



Workshop Structure

Four evening sessions, between 7pm and 9pm on Tuesday 29th January, 5th, 12th & 19th February at Beechmont State School.

Prior to the start of the course you will be provided with course notes that we ask you to read in preparation for the first session. Notes will be sent to you when you pay your workshop fee (\$100).

There will be one, full-day practical session when you will prepare a box of seedlings to plant in your own garden and get your hands dirty with some digging, mulching and planting. This is planned for Sunday, 3rd February starting 8:30am. Brunch and refreshments will be provided.

At the final workshop, you will be asked to present your plans for implementing a special food or growing project during the next 12 months. Feedback will be given to ensure your project is successful.

Workshop Material

You will be provided with a full set of notes including information about:

1. Specific planting times for South East Queensland.
2. Mineral balance to maintain good health in plants and people.
3. The importance of pH in maintaining plant and human health.
4. Minor elements and their crucial role in maintaining plant and human health.
5. Plant and animal biological systems and the soil workforce.
6. Control strategies for weeds, insects and pests.

Cost

\$100 per person

\$160 for couples

\$80 student / concession

Includes comprehensive course notes and refreshments for all workshops.

This program is supported by Beaudesert Shire Council's Community Environment Assistance Scheme.

Growing Healthy

This is a workshop series that teaches you how to grow nutritious fruit and vegetables without herbicides and pesticides and explains why it is important to do so.

Learn what creates healthy soils, healthy plants and healthy people.

Presented by

Geoff and Bev Buckley

Winners of the Queensland small business Champion Award 2007 for Fresh Food, with the Ethos Foundation

“Growing Healthy” starts on Tuesday 29th January 2008 at 7pm at Beechmont State School. Workshops run on Tuesdays for four weeks from 7pm to 9pm. A practical workshop will be held from 8.30am to 2pm on Sunday 3rd February 2008 at Tamborine Mountain.

Places are limited and bookings are essential

Book online: at www.ethosfoundation.org
Phone Geoff or Bev on 5545 2617
or Ethos Foundation on 5533 3813
Mail booking form: Ethos Foundation
37 Bibaringa Close, Beechmont Q 4211





about the Program

Growing Healthy investigates the links that exist between farming practices, the value and integrity of the food that is produced and the effect this food has on our health.

Solutions that make logical sense are provided. The course emphasises **how** to grow healthy food and **why** it is so important to do so.

Venue & Contact

“Growing Healthy” will be held at Beechmont State School for 4 Tuesday evenings between 7pm & 9pm on 29th January, 5th, 12th & 19th February. Workshop on Sunday 3rd February 8:30am to 2pm at 3 Golf Course Road, Mt Tamborine.



You will learn:

- Four key things you need to have right in order to grow nutritious fruit and vegetables,
- The direct parallels between soil health and human health,
- The critical importance of pH, how to measure it and how to change it,
- Reasons why it is essential to have all the minerals in your soil in correct balance,
- Why, when you do things properly, you don't need herbicides and pesticides.

Book online at www.ethosfoundation.org
Phone Bev and Geoff on 5545 2617
or Ethos Foundation on 5533 3813
Return booking form by mail to Ethos Foundation,
37 Bibaringa Close, Beechmont Q 4211

A BRIEF BACKGROUND

Since the 1950's farmers have relied increasingly on chemicals to increase productivity. Having formulated cheap, easy-to-use chemical inputs that increased farm productivity in the short term, chemical companies were happy to provide solutions to the unwelcome side effects that were caused by these chemical inputs.

Their solutions came in the form of increasingly toxic herbicides and pesticides and genetic engineering.

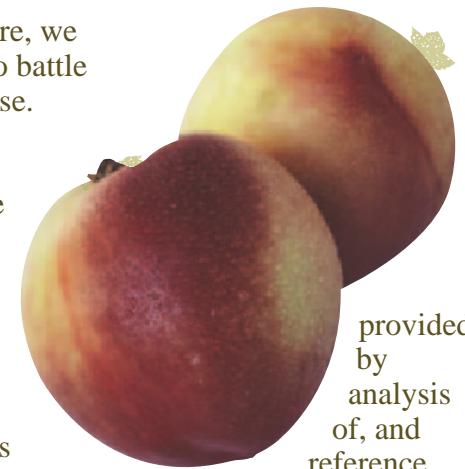
In spite of increased attention to controlling pests and diseases in plants and animals and the development of pesticides and herbicides, no long-term solutions have been found. The pests and diseases are still with us in spite of ever-increasing applications of poisons and artificial chemical fertilisers. As long as we rely on solutions provided by chemical science rather than solutions that come from understanding the

science of nature, we will continue to battle pests and disease.

So too, in medicine, there has been an increasing emphasis on using solutions developed by drug companies to control disease and disorders of the immune system. It is an incontrovertible fact that many health conditions exist in epidemic proportions in spite of doctors' best efforts to bring them under control. As with farming, the solution is to focus on the causes of ill health.

Many believe that disease occurs, at least in part, as a consequence of the increasingly poor nutritional value of food - food produced using “super” fertilizers, “tired” soils, and toxic pesticides and herbicides.

The structure of these workshops will be



provided by analysis of, and reference to, actual soil tests. We will look at the various aspects of the soil as outlined in soil tests and explain how each impacts plants and human health.

When you know how to guarantee good results, through healthy soil, gardening and farming is much more fun and much more productive.

ethos
foundation
inspired for life



Beaudesert Shire
A region of many colours

Registration Form

FOR OFFICE USE ONLY				
OWES	PAID	INV	ID	REG NO

“Growing Healthy”

Beechmont State School, Beechmont, Q 4211
Evening Workshops every Tuesday 7pm to 9pm from 29th January to 19th February 2008
Practical workshop 8:30am to 2pm on Sunday 3rd February 2008



Cost: \$100 per person, \$160 couples, \$80 student/concession

Cost includes comprehensive course notes and refreshments for all workshops.

This form should be completed and returned, with your payment, to the Ethos Foundation **not later than Friday 25th January 2008**
Address: 37 Bibaringa Close, Beechmont, Q 4211 | By email: info@ethosfoundation.org | By fax: (07) 5533 3898

Register online at www.ethosfoundation.org

General information

Title: Mr Mrs Miss Ms Dr Other

First name: Family name:

Organisation:

Mailing address:

Postcode: Email:

Telephone: Fax:

Name of additional registrant(s): *(and age if under 16)*

Special requirements: *Please give details of any special requirements and/or disability, medical condition etc. for you or accompanying person(s)*

Please state how you heard about this event
 Email Web Ethos Enews Print Media Other (please state)

Non-member? *Join the Ethos Foundation and by eligible for discounts on selected courses and workshops* Send me an application form

Payment *(All payment should be in Australian Dollars AUD)* * Please delete as appropriate

I wish to pay by cheque
I enclose a personal/company* cheque made payable to 'The Ethos Foundation' for: \$

I wish to pay by credit card
Please charge my MASTERCARD / VISA * the sum of: \$

Card number:
Cardholder name: Expiry date: /

Mailing address:
(if different from above) Postcode:

Cardholder signature: Date:

I wish to pay by bank transfer (please use applicant surname as reference, a copy of the advice transfer must be provided)

Payment can be made to the following account: MECU Ltd, 222 High Street, Kew, Victoria 3101, Australia
A/C Name: Ethos Foundation A/C No. 23158139 BSB: 803-140

If for any reason it should be necessary for the payment to be sent separately from this application, the cheque/money order should be identifiable with the APPLICANT and Event Name.

Data protection

The Ethos Foundation does not sell or pass on registrants' personal details to any other organisation. We may contact you by email to tell you about other Ethos Foundation activities that may be of interest to you.
If you DO NOT wish to receive this information, please put a tick in the box:

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