

VALLEY VIBES

Volume 9 Edition 6

Bulletin

April 2020

March Guest Speaker

Stephen MacFarlane - Family farming since the 1930's

Stephen and his family have been running their farm in the Harrisville area since the 1960's. His father travelled to England in the 60's and learnt about some new agricultural practices which he brought back to Australia and put into place. Stephen's father was one of the pioneers of organic farming in Australia, however, other farmers viewed him as 'different' because his views on farming were not the same as theirs. But to him, after being in England, organic farming was a much more highly regarded and natural way of farming.



The MacFarlane farm neighbors the McInnes Dairy and they have been neighbors for the past 95 years. In the early days the MacFarlane's were raising free range pigs. One day one got out and ventured over to McInnes's farm where it got into the shed and got

stuck into the corn, which was probably going to be planted the next day! This, Stephen thinks did not impress Ross at the time.

The MacFarlane family grow a variety of crops including barley, maize, popcorn, soybeans and wheat for Kialla Pure Foods.

Stephen regards Organic farming as using no artificial or man-made products. They only use natural fertilizers such as a green manure crop which is made from planting cow peas or fava beans which are ploughed back into the ground, this adds a lot of nitrogen and food nutrients into the soil. Then they add manure compost which generally comes from the chicken sheds or from a feedlot which is brought in and wet down, then it stays over about 50 degrees and sits for 8-10 weeks to fully compost, then it is right to spread out on the fields.

The MacFarlane farm is about 300 hectares, and while it may be comparatively small to others, it is more than compensated for by the fertile soil. Both maize and popcorn grow through the summer and are harvested early in the year, and with similar nutrient requirements they grow relatively easy. Wheat and barley are grown over winter and harvested later in the year. Legumes such as soybeans are, like maize, grown over the summer. The advantage of growing legumes is that they fix nitrogen in the soil helping organic farmers to preserve their soil's nutrition without the use of artificial fertilizers.

Organic Farming requires lots of paperwork and a lot of hands on farming. Everything they do is under the umbrella of Australian Organic, which has about 6 registered Auditors. This is how they get all their product certified and sold as organic.

Corn is being put into a lot more products these days as it is a lot less allergenic. Wheat had traditionally gone into most foods, but there seems to me more and more problems with the levels of gluten in wheat. Australian wheat has about 4 times the amount of gluten as the old spelt wheat.

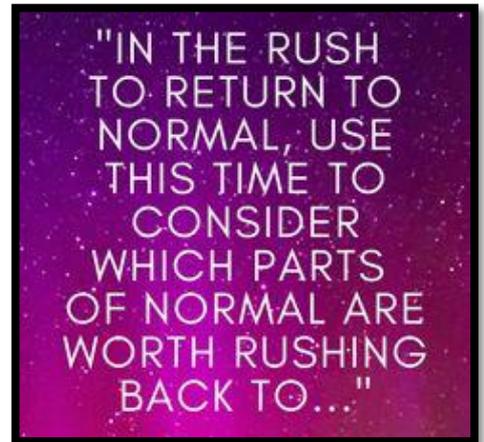
Stephen thinks there should be a lot more balance to foods that are produced. He also grows Soybeans, which traditionally are a product that should be fermented before being eaten. As this is a timely & costly process, a lot of producers make products without them being fermented. To Stephen, organic makes more sense. Most farmers won't change to organic because they think that it's too hard and they can't use any commercial made products.



Rotarian & neighbour Ross McInnes with Stephen MacFarlane

In Quieter Times

This quote gives us something to think about. The start to the second half of the Rotary year didn't start off as it normally would have. We have changed to meetings via Zoom, our fundraising opportunities are on hold for the foreseeable future and we probably won't have any of our usual Annual Changeover dinners where we would normally catch up with friends and enjoy some fellowship outside our own clubs.

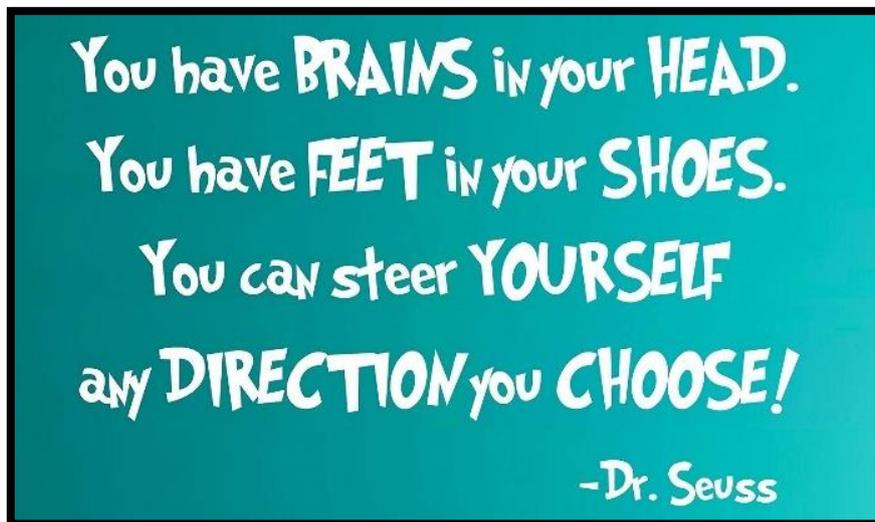


This period of isolation, however, has opened many other doors of opportunity. We can still offer support to



our fellow Rotarians by upgrading our IT skills and linking into virtual meetings – this not only gives us the opportunity to keep in contact with our own members, but there is an opportunity for Rotarians to join meetings from Clubs not only around Australia but Internationally as well – how great is that!

Life may not be normal and some peoples' normal may never be the same but maybe for some people that will be a good thing. Slow life down, enjoy what matters most and make the most of new opportunities – they may take you on a whole new adventure.



'Let's all think outside the box and make Rotary stronger than ever'

Presidents Report



Welcome to the second half of the Rotary year, we have had a slower start to the new year than we usually do due to many different factors. Over the past few months we have certainly seen some challenging times. First drought and bushfires but then we were all grateful to see the rain come – we probably didn't need it all at once, but I'm sure we would all prefer to have the long green grass around us.

We attended our first catering event for the year on the 7th March at the Milbong Heritage Day. This is always a great day and this year was no exception. There were a lot of people, both locals and visitors, who came out to see the tractor displays and enjoy the day in the fresh air.

Around this time of the year all Rotarians look forward to the annual District Conference and District Assembly. Unfortunately, last month District Governor Harry had to make the decision to cancel all these events. These events are usually the only time some Rotarians get to catch up with friends from other clubs in the District. Our annual Changeover Dinners are another major event on the calendar, yet we don't know what these will look like – one thing is for certain they won't be the same as what they usually are. District 9640 takes pride in the Youth camps that are run each year, when we offer young people the opportunity to experience a once in a lifetime opportunity by attending RYLA, Ryphen or RYTS. With these being cancelled, not only do awardees miss out on the opportunity, but those who volunteer and who have worked towards preparing these camps for the past twelve months are left in limbo.

As we head into the last few months of the Rotary year, we are unsure of when the social distancing and isolation will end. Easter has come and gone relatively quietly and ANZAC Day, which holds such sentimental value & pride for most of us will not be the same – but all we can do is our best to uphold each of the events as best we can. Still celebrate them, still remember on ANZAC Day. Our country has been here before, and we have recovered. Take the time to reflect on your busy lives and think about what is important. Most of all take care of yourselves and keep healthy so that when we do get back to our 'normal', we can continue with the great work that we all do.

Yours in Rotary,

Cara



From the Secretary's Desk

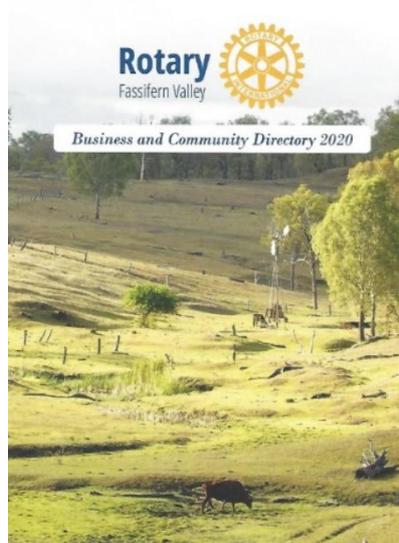


As our year goes ahead in uncertain times and our usual Rotary activities have been put on hold, we can reflect on a few things that we were able to accomplish before isolation started. On the 7th March we attended the Milbong Heritage Day, once again working alongside Boonah Rotary Club. We sold our popular bacon & egg burgers for breakfast and then hot chips. The day started off a little slower than last year, but once the crowds started to arrive the day had a steady stream of customers for food. It was a beautiful day and the weather was kind, thank you to all of our members and Ken Pickard for all your hard work – as they say, ‘many hands make light work’.

Early this year we also finalized and distributed our annual Business Directory, once again Thank You to Rotarian Andrew and Ann Kay, Wagtail Graphics, for all the hard work that goes into putting the directory together. If you didn't receive your copy in the mail and would like one, please contact one of our members.

Aleeta Wozencroft

Secretary 2019/20



Member Profile - Marjorie Porter

Rotarian since Dec 2010
Past President of RCFV 2014/15
Paul Harris Fellow Sep 2015

I was born Marjorie Ann McInnes, 2nd of 6 children of Don & Dorothy McInnes, and lived my early life on the family dairy farm at Radford, outside Harrisville. I attended Harrisville State School and later at Ipswich State High School at Brassall.

Upon leaving school I commenced work as a Clerk-Typist for Moreton Shire Council (long before amalgamation with Ipswich City Council) in what is now the Yamanto Police Station, where I worked until my marriage in September 1969.



Over the next 50 years, Graham and I have lived in a variety of places, and I have undertaken a number of jobs, as and when family commitments allowed.

1969 – 1970 Lived at North Sydney. Worked at Burroughs Limited

1970 – 1982 Canberra ACT TAB - Computer Operator

Canberra College of Advanced Education – Computer Operator

Our 3 daughters – Natalie, Deirdre and Anita - were born in Canberra

1982 – 1983 Mudgeeraba, Gold Coast

1983 – 1987 Cleveland.

Our son Cameron was born in Cleveland.

1987 – 2004 Mackay

After various part time jobs when the children were young, in 1991 I commenced work at Department of Social Security (later Centrelink) where I maintained employment for 20 years.

Our first real contact with Rotary was after we moved to Mackay in 1987. Graham had secured employment in a State Government position, and later he started his own Town Planning practice. Soon after he joined the Mackay Rotary Club. I was involved in various activities with 'Rotary Anns'. Our daughter Natalie was selected by another of the local Clubs as an Exchange

Student and spent 1991 in Rendsburg, a city in northern Germany. At the time, much of our communication with her was by fax, a great improvement on previous families who waited weeks for mail to arrive.

For the next 10 years, as well as working full time, I was heavily involved in the children's activities - Girl Guides, Boy Scouts, Youth Orchestra, Big Band, as well as various sporting commitments.

By 2004, the girls were all married and living away from Mackay, and Cameron was a Cadet at the Australian Defence Force Academy in Canberra. With little prospect of any of them returning to Mackay, Graham and I moved to Palmwoods at the Sunshine Coast where I was able to transfer with Centrelink (Caboolture), and Graham took up employment with a firm at Maroochydore.

Two years later found us living in Harrisville, Graham had joined a Surveying/Town Planning practice in Ipswich and I was able to transfer again with Centrelink, until my retirement some five years later.

Life in Harrisville has been mostly good for us, and for much of the time we have been within easy reach of our children and grandchildren, as well as extended family. Cameron has been posted back to Canberra, where we hope to visit as soon as possible.

Graham joined Boonah Rotary in 2006, then in 2010, after much groundwork, the Rotary Club of Fassifern Valley was chartered with him as Charter President.

Although our involvement has decreased in the last couple of years, Rotary remains an integral part of our lives and we hope it will continue to do so.

**Don't forget to check us out on our newly
updated website @**

<https://www.fassifernvalleyrotary.org.au/>

Also check us out on



What's Cooking?

ANZAC Biscuits



INGREDIENTS

- 2 CUPS (180G) ROLLED OATS
- 1 CUP (150G) PLAIN (ALL-PURPOSE) FLOUR
- ¾ CUP (150G) CASTER (SUPERFINE) SUGAR
- ¾ CUP (60G) DESICCATED COCONUT
- ½ CUP (115G) GOLDEN SYRUP
- 125G UNSALTED BUTTER
- 1 TEASPOON BICARBONATE OF (BAKING) SODA
- 2 TABLESPOONS HOT WATER

METHOD

1. Preheat oven to 160°C (325°F). Place the oats, flour, sugar and coconut in a bowl and mix to combine.
2. Place the golden syrup and butter in a saucepan over low heat and cook, stirring, until melted. Combine the bicarbonate of soda with the water and add to the butter mixture. Pour into the oat mixture and mix well to combine.
3. Place tablespoonfuls of the mixture onto baking trays lined with non-stick baking paper and flatten to 7cm rounds, allowing room to spread. Bake for 8–10 minutes or until deep golden. Allow to cool on baking trays for 5 minutes before transferring to wire racks to cool completely. **Makes 35**

<https://www.donnahay.com.au/recipes/desserts-and-baking/anzac-biscuits>

Upcoming Events



April	May	June	July
25th April – ANZAC Day 	CANCELLED	POSTPONED	

Birthdays		Wedding Anniversary
6 Jan – Anna Martin	 Jan - April	12 Jan – Lindy & Jim Kirchner
13 Jan – Neil Summerson		10 Apr – Scott & Cara Champion
2 Feb – Eddy Waddy		
16 Feb – Marjorie Porter		
7 Mar – Therese Russell		
28 Mar – Andrew Kay		
1 Apr – Lindy Kirchner		
11 Apr – Thyrlene Devin		

Meeting Program and Duty Roster: April

DUTY ROSTER	Wed 22 April '19 ZOOM Meeting	Wed 29 April '19 TED Talk	Wed 6 May '19 ZOOM Business Meeting	Wed 13 April '19 To Be Advised
Duty Officer		N/A		
Chairman/ Rotary Reflections	Cara Champion	N/A	N/A	
Meeting Venue & Time	Comfort of your own home	Listen when a time is suitable for you	Comfort of your own home	
Program and/or Guest Speaker	Agenda will be emailed prior to meeting		Agenda/Minutes will be emailed prior to meeting.	

MEMBERS NOTICE:

- To ensure a punctual 7.00 pm start, members are requested to arrive no later than 6.45pm.
- When you have duties on the Roster and are unable to attend, please arrange for someone else to fill in, and advise Secretary (Mob 0433 822 036)
- Members please advise you are attending, if you don't RSVP there will be no meal for you – meals are only on request.

Disregard until end of COVID 19