



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

# NEWSLETTER

**Issue 15—Winter 2014**

## PLASTIC FREE JULY

Here at the centre we are embarking on a huge challenge – to go Plastic Free during July and we are asking **you** to join us! This is a purely voluntary experience. It is not a competition but an awareness raising event and will hopefully be a fun experiment! It would be great if we could all avoid plastic during July, but understand it might not be possible in all situations.



Items included are plastic shopping bags, plastic cups, straws, plastic packaging - basically anything that is intended only to be used once and then sent to landfill. If refusing ALL single use plastic sounds too daunting this time, try the 'TOP 4 challenge' - straws, plastic bags, plastic bottles & coffee cup lids.

The rules:-

1. Attempt to consume no single-use plastic during July
2. Remember it's not going to be easy! It is a challenge, not a competition!
3. Collect any unavoidable single use plastic you buy and share with us at the end of July.
4. It is up to you how long you participate, we encourage you to do it for a month, but you might prefer just a day or a week!



Every participant who joins the challenge during July will go in the running to win a 'Plastic Free' Goodie Box filled with innovative ways to replace soft plastics.

**To register for any of the events (see page 2) or just to be part of 'Plastic Free July' please contact the centre on 8558 3644.**



SUPPORTED BY THE Adelaide and Mount Lofty Ranges Natural Resources Management Board

## BAG IT MOVIE

To launch Plastic Free July we are showing the movie – **BAG IT** on Saturday 28<sup>th</sup> June at 10am at the Yankalilla Youth & Community Centre. This film is an amusing look at one person's global tour to unravel the complexities of our plastic world. It starts as a film about plastic bags and evolves into a wholesale investigation into plastic and its effect on our waterways, oceans and even our own bodies. We see how our crazy-for-plastic world has finally caught up to us and what we can do about it!! We also hope to have a speaker on recycling plastic.



## SUNTRALIS FOOD TRIP

On Thursday 3<sup>rd</sup> July we will be going up to Suntralis Foods at Lonsdale, a bulk self serve food outlet armed with our own containers to purchase all those items we need, but can not buy in July because they are wrapped in plastic.



## NATURAL SKIN CARE WORKSHOP

On Saturday 19<sup>th</sup> July at 10 am at the Yankalilla Youth & Community Centre, Pam Marshall from the Self Sufficiency Shoppe will be presenting a Natural Skin Care Workshop. The Natural Skin Care Workshop is the most popular of all Pam's workshops, a reflection of the significance of skin-care and cosmetics in society. You will make a facial scrub, skin cream and baths salts in your own plastic free containers. Everything is made from 5 natural ingredients. If you would like to find out more about Pam and her Shoppe visit



## NATIVE COTTAGE GARDEN

**The Centre would like to invite you to be involved in our exciting new project. We are establishing a Native Cottage Garden in Bungala Park next to the old cottage. It will not be very time consuming but we would love to have your help!!**

## MEMBER SURVEY

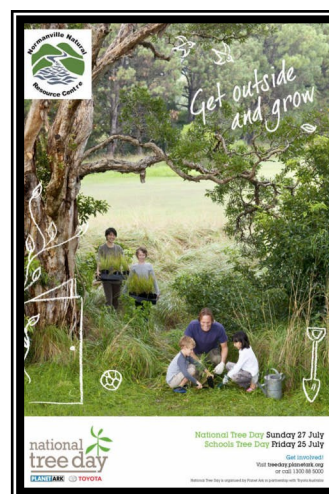
In the next month we will be sending out a survey to all members via Survey Monkey. It is quite short and easy to fill out. The Resource Centre would really appreciate you spending a few minutes answering the questions in this survey which will help us to know what the local community expects from the centre in the future.

## NATIONAL TREE PLANTING DAY

**Can you spare a couple of hours to help us with this project?**

Sunday 27th July is National Tree Planting Day and we will be again planting along the river in Bungala Park. We have over 500 seedlings to plant and the more people helping the quicker we will finish and be able to enjoy a gourmet lunch in the park.

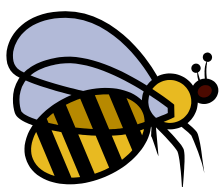
National Tree Day aims to inspire, educate and recruit Australians to actively care for our unique land and create future generations of committed environmental custodians. Hope to see you then!



## BEE HOTELS

What an exciting afternoon we had in May making Bee Hotels at the centre. We started by putting roofs over some beautiful pieces of wood and then drilling different sized holes before attaching wire or rope to hang them from trees. We also made very simple ones using pvc piping filled with different sizes of bamboo. Archie Gibb's (photo below) incorporated the 2 methods by making a very neat looking home for his native bees. For more info on bee hotels visit

<http://www.abc.net.au/local/videos/2013/03/01/3701533.htm>





## FIND US ON FACEBOOK

At <https://www.facebook.com/pages/Normanville-Natural-Resource-Centre/198759690265524> and visit the Veggie Swap Facebook page at <https://www.facebook.com/NormanvilleVeggieSwap> to share knowledge and wisdom with other veggie growers.

## CALENDAR OF EVENTS

**Saturday 7th June—Veggie Swap at NNR Centre**

**Saturday 28th June—Movie 'Bag It' - Plastic Free July Event \***

**Thursday 3rd July—Trip to Wholesale Food Outlet \***

**Saturday 5th July—Veggie Swap at NNR Centre**

**Sunday 6th July—Garden Group visit local private garden**

**Saturday 19th July—Natural Skin Care Workshop\***

**Sunday 27th July—National Tree Planting Day\***

**Saturday 2nd August —Veggie Swap at NNR Centre**

**Thursday 7th August—Recreate\***

**Saturday 6th September —Veggie Swap at NNR Centre**

**Saturday 4th October—Yankalilla Show & Veggie Swap**

**\*Need to book for these events by phoning 8558 3644 or by emailing the centre.**

### **NORMANVILLE NATURAL RESOURCE CENTRE**

**3/50 MAIN STREET**

**NORMANVILLE SA 5204**

Management Committee:

President—Matt Robertson

Secretary—Jacqui Salkeld

Treasurer—Nigel Duncan

Ph./Fax. (08) 8558 3644

Website: [nnrc.com.au](http://nnrc.com.au)

Email: [admin@nnrc.com.au](mailto:admin@nnrc.com.au)