



**Normanville
Natural Resource Centre**
3/50 Main Street Normanville SA 5204



NEWSLETTER

Issue 22 AUTUMN 2016

EVENT CALENDAR 2016

Saturday 5th March - Veggie Swap

Sunday 6th March - Clean Up Australia Day

**Thursday 10th March - Garden Group trip to Pangarinda
Arboretum at Wellington**

Monday 21st March - Working Bee removing tree guards and pruning

Thursday 31st March - Local Walk at Wirrina

Saturday 2nd April - Veggie Swap

Saturday 16th April - Local Geology Walk

Thursday 21st April - Garden Group visit to local native garden

Saturday 7th May - Veggie Swap

Thursday 19th May - Garden Group visit to members garden

Saturday 4th June - Veggie Swap

CLEAN UP AUSTRALIA DAY



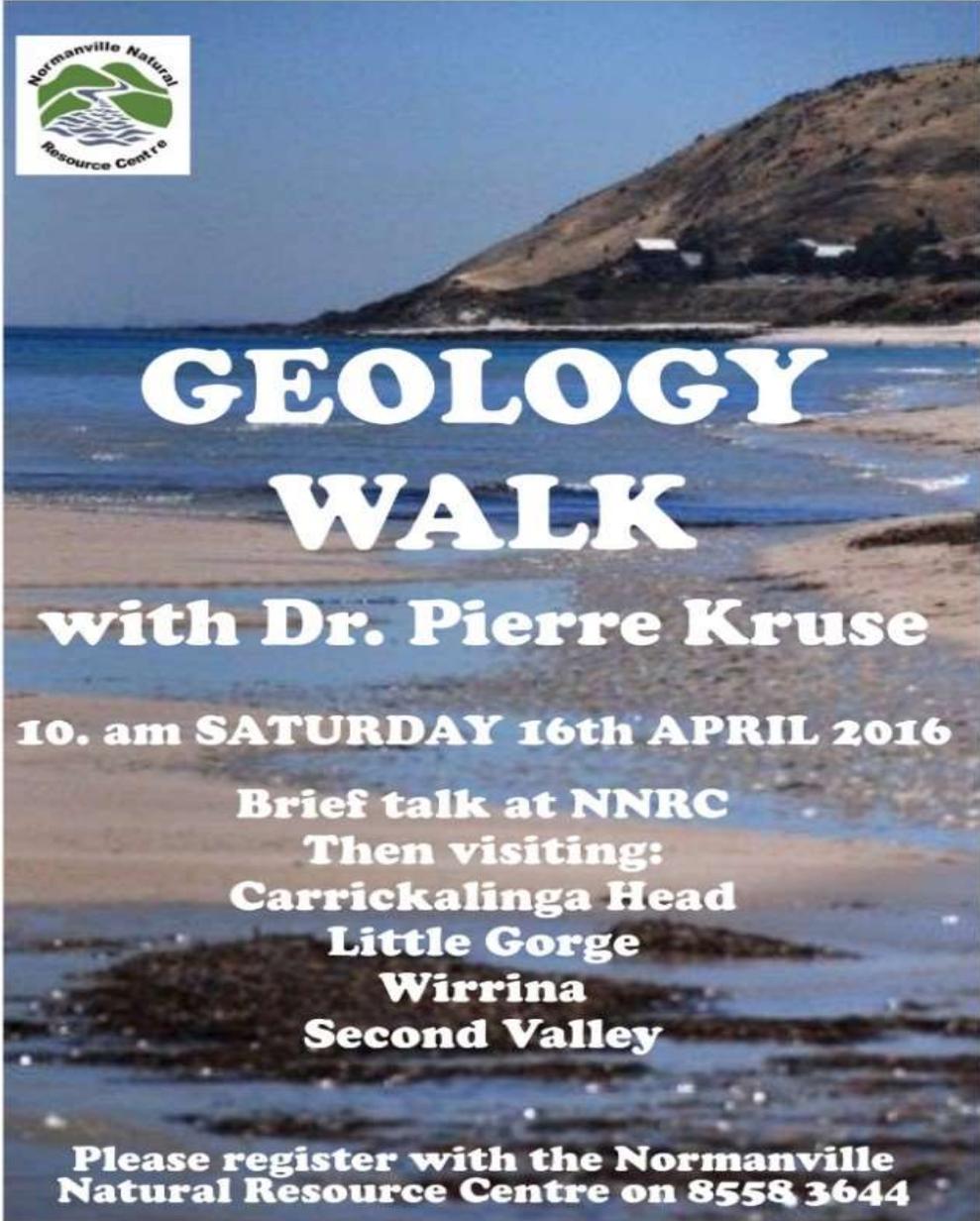
It's time to take a look around your local area – your streets, parks, sporting grounds, beaches, bushland and waterways to find those rubbish hotspots that need attention and register for Clean Up Australia Day on Sunday 6 March 2016.

In 2015 more than 535,000 volunteers removed an estimated 14,000 tonnes of rubbish from 6,890 sites across Australia.

Come on everyone - 2016 is your chance to get involved and join the hundreds of thousands of volunteers who will grab their white and yellow bags and don their gloves to clean up their local community. Over the last 26 years volunteers have donated more than 29.8 million hours towards caring for the environment through Clean Up Australia Day, removing the equivalent of 315,776 ute loads of rubbish from 158,809 sites across the country.

Please contact the centre if you could spare an hour or two to help us in your local area or register on line at www.cleanupaustaliaday.org.au

Working Bee - Can you also spare an hour to help us collect tree guards and maybe prune a few of the plants which we planted last July on National Tree Planting Day at Carrickalinga on Monday 21st March at 9.30 am? The more helpers we have the quicker we get it done! Please contact the centre on 8558 3644 to register - Thanks!



**GEOLOGY
WALK**

with Dr. Pierre Kruse

10. am SATURDAY 16th APRIL 2016

**Brief talk at NNRC
Then visiting:
Carrickalinga Head
Little Gorge
Wirrina
Second Valley**

**Please register with the Normanville
Natural Resource Centre on 8558 3644**

HOODED PLOVER UPDATE

From Myponga Beach to Lands End **NINE** Hooded Plover chicks have fledged this season making this our most successful breeding season on record. They fledged from:-

- Myponga Beach - 1 in November
- Carrickalinga Beach - 2 in February
- Normanville South Beach (near the Bungala Estuary) - 1 in November and 2 in February
- Lands End - 1 in December and 2 in February

Thanks to all the amazing Hooded Plover volunteer monitors who have put in heaps of hours keeping an eye on these vulnerable beach nesting birds.

The photo below shows one of the Carrickalinga chicks which we were able to flag at the end of February. BirdLife Australia rely on reportings of these birds once they have been flagged in order to build up a 'history' for each flagged individual and learn about its movements, breeding partner/s and longevity.



Did you know Hooded Plovers could swim? We could not work out how the chicks were getting from one side of the estuary to the other until we were able to catch one of the chicks swimming across the Bungala River when they were only a few days old!



NATURAL HAIR & BODY PRODUCTS WORKSHOP

This was a really popular workshop given by Pam Marshall from the Self Sufficiency Shoppe. We made a spray and powder deodorant, tooth powder, foot powder and shampoo to take home. If you would like to make your own shampoo the recipe is below.

Homemade Shampoo

There are many good quality commercial hair products that contain less toxic ingredients - but they are expensive. If on a budget and more practical about environmentally friendly solutions than homemade alternatives are the answer.

The very best natural shampoo is egg (for those of us that can remember the days of 'egg cream shampoo') - it's high in protein, froths like shampoo and wonderful for hair health. But if the thought of using fresh eggs or bicarb soda for your 'hair shampoo' is a little overwhelming then try using a bar of soap in place of commercial shampoo to wash your hair.

Soap is gentle, contains less chemicals, is environmentally friendly and is much less likely cause adverse reactions in the body. It will still provide that frothy shampoo experience but without the powerful grease stripping properties detrimental to hair health. Even better this herbal soap-based shampoo will enhance even further healthy hair:

Herbal Soap-based Shampoo:

Grate half a bar of soap into a bowl. Add approx. 650ml of boiling water and 1 teaspoon washing soda or bicarb soda (optional - but will enhance frothing). Blend until soap has fully dissolved. When cooled add 2 tablespoons almond oil (or grape-seed oil - a cheaper alternative) and 10 drops each of rosemary and lavender essential oils. Stir well. Pour into a screw top jar ready for use - use in the same way as commercial shampoo

Horse SA Educational Farm Walk

9.30 am - Sat 28 May 2016 - Aldinga - Free

with Andy Cole, Land Management Advisor



Come along for a guided walk around a horse property, share ideas and find out about managing horses on small properties. Experienced or potential horse property owners welcome.

Bring along pasture plants & weeds for ID, soil sample for testing pH, paddock water sample for salinity testing and a buscuit of hay for discussion.

Register early, as spaces are limited!

Register here: <https://www.surveymonkey.com/r/Aldingahorse>
(meeting point location provided a few days before the event) Photo: iStock



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and Veggie Swap facebook at

<https://www.facebook.com/NormanvilleVeggieSwap>

NORMANVILLE NATURAL RESOURCE CENTRE
3/50 MAIN STREET, NORMANVILLE SA 5204

OPEN: 10 am - 3 pm Mon, Tues,
Thurs & Fri

Management Committee:

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Treasurer - Nigel Duncan

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