

KCGF Newsletter

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Karri Country Good Food Inc. 13 Wheatley Coast Rd Northcliffe PO Box 115

Committee: Diana Moss, Paul Graham, Charmian Hancock, Les Mirco, Alana Moorman, Roy Moss, Polly Valentine, Helen Nixon (secretary, phone 97 767 009)

From your President



have taken on the job of coordinating the newsletter.
Cheers from Diana Moss, President.

Good News! We have just received notification that we have been successful in getting a Small Equipment Grant for \$3000 which will be spent on items to make life easier for our volunteers such as new scales, cleaning equipment, a lap top plus software, storage containers and storage units. A big thank you to Jenny Mawdsley for writing the successful grant application.

Don't forget to pop in soon to the shop and check out the new stock that has arrived thanks to Roy Moss who has extended the range of products available.

I hope members enjoy our new newsletter. Many thanks to Dawn Groenewald and Jeffrey Nixon who

From your Editorial staff

We are Jeffrey and Dawn, back from the choking big smoke and taking on producing some sort of newsletter for us all. How wonderful it is to be back where booms come from earthquakes and growth rates is all about the height of your silver beet. It is nice to be home amongst the real people. We welcome suggestions, constructive criticisms, letters and even articles as long as they are relevant to the charter of the KCGF. Letters and articles must of course have a name to them and can be left at the KCGF (a box will be constructed). This newsletter is brought to you via the net and otherwise on fully recycled paper and the views expressed by individuals of course do not necessarily reflect the views or objectives of the KCGF or the committee as a whole.

From your secretary

Hi, good KCGF people. We look forward to being able to keep you better informed through this newsletter. Thanks to Alana for her previous excellent newsletters and to Dawn and Jeff for their commitment to start publishing again.

Planning has started for Great Karri Ride catering and we'll be looking to form a team of about 25 people. (Last year we *just* managed with 20.)

Now that the purchase of the shop has been finalised the committee is concentrating on developing a business plan. We need to increase the turnover of the shop as we currently rely on the Great Karri Ride catering to supplement the shop income. Another 8 people have joined the list of volunteers in the last

few months, which is great. With just a few more offering their services 3 or 4 times a year we could open on a 4th day for all but the quietest time of the year.

Some products information from Helen Nixon

Customers have been commenting on our widening range of products (now at about 200, not counting members' products), and they continue to note how many of our items are available at below normal retail prices. Did you know that besides our established range of nuts, dried fruits, flours, grains, honey, tahini, etc. , that we stock the following (prices can vary according to wholesale price):

- Jumbo vegetable spring rolls: \$4.60 (4), \$14.95 (16)
- Stuffed olives: \$3.60
- 2 litre malt vinegar: \$3.00
- SPC baked beans: \$1.25
- Lime pickles: \$3.65
- Kikkoman soy sauce: \$3.40(250ml), \$7.20 (1 litre)
- Grapeseed oil: \$4.00 (500ml)
- Nutrino (chocolate hazelnut spread): \$2.35 (220g)
- Sesame oil: \$2.80 (150g)
- Safe toilet paper: \$6.60 (12 pack)
- Peanut butter: \$3.10 (375g)

Plus: capers, marinated artichoke hearts and asparagus, gluten-free pasta, bean salsa, pesto, bamboo shoots, coconut cream, dolmades and (echoes of 'Chaser') much, much more. Plus members' produce, Charmian's and Penny's cakes, New Zealand dietary supplements, naturopathic products, Oxfam Free Trade items, second hand books etc. etc. etc.

Letter to your editor

Want to have some say? I wrote this letter to the 'West Australian' last year whilst still living in Perth. I didn't submit it, but here is my chance. It was my response to Northcliffe/ Windy Harbour being listed as having the second worse per capita average wage, after Perenjori, in the state, and I thought it didn't tell the whole story.

"The 'West Australian's small report on the top 5 and bottom 5 towns' average wages in WA intrigued me. Second on the bottom list was my home town, Northcliffe/ Windy Harbour. During the last year and a half, due to my fiancée's study commitments, I have had the 'privilege' of working in, and for a short while, even living in, one of the suburbs in the top 5 list. Give me Northcliffe/Windy Harbour any day. Oh how I long for the warmth, the friendship, the sharing, the intrinsic wealth of the second 'worst' town in WA. This is the place where 4 or 5 people will stop on the road, whether they know you or not, to ask if you are alright as you change a tyre, a place you can still hitchhike, get shouted a beer at the pub if you are short, get overwhelmingly supported in times of bereavement, where being a neighbour still means something, where you are greeted in the streets with smiles, you can buy your veggies on tick, where parents will run all the kids to all the sporting and other activities in neighbouring towns. People in my town will miss their own work to help extend a community facility or have a busy bee at the oval, will nearly all shake out their 'goldies' outside the newsagent's to support yet another wood raffle and grant the hidden economy, that of volunteering, the wealth of their labour. Yes, by WA standards, we may be poor and yes, we do have our share of alcoholism, drug abuse, lack of opportunities, low wages etc. But we have something wonderful, something immeasurable, something so different from some of these cold, suspicious, barricaded, albeit rich, suburbs: we have a community. And from this, so many other places could learn."

Jeffrey Nixon
Ferndale

Faces of Karri Country Good Foods – Les Mirco

Welcome to "Faces of Karri Country Good Foods" for the first of what we hope will be a regular feature of Karri Country Good Foods newsletter.

If you would like to be interviewed, or want to suggest someone whose interview you'd like to read, you can talk to Polly in person or email polly@karricountry.com.au



Les Mirco

Polly: Les, was there a moment when you knew you'd stay in Northcliffe - why Northcliffe?

Les: We looked around. I had organic farm aspirations. Pesticides have always been a concern. The price of land was a factor. We bought a "Percy Putt" property. He bought cheap houses from Bunbury and put them on CPI blocks, seller blocks that had been walked away from. This was 1987. We came down from Karratha. Ben was six months old.

Polly: What changes have you seen in the last twenty years?

Les: When some of the services disappeared, the butcher, baker, services, it changed the town. Although there was always somewhere else to get services (you could always drive to Manjimup-

petrol was cheaper back then) one thing I realized was how a town revolves around its supporting businesses. When they went the town changed.

Polly: What are some of the positive things about the place?

Les: Even though you don't mix with everyone from the word go, you mix with different people, different circles of people, as your kids grow up. Those circles tend to be overlapping - a lot of people are involved in a number of groups so there is that overlapping and the kids get to learn to live with other people and there ways of being. I might have some pretty fixed ideas myself, but I have to allow people to be the way they are. With the kids, the town's allowed them to be themselves. Even though there is peer pressure on a smaller scale they've found their way.

Polly: What community groups have you been involved with, and what motivates you to give to the community?

Les: Family Centre, Maze Park, School, Retirement Village: I've worked with both ends of the spectrum - young people and old people. I was involved in KCGF when we used to sell our wares out the back of a ute in Milltown. It has to begin with yourself. It has to revolve around what I feel and how I feel about things. The interaction with the community is quite interesting. Things people say - I have to go away to mull over them. You learn things. A gardening friend recently introduced me to rocket lettuce. I used to mow it, but I did like the smell of it. I tasted it and it's got a lot of depth to it. You try things and see how you feel when you eat them. And with the groups I'm involved with - it's the same sort of thing. In a project like the KCGF, I can feel the worth of it and the value of it to the community. This could be something very good. It's hard to know in your life, what things are about. You ask yourself "why am I doing this?" But, there usually is a reason. There is something you get and something you give. Even if you are getting paid, you have to put something of yourself in to it so you need to get something back, besides the money.

Polly: Which Beetle are you? John Lennon, Paul McCartney, Ringo Starr or George Harrison?

Les: I think everybody would be John Lennon.

Polly: I'm George! What lesson of life do you'd learned earlier?

Les: Who says I know anything yet anyway? We are always learning it. I think you've got to have compassion for people so we can get on in groups, respect people at their stage and I hope they can respect me at my stage. In a small community it's a survival thing - we've got to put our differences aside so we can achieve something. In bigger towns, people aren't so dependent on each other. In a small community, you have to mix with everyone and that benefits the kids as well. This interview has been good. I would never have thought about this without being interviewed.

Bits and Pieces

- We are planning to have the AGM on a Saturday evening (6.00?), followed by a delicious good value fundraising dinner.
- Business plan: KCGF is developing a business plan that needs your ideas (especially on how to increase turnover) and approval. Workshop soon.
- A reminder - memberships are now due.
- Have you a creative suggestion for the title of this newsletter? Please let us know.
- We are planning to regularly feature a product or recipe. Suggestions welcome.
- A few meetings have taken place regarding a community farm proposal. Some of their aims are similar to KCGF's objectives. A steering committee has been formed to initiate this long, long process. That committee would still like people to come on board, and monthly meetings are being held at the club which are open to all. Please see Lindsay at the Club for dates and further details.

KCGF OBJECTIVES

To educate people about growing produce and sustainable living;

To promote healthy eating habits and lifestyle choices;

To encourage the community to buy and sell local produce;

To provide good quality food at an affordable price;

To build a sense of community through co-operation and collaboration;

To undertake other activities compatible with the above objectives.