



## Welcome

Baby its cold outside! Check out all the latest sustainability news and Smart Living Events in the winter issue of our newsletter.

## Captains Corner

This issue of the Smart Living newsletter is full of great ideas to keep you and your loved ones warm this winter, keeping your garden thriving over winter, as well as a list of all the green events happening around Warrnambool to keep you out and about and socialising. Grab yourself a hot chocolate and settle in somewhere cosy while you catch up on all the Smart Living News.



## World Environment Day

World Environment day was celebrated on Friday 5<sup>th</sup> June 2015. This year the logo was seven billion dreams. One Planet. Consume with care. People were invited to share their environmental dream with the hashtag #7BillionDreams

Check out what people from all over the earth wrote as their dreams at [www.unep.org/wed](http://www.unep.org/wed)



World Environment Day 2015  
**Seven Billion Dreams.  
One Planet.  
Consume with Care.**  
June 5



## Community Development fund

Warrnambool City Council's Community Development Fund opens for Applications on July 1<sup>st</sup> 2015 and will be open until 31<sup>st</sup> July. The fund is to assist organisations in developing environmental sustainability programs, projects, activities or events based within Warrnambool city.

The Council's Sustainability team will give grants to community projects that improve water quality, reduce waste, energy or water use or educate the community about environmental and sustainability issues.

More information is available from [www.warrnambool.vic.gov.au](http://www.warrnambool.vic.gov.au)

## Premier's Sustainability Awards 2015

Entries are now open for these awards and will close on Monday 13<sup>th</sup> July.

This years categories are:

- |                                 |                       |
|---------------------------------|-----------------------|
| Built Environment               | Community             |
| Education                       | Environmental Justice |
| Environmental Protection        | Government            |
| Health                          | Large Business        |
| Innovative Products or Services |                       |
| Small and Medium Enterprise     |                       |

To find out more info visit [sustainabilityawards.vic.gov.au](http://sustainabilityawards.vic.gov.au)

Finalist will be announced in Mid September and the big awards ceremony will be held on Thursday 29<sup>th</sup> October 2015



# SMART LIVING





## 10 tips for a warm House

Environment Victoria provide these top tips for keeping your house warm this winter:

1. Use Heavy curtains to stop heat escaping from your windows
2. Install insulation (or top up thinning insulation)
3. Seal up cracks or gaps that let the cold air in
4. Install pelmets on top of your windows
5. Only heat your rooms to around 20
6. Close off any rooms that are not in use
7. Let the sunshine in (when you do see it!)
8. Insulate your hot water pipes
9. Focus on warming the people not your house
10. Maintain your heaters

For more info visit: [environmentvictoria.org.au](http://environmentvictoria.org.au)

## Don't forget to keep your pets warm

Keeping your pets warm during winter is crucial not just for their comfort but for their health as well. Just like us, your pets need warm bedding that they can snuggle up in to keep warm. If your fur family member is sleeping in a cold laundry or outside you can use a heat mat or a hot water bottle in a cover to give them some extra warmth.



If your pet is outside, even just during the day, make sure they have adequate shelter that is raised off the ground.

Very young or very old pets will be More vulnerable so make sure you provide sufficient provisions for them to stay warm. Get your pet a coat, not only will they look super cute but they will also be nice and toasty!



## The impacts of cold on cattle:

### Recognising what lack of shelter costs your farm.

The basic needs of cattle - adequate food, water, air, shelter, treatment, comfort and the freedom to move and express normal behaviour patterns - **must** be met under Section 9 of the *Prevention of Cruelty to Animals Act 1986*. Cold and heat both cost our economy many hundreds of thousands of dollars in lost income every year. If you don't know what it is costing you then it's time to get wise.

Winter weather makes us yearn for more tucker – and the same applies to stock. When they are cold they need to eat more to maintain body temperature and functions. For example a yearling's energy requirement may increase 2.5 fold during an extreme winter event – that is several days of cold driving wind and rain. Where cold stress is likely, providing shelter in the form of native species wind breaks and increasing the availability of highly digestible and palatable feed will assist cattle to maintain normal body temperature and production - thus minimising the effects of cold stress.

For dairy animals cold reduces milk yield by up to 1.34kg per day. If unable to shelter from the cold they use the food you often buy in for keeping warm instead of growing/producing. Sheep grow 25% less wool and their lambs are 50% more likely to die in unsheltered paddocks.

To find our more researched facts about the costs of cold – email [basalttobay@gmail.com](mailto:basalttobay@gmail.com)

For your free copy of *The Economic Benefits of Native Shelterbelts Report*.





## Office Tips

Here is a list of ten easy to action practices your office can take to become more sustainable now:

- Introduce a recycling bin system
- Buy green power
- Appoint a 'Green Team'
- BYO mug when purchasing coffee
- Discourage plastic cups and bottles
- Only use dishwashers when stacked full
- Read reports online
- Buy recycled or sustainably sourced paper
- Reuse stationery
- Refill, rethink or recycle all printer cartridges



## Green Thumbs needed

Flagstaff Hill are starting a gardening club to help with the gardens within the historical precinct. They will supply all tools and equipment and the guidance of their on site gardener Phil!

Come along and volunteer your gardening skills in this spectacular setting.



For more information contact Cindy Kelly on 5559 4600 or [ckelly@warrnambool.vic.gov.au](mailto:ckelly@warrnambool.vic.gov.au)

## Garden Planting

Winter is a great time to get out and get the vegetable patch restocked after summer. The conditions are ideal to plant the following:

- Artichoke
- Asparagus
- Broad beans
- Broccoli
- Cabbage
- Cauliflower
- Garlic
- Leek
- Spring Onions
- Peas
- Lettuce
- Onions
- Radish
- Rhubarb
- Snow Peas
- Spinach
- Leek



Did you know that the first umbrellas were made in China and were designed for shade not to protect from rain. In fact most early umbrellas were made from paper!



**CLEANER, GREENER, SMARTER**





## Sustainability Events coming up: Propagation Night

The Society For Growing Plants Warrnambool & District Group is having a Propagation Night where People can come along and learn how to sow seeds and put in cuttings of their favorite native plants. This is a free event with supper provided.

Where: Mozart Hall, Gilles St, W'bool  
When: Fri 26<sup>th</sup> June 2015 from 8.00pm  
More Info: [ksparrow93@gmail.com](mailto:ksparrow93@gmail.com)

## National Tree Day – Reveg the Flume!

Rain, hail or Shine! If you have gloves and a spade, bring them along, if not use the ones provided. Wear clothes and shoes to suit the weather. Bring your family, friends and good humour!

Where: The Flume, Warrnambool  
When: Sun 26<sup>th</sup> July 10am – 12 noon  
More Info: [wclg@live.com.au](mailto:wclg@live.com.au)

## Green Drinks:

Green Drinks is a monthly informal networking event for anyone interested in studying or working in the environmental field.

Green Drinks are held at the Last Coach on the first Thursday of the month from 5.30pm – 7.30pm.

Please note the July Green Drinks will be replaced with the Green PechaKucha night. (see next article!)



CLEANER, GREENER, SMARTER

## Green PechaKucha Night

Want to share what your group is doing? Want to network with other environmental groups in the region? Or just interested to know what's happening? Then this event is for you!

Presentations kick off at 5.40pm and will be every 10 minutes until done, so lock in a time ASAP. Free finger food will be provided with drinks at bar prices.

Where: The Pavillion, Warrnambool  
When: Thurs 2<sup>nd</sup> July from 5.00pm-8.30pm  
More Info: [kwales@warrnambool.vic.gov.au](mailto:kwales@warrnambool.vic.gov.au)  
or Karen Wales 0408 998 244

*PechaKucha*  
20 X 20  
IMAGES SECONDS

## Deakin University – Sustainability Day

Are you a student at Deakin? Then get along to their Sustainability Day on campus and be inspired to think about the environment and change the way you live.

Where: Deakin Cafe  
When: Tues 21<sup>st</sup> July from 12.00-2.00pm  
More Info: [lorelle.crute@deakin.edu.au](mailto:lorelle.crute@deakin.edu.au)

## Contact us

If you would like more information on any of the items in the newsletter or if you wish to be removed from the mailing list please contact **Helen Sheedy** (Sustainability Officer) on [hsheedy@warrnambool.vic.gov.au](mailto:hsheedy@warrnambool.vic.gov.au) or (03) 5559 4439

