in Southern NZ.

Photos of varieties to choose from are on our FB page plus there is a PDF list of the varieties on our SCES website (under Seed Savers tab)

<http://www.sces.org.nz/southland-seed-savers>.

You simply need to email back a brief account of how they grew and where you live, plus If you have a good crop please send us some seeds for the collection. If you would like them posted please send us a SAE or NZ post bag, depending on the quantity you require.

The Environment Centre Stocks

Eco Chic Period Care from Finland

New: Lunette P.B.A. free, reusable menstrual cups. Eco-friendly & save you \$100's on 'one use' products. Easy to use day and night, and they last for years. A variety of colours in heavy and light flow sizes.

Our special price \$45.



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Is there a topic you would like covered in a future Coastline? If so, let us know and we'll check it out.

Please send in your Readers Patch contributions by the third Friday of each month to:
coastline@sces.org.nz

Support the South Coast Environment Society

Community support enables the South Coast Environment Society to continue to operate the Riverton Environment Centre and manage several successful projects throughout Southland.

If you like what we do, and want to help us to do more, please consider; donating money, volunteering time, becoming a member, and / or sponsoring a project. <http://www.sces.org.nz/about/donate>

Ph 03 234 8717

Visit the Environment Centre

The South Coast Environment Centre is situated on the main street of Riverton on the Southern Scenic route.

Phone: 03 2348 717 Email: office@sces.org.nz

Opening hours are:

- Monday - Friday: 10:00am - 4:30pm
- Saturday: 10:30am - 4:30pm
- Sunday: 1:30pm - 4:30pm



www.sces.org.nz



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