



Welcome

It's Smart Living Newsletter time! Check out all the latest sustainability news and Smart Living Events coming up in 2013.

Captains Corner

Spring has finally sprung! Here are some spring-themed sustainability tips to make a small difference :

Spring cleaning – this year consider using green cleaning supplies when you start on your spring cleaning. Avoid cleaners with phosphates, which are extremely toxic to the environment, as well as cleaners containing bleach or chlorine, which are also harmful. Vegetable-based cleaners have become increasingly popular and vinegar can be used as a completely natural way to clean almost anything.

Spring vacations - Eco-tourism has been an increasingly popular trend amongst the environmentally consciousness, so intrepid spring vacationers should definitely check out this growing industry. Eco-tourism involves selecting resorts and vacation locales which run and operate green facilities. By purchasing locally they benefit local communities and give tourists the opportunity to explore the unique and exotic biospheres that surround these sites.

Commercial Car Washes - Commercial Car Washes are actually greener than opting to wash your car at home. Visiting a local car wash reduces water consumption by 50% or more; on top of that, commercial car washes are required to properly drain chemical-ridden waste water directly into the sewage system, and thus reduces the land's exposure to harmful chemicals.

Exercise Outside – Instead of hitting the gym or using your machines at home, why don't you take your exercise outside and save energy usage at the same time?

Wash your clothes in cold water - Up to 90% of energy consumed by washing machines can be attributed solely to heating the water, even though most loads can be run with cold water. Washing most of your clothes in cold water, and, whenever possible, hang-drying certain items, can drastically reduce your energy consumption.

Safer Sunscreens - As everyone this spring starts spending more time in the sun, pay increased attention to the contents of your sunscreen. Sunscreen has recently been linked to damage of the coral reefs, which are extremely important to the biosphere and are adversely affected by the heavy amount of sunscreen use in the regions where they can be found. They also promise to be an important potential source of future health solutions, information, and disease cures. On top of that, most sunscreen has been found to contain oxybenzone, a substance linked to low birth weight, allergies, cell damage, and hormonal disruption. Avoiding sunscreens which contain these or nanotech substances, which have been associated with deleterious environmental effects and whose effects on the human body may be harmful, is also advised. For more information on smarter consumption of sunscreen, check out one of the many guides for buying sunscreen that are available online through many on many environmental advocacy websites



Over and Out – **Captain Sustain-the-Boo**



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Sustainability Events Coming Up in 2013

Wednesday 18 September – Estuaries Unmasked

Do you like to keep an eye out for the Merri or Hopkins estuaries? Come and hear how you can become an EstuaryWatcher for your favourite estuary, monitoring each month with new techniques and equipment. All training provided.

When: 6.30-8.30pm

Where: The Pavilion, Viaduct Rd, Warrnambool

Cost: Free (RSVP essential by 13 September)

Contact: Kerry Cheeseman (Glenelg Hopkins CMA)

Phone: 55712526

Light Supper Provided.

Guest speaker Gareth Collition (Curator of Warrnambool Art Gallery) and local artist Rachel Peters will walk attendees through their art works and inspiration drawn from a walk along the Hopkins River.

Sunday 29 September – Clean up day at Merri Marine Sanctuary

Are you fed up with seeing discarded litter in and around Warrnambool harbour? Rubbish being washed into our sanctuary having severe consequences on our local wildlife? Those of us at Friends of Merri marine sanctuary certainly are, that's why we are holding a clean up day, on Sunday 29th September from 10am-12pm! We would love some extra pairs of hands! If you're interested meet us at the Viaduct Rd toilet block at 10am, we will supply you with all the gear!

Feel free to check out our Facebook page for more details, hope to see you there!
<https://www.facebook.com/FriendsOfMerriMarineSanctuary>



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Monday 23 September – Weekday Weeding

Hate weeds but love Saturdays? Then this is an event for you! Warrnambool Coastcare Landcare Group are holding a Weekday Weeding session at Harris St for those who can't get to the monthly Saturday maintenance sessions. Whether its for one hour or three, come along anytime between 10am and 1pm. Bring appropriate clothing and footwear. Contact Bruce on 55621141 if you would like any further information.

Saturday 12 October – Dirty Weekend

Come and get your hands dirty at Warrnambool's sustainable gardening expo! Come along to the Warrnambool Community Garden (cnr Grieve St and Grafton Rd) between 10.00am-2.00pm for lots of fun activities and workshops. More details on page 3.

Sunday 13 October – World Rivers Day

Are you interested in seeing a platypus or two as well as a relaxing kayak through our beautiful river system? MAD for the Merri are running a "paddle" on World Rivers Day from Wollaston Bridge upstream to see what can be spotted. Anyone can come along, no kayak experience necessary! Kayaks provided free of charge for those that don't own one. RSVPs essential, contact Karen Wales on 0408998244 if you would like to get involved.



Dirty Weekend!!

Dirty weekend is fast approaching (12th October), and there are lots of activities to get excited about!

Dry Stone Wall Workshop

Come along and learn the ancient art of Dry Stone Walling and how to build one of your own with David Long (expert in dry stone wall construction).

Cost: \$88 (includes lunch)

Time: 9am-4pm Saturday 12th & 10am start on Sunday 13th

Where: Warrnambool Community Garden

Limited places available so be quick! Contact Pauline on 0429 928 511 to register

For more information visit

www.drystonewallingaustralia.com

Let's Get Food Smart and Cooking with Ugly Veggies Workshop

Learn to make the most of your weekly groceries! This action-packed workshop will include creative tips to reduce food wastage, a cooking demonstration with leftovers and a lesson on innovative ways to deal with excess produce. Come along and find out what ugly vegies are.

Cost: Free

Time: 11.30am-1pm, 12th October

Where: The HUB (@ Community Garden)

Limited places available so be quick! Contact Pauline on 0429 928 511 to register

Wacky Pot Plant Competition

Grow a wacky pot plant out of any pre-loved recycled item! Bring your entry to the Dirty Weekend by 12 noon. Winners to be announced at 1.15pm in the marquee.

Great prizes to be won!

Sticky Fingers Competition

Homemade preserve competition:

- 2 categories: sweet and savoury
- Maximum one entry per category
- \$2 per entry
- Entries must be submitted by COB Wednesday 9th October at the Civic Centre, Warrnambool City Council (25 Liebig St)
- Winners will be announced at 1.15pm in the marquee

Enter for your chance to win an Oxharvest Cookbook!



Additionally, there will be lots of other fun activities and workshops such as composting, worm farming, chooks, bushfoods, permaculture and more. Explore the community garden, visit member plots, enjoy a gourmet BBQ and purchase produce from the garden.

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September 2013

Pecha Kucha Night – A Success!!!

On Thursday 5th September at the Last Coach, Warrnambool City Council funded Warrnambool's premier Green Pecha Kucha night. Approximately 40 passionate community members attended this event to be inspired, let their hair down, have some fun, share ideas and network with other likeminded people.

The evening consisted of eight sustainability-themed presentations, however it wasn't your typical presentation-style event. Presenters were given a challenge – to get the point across in 10 slides, with no more than 20 seconds per slide. Not an easy task I can tell you! Lots of laughs were had by all and Friends of Merri Marine Sanctuary were awarded "most informative presentation" while Moyne Shire was awarded "most entertaining presentation".



Events like this highlight just how much work our Warrnambool volunteers and other "green thinkers" do in the community. Where would we be without them!!



Photography Competition!!

Time is running out to submit your entry to the Friends of Merri Marine Sanctuary photo competition! The 12 most beautiful photographs of the Sanctuary will be used to create a 2014 calendar, and the top 3 to win great prizes! Entries are unlimited and are now open until Oct 31st. To enter, simply e-mail your image(s) to friendsofmerripho@gmail.com. Please restrict your images to in/of the sanctuary. Make sure you 'like' us on Facebook for more information, <https://www.facebook.com/FriendsOfMerriMarineSanctuary>



Contact us

If you would like more information on any of the items in the newsletter or if you wish to be removed from the mailing list please contact **Lisa Rankin** (Sustainability Officer) on lrarkin@warrnambool.vic.gov.au or (03) 5559 4876

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