



# Canberra Environment Centre

## MEDIA RELEASE

19<sup>th</sup> June 2012

### SustainAbility Workshops 2012

Canberra Environment Centre is proud to announce the SustainAbility Workshops Winter series!

Learn new skills to help you tread more lightly on the Earth...

Interested in learning practical and fun new skills that will help you reduce your carbon footprint? Following on from the popular Autumn SustainAbility Series, this is a great opportunity to learn new things, meet new people, and make winter warmer.

“Living in Canberra makes this easy! Our city is filled with inspiring and knowledgeable people, especially when it comes to living more sustainably” says workshop coordinator Brianna O’Donohue.

The winter workshop series engages local presenters with a passion to share their skills and knowledge with the wider community. The Winter Workshop series is listed below, boasting a range of topics as diverse as gardening, bike maintenance, retro-fitting, eco screen-printing, home made jam & Japanese pickling! There really is something for everyone.

Bookings are essential, please contact [projects@ecoaction.com.au](mailto:projects@ecoaction.com.au) or phone 6248 0885 to book.

#### Media Contact:

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#### JULY WORKSHOPS:

##### 1. Planning Your Garden

**Details:** Many people declare they are 'no good' at growing fruit and vegetables. However one of the most important things is to work out where to put the plants and often the major problem is they have simply been put in the 'wrong' place and did not have a chance to thrive right from the start. The session will discuss the features which influence the location of the crops, with the principles involved able to be applied to the participants own garden.

**Date:** Wednesday 11<sup>th</sup> July

**Time:** 6pm – 7pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre



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### 2. Retro-fitting for Renters

**Details:** A workshop full of ideas for renters who want to reduce their bills and make their home more comfortable with simple, low-cost and/or free actions. Landlord responsibilities and steps to ask for energy efficient improvements will also be covered.

**Date:** Saturday 14<sup>th</sup> July

**Time:** 10am – 11.30am

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 3. Heating Your Home

**Details:** Are you left out in the cold when it comes to the best way to keep warm for the lowest cost? Join ABC TV's Carbon Cop and presenter Lish Fejer for a workshop on portable space heaters and find out the best ones to use for different situations and how you can stay warm without a huge heating bill.

**Date:** Tuesday 17<sup>th</sup> July

**Time:** 6pm – 7pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 4. Draught-Proof Your Home

**Details:** We all know we have to draught-proof our homes to keep comfortable and energy bills down but where do you start. Come along to this practical hands-on workshop presented by ABC TV's Carbon Cop Lish Fejer to find the common places for air leakage in a home and learn some easy and effective ways to fix them. When you're all sealed and done you'll notice the difference instantly.

**Date:** Thursday 19<sup>th</sup> July

**Time:** 6pm-7pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 5. Home Made Jam

**Details:** Is there anything better in winter, than snuggling up inside with a cup of hot tea and jam on scones? Why, yes! A cup of hot tea with HOME MADE jam on scones! Come along to this workshop, where participants will learn the basics of preserving seasonal fruits, and take home the jam that they make! You'll be led through sterilising jars; preparing & weighing the fruit and sugar; checking when setting consistency has been achieved, and bottling.

**Date:** Saturday 28<sup>th</sup> July

**Time:** 10.30am – 1pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre



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### AUGUST WORKSHOPS:

#### 6. Affordable Retro-Fitting For Home Owners

**Details:** Don't think that you can afford energy efficient improvements to your home? This workshop explores simple, low-cost and/or free actions that can reduce your energy use in the home. Topics include winter heating, summer cooling, lighting, hot water, fridges & freezers, cooking and general appliances.

**Date:** Saturday 4<sup>th</sup> August

**Time:** 10am – 11.30am

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

#### 7. Seed Sowing & Seedling Maintenance

**Details:** Seeds sown and seedlings planted often die due to a lack of basic knowledge about 'how they work'. Come and learn how to get your plants 'up and running' successfully. We will sow seeds, examine plant seedlings, sow microgreens. Please bring 2 small pots, 1 larger pot, soil from your garden (enough to fill the pots), english spinach seeds, broad bean seeds & brocolli seeds.

**Date:** Saturday 11<sup>th</sup> August

**Time:** 10am – 12pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

#### 8. Co-Op Tour and Vegetarian Cooking Class

**Details:** Get to know your local food co-operative through a 45min tour! While they carry local, fresh, organic, sustainable, natural, Fair Trade, ethical, bulk and affordable products, they also boast a fancy kitchen which is where the Vegetarian Cooking Class will take place. This class will show you how quick, easy, healthy & delicious vegetarian food can be! If you are wanting to incorporate more meat-free days into your diet, this is the workshop for you!

**Date:** Saturday 18<sup>th</sup> August

**Time:** 12pm – 3pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** ANU Food Co-Op (3 Kingsley St, Acton)



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### 9. Chemical-Free Cleaning

**Details:** Learn how effective cleaning can be, without products made of soaps, chemicals or phosphates, instead using age-old techniques with naturally safe cleaning ingredients that are just as effective, and safe! A must-attend for those that suffer from asthma, rashes, eczema and other allergies!

**Date:** Wednesday 22<sup>nd</sup> August

**Time:** 6pm – 7pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

### 10. Japanese Style Pickling

**Details:** Learn how to make Nukazuke, Japanese rice bran pickles, using traditional techniques. Your naku-bed can provide you pickles in a few hours or a few months for extra flavour. Rice bran is needed for this workshop.

**Date:** Saturday 25<sup>th</sup> August

**Time:** 4pm – 5.30pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

## SEPTEMBER WORKSHOPS:

### 11. Eco Screen Printing

**Details:** Got an old T-shirt or pair of jeans that you want to personalise? Or maybe you've picked up a bargain piece of clothing at the Spring and Swap sale outside, and want to add your own design? Come to this workshop and learn how to make your own recycled silk screen printers, and then stenciling your own images onto the fabric.

**Date:** Saturday 1<sup>st</sup> September

**Time:** 1pm – 4pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 12. Investing in Energy Efficiency

**Details:** Due to popular demand, this workshop returns! Would you like to find out what improvements you can make to your home to improve energy efficiency, reduce your bills and increase overall year-round comfort? Topics include orientation, insulation, shading, glazing, window coverings, draught proofing, hot water systems and renewable energy.

**Date:** Saturday 8<sup>th</sup> September

**Time:** 10am – 11.30pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

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### 13. Composting

**Details:** There are many different ways of composting. Learn the theory behind composting, the different ways of composting and then choose the way or ways that suit you best.

**Date:** Wednesday 12<sup>th</sup> September

**Time:** 10am – 11.30am

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 14. Worm Farming

**Details:** Don't have a garden for a compost bin? Why not try a worm farm instead? You don't need a large garden to have a worm farm. Worms can be kept outside, inside, on the balcony or in the garage and are ideal for units. Worm castings are great for composting food scraps, feeding house plants, adding to seedling mixes and potting soils or top dressing around plants. Learn all you need to know about getting started, setting one up, and maintaining one in the long-term.

**Date:** Thursday 13<sup>th</sup> September

**Time:** 6pm – 7pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 15. Introduction to Permaculture PART 1

**Details:** The broad aim of permaculture is to design landscapes which mimic the patterns and relationships found in nature, while yielding an abundance of food, fibre and energy. Principles 1 to 6: Observe and Interact; Catch and Store Energy; Obtain a Yield; Apply Self Regulation and Accept Feedback; Use and Value Renewable Resources and Services; Produce no Waste.

**Date:** Saturday 15<sup>th</sup> September

**Time:** 3pm – 5pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

### 16. Introduction to Permaculture PART 2

**Details:** Principles 7 to 12: Design from Patterns to Details; Integrate rather than Segregate; Use Small and Slow Solutions; Use and Value Diversity; Use Edges and Value the Marginal; Creatively Use and Respond to Change.

**Date:** Saturday 22<sup>nd</sup> September

**Time:** 3pm – 5pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

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### 17. Introduction to Zoning in Permaculture

**Details:** When planning a permaculture site, the land can be divided up into zones according to how we use them. The workshop will cover the five zones and how many can reasonably be applied in an urban setting.

**Date:** Saturday 29<sup>th</sup> September

**Time:** 10.30am – 12.30pm

**Cost:** \$5 Carbon Challenge Participants / \$15 General Public

**Location:** Canberra Environment Centre

Limited places available, please contact [projects@ecoaction.com.au](mailto:projects@ecoaction.com.au) or phone 6248 0885 to book. For workshop locations, please visit [www.ecoaction.com.au](http://www.ecoaction.com.au).

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