

SustainAbility Stars

 An EW Tipping Foundation Project

Edition 36, 09 August 2011

Keep Australia Beautiful Victoria Awards - we WON!

On Friday 5th August, our SustainAbility Stars program won one of the prestigious Keep Australia Beautiful awards. We won the Pam Keating Environmental Sustainability category for our program, which was described as "innovative and farsighted", as well as "inclusive of members of the community who might not otherwise have the opportunity to contribute to environmental sustainability."



The ceremony at the MCG was hosted by Denise Drysdale with awards presented by Minister for Climate Change and Environment Ryan Smith. Mitch (who lives in our HomeChoices house in Frankston) attended the award ceremony, along with Cheryl Gannon (one of his support workers), and Richard, Gail and Sharon from the office.

Congratulations and thanks to all HomeChoices staff and the people they support for their contribution and participation in the program. And a big thank you to everyone else involved.

National Tree Day – a day out at Boyd Park

On Sunday 31st July, many staff and people we support got involved with National Tree Day. Rachel Mackay (a staff member from our Caulfield HomeChoice house) has shared her experience of the day with us.

"Michael, who we support, described National Tree Day as a day "when people concentrate hard on planting trees and how planting trees can create fresh air and cut down on the green house effect". Billy (another resident) liked the idea of planting a tree that could grow to the height of several houses; he said it was "cool".

The residents who attended the National Tree Day outing all enjoyed a beautiful sunny day in Boyd Park Murrumbeena. Everyone loved the BBQ and all residents and staff joined in a nature walk led by Paul Caine from the Glen Eira Environmental Group. We learnt a lot about the flora and fauna that is part of our natural environment, and some local history as well.

Most importantly, Jarrod from City of Glen Eira (Parks and Gardens team) provided the young River Red Gum tree that the people we support planted into the garden bed. Mai Sze, from our Bentleigh house, was particularly proud of her actions and held onto the tree trunk until all the soil was patted down firmly to keep the sapling in place.

It was great to have the local council supporting us in this event and to provide this opportunity to the people we support. It helped create awareness on both a community and an environmental level."



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In Other News

You're invited to our SustainAbility Open House

In support of Sustainable House Day (a showcase of Australia's most sustainable homes), we are holding a special open house to showcase the everyday actions we take towards sustainable living and making a difference for the environment.

The open house in Maffra will feature a special presentation by Mr Tim Bull MP, MLC for Gippsland East.

The EW Tipping Foundation's SustainAbility Stars program has a focus on everyday sustainable practices for people living in shared supported accommodation.

The details:

Sunday 11 September
2pm-3pm (please arrive by 1.45 pm
light refreshments available)
Address available when you RSVP.

RSVP is essential by Thursday 1 September to Sharon or Amanda, 9564 1000

sharon.chan@tipping.org.au or
amanda.chan@tipping.org.au

Green Your Home program in Geelong

The Green Your Home course focuses on four key areas of a sustainable house. You will be given an understanding of the concepts around solar power, draft-proofing, passive solar heating, thermal mass and other seemingly complex ideas.

This course will assist you to cut your power bills, reduce your greenhouse gas emissions, and live more comfortably in your home.

Many thanks to the City of Glen Eira; support workers Steven, Rachel and Sara; and SustainAbility Project Officer, Sharon; who all attended the day. Jenan, our Media Officer also helped get our story published in the local newspaper!

Vista takes part in local environmental group

Two people we support through Vista, Peter and Jon, attended a Community Planting Day on Saturday 23rd July. The day was hosted by the Powlett Project Landcare Group and involved members of the community replanting indigenous vegetation along the Powlett River below the rail bridge in Dalyston.



Support worker Rae Vaessen-Geritz shares Jon's participation in this project:

"We arrived at Powlett River at 10 am, to plant 3,500 plants. It might sound like a lot but Jon managed to plant about 300 himself for the day!

Dave, who was helping to run the day, explained what we had to do and then we got stuck into the planting. Jon was head down and bum up, with gum boots on, along with about 20 others. When we needed a hole to put a tree in, we'd call out to the man with the digger and over they would come to make a hole.

Everyone welcomed Jon and involved him in their conversations, and when he took a break because and announced 'he was stuffed', it brought a chuckle to the group. After a hard day's work planting, we all enjoyed a BBQ, which was prepared by Rotary. Jon even got involved with this, assisting them until everyone was taken care of.

Dave said the next tree planting was at Kilcunda at the end of the month and Jon assured him he would be there. After saying our goodbyes, we headed off. It was a fantastic day all round."

Thanks to Rae for sharing this story, and to Jon for planting 300 trees in one day. It is a great achievement!

Green Office Challenge is here

Starting from 1 August, all EW Tipping Foundation network office staff will be participating in the Green Office Challenge. For the month of August, our focus is on reducing energy use.

When you finish work each day, you are asked to turn off all computers and monitors (computer screens), and turn off office lights. You are also encouraged to think of other simple actions your team can do to save energy. There are PRIZES to be won at the end of the month!

If you are unsure what the challenge involves, ask your Green Office Champ for more information:

Carnegie - Di Kouvelis
Preston - Trish Edwards
Warragul - Donna Whitehead
Morwell - Sally Fisher
Ballarat - Sarah Drake
Bendigo - Anne Ansell
Swan Hill - Carmel Gathercole
Shepparton - Tara O'Connor
Wodonga - AnneMarie Noonan
Geelong - Angela Tucker



To Book: contact Gavin on grbrown@internode.on.net or phone 0411 788 057.

How Much: \$60 (but if you can't afford it, just let Gavin know. Nobody will miss out).

When: Thursday nights in August (4th, 11th, 18th, 25th) – it may not be too late to join in.

For more details - www.geelong sustainability.org.au

Cleaning with Greener products

Join green clean expert Bridget Gardner and learn how to keep your home hygienically clean, without harmful chemicals, hard work or expensive products.

When: Wed 17 August 2011 | 10:30am - 12:30pm
Where: Waterlily Room City of Whittlesea Council Offices 25 Ferres Boulevard South Morang (Melway 183 A10),

Based on her experience as a professional cleaner and the government-funded 'Safe and Sustainable Cleaning in Childcare' project, Bridget will show you simple methods that really work. Make and take home your own simple cleaning agent!

Bookings are essential. Contact their Environmental Education Officer on 9401 0555.

SustainAbility Star-ter Kit

For more information about EW Tipping Foundation's SustainAbility Project, the SustainAbility Stars program, or to download our free SustainAbility Star-ter Kit, go to www.tipping.org.au or email sustainability@tipping.org.au

