



Sustainable Communities SA

SCSA AGM & Members Event 2011 Thurs May 26 from 7:30 pm @ Payneham Community Centre

(374 Payneham Road, Payneham)

This years members meeting that will be of a slightly more light hearted note, but still informative!!! More details to follow, including a nomination form for positions on the coordinating committee. If you have any interest in being part of the committee please put your hand up. For more information on what it involves contact Beth Mylius (8363 2295/ bmylius@chariot.net.au) or Debbie (83629686/ debsaegy@gmail.com). The committee consists of a Chair, Secretary, Treasurer and up to 7 general members all of which 'volunteer' for a portfolio. We are particularly seeking a secretary, and 3 general members. Potential portfolio areas are 'One Planet' market liaison, membership secretary and events coordinator.



SCSA Community Groups

- * **McLaren Vale** and **Tea Tree Gully** have each had their first meeting.
- * **Burnside** Community Group will start on Wednesday 20 April.
- * Adelaide Hills Sustainable Communities members are discussing starting the **Lobethal-Birdwood-Gumeracha** and **Stirling-Aldgate** Community Groups. This will add two groups to the present Transition Adelaide Hills member group of Sustainable Communities.
- * **Mount Gambier** Community Action for Sustainability has decided to become a member group of Sustainable Communities SA. Beth and Ray Mylius will be speaking at a public meeting in Mount Gambier on 6 May.
- * Homes for new community groups have been offered at **Enfield** and **Hazelwood Park**
- * There is continuing discussion about **Strathalbyn** and **Mount Barker/Macclesfield**.

Inquiries about new community groups to Beth on 8363 2295/ bmylius@chariot.net.au. See our [website](#) for the list of our 20 community groups.

Notes from the One Planet Market

The second market on 19 March was another successful day. Out aims of building community, encouraging the sale or sharing of local garden produce both fresh and preserved and trading with LETS Units continue to be achieved. About 100 people came through. Tommy had a great day offering free toys to any young ones accompanying their parents. While some people learned how to use a Bokashi Bin through workshops run by Mij.

Memberships Renewal on 1 May 2011

All memberships will be due for renewal on 1 May. You will be sent a renewal form in the next week or two with the opportunity to renew at our Members Event on 26 May (follows our AGM). You can also drop in to Beth's house, do a bank transfer or send it by mail. New members who have joined and paid this year have membership valid until 30 April 2012. We do look forward to you all continuing your membership and helping us to build vibrant sustainable communities all over SA. We presently have over 250 members and 20 community groups in 11 council areas!

The Atrium plant nursery has closed. The Atrium has been one of our member shops assisting our members with information, veggie seedlings and discounts for more than two years as one of our Member Shops. We are so sorry that water restrictions caused financial problems. We thank Peter, John and the other staff for their interest and support and wish you all well.

Downshifting

Consumer society relies on the never ending creation of desire for more. But some people manage to break out of the cycle. A 2003 Australia Institute survey found that over the last 10 years 23% of Australians aged 30-59 have made a voluntary long-term change to their lifestyles resulting in a lower income.

The reasons for downshifting identified by the Institute's survey are diverse - more time with family, more balance, more fulfilment. Yet those making the change share a belief that excessive pursuit of money and materialism comes at a substantial cost to their own lives and those of their families.

Reference: *Clive Hamilton. Discussion Paper No. 34 March 2003. The Australia Institute.*

How long does it take to change a habit?

How long did it take for a change of behaviour, such as never putting food waste in the garbage bin, to become automatic? When did you feel uncomfortable when you were on holiday and didn't have a compost bin or a Bokashi bin or a worm farm for the food waste? It is suggested that it takes 66 days! So we need to persist and work at those manageable changes. *The Green Brain* is an interesting article on changing habits in the [gmagazine](#).



100% Renewable Campaign

100% Renewable is a community campaign connecting and supporting local community groups who are working for a renewable energy future. More information is available through [SCSA Yahoo Group](#). If you are interested in this campaign contact Kirrilee Boyd – SA Regional Coordinator 100% Renewables (0405 505 684/ hello@kirrilee.com) or see 100percent.org.au and join us to ensure Australia makes the choice to help turn the vision of a 100% Renewable future into a reality.

WHATS ON

Essential Edibles – Swap & Share
Sun 3 Mar @ Joslin Reserve
9:00 am – 11:00am

(Monthly every 1st Sunday)

For more info contact Lisa 8132 1717.

For other Urban Orchards around SA see www.adelaide.foe.org.au/?page_id=408

SCSA One Planet Market

Sat 16 Apr, 9-12 pm

@ Payneham Community Centre

374 Payneham Road, Payneham

(Monthly every 3rd Saturday)

Includes LETS, Essential Edibles, Native Plants giveaway, Freecycle & refreshments stalls

This month's special workshop:

Jane is offering **15 min Dru Yoga one-on-one sessions** (U10 LETS/ free for non-LETS). Jane describes it "Movements to refresh your energy, reduce tension and tiredness, and feel GOOD!! No tying in knots, no need to get on the floor, very kind to sore backs, necks, shoulders etc. Simple yoga outside or inside, with meditative and mindful movements. It's good for

Kalangadoo Farmers Market

Sat 9 April @Uniting Church Hall
 Eliza St, Kalangadoo.
10am – 2 pm.

TAW Reskilling Event

Sat 16 Apr

@ Glandore Community Centre
 Naldera St Glandore

Chance for anyone who has any skills to share, and anyone who would like to learn, to get together, share practical skills, stories, ideas, resources and lunch. reskillingfestival.wordpress.com/

WANTED - Gardeners to join our Backyard Community Group Gardening.

Our Backyard Community Group Gardens at Felixstow, St Peters, Royston Park and Kensington Park are looking for another gardener or two. We have been delighted with the "win-win" of our gardens as it has provided more benefit for some of the owners of the gardens than we had anticipated. It is both a real community building activity and a food production opportunity. For more information please contact Beth (8363 2295/bmylius@chariot.net.au).

What's in Season Locally?

Fruits: Apples, Raspberries, Strawberries, Grapefruit, Grapes, Lemons, Oranges, Pears, Persimmons, Pomegranates, Quinces, Rhubarb.

Nuts: Almonds, Chestnuts, Hazelnuts, Walnuts.

Veggies: Basil, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Capsicums, Carrots, Cauliflower, Corn, Celeric, Celery, Cucumbers, Eggplant, Garlic, Leeks, Lettuces, Field Mushrooms, Onions, Peas, Potatoes, Pumpkin, Silverbeet, Spinach, Squash, Tarragon, Thyme, Tomatoes, Turnips, Watercress, Witlof, Zucchini.



What to Plant

Beetroot, Broad beans, Broccoli, Brussels sprouts, Burdock, Cabbage, Carrot, Cauliflower, Chives, Collards, Corn Salad, Endive, Florence Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mizuna, Mustard Greens, Onion, Oregano, Pak Choy, Parsley, Peas, Radish, Rocket, Shallots, Silverbeet, Snow Peas, Spinach, Swedes, Turnip.



More details at www.gardenate.com/?zone=2.

Eating Vegetarian

Eggplant & Zucchini Parmigiana

from Amanda Johnston

A great easy casserole to use up any excess zucchini from your garden! To share your favourite vegetarian recipe with other members email Dinali (ddinali@yahoo.com.au).

- 1 eggplant, thinly sliced lengthways
- 2 medium zucchini, thinly sliced lengthways
- 1 medium onion, thinly sliced
- 1 garlic clove, crushed
- juice of 1 lemon
- 180g grated Parmesan cheese
- 2 jars pasta sauce (bought or homemade)



1. Preheat oven to 180 °C. Grease a lasagne dish and rub with the crushed garlic clove.
3. Assemble the following layers in this sequence: eggplant, zucchini, onion, sprinkling of lemon juice, spread of pasta sauce, generous sprinkling of cheese. Repeat layers until you reach the top of the baking dish or run out of ingredients. Finish with a layer of pasta sauce and a generous sprinkling of cheese.
4. Bake, uncovered, for 1 hour 15 minutes or until golden brown. Serve as a main dish or as a side vegetable dish.