



newsletter



Sky Show

The Perth foreshore was once again a cleaner place on Australia Day thanks to the recycling stations set up in Langley Park and Supreme Court Gardens and the efforts of our hardworking team of Earth Carers.

As in previous years Earth Carers handed out blue general waste and green recycling bags to members of the public and encouraged them to sort and dispose of their waste in the appropriate skip bins at the event.

The team also assisted in sorting recyclable materials from other waste in the skip bins to limit contamination.

The volume of waste collected at this year's event was down by 1%, but of this waste there was a slightly larger amount of recycling.

Our thanks to everyone who helped out on the day!



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March 2015



ECs pictured here (left to right) are Carolyn, Leonie, Ann, Carolyn –again, Yew Li and Wilma hard at work at the stand and in the sorting compound. As always Ryan (pictured left) was on hand to make sure that the EC stand was set up and everything was running smoothly.



Earth Carers course in March

Earth Carers was introduced by MRC in 2008 with an aim of increasing community knowledge of waste issues and 2015 sees us running our 14th Earth Carers course. We currently have 288 Earth Carers with whom we communicate on a regular basis.

The next EC course commences on Tuesday 17th March, concluding on Tuesday 31st March. If you have previously missed a session and would like to make it up, or would like to do a session for a second time you are very welcome. Please contact Peg on 9306 6303/ 0422 941 492 or Karen on 9306 6348. Alternatively all the details of the course are on the MRC website (www.mrc.wa.gov.au/earthcarers).

The Graduation date is Wednesday 15th April, 6-8pm, (venue to be confirmed) so make a note in your diaries as we would love for you to join us welcoming the new graduates into the EC community.

We will also be holding another Advanced Earth Carers course later in the year so watch this space for more details!



Reduce
Reuse
Recycle

Make waste work

For further information please contact
Peg Davies on 0422 941 492
Email: pdavies@mrc.wa.gov.au

EC News

Loni was in the first EC course in 2008 and has since moved to northern NSW to beautiful soil and lots of hard work on an avocado farm. When they were living here in Perth, Loni and Shane's two children also each did an EC kids project.

Loni writes: "I'm still trying to do my bit over here. Mostly my actions and words go to the "wwoofers"(Willing Workers on Organic Farms) who come and stay with us. Every one of them gets to learn how to make compost, learn to clean with natural products and hopefully tread a little lighter by following our example.

I have to say it is with mixed results. You can tell that some people just think I'm weird or lousy (reusing everything) and others really take it on board. I was really touched when a French couple gave us all second hand gifts when they were leaving. I'm sure that they hadn't done something like that before and I had never mentioned that this is something we do.

Another worker wanted to have some friends stay as well. We were already a group of 7 living here and the water in the tanks was getting low so I explained that water usage was my concern. He went and brought a carton of water for them to drink! My daughter tries to use any junky body product she can and loves anything packaged - the more the better. Oh well, you can't win them all.

Farming sure is hard. Talk about being a jack of all trades! Shane is doing a great job as a mechanic and general Mr Fix It, as well as the heavy farm work. I'm more the backup person who keeps the household together, grows the vegies and goes out to work to pay for the farm!

I still read all your newsletters with interest and miss being a part of Earth Carers.

This is such a great place to live – we love it!"



Pictured here are Loni (left) and two helpers learning the art of compost making.

EC gives a helping hand



One of our Earth Carers, who wished to remain anonymous, helped out a neighbour when she set up a worm farm after the woman's husband passed away. Previously she had received food scraps from the neighbour for her own farm and would then later give back some of the worm casting for a productive garden.

Her neighbour is now reflecting on her own worm farm addition: *"I have given the worms an ice block and put a shade cloth cover over them. They all said thank you.....which was even better because when they said thank you they sang in harmony. Yes.....it's official, I have lost my sanity? A loaded question! The other thing is that since the arrival of my worm farm I am down to just one bag of rubbish a week!"*

Our Earth Carer said: "I set up these wrigglers for my neighbour at a time of overwhelming grief. The worms have

become a big interactive part of the traumatic and emotional grief healing process for both herself and me.

"There is nothing quite like taking care of a living breathing creature (a large number of them in fact) and the responsibility of ensuring that these wriggly friends' needs are met, for their comfort and for them to achieve optimal performance."

EC windup

The end of year thank you and get together for Earth Carers, family and friends was held at Earthwise on Thursday 11th December.

There was a quick tour of Earthwise, a good feed, a swap table, a mystery present lucky dip, short film, door prizes and special presentations from Earth Carers' Anita, Cara (Faerie) and Tanya.

Anita had some interesting Christmas decoration ideas to make from old magazines and coloured junk mail.

Cara spoke about her busy working life as a mum and partner, and her clever ways of achieving healthy meals, activities, clothing and general living with minimal waste.

Tanya talked about fermenting, fermented products and about Kimchi, a traditional fermented Korean dish made of vegetables with a variety of seasonings.

The weather was kind that evening and a very pleasant evening was had by all.



Pictured above: Peg giving a talk on the activities taking place at Earthwise and Tanya explaining fermenting products and processes.

Soap Making



Vicki EC extraordinaire, has been showing the Merriwa Women's Shed group how to make their own soap. Think of all the stuff you know and who might be interested in learning about it.

Several of our EC will be at the Less is More Festival on Saturday March 14th, The Grove Library, Cottesloe. Come along and support them.

Vicki (middle) and Ja-On (right) are pictured here with a course participant showing off their wares.

Coconut Hand Scrub

Why not try this easy hand scrub recipe:

- * A couple of cups of sugar (any kind)
- * About a tablespoon of coconut oil
- * A few drops of an essential oil (lavender, tea tree or lemon etc)
- * A few drops of food colouring (extra touch if desired)
- * Mix to a sort of paste that will stay on your hands. It gets into all the cracks and in to your nails, essential oils get rid of the smells you might have been dealing with!
- * Keep in a jar next to where you clean your hands.



Earth Carer Kids - Eco-friendly craft



gift wrap

It's fun to make things!

jewellery

mosaics

puppets

photo frames

It's even more fun when we use bits and pieces we've collected ourselves - especially if they wouldn't usually be used for craft!

You might like to start a collection - and make an 'eco-friendly' craft box:

Things like milk bottle tops, fruit stickers, bread bag fasteners, colourful plastic or paper labels and wrappers, straws and tea bag labels usually just get wasted - but we can **rescue** them.

Make sure they're clean - and turn them into something special!

It's more eco-friendly than making craft from new things, or things that could go in the recycling. Scraps of string, fabric, wool and used foil, broken crockery, old fridge magnets and pieces of plastic are great, too!



Trash becomes treasure! Starting an eco-friendly craft box.

What else might you put in your eco-friendly craft box? And what will you make?

Tell us about it - and send a picture!

Email Peg and Anne at Resource Rescuers! wasteed@mrc.wa.gov.au



What could you rescue and use to copy these mosaics?

Pictured below are some other examples to help you create interesting and unusual craft items. The only limitation is your imagination!



Let's go to the rescue! **Resource Rescue!**

Would you like to Help out?

Bin Tagging

To help improve the recycling rate and reduce contamination in bins the City of Joondalup and Town of Cambridge are conducting 'bin tagging' trials. The trials involve checking residents' bins in target areas, looking for contamination in the yellow lid recycling bins and also for recyclables that have been incorrectly placed in the green lid general waste bins. A tag is then placed on the bins to help educate the residents.

New bins system for City of Stirling

City of Stirling is moving from a one to a three bin system which comes into effect in July 2015. This is so the council is able to meet its diversion from landfill targets and to maximise recycling.



The 3 bins will be garbage, recycling and green waste. See the City of Stirling's website for more details of the new system: (www.stirling.wa.gov.au/newbins).

In the near future we will be asking for interested ECs, particularly those from City of Stirling area, to help the council with its community awareness program.

Less is More Festival

There will be lots of talks, workshops, an ideas exchange and kids' activities at this year's festival. Bring some finger food to share. This event is initiated by the Western Metro Regional Council and many of our Earth Carers will be there taking workshops - so come along and support them! See adjacent box for more event details.



The Forth R

EC Ann writes: "When in Bali recently I noticed the Indonesians have added a fourth R to the usual Reduce, Reuse, Recycle ethos and that is **Repair**. Obviously things are cheaper to repair there but it is a sad fact that here in Australia it is cheaper to buy new rather than repair."

You can keep in touch with us by liking
Earth Carers North
- our Facebook page.

We put up notices of events and share lots
of interesting tips that come our way.

EC VOLUNTEER

Come and join us at the following events:

City of Vincent Summer Concert

Sunday 8 March 5.30-7.30pm
Braithwaite Park, Mt Hawthorn

Less is More Festival

Saturday 14th March 9.30am-5pm
The Grove Library, Cottesloe,
1 Leake St, Peppermint Grove

Carine Community Fair

Sunday 15 March 10am-4pm
Carine Open Space, Carine

City of Vincent Summer Concert

Sunday 22 March 4-7pm
Hyde Park, cnr Glendower and Throssell St

Joondalup Festival

Saturday 28 March 2pm-10pm
Sunday 29 March 2-9pm
City Centre, Grand Boulevard Joondalup

Perth Garden Festival

Thursday 30 April—Sunday 3 May (times tbc)
Perry Lakes Reserve, Floreat

Composting in May

Friday 1 May - Sunday 31 May
(times and venues tbc)

If you would like to help out at events or for further information please contact:

Peg: 9306 6303 / 0422 941492

Karen: 9306 6348

Another Event for your diary

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Tamala Park Open Day

Saturday 18 April

9am-3pm



Junkadelic in action at the 2013 open day

Reduce
Reuse
Recycle

Make waste work

For further information please contact
Peg Davies on 0422 941 492
Email: pdavies@mrc.wa.gov.au