



# Weekly Bulletin

Friday 10 July 2020



## ZERO WASTE INSPIRATION



**Zero Waste Revolution** has loads of information, upcoming events, zero waste lifestyle tips, articles and lots of inspiration.

During this July, you are encouraged to take the Plastic Free July Challenge. If you are beginning on your plastic free journey, a good start is to make one small change at a time. When that behaviour becomes a habit, then add in another change.

Here are some easy ideas to get you started:

### Shopping:

- Use reusable shopping bags. If you can get some that fold up tight then you can have them in your handbag or backpack all the time and you'll never be caught "bag-less" again
- Grab some reusable bread bags and mesh produce bags
- Many local butchers are happy to package meat in your own container...just ask

### Kitchen

- Source some beeswax wraps to eliminate the use of cling film
- Use a washable kitchen cloth and say goodbye to disposable wipes

### Bathroom

- Use bamboo cotton buds and toothbrushes which you can compost at home
- Source reusable wipes or use an old fashion flannel to remove make up

### Lunchboxes

- Bringing your own lunch box and water bottle to work or school will save you money plus reduce the amount of single use packaging and plastic you consume
- Many compartmentalised lunchboxes are designed so there is no need for plastic wraps or snap lock bags
- Say "no" to packaged convenient foods such as chips and muesli bars, instead fill your lunch box with homemade tasty treats
- Make the most of your leftovers and bring warm soup or pasta in a widemouthed food jar or thermos

### Eating out

- If you like to eat or drink on the hop, slip a metal straw and 'KeepCup' in your bag
- You may even like to make your own eating out kit - including a metal straw, 'Keep Cup', water bottle and reusable cutlery
- Check out the **Trashless Takeaway** website and find local restaurants who are happy to use your own containers



## **FROM MURIEL'S WEDDING TO CHOOKS AND CHILDREN**

Best known as Joanie "You're terrible, Muriel" Heslop in the 1994 classic *Muriel's Wedding*, Gabby Millgate's job is a world away from the bright lights of the Australian film industry — instead, she spends her time mingling with chooks and children in a Canberra childcare centre garden.

After a chance encounter with an audience member in remote Western Australia, Gabby became obsessed with sustainable gardening practices, and moved into early childhood education.

'Miss Gabby', as she's now known, is the "nature pedagogy leader" at Woden Valley Child Care Centre — teaching pre-schoolers about sustainability and caring for the planet. Under her tutelage they raise chickens and ducks, grow herbs and vegetables, and get to share in the fruits of their labour.

At the early learning centre, children are encouraged to dig in the dirt, rummage for eggs, and nibble vegetables straight from the garden beds.



Indeed, nature-based school programs and "hands-on" learning are popular throughout Europe, particularly in Scandinavia, thanks to the benefits to confidence, self-esteem and development.

But for Gabby, her nature pedagogy role has brought a sense of certainty she craved after years in an uncertain profession.

She has also released her first book - the delightfully-named *The Book, Book, Book* - the chickens helped pick the title - tells the story about the children looking after the chickens and "how happy and capable children are when we include them in our responsibilities to care for the land, the animals and each other". It also explains how to set up a chicken coop, mixing practical information with tales of the children's interaction with the chickens and big, beautiful photographs.

From Muriel's Wedding to chooks and children, 'Miss Gabby' has found her calling and for that, her well-nourished and grounded students — and no doubt the chooks — are grateful!

## **EGG-CELLENT BEAUTY 'BITS'**

All you need is some eggs and a few other bits and pieces you'll find in the kitchen.

### ***Dry skin***

Egg white is a natural anti-aging treatment for the skin because it's rich in proteins and vitamins. It also helps to naturally brighten and tighten the skin, while smoothing away any fine lines and wrinkles.

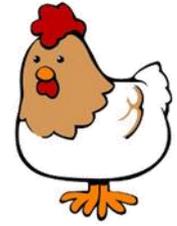
To help put your best face forward, try this one twice a week:

Mix an egg white, 2 tbsp of honey and 3 tbsp of clay mud together. Apply the mixture on your face and neck and leave on till it dries completely. Once dry, rinse your face with cold water.

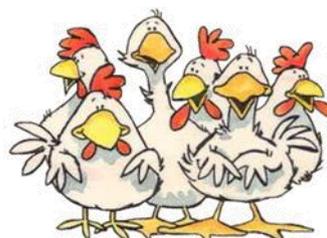
Alternatively, there's an even quicker fix, using one egg and ½ tsp of honey. Simply mix, apply to your face and wash off with lukewarm water as soon as the mixture dries. Done!



## **FUN FACTS ABOUT CHOOKS**



- There are 19 billion chickens in the world.
- ‘Chook’ is Australian slang for Chicken.
- Egg-laying chooks descended from the Asian red jungle fowl (*Gallus Gallus Spadiceus*) and are thought to have been domesticated around 8-10 thousand years ago.
- Chickens are the closest living relative to the T-Rex.
- China has the most chickens in the world with around 4 billion.
- There are more chickens on earth than humans! In fact it is estimated that there are twice as many chickens than humans!
- There are at least 200 different varieties or breeds of chickens.
- Different breeds of chickens produce different coloured eggs- white, brown , blue, blue-green, red and speckled eggs are not uncommon.
- A young hen is called a pullet until it begins laying. For commercial egg breeds of chickens this is around 16-20 weeks of age.
- A hen can lay between 250-325 eggs per year.
- A chicken’s heart beats 4 to 5 times faster than a human’s, at approximately 300 beats per minute.
- A rooster is the name given to a male chicken while hen is for female chickens.
- Roosters are necessary to fertilize eggs. However, hens will lay eggs regardless if a rooster is present or not. Eggs sold in Australia are unfertilised.
- Alektrophobia is a fear of chickens.
- Chickens establish a social hierarchy which is where the term pecking order came from.
- Chickens can recognise each other’s faces and will avoid chickens they don’t know.
- Chickens have distinct calls to communicate messages such as food or predators. There are even separate alarm calls. depending if the predator is above them or at ground level.
- A spent hen refers to a chicken which is no longer used for egg production. Typically, this is around 76 weeks of age in Australia.



## **REPAIR CAFÉ**

The Canberra Environment Centre is proud to host a Repair Cafe on the second Saturday of each month at the CEC. Repair Cafe is a community group of volunteers working together to fix and recycle everyday things. Check out the Repair Cooperative's facebook page for updates on reopening.

Anyone can come along with a broken household item and get some help from other volunteers to restore it to its former glory; clothing, bicycles, rusty tools, furniture (or photos of it), small appliances, costume jewellery or many other things.

Volunteers have experience in repairing items, and usually bring their own tools to help visitors fix their broken item, teaching them how to do it for next time. Volunteer skills include fixing clothing, battery-powered electricals, woodwork, bicycles, jewellery and plastics. If you can bring spare parts (like zippers, clasps, chains) for your broken item, this will make it easier to fix, but otherwise they will improvise! Attendees can also bring their own tools and use the time to repair with others or seek advice. Tools are limited but they are building up a small collection of communal tools, that are donated by members of the community.

If you have skills to share or tools to share on the day or donate, please get in touch, either by coming along on the day or emailing [repaircooperativecanberra@gmail.com](mailto:repaircooperativecanberra@gmail.com).

Repair Cafe is open to anyone. Saving items from landfill, connecting with neighbours, and sharing skills.

**Canberra Environment Centre - Cnr Lawson Crescent & Lennox Crossing, Acton Peninsula - Note the entrance to the carpark is on Lennox Crossing – phone: 6248 0885 Email: [info@canberraenvironment.org](mailto:info@canberraenvironment.org)**

## **A SAFE START FOR ALL BABIES HELPING LOCAL WOMEN AND THEIR FAMILIES**

[Roundabout Canberra](#) is a volunteer-powered local charity. Their aim is to provide women and families experiencing hardship in Canberra, and the surrounding regions, with essential items and equipment to ensure the safety of their babies and children.



This service was founded by local mum, Hannah Andreviki, when she discovered that many charities were unable to accept community donations, due to lack of space and resources for cleaning, testing and packaging baby equipment.

Roundabout works directly with social workers and social service agencies to help individuals and families in need. They allow the services they assist to focus on their core business while ensuring that essential items are available in clean and safe condition for their clients.

If you or your family would like to donate either baby items or time as a volunteer, please click on the link above for more information.

**587 JACKETS IN 10 DAYS!! – Facebook 25/6**  
*That's right you read correctly. 587 jackets have been donated to us over the past 10 days. We can't thank the Canberra and surrounding community enough for all of your efforts. Because of this incredible number not only are we able to donate enough jackets to keep all of the south coast kids warm but lots of children right here in our community too. The first lot of 120 jackets are packed and heading off to Mogo with now a second lot getting ready to follow.*



## SENIOR MOMENTS

I picked up a fun little book from the library recently titled “**1000 Unforgettable SENIOR MOMENTS Of Which We Could Remember Only 254**” by Tom....uh.....Friedman. The book is full of interesting anecdotes about the memory lapses of the rich and famous.



But don't worry if you suffer from senior moments (don't we all)? As the author points out in his introduction “*these lapses in memory can also be junior moments as well as senior ones. After all, teenagers can lose one jacket after another making their parents crazy. They can study all week for a test and then forget what they studied and fail miserably.*” So, there is no age barrier to having a “senior moment.” There are also some interesting comments in his introduction about the difficulties older people can have recalling information. He adds “I like to think of senior moments as evidence of having a more discriminating mind”.

Here are a couple of my favourite senior moments which I have taken from the book:

In the 1950's, during a debate on the Middle East problem, Warren Austin, a US diplomat sternly advised the Jews and Arabs to “sit down and settle their differences like Christians”.

When Richard Nixon arrived in Paris for the funeral of French President Georges Pompidou in April 1974, he declared, “This is a great day for France”.

English clergyman and writer William Bowles once gave a parishioner a copy of the Bible in which he signed it “From the Author”.

When Winston Churchill was asked, “Remember me?” by someone who escaped his memory, he would reply, “Why should I?”

On a personal level, my most common senior moment, is (like Winston Churchill) that I have a bad memory for people's names. So, if I call you mate, you know I can't remember your name – my apologies in advanced. A good reason to wear your name badge at club activities. I recently made a cup of coffee but forgot to put the pod in the machine and ended up with a cup of hot water!

I can recommend the book for a good laugh and some interesting facts about memory lapses. Perhaps the next edition will include some senior moments of Donald Trump, I think there could be a lot to choose from.



But don't worry if you are having senior moments, as the author finally comments “*Enhance your senior moments! Just don't try to remember them*”. Cheers and many thanks to Tom Friedman for a great fun little book.

Norm.....er.....Swanwick

## **ROOSTER MAZE**

Mazes have fascinated humans for centuries. The oldest maze, found on rock tomb in Sardinia, Italy, dates back 4000 years. Mazes can also help develop our spatial awareness, something we could not function without. So, why not take a trip down memory lane and try this maze below:



***Solution in next week's Bulletin***