

Winning Ways at Perth Royal Show

The Perth Royal Show was again an interesting and worthwhile event this year. For the first time we (Waste Educators from across Perth) had our own site to deliver our waste messages to Show visitors. In spite of torrential rain and gale force winds on the first day, the judges came around to judge the display and award us 'Best Commercial Design and Presentation for an Outdoor display!' Thanks to all the Earth Carers and others who volunteered to help make the Show the success it was.

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Pictured left: EC Ted negotiating the apple coring activity



Pictured left: Geoff receives the display award from Mr Paul Carter, the Vice President of the Royal Agricultural Society of WA



Pictured above: The award-winning display at the Perth Royal Show

Dates for the diary

* **Food waste - what is it, how are we part of it and some interesting responses**

Lots of us have a look and a scrounge in a bin or two when there is something obvious to save. But there are some who feel strongly about taking a stronger stand. Come and hear about issues around food waste, and how Mick sees the opportunities it can create, watch the movie 'Dive' about dumpster diving (45 mins) and have a discussion on Wednesday 5 November 6-8pm at the Henderson Environment Centre, at the end of Groat Street, North Beach.

* **Christmas wind up and celebration of the year's achievements**

Join us for a celebration on Thursday 11 December at Earthwise, 315 Bagot Road, Subiaco, 5.30-8pm. The event includes a meal, activities and a speaker.

Bring friends and family to both events but please let us know for catering purposes.

Reduce
Reuse
Recycle



Make waste work

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

The star of the Perth Royal Show

Michele - the wonder worker! Michele is a considerate and knowledgeable person who gives generously of her time and energy for the 'greater good'. An example of this was at the recent Royal Show, Michele came early every day, cleaning up from the previous evening, helping first with staff and volunteers, entertaining with Phoenix the wonder rooster and then assisting throughout the day. She took photos daily and posted them on Facebook. Her close up photos of various animal hair was a challenge to all. Below is an exert of her impressions and 2014 experience:

I opened up the stand at 'WA Too Good to Waste' when I got in first thing and set up. The site has a good view to the arena for fireworks, so people sat around in our chairs and ate their meals, usually rib bones and turkey drumsticks and the bones were left behind. I collected bones for a farmer's dog and also collected straw from animal beddings for my compost.

Also I found some exhibitors were generous enough to share their seed samples with me on the last day, so I made lots of seed packets using spent scratch cards from our waste bin by taping the sides together.

Due to the advantage of a free pass and not being on a set roster (I came in daily to bring in my rooster Phoenix), I got to visit one or two sections of the show each day and chat to exhibitors in depth.

The Royal Show treasures the history of WA agriculture. A lot of old tools, especially hand tools, and skills in making art, crafts and clothing items from wool were demonstrated. In the old days, things weren't mass produced and were made to last....before we have the convenience of sucking the earth dry of fossil fuel and creating a throw-away society that is all about consumption and pollution.

Visiting farm-tech also showed us how machines and robots are replacing manpower, making people redundant in the agriculture and manufacturing sectors.

Trying to hunt down some traditional varieties of grains also showed how much biodiversity in our food has been destroyed. We need to rethink and revisit the traditional ways and skills of making things that have proven to be sustainable, and to preserve the skills that would otherwise be lost and steer away from our throw-away society.



Michele & Phoenix at the Royal Show

Our new Earth Carers



Another energetic group of 29 people took part in the Earth Carers course in August. They gave lots of input and had lots of queries as to how things are dealt with after they go into the bin. As usual, there was a wealth of knowledge in this group of participants.

A very important aspect of any EC course is the exchange of ideas and the contacts that the course generates. Meegan discussed Transition Towns and Marea spoke about plastic waste in the ocean. These will be areas we will cover in the course in future. Veteran EC Karen gave her extensive list of things she has been involved in since doing her EC course. These included rehoming 'disposable' scissors, collecting used shoes for a shoe reuse project in Africa, being a constant reminder for her workplace to lift their recycling game, and becoming involved in the

Garage Sale Trail by organising her street to be a part of it. We were all suitably inspired and exhausted by her activities!

The new group of ECs are another wonderful group of inspiring people with 23 of them graduating in early September. Euginie Stockman (pictured bottom left) from The Green Swing building project in Victoria Park gave an inspiring talk at the graduation evening about trying to build responsible low waste housing in Perth. There is so much to learn!



New ECS visit the MRF at Wanneroo during the course (top) and enjoy a talk from Eugenie Stockman at their graduation evening.

Tree planting at Tamala Park

We had a great day of planting trees with not too many ticks for most of us. We had Earth Carers and friends helping out all morning, digging, planting, fertilising and watering. Thank you to all those who volunteered to help and also to staff from Landfill Gas and Power for once again looking out for our Earth Carer helpers.



ECs & staff hard at work



John (left)



Julie & Helen



Lee



Bill



Alex



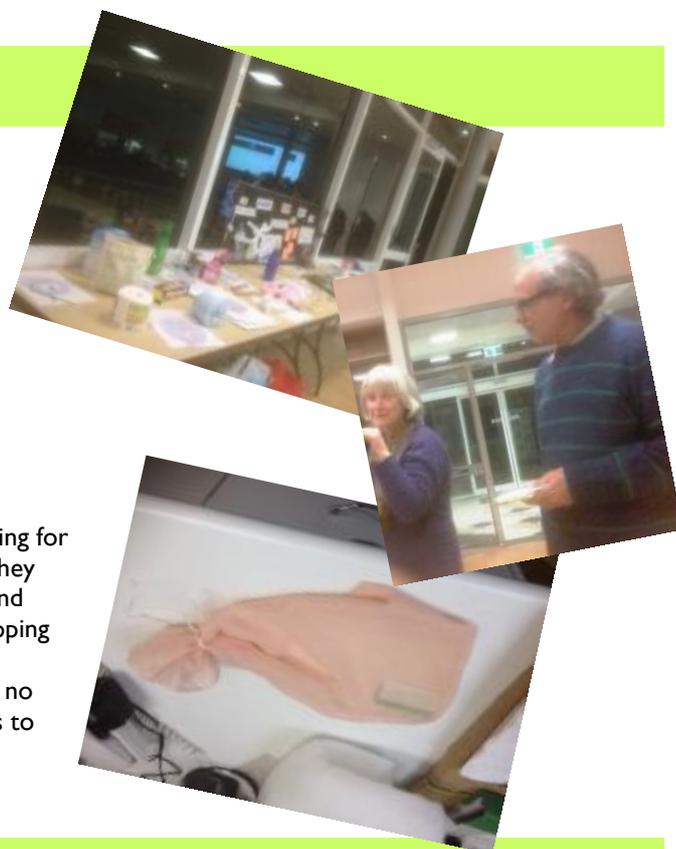
Mary

Transition Towns

The **Transition Towns Network in Mount Hawthorn** organised the showing of the movie 'Bag it'- an oldie but a goodie. Lots of locals came along. It provided a good opportunity to meet more people and let them know of other activities coming up. Thanks to ECs Kim and Irma for setting this up.

For those who haven't seen this movie let me know and I can lend it to you. There is rich information on many issues around plastic in our world and how we can reduce its usage. - Peg

Transition Towns Stirling assisted Julia from the City of Stirling for a showing of several movies in the lead up to Plastic Free July. They also showed people how to make produce bags from second hand material, giving it another lease of life. It is interesting to go shopping with a home-made produce bag as it generates interesting conversations in the shops. Annie from Absolutely Organics has no plastic bags for shopping in their shop, so it can be done. Thanks to ECs Meegan (and her partner Brett) and Annie for a great night.



Plastic Free July



Plastic Free July produced a great response from Earth Carers and friends to promote the avoidance of single use plastic, especially the big four: water bottles, straws, plastic bags and coffee cup lids.

The Quinns Environment Group, including ECs David, Jac and Alex, organised an information night with short DVD's regarding the problems surrounding marine litter. The night also

had short demos on using alternatives to plastic purchasing, such as home-made flat breads (see recipe on right) and yoghurts. There was a lot of discussion about the dilemmas of fruit and veges being cheaper to buy when wrapped rather than when they are loose. Not everyone has a budget to buy the more expensive items.

Another event showed ECs and others how to use less plastic and be creative (pictured above). During the event there were demonstrations for making soap, yoghurt, soft cheese and beeswax lunch wraps. It was a great afternoon of making all of these things. Especially good were EC Sam's home-made (from second hand material of course) beeswax lunch wraps.

You can learn how to make beeswax fabric lunch wraps by visiting this website: <http://www.tujawellness.com/articles/learn/video-learn/how-to-make-a-natural-alternative-to-plastic-wrap.html>

Flatbread

Adapted from River Cottage Everyday by Hugh Fearnley Whittingstall

These breads are great for wraps or can be cut up into smaller wedges for dipping. As there is no yeast in this recipe, you can have these made in under an hour.

Ingredients:

250g plain flour

1 teaspoon fine sea salt

1 tablespoon olive oil

150ml warm water

Mix all the ingredients together to make the dough.

Knead on a floured bench for about 5 minutes until it feels smooth and elastic.

Cover the ball of dough and leave for 15 minutes to rest.

For large breads, divide the dough into 8 pieces and roll into balls. Use a rolling pin to flatten the pieces to about 2mm. (Make sure to keep the surface well floured as the dough gets quite sticky.)

Heat a fry pan over a medium heat. When the pan is hot, place the flattened dough into the pan making sure to shake off excess flour.

You will know that the bread is cooked when it starts to pull away from the pan. Turn the flatbread over and cook for about another 45 seconds.

Bags & bags of compost

On Saturday 6 September, EC Tania Crewe set in motion a most amazing fundraiser at Churchlands Senior High School. She sold bags and trailer loads of compost, potting mix and mulch to the local community. Amid scepticism from fellow P & C members, Tania forged ahead and achieved great results with happy gardeners and a happy school community. There were stalls and activities on the day to add value to the collection experience.

Tania had originally got the idea after a talk from Harry Hofstede, a commercial composter, who had begun to use chicken farm waste to process into delicious fertiliser. So inspired, Tania turned this into a fundraising opportunity for Coolbinia Primary School. So successful was the venture at Coolbinia Primary School last year that they did the same thing this year, a week after Churchlands – what a woman!!

EC Elaine and teacher extraordinaire was again assisting at Coolbinia Primary School this year.

Fast Facts: Plastic bag alternatives

- ◆ If each Australian family used one less plastic bag per week, there would be 253 million less bags used per year. Start reducing waste by rejecting plastic bags, take re-usable bags with you when shopping.
- ◆ If everyone in Australia collected one 'stray' aluminium can from the path or road each week and recycled it in our home recycle bins that would be at least 25,000,000 cans off the streets (EC Vicki gave us this idea).

Garage Sale Trail

Saturday 25 October was a big day in the garage sale arena. EC Karen organised her street in **Padbury** to have a garage sale involving a number of houses. She utilised You Tube to help her promote the sale (<https://www.youtube.com/watch?v=OmOpVtH9wik>) and also received coverage on the Channel 9 Morning Show the week before. Unfortunately, on the day, they did not get the big turn-out they had hoped for, maybe because of many other events being on the same day. But it all adds to the experience of putting the idea of reusing into people's minds.

The **Groat Street Festival**, organised by ECs Faerie Cara and Meegan plus others, had a big Swap Stall where items could be obtained by a gold coin donation or by straight swapping of goods. This was a very successful part of an amazing festival.

Well done to all those who got involved with the Garage Sale Trail.



Earth Carer Kids

Let's go to the rescue! **RESOURCE RESCUE!**



DID YOU KNOW ... what goes on in a worm farm?

WORMS (and lots of micro-organisms too) make good use of all the **ENERGY** that's left in the food scraps we give them. They won't waste it!

They can even use the energy that's in old paper cups and serviettes, pieces of newspaper and cardboard, old towels and other cotton cloth. It's amazing! And it's because all these things are '**ORGANIC**' - they come from living things. Worms can help us **RESCUE** all kinds of organic **RESOURCES!**

From all this munching, worms produce rich, black **CASTINGS** - and castings are full of **NUTRIENTS** and micro-organisms that help make **HEALTHY SOIL**. The liquid that we can collect from worm farms is a super fertilizer too. The castings and liquid are great for growing veggies!

Have you noticed? Sometimes other small animals and insects make their way into worm farms, and seeds from veggie scraps sprout there too - the cool, dark, damp environment is just right for life!

Do you EXPERIMENT with your worm farm? It's fun to watch what happens to food scraps and other organic 'waste'!

Tell us your **Resource Rescue** story about worm farming - or other ways you reduce, reuse and recycle - and send us a picture!

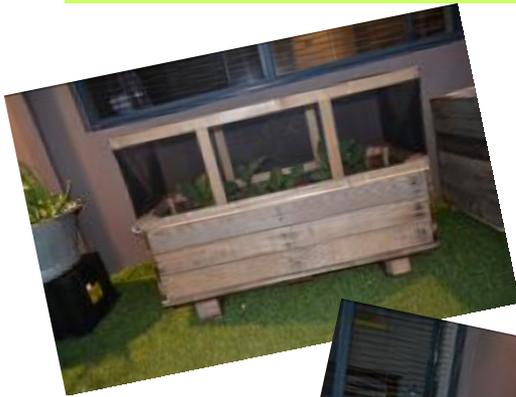
Need help to keep your worms happy? Contact us!

Email: Peg or Anne at wasteed@mrc.wa.gov.au



Inside a worm farm is a busy place!

Making beautiful from scrap



ECs Vicki and Allen have turned old pallets into functional garden beds. Pictured top left is their rectangular box with sides which can be covered to keep out cabbage moths. They have also used an old, discarded tank as a garden bed, pictured below.



Jacqui's garden

Remember EC Jaqui, the nutritionist, featured in our March newsletter and her backyard project to grow and teach about the nutritional benefits of her work? Her experience's are continued below.

We are enjoying our vegie garden. We've started to make all sorts of things with our vegetables and herbs from the garden: basil pesto, parsley pesto, salads, kale chips, beetroot pasta, parsley pasta and more. As you can see from the photos everything is growing well. We have basil, parsley, mint, sage, chives, spring onions, celery, bok choy, radishes, lots of different lettuce, kale, cauliflower, broccoli, peas, carrots, coriander, cucumber and tomatoes. It's great fun and we are learning as we go.



EC VOLUNTEER

Come and join us at the following events:

Beaufort Street Festival

Saturday 15 November 11am-9pm
Beaufort Street, Vincent

City of Joondalup Concert

Saturday 15 November 6.30-9.30pm
Mawson Park, Hillarys

West Leederville Primary School Fete

Sunday 16 November 10am-3pm
Cnr Northwood & Woollich Street, West Leederville

Wanneroo Show

4-10pm Friday 28 & 9am-10pm Saturday 29 November
Wanneroo Showgrounds, Wanneroo Road, Wanneroo

Christmas Street Mall

Sunday 30 November 4-8pm
Albany Highway, Victoria Park

City of Joondalup Concert

Saturday 6 December 6.30-9.30pm
Santiago Park, Ocean Reef

Light Up Leederville Carnival

Sunday 7 December 12-8pm
Oxford & Newcastle Streets, Leederville

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

Peg: 9306 6303 / 0422 941492

Karen: 9306 6348

Facebook contact

If you are a regular or irregular user of Facebook you can keep in touch by liking 'Earth Carers North' our Facebook page. We put up notices of events and share lots of interesting tips that come our way.



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