



Sustainable Communities SA

Beth Mylius: NPSP Citizen of the Year

Beth, our first Chairperson and now Development Convenor, has been named Citizen of the Year 2011 for the City of Norwood Payneham and St Peters (NPSP). The citation focussed on her success in establishing Sustainable Communities SA (SCSA) and stimulating a range of activities in the community directed towards sustainability. In his Australian Day presentation address, Mayor Robert Bria drew attention to Beth's creativity and energy, and her skill in building relationships between people. Mr Bria noted that from its foundation in NPSP, SCSA was now active in many other council areas.

In her response Beth said that the effectiveness of SCSA derived from the dedicated efforts of the members especially within the community groups. She invited people to consider joining SCSA and participating in making the changes we anticipate will be needed due to climate change and our over-use of the earth's resources.

One Planet Market Starts Sat 19 Feb

To be held every third Sat of the month from 9-12pm at the Payneham Community Centre, cnr Payneham Road and Arthur Street.

SCSA developed this market with the aims encouraging local production and the development of a local economy, as well as to fostering community relationships, resilience and self-reliance.

While the market will be held in Payneham it is open to all Adelaide residents. We are the people who can bring about a one planet ecological footprint.

Member Shop Profile - Marden Health Food Shop

The Marden Health Food Shop gives you the opportunity to reduce your use of the Supermarket, reduce packaging and buy more local product.

Maria is an interested member of Sustainable Communities and is always happy to talk about from where the produce is sourced. You can also purchase in bulk.

Marden Health Food Shop is located in the Marden Shopping Centre, competing with Woolworths right next door.

Transition Adelaide West Reskilling Festival

Sat 16 Apr @ Glandore Community Centre. Opportunity for people interested in transition to get together and share skills, and invite the wider community to get involved. Details are still being planned, regular updates will be posted at reskillingfestival.wordpress.com. To make a contribution to the event or help with organisation phone Kim Hill on 8355 1527.

Sharing Books on Sustainability

To create another source of information for our members, SCSA is putting together a list of books that members are willing to lend to each other. If you have any books you be willing to add to the list please email Dinali at ddinali@yahoo.com.au



The Economy – so what?

Through 2010 a group of our members has been thinking about the significance of the economy in the context of climate change and resource depletion. Day-to-day news on financial and economic matters seems to be telling us that the economy is of primary importance. That is back to front. **Human well-being is primary, and the economy is there to ensure our well-being.**

Most Australians have become richer in the last 50 years but they are no happier. Happiness is one aspect of our well-being. Well-being comes from developing

as a person and feeling that our lives are worthwhile. Well-being can be increased by our relationships with family and friends, satisfying work, creative leisure activities and living in a peaceful society.

In future newsletters we will offer some ideas about actions to consider in relation to the economy, and specifically those things that enhance opportunities for well-being in our communities and factors that limit well-being.

For the latest developments in sustainable living join our [Yahoo email group](#). Visit [our website](#) for a complete list of our member shops, community group meeting times and a range of useful information on how to be more sustainable.

WHATS ON

Joslin Community Group's Essential Edibles – Swap & Share Market



Sun 6 Feb @ Joslin Reserve
9:00 am – 11:00am

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 19 Feb, 9-12 pm

@ Payneham Community Centre

374 Payneham Road, Payneham
(monthly every 3rd Saturday)

includes LETS, Essential Edibles, Native
Plants giveaway & tea and coffee stalls

SISLETS Community Market

Sat 5 Feb, 10.30 – 12.30pm

@ the Clarence Park Community Centre

74 East Ave, Black Forest

Urban Orchard

swap your surplus backyard produce

every Sat in Feb, 10.30 -11 am

@ the Clarence Park Community Centre

74 East Ave, Black Forest

Sustainable Garden Open Day

Sat 27 Feb, from 1pm

8 Bellchambers Crt, Modbury Heights
enquiries to Makin Greens 82656607

entry by gold coin donation

- see a reto-fitted DIY shower and laundry grey water system, DIY fake double-glazing & rainwater system
- wander through the grow-your-own-food garden and sample produce
- BYO surplus garden produce to swap (event will be rescheduled in case of very hot weather)

Seminar: Grow Fruit & Veg at home

Presenter: Graham Brookman from the
Food Forest

Thurs 3 Mar, 6.30-8.30pm

Plympton Community Centre, 34 Long St
Bookings essential - Amy Bruckman (City
of West Torrens) on 8416 6333/
abruckman@wtcc.sa.gov.au.

Where does it all go?: tour of Glenelg Waste Water Treatment Plant

Sat 19 Mar, 9.30 - 1 pm

Bus tour departs 1 Brooker Terrace, Hilton
Bookings essential - contact Amy Bruckman
on 8416 6333/ abruckman@wtcc.sa.gov.au.

Ethical Paper Campaign

The Wilderness Society has launched an Ethical Paper Campaign asking people NOT to buy Reflex Paper until the manufacturer Australian Paper stops sourcing timber from native forests. See www.ethicalpaper.com.au. For further information on producers of recycled paper see ACF's [Habitat January 2011](http://www.wilderness.org.au/campaigns/forests/paper) or www.wilderness.org.au/campaigns/forests/paper.

What's in Season Locally?

Almonds, apples, basil, beans, beetroot, berries, capsicums, corn, cucumbers, eggplant, figs, garlic, grapefruit, lemons, marrow, melons, nectarines, onions, oranges, peaches, peas, pears, plums, pistachio, pumpkin, sage, squash, tarragon, thyme, tomatoes, turnips,



What to Plant



Amaranth, Beetroot, Broccoli, Brussels sprouts, Burdock, Carrot, Cauliflower, Chives, Collards, Coriander, Cucumber, Dwarf beans, Endive, Florence Fennel, Kohlrabi, Leeks, Lettuce, Mustard greens, Onion, Oregano, Parsley, Radish, Rosella, Salsify, Shallots, Silverbeet, Swedes, Sweet corn, Turnip.

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

Eating Vegetarian

Beth Mylius's Green Tomato Pickles

1 kg onions finely chopped
3kg green tomatoes finely chopped
3 tablespoons cooking salt
3 cups white or cider vinegar
½ teaspoon ground black pepper
1 kg sugar
8 tablespoons vinegar (extra)
3 scant tablespoons curry powder
3 scant tablespoons mustard powder

1. Combine onions and tomatoes in bowl, sprinkle with salt, mix well. Cover and leave overnight.
2. Next day – drain off liquid. Place onions & tomatoes in a large saucepan, add vinegar, pepper and sugar and bring to the boil. Boil for 1 hour, stirring often.
3. Mix extra vinegar with dry spices and stir into green tomatoes & onions mixture. Boil 5 minutes or until thickened and well combined.
4. Pour into sterilized jars and seal.

Eat immediately or store in a cool, dry and dark place for up to 2 years.

Sustainable Tip - from Lisa Lanzi

Creepy Crawlies 🐜 – **Ants:** Boiling water can be poured into the nest – *or* – Borax mixed with sugar or jam and placed on the ant trail (Borax is poisonous to humans and animals so make sure children and pets cannot access this mix.) – *or* – Crushed cloves will repel ants.
Cockroaches: Borax mixed with honey or jam (again make sure children and pets cannot reach mix) – *or* – Seal cracks around drainage pipes.