












Calendar of Activities: JULY 2009

	Date	Time	Description of Activity/Workshop	Venue	For bookings
	Wednesday 1 July	9am – 1:30pm Bookings essential	FREE Hungry for Change, NSW Food Summit, Illawarra Regional Forum: On 22-23 October this year, the Sydney Food Fairness Alliance will hold the NSW Food Summit. This summit will be the culmination of events across the Greater Metropolitan Sydney area, including the Illawarra. This is your opportunity to contribute to the future of a safe, affordable, sustainable food system. Speakers include Terry Clout (CEO South East Sydney Illawarra Area Health Service), Andrew Carfield (Director Planning and Environment, Wollongong City Council), Dr Rosemary Stanton, Dr Susan Thompson (UNSW), Cllr Sandra Macarthy (Mayor, Kiama Council). <i>This event is open to all and organised by Food Fairness Illawarra, in association with the Sydney Food Fairness Alliance.</i>	Main foyer, Building 41, University of Wollongong	Registration forms at www.healthycitiesill.org.au , phone Jenny Norman on 4226 5000, email jennyn@healthycitiesill.org.au
	Wednesday 1 July	10.30am – 12 noon Bookings essential	Composting and Worm Farming Workshop in Wollongong - Learn the basics of two ways to reduce your ecological footprint and give your food scraps new life! In this workshop you will learn how to set up and maintain a worm farm and also how to develop and look after a healthy active compost heap. Find out the best system for you to use in your home environment and how to solve simple worm farm and compost problems. Please bring something to add to the compost or worm farm. <i>This activity is run by Wollongong Council and is available to Wollongong residents only.</i>	Discovery Centre, Wollongong Botanic Gardens	Lisa 4227 7262
	Saturday 11 July	9:00am – 12:00 Bookings essential	FREE Attracting Native Animals to Your Garden Workshop in Kiama - In the Illawarra we have many fascinating animals living around us – in our gardens, over the back fence and in the trees and bushland in our streets. Come to this interactive workshop and learn more about our four legged neighbours and how you can encourage them to stay around. Facilitated by local wildlife guru Peter Nolan from Habitat Ponds, you'll get hands on experience of building a habitat garden, and be able to view preserved animal specimens, to get a close up look at local fauna. <i>This is a Sustainable Illawarra activity and is open to residents of Wollongong, Shellharbour and Kiama Council areas only.</i>	Kiama	Byron 4232 0465

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	Saturday 11 July	9am – approx 1pm Bookings essential	FREE Mt Keira to Wollongong Botanic Gardens via Robertsons Lookout Bushwalk - This amazing Bushwalk will take you through the Open Forest and Heath of the Illawarra Escarpment. We'll look for signs of animals such as wombats and search for carnivorous plants, and food plants such as Sarsparilla and Mat Rush, along the edges of the trail. The Mount Keira Ring Track passes through awesome Rainforest and Majestic Turpentine forest, with some giant trees the loggers spared. The Ken Ausborne track shows how a cleared forest regenerates and contains a rarely seen Brush Turkey Nest Mound. To finish, we'll enter the beautiful Wollongong Botanic Garden and walk through the Rainforest section to the Discovery Centre. This walk is of medium difficulty, though is suitable for children over five years. <i>This is a Sustainable Illawarra activity and is open to residents of Wollongong, Shellharbour and Kiama Council areas only.</i>	Wollongong	Discovery Centre team 4229 2600
	Saturday 11 July	9am – 12 noon Bookings essential	FREE Composting, worm farming and Bokashi Bin Workshop in Kiama - Come and learn the basics of successful composting and worm farming, as well as the revolutionary Bokashi bin system. Each household participating in the workshop will receive a FREE COMPOST BIN, or can purchase the Bokashi Bin at a reduced rate. This offer is only available to Kiama Municipality residents who have not received a compost bin when attending a composting workshop in the last 12 months. <i>This activity is run by Kiama Council and available free of charge to Kiama Municipality residents only.</i>	Girl Guide Cottage, Hindmarsh Park, Kiama	Josephine 4232 0553 or josephines@kiama.nsw.gov.au
	Sunday 12 July	Morning Bookings essential	FREE Earthworks! in Shellharbour Learn how to set up a compost bin or worm farm to manage your kitchen waste, produce valuable fertilisers and soil conditioners for your garden and minimise odour from your garbage bins. Participants will receive a free compost bin on completion of the course! <i>This activity is run by Shellharbour Council and available free of charge to Shellharbour residents only.</i>	Oak Flats Neighbourhood Centre, Fisher Street, Oak Flats	4221 6111
	Friday 17 July	7:30am – 2:30pm	GreenPlan Plant Collection Day in Wollongong – Plants are available to Wollongong City Council residents only at a minimum cost. <i>This activity is run by Wollongong Council and is available to Wollongong residents only.</i>	Wollongong Botanic Gardens Nursery, Northfields Avenue, Keiraville	4225 2636

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	Saturday 25 July	9:00am – 12:00 Bookings essential	FREE Creating a Frog Pond workshop in Wollongong - Come along to this informative workshop, and learn the basics of installing and maintaining a frog pond in your backyard. Facilitated by local wildlife guru Peter Nolan from Habitat Ponds, you will also learn about the importance of creating habitat to attract frogs, and how you can ensure they have a safe and healthy environment to live within. <i>This is a Sustainable Illawarra activity and is open to residents of Wollongong, Shellharbour and Kiama Council areas only.</i>	Wollongong	Lynne 4227 3859
	Saturday 25 July	10am – 1pm (approx) Bookings essential	FREE Blackbutt Forest Walk – Blackbutt Reserve is home to an incredible diversity of plants and animals. It remains as a living reminder of the extensive forest that originally covered the Shellharbour district. Come and explore this precious remnant of towering Eucalyptus pilularis forest. Learn about the Dry Subtropical Rainforest and the Lowland Grassy Woodlands, both endangered ecological communities, which survive within this reserve. Listen to accounts from dedicated volunteers on how they are dealing with weeds and other challenges. Please bring sensible walking shoes, hat, lunch, drink, and camera and note book to record observations. <i>This is a Sustainable Illawarra activity and is open to residents of Wollongong, Shellharbour and Kiama Council areas only.</i>	Blackbutt Reserve, Shellharbour (confirm meeting place upon booking)	4221 6111
	Friday 31 July	Bookings essential	FREE 5 week Permaculture course - Come and participate in creating a permaculture garden in this hands-on workshops series. Learn about designing your garden at home, and how to create a healthy environment for your plants and your family. This course will reduce your waste and increase your resources. Running over 5 weeks, and we will meet every second week on Tuesdays.	Discovery Centre, Wollongong Botanic Gardens	Penny 4227 7484 on Tuesdays, Wednesdays or Fridays

	Date	Time	Description of Activity/Workshop	Venue	For bookings
	Saturday August 1	1pm start	<p>FREE Clothes Swap Event - Refresh your wardrobe, save money and reduce your ecological footprint at our first Sustainable Illawarra clothes swap event!</p> <ul style="list-style-type: none"> • Bring along items you don't wear that are in good condition and laundered (i.e. new or lightly used). You can bring maximum of 6 items only. • Upon arrival items will be checked, sorted and displayed – you'll receive one token for each item. • During the check in time, you can enjoy a fair trade coffee from the Port Kembla Men's Group, check out the Sustainable Illawarra and Flame Tree Community Food Co-op stalls, and be entertained with a performance by Theatre in a Wheel Barrow • A tailor will be on hand to make any alterations to your 'new to you clothes' for a small donation • Clothing can be also be dropped off for the swap on Thursdays and Fridays in July from 10am -6pm at "SCRAGS on the Beach" Shop 4, 2A Raymond Rd, Thirroul prior to the Clothes Swap event – just ask for Linda <p><i>This is a Sustainable Illawarra activity and is open to residents of Wollongong, Shellharbour and Kiama Council areas only.</i></p>	Thirroul Community Centre, 352 - 360 Lawrence Hargrave Drive, Thirroul (Parking at building rear)	Adrienne on 0407930406