

# KCGF Newsletter

Issue No: 2-07

Karri Country Good Food Inc. 13 Wheatley Coast Rd Northcliffe PO Box 115  
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Opening Hours: Wednesday 2-5, Friday 2-5 and Saturday 9-1.

## From your President

Dear Members

In only a few days on Saturday 1<sup>st</sup> December we will be having our AGM at Pete and Michelle Caccioppola home starting at 6.00pm. I urge all members to attend this meeting which will be followed by a Fundraising dinner to allow us to celebrate our successes. It is also an opportunity to meet other members who support Karri Country Good Food and enjoy some delicious food while listening to local musicians.

Another event which will be hosted by KCGF will be a Market Day on Saturday 29<sup>th</sup> December. We would like members to have stalls outside with a focus on fresh produce, delicious food, plants and locally made craft. A Circus Workshop for kids will be running in collaboration with Northcliffe Arts Association which will help create a special atmosphere. Please contact me 97767308 if you wish to be involved either to have your own stall or to help on the day.

Cheers from Diana Moss

\* Karri Country Good Food \*

Fundraising Dinner Saturday 1<sup>st</sup> December

7.15pm – late

Come and enjoy a delicious 3 course meal with local entertainment @ Pete & Michelle's home Lot 1

Tattenham Road, Northcliffe. Bookings are essential

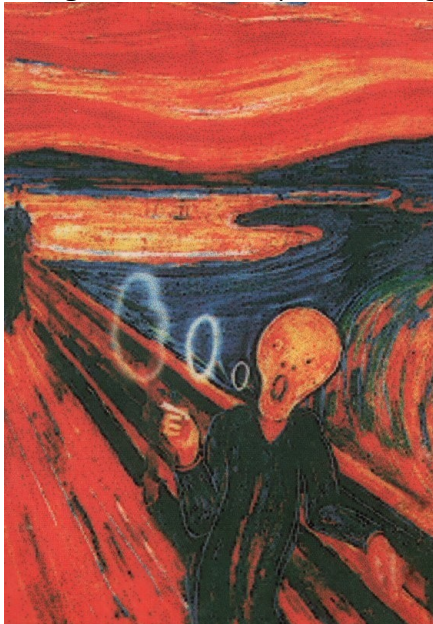
## From your Editorial staff

Belatedly, here is our effort number two. I hope you are all aware that it really is Dawn who is doing all the work for this. Once we are on the computer stage of publication, I fluff around the edges making cups of tea and try and interpret mother's handwriting, and that's it. Thanks for the positive feedback on our first edition, I think we are now at the stage where we could handle criticism, so don't feel like it has to be all positive. An article from a member didn't make it in to this basically because I haven't put a submission box in the shop. My fault! I'm on to it. Another profoundly good interview. Well done Polly and Alana, and great work to Alana for kicking the smoking habit in the same week. Finally, please be aware people that intense lobbying of our state government is being undertaken to lift the states moratorium of GM in agriculture. NSW and Victoria have just lifted their bans on GM canola, and I feel that

we are next. It is my belief that this is a new, unproven technology and despite the rush for increased food production as the world's population climbs towards unsustainable numbers, we should err on the side of caution. We have rushed decisions in the last 100 years, and the natural balance of the planet has been corrupted accordingly. I say, slow down world, of course you can't eat money, it's a federal offence, and it's the only world we have. (This is my opinion, not necessarily that of KCGF members or the committee: Jeff)

## Faces of Karri Country Good Foods – Alana Moorman

It was a glorious morning at Caz's and Alana's place with ginger nuts and tea and the comings and goings of visitors and children by a garden full of golden chard and spring blooms. I'm not sure exactly when the interview proper began. We were talking about books, philosophy and god. At some point I began taking notes...



**Polly:** Was there a moment when you just knew Northcliffe was the place?

**Alana:** I was 25, running away from home (I always did things a bit later than other people). I felt this sense of home in my chest as I was coming up from the Shannon and down Middleton Road, and I knew that one day I would live somewhere down here.

Once we'd bought the place, we got to know the town and the people. We couldn't stop congratulating ourselves—we never knew there'd be so much to do. Roy was our introduction to Co-op, bouncing up to us, so enthusiastic and passionate—Mr Co-op.

**Polly:** You've been a volunteer with Karri Country Good Food for a few years now—why do you think it's important to give service to your community?

**Alana:** It became clear that Northcliffe runs on volunteers, and I felt it was time for me to put something back into the community, rather than sitting back and just taking. I think everyone should give back to the community if they want to be a part of it. If you're too precious to volunteer, then maybe you've missed some of what Northcliffe's about. Kant says that the only moral thing is one done from a sense of duty, so I think that community service is just that—service—and is done simply because it's the right thing to do, not for what you might get out of it in satisfaction or interest or whatever.

**Polly:** With most people I plan to slowly warm them up to talking about god, their spiritual beliefs, philosophy, what motivates them but with you...

**Alana:** I'm already there!

**Polly:** Is Kant one of your favourite philosophers?

**Alana:** I like Kant because of his precision. He never left the city he was born in, and people used to set their watches by Kant's morning walk to the university. I also like Hans Küng, a Swiss Jesuit who speaks about the numinous and transcendent in a very precise and a very

beautiful way and Dietrich Bonhoeffer, a German theologian who spoke out against the Nazis, and was later involved in a plot to kill Hitler, and was imprisoned and later executed two days before the war ended. He makes the distinction between cheap grace and costly grace, which he writes about in "The Cost of Discipleship." In that, he spoke strongly against murder because it's a crime that prevents a person from standing before god as he is, but he himself was prepared to stand before god, knowing that god might judge him harshly, for being willing to murder Hitler.

**Polly:** Can you tell us something about your spiritual journey?

**Alana:** I was bought up Catholic and I believed every word I was told as a kid—that god loves me. I still have a love for the Church—it taught me to question. I asked, "Who is this god that loves?" I went through an atheist phase for about six months when I was 14, but the god question kept bugging me, so I started looking for a god I can believe in. I read Christmas Humphreys on Buddhism, then later the Hare Krishnas came into my life through their music and I've never really left them. I love the Hindu religion: there's room for everyone in it, and karma and reincarnation make so much sense. I couldn't go a god who gave you only one chance to get it right. The Hare Krishnas are the only thing I miss about Perth. I don't go new age spirituality much—it dumbs everything down. "Do as you feel" is crap—how many times have I done what I felt and it turn out to be the stupidest thing? It's only through accepting voluntary limitation on our behaviours that we can be free.

**Polly:** Does your spiritual faith influence your community service?

**Alana:** Everything I do is motivated by that. If the god thing is central, that's who you are and how you are, then everything necessarily follows from that.

**Polly:** What are your hopes and dreams for the co-op?

**Alana:** I'd like to see it live up to its vision statement and its members see it as a co-op not just a shop for them to use. I'd like to see it open more: if each member did one shift every two months, we could be open every day of the year. On a practical note, I'd like to see a cafe next to it. If we had a cafe, we'd attract customers to the shop as well. The cafe could be run as a business incubator with different people running it. The growers could be coordinated so we can have more fruit and veg and the shop has to be open more to catch the passing trade. These are ideas for the future— we've just bought the building and it's early days.

**Polly:** Of The Beatles are you John, Paul, Ringo or George?

**Alana:** I'm none of them: I have absolutely no musical talent at all. I didn't discover The Beatles until I was 15 or 16—I was brought up on The Seekers and the wonderful voice of Judith Durham. I'm not a Beatle, but I still remember the day John Lennon was shot because they killed a prophet.

## **Letter to the editor**

Talk about ivory tower opinion! Listening to a discussion on *GM Technology Canola crops* this morning, I was gob-smacked to hear a professor (I don't know of what— perhaps of *Medieval German Literature*) say that there was no risk of contamination across boundaries between *GM* and non *GM* farms. Some one needs to put that bloke in a paddock to observe the forces

of nature at work. But then again of course, the whole meaning of life is to make endless amounts of money, isn't it? *Helen Nixon.*

## Jeffrey's Tonic Soup

- lots of pumpkin, including skin, preferably Queensland Blue
- 3 big brown onions, diced.
- leafy green vegetables such as silver beet and bok choy
- diced capsicum (not too much)
- diced celery (fair bit)
- 2 x diced tomatoes
- chopped carrot
- lots of garlic
- couple of bunches of gota kola including shoots
- handful of mint and peppermint
- lots of parsley
- little sage
- 2 x mild chillies
- lots of linseed, pumpkin seeds and sunflower seeds (all available at the KCGF)
- tin of coconut milk (also available at the KCGF)
- Add water and black pepper

Serve with natural low fat yogurt

Set the lot on the stove except the leafy green vegetables which you add with the coconut milk towards the soup being ready. To purify soup a little, use a potato masher. Nutty and exceptional for you.

## From your secretary

Well, the season of Annual General Meetings is just about over. The Karri Country Good Food AGM should be one of the liveliest, with an opportunity to look at future directions now that the purchase of our premises has been finalised, and then to enjoy an evening of food, music, conversation and laughter. We hope you are able to help us with your ideas about what can be done to expand our activities, increase our turnover, and give the best possible service to our members and customers. (And if this newsletter is looking like a Nixon family storybook, it's because we haven't heard from *you!*)

## Bits and pieces

A friend of Luke's is offering Northcliffe residents an opportunity at no or minimal cost to have compressed rubber in one tonne lots. The dimensions are 1.4m x 1.6m x 0.8m; they are baled by high tensile wire and weigh approximately one tonne. Luke suggests they would be excellent for loading ramps retaining walls etc, but a machine would be needed at point of delivery to unload. Track down Luke, the friendly school gardener, to register interest.