

**Minutes for 2nd Food 4 Thought Meeting
26th July 2010 The Balcony Restaurant**

Facilitator & Meeting Notes: Tonielle Christensen (tonielle_c@hotmail.com)

Subjects/ Suggestions mentioned:

- Can we have Committee and subcommittees for;
 - local producers
 - planning calendar
 - farmers market
 - workshops
 - community gardens
 - marketing
 - welcoming committee each meeting
- Proposal to the Council (sustainable Townsville) for land at the Ross Island site for the first community garden.
- Reef to Soil Markets in planning for Saturday mornings. Involvement of F4T extended with available space to promote and sell/barter produce.
- Permaculture society Townsville getting involved in the community markets- teaching on site.
- Recycling restaurant food and organic wastes to make organic fertilizer to provide nutrient to the community gardens, participating residents and local farmers who will return their produce back to the local market and supply the restaurants recycling with the digester process.
- Who can provide Residential properties to grow and sell food for the local markets
- Who are the Local farmers providing some of their major crops to local markets.
- How to be a green restaurant and the importance of doing so. How to encourage other commercial businesses to participate.
- Name tags
- 6.30 – 7 pm start
- Contact register database containing products and services offered within the F4T group, website.
- Brainstorming session to gain a direction / plan on how the Food for Thought group can proceed, share ideas etc.
- Sandy from EcoSAVVY is interested and has offered to put together a webpage on F4T in resource section of EcoSavvy website to promote the variety of orgs, businesses, community initiatives PROMOTING, promoting, promoting!
- Sarah Swain said the council farmers markets have done a feasibility report for a funded large scale operation which direct contact with the people involved. Word is that it was very positive but in process with approx time of fruition.
- Documentary screenings to be conducted on separate occasions from the monthly meetings.
- Workshops. Jaymie and Alex offered to do an Aquaponics workshop. Invitation for anyone else to do their own and promote at the meetings.

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Workshops offered - Aquaponics Workshop with Jaymie and Alex!

When: This Sunday 15th August / Where; 1 Mount Cradle Court, Alligator Creek

Time: 10am – lunch! Please bring along a plate of food to share with everyone!

Contact info: ph 4780 4754 jaymieandalex@austarnet.com.au /
jaymie@backyardaquaponics.com

Key speakers

Jan Leese – The Balcony Restaurant, Owner

- Spoke about the key elements of procedures and structures built into her catering business which accounts for her Green Certificate and resulted in winning the 2009 Sustainable Business Award from the Townsville City Council.
- Buy at least 20% green electricity of our total bill
- Use the greenest gas supply offered by Origin
- Use readily biodegradable cleaning products
- Send our organic waste to compost
- Use water saving devices on all our taps and toilets
- Use recycled paper wherever possible
- Send all glass, plastic, paper and cans to recycling
- Use energy saving electricity bulb

“ what I did was look at the end result required by the chefs and then work backwards and change whatever I could to make the systems more environmentally friendly. One step at a time but always keeping the ultimate goal in mind so the chef is still happy and the customer knows no difference unless it is an improvement. Everything I did I made sure it was commercially viable so every restaurant can do it, it was not just an act of passion as my goal is to help all restaurants have greener systems in place whilst improving their bottom line.”

Contact for more details; mail@Thebalconyrestaurant.com

Ken Bellamy – VRM and Bio-Regen (see article in the June newsletter from Townsville permacultue society attached)

Informed us on the lack of attention to organic waste going to dumping sites (up to 80% of what we throw away) and how we can actively improve our soil by recycling organic matter (restaurant and house hold wastes.) to incubate soil improvement agents. This provides many positives for our direct community when this process is put into action with the importance of sustainability of our environment and dollar advantages to the economy for the governments/councils, commercial enterprises and residents.

It puts organic nutrients back into the soil we are growing our food in, which provides our markets and businesses with fresh, healthy and a constant supply of organic food grown LOCALLY by the community who eats it!

Any further questions or enquiries about products can be found at the website;
<http://www.kenbellamy.com.au>

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Leon Van Wyk - Permaculture enthusiast

Shared the ethical foundation of permaculture which added another dimension to the general understanding that it is simply gardening. Check this link for additional information http://www.seedinternational.com.au/pc_ethics.html.

SOME important ethics;

EARTH CARE - Conservation of Biodiversity

Clean air and water

Restoration and conservation of forests, habitats and soils

Recycling and pollution reduction

Conservation of energy and natural resources

Appropriate technology

PEOPLE CARE - Health and well-being

Nourishment with good food

Lifelong learning

Right livelihood and meaningful work

Community belonging

Open Communication

Trust and Respect

FAIR SHARE - Co-operation

Networking and sharing

Distribution of resources and wealth

Reduction of consumerism

Rethinking current notions of growth, progress and development

Making a contribution

Leon has offered his copy of Transition Network with the link below for a quick glance at what it is about and how we may show this at the film night as a proactive and informative DVD to get us on the right track... <http://www.transitionnetwork.org/about>.

Next meeting: Wednesday 25th August - location to be advised.