

SUSTAINING LIVERPOOL

SPRING 2021

In this issue

Sustainable fashion special

Our sustainable house journey

Community recycling
mini stations

The 'Plastic Busters'
community champions

LIVERPOOL
CITY
COUNCIL





MESSAGE FROM THE MAYOR

Welcome to the Spring edition of Sustaining Liverpool.

Winter was challenging with the COVID-19 lockdown so we welcome Spring with a blossoming of new ideas, free workshops to enjoy and plenty of tips on sustainable living in this issue.

On page 6 find out the benefits of sustainable homes and how one local resident is making huge savings on his family's electricity bill by incorporating sustainable features in his home.

September is biodiversity month, so it's a good time to explore nature and help identify what local flora and fauna is being seen in our area. Find out more on page 14.

If you've been decluttering during the stay-at-home orders and found items of clothing with missing buttons or small tears, find out how you can easily repair them, saving you money and avoiding unnecessary textile waste at the free clothing repair workshop on 23 October. Find more sustainable fashion tips on pages 7-12.

Bees play a vital role in preserving biodiversity and ecosystem health. Discover how to identify native bees and their habitats at the Native Bees Walk and Talk session at Georges River Environmental Education Centre, on Saturday 13 November.

There are many people, groups and businesses making a positive difference in our local community. Now is the time to nominate them for Liverpool City Council's 2022 Australia Day Awards before nominations close on 22 September. Find out how on page 3.

Until next time, stay safe and sustainable.



Mayor Wendy Waller
Liverpool City Council



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What would you like to see more of in Sustaining Liverpool?

We welcome your ideas - email us [erp@liverpool.nsw.gov.au!](mailto:erp@liverpool.nsw.gov.au)



RECEIVE YOUR NEWSLETTER VIA EMAIL.



Due to the impact of COVID-19 and to reduce our carbon footprint the Sustaining Liverpool newsletter is delivered in digital format. To receive the latest Sustaining Liverpool e-newsletter send us an email.

Customer Service Centre Ground Floor, 33 Moore Street, Liverpool NSW 2170
 All correspondence to Locked Bag 7064 Liverpool BC NSW 1871
 Call Centre 1300 36 2170 Email lcc@liverpool.nsw.gov.au
 Web www.liverpool.nsw.gov.au NRS 13 36 77 ABN 84 181 182 471

FREE WORKSHOPS

Please email erp@liverpool.nsw.gov.au with your name, suburb, phone number and number of people to book your spot.

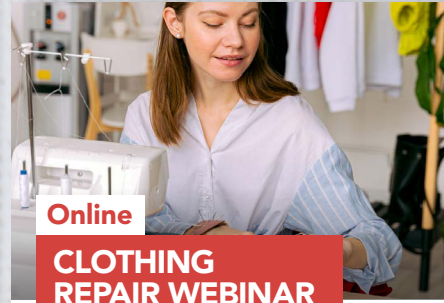


Online

PICKLING AND PRESERVING

Saturday 21 August
10-11.30am

Learn the basic principles of preserving and pickling your food whilst understanding the basics of eating sustainably.



Online

CLOTHING REPAIR WEBINAR

Saturday 23 October
9.30am-10.30am

Missing buttons? Small tears in your clothes? Facilitators from the Bower Reuse and Repair Centre will show you how you can easily repair clothes, saving you money and avoiding unnecessary textile waste.



Photo Courtesy of Michael Streatfeild

NATIVE BEES WALK AND TALK

Saturday 13 November*
9am-12pm

Learn about native bees and how to attract them to your yard, helping you to pollinate plants and increase biodiversity in your neighbourhood. Bee expert Megan Hallcroft will present a talk followed by a walk in the garden to identify native bees and their habitats.

Places are strictly limited.

*Please be advised that events may be cancelled due to COVID-19 restrictions.

Is someone you know making a real difference in our community?

Give them the recognition they deserve by nominating them for Liverpool City Council's 2022 Australia Day Awards.

These annual Awards recognise the outstanding contributions of local citizens, groups, and businesses across several categories including sport, health, arts and culture and environmental protection.

LIVERPOOL
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AUSTRALIA DAY AWARDS 2022



2021 Fraser Environment Award recipient - Paul Sillato



Nominations close at 4.30pm on Wednesday 22 September 2021. For more information visit www.liverpool.nsw.gov.au/australiadayawards



OUR SUSTAINABLE HOUSE JOURNEY

The first house we bought was a typical three-bedroom red brick home in Western Sydney.

It was comfortable enough, but with large windows facing west it was very hot in summer and very cold in winter. As someone with experience in design, I knew the aspect of the house was not ideal for temperature control, but I didn't think the western sun would make the house as hot in summer as it was and how important north-facing windows were in warming the house in winter.

When we were expecting our third child, we really needed to upsize our house. We also knew that, at some point, my mother would be moving in with us so we could care for her when she is older (rather than aged care). That's when our sustainable house journey began.

I started looking for land close to a train station. Once I found a block that was suitable, I did everything I could to secure it. Then it was on to the design of the house.

From experiencing a very cold home in winter and a very hot home in summer, the most important consideration for our design was solar access.

I wanted to ensure the design of the house would allow winter sun into the home, but also limit western sun entering the home in summer. Knowing where and how the winter sun would enter our home would make a world of difference in comfort levels.

I also wanted to avoid large, west-facing windows to limit heat entering the home in the afternoons. To make the house more comfortable and efficient,

I added windows in specific locations to enable more cross flow breezes. I also added zone doors so we could close off parts of the house and only heat and cool the rooms we were using. We installed ceiling fans in all bedrooms and living rooms.

I then had to think about the external features of the house. Most people in our neighbourhood have dark roofs and dark bricks which can trap heat. I chose light bricks and a light-coloured roof with eaves, so that heat is reflected. The roof is also insulated, and has whirlybirds installed, which help remove hot air from the roof space.


We also have solar panels to help us take advantage of the sun. Despite the temperature outside, the design of the house means it is almost always a comfortable temperature inside.

Our first summer, we had used the air conditioner three times. We sometimes need to wear jumpers in winter but rarely need to use heating. The average cost of our electricity is about \$100 a quarter, sometimes less. Our young children love to try to see if we can lower the bill each quarter.

Although there was an initial upfront cost to some of the features in our home, there are significant cost savings in the long run and there is no price on seeing all three generations of the family living comfortably.

By Matthew Wehbel*

**Pseudonym used for privacy*

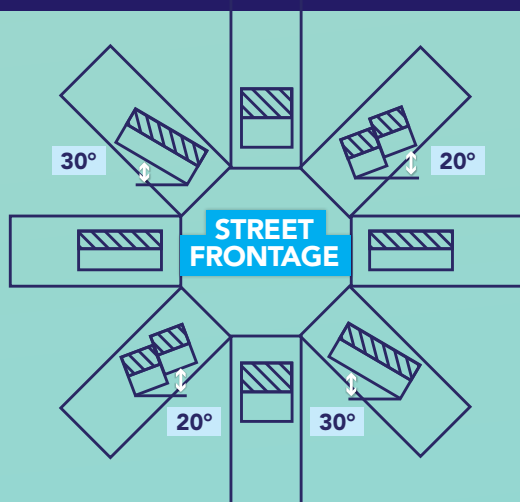


**FOR MORE INFORMATION
AND IDEAS ON SUSTAINABLE
HOUSE DESIGN, SEE OUR
HEAT SMART BROCHURE.**





HOUSE AND LIVING AREAS



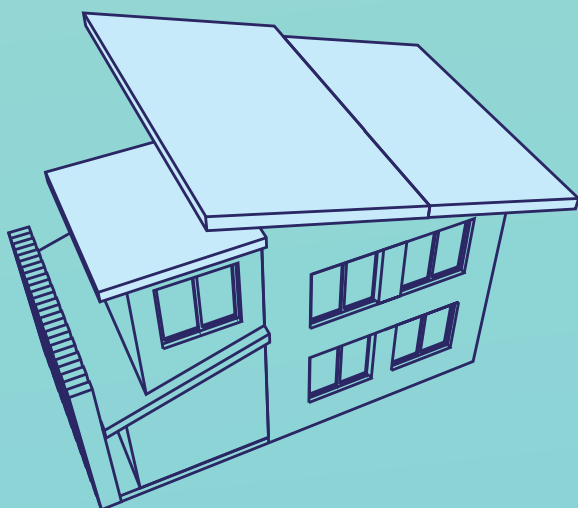
Daytime living zones include kitchens, living rooms and lounge rooms and exclude bedrooms, laundries and bathrooms.

Frequently used living zones should be located on the northern side of your home.

TIP

Living zone Sleeping areas

COLOUR OF EXTERNAL FINISHES



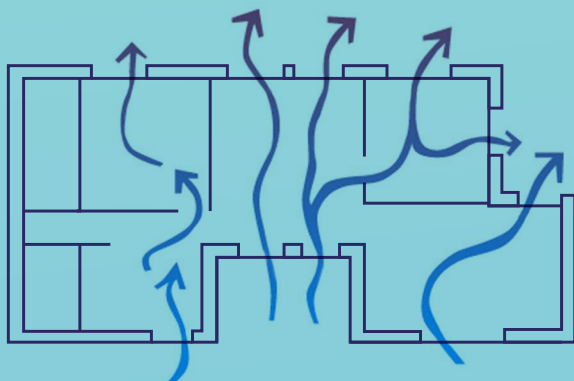
Advantages:

- Reduces ongoing cooling requirements and costs in your home, saving you money; and
- Maintains comfortable indoor temperatures.

A light coloured roof is advised for homes in Liverpool and Western Sydney.

TIP

CROSS VENTILATION AND ZONING DOORS



Cool breezes work best in narrow or open plan layout.

Advantages:

- Natural breezes maximise cross ventilation; and
- Reduce heating and cooling costs by closing the doors of rooms not in use.

Zoning doors are energy efficient as zones can be separately heated and cooled as opposed to heating or cooling the entire house.

TIP



COUNCIL DEPOT LEADS THE WAY WITH SOLAR SAVINGS EACH DAY

Council recognises the rapid increase of energy costs and what better way to take full control of your energy expenditure than by generating your own solar electricity!

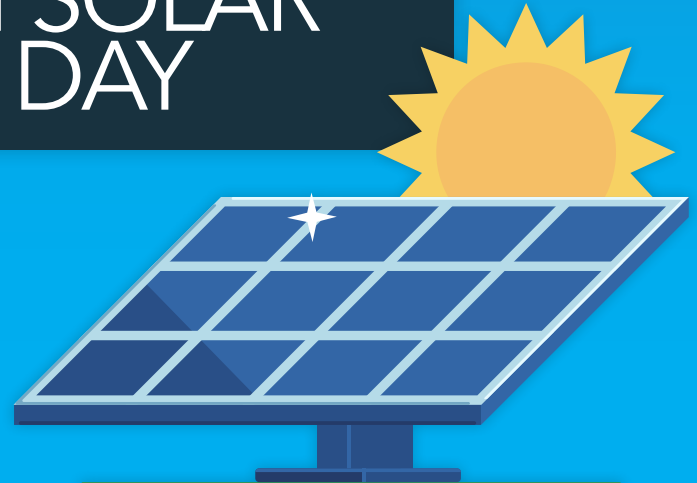
Liverpool City Council has recently installed a 42kW solar system at its Council depot on Rose Street to reduce energy costs and expand on its renewable energy sources.

The \$50K investment into the Rose Street solar system will lead to cost savings for Council of up to \$17,000 per annum, with only a four-year payback period. This installation is the most recent addition, with solar panels previously installed at 13 other Council-owned sites.

More Australians, including Liverpool residents, are also embracing the benefits of solar energy. The uptake of solar across Liverpool has tripled in the last five years, with the majority of Liverpool residents selecting 4.5kW - 6.5kW solar systems to meet their energy needs.

For more information on solar go to the [Clean Energy Council's site](#).

For more information on energy rebates and discounts for your home visit the [Energy Saver site](#).



Solar panels are already installed at:

- **Liverpool City Library;**
- **Council's Childcare Centres;**
- **Council Community Centres at Green Valley, Moorebank, Wattle Grove, Chipping Norton and Prestons; and**
- **The Casula Parkland Amenities Building.**





FROM RICHES to Rags

Australians are among the largest consumers of textiles in the world, second only to North Americans.

On average, Aussies purchase 27 kilograms of new textiles per person each year. Shockingly, we then throw away 23 kilograms of textiles per person each year. So, 85 per cent of the textiles we consume end up in landfill, totalling around 500,000 tonnes per year.

Not only is this an issue in terms of the volume of waste sent to landfill, but the amount of water and energy it takes to manufacture textiles can be astronomical. For example, some estimates suggest that it takes approximately 2,700 litres of water to make enough cotton for one t-shirt and 10,000 litres of water to make one pair of jeans!

The good news is that many people are donating unwanted clothes and the market for secondhand shopping is growing. We can also minimise waste by choosing good quality, timeless clothes that will last (see our capsule wardrobe feature on page 11) and learning to repair clothes instead of throwing them away.

October is '[Buy Nothing New](#)' month. Let's challenge ourselves to reuse, repair and re-love the materials that we already have.

Keep reading to see some of our best op shop finds, pre-loved clothing outlets in Liverpool and how to create a 'capsule wardrobe'.

OP SHOP finds

Have you found any treasures at your local op shop?

Check out some of our finds - we think they're pretty stylish and great value at only a fraction of the usual retail price. One of the coats was a hand-me-down from 1978! When it is safe to do so, why not pay a visit to some of our second hand stores and see what unique pieces you can find?



\$4



\$17



\$10



- Skirt \$8
- Top \$3
- Heels \$20

Total \$31



- Thinkpad Jacket \$8
- Sally Browne top \$5
- Shiny leggings \$10
- Boots \$10
- Necklace \$5
- Earrings \$2

Total \$40

Local op shops and repair centres

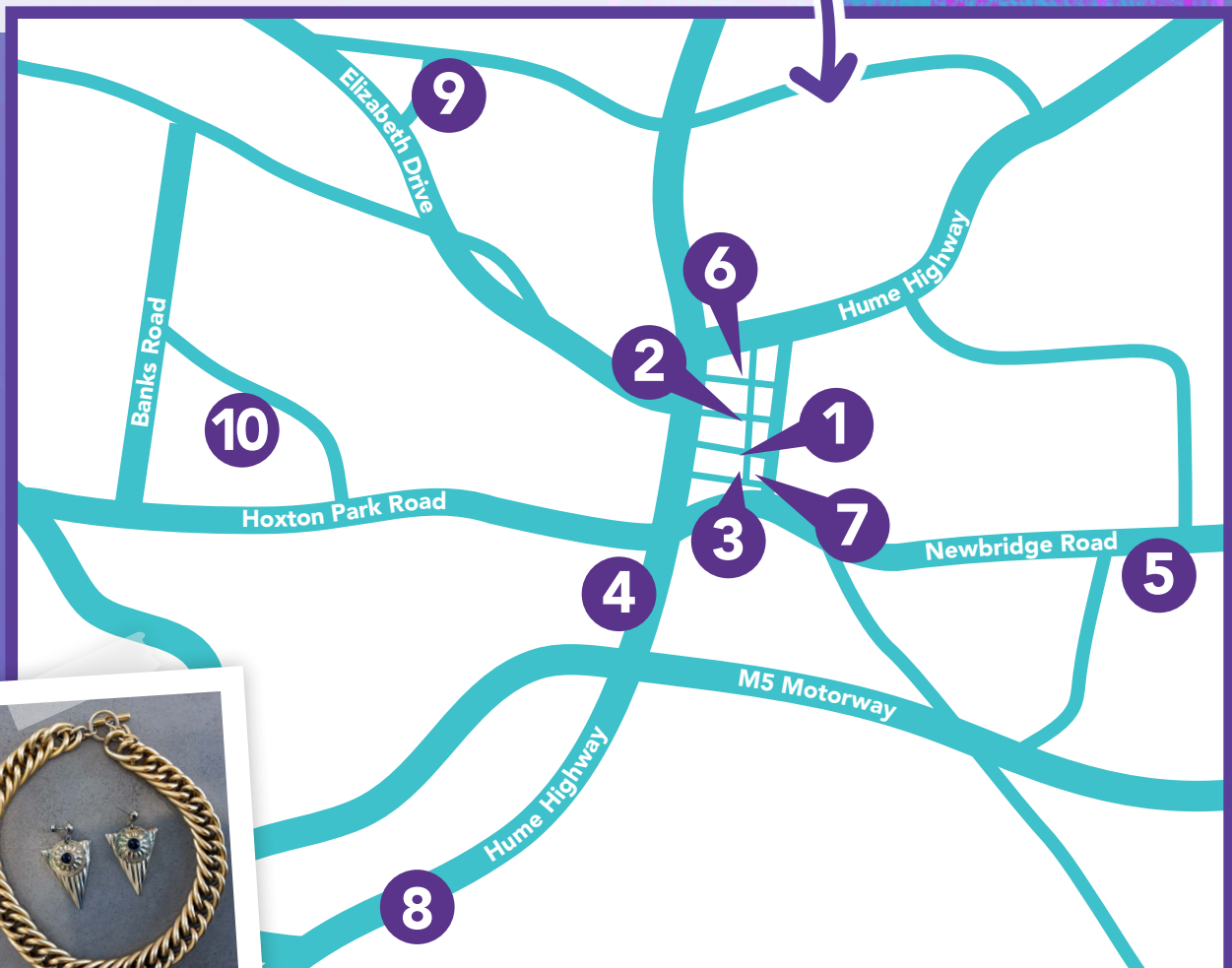
- 1 Anglicare Op Shop,
60 Moore Street,
Liverpool
- 2 Vinnies Liverpool,
Shop 4, The Appian Corner,
Cnr Macquarie & Elizabeth
Streets, Liverpool
- 3 Save the Children Op Shop,
265 George Street, Liverpool
- 4 Salvation Army,
337D Hume Highway,
Liverpool
- 5 Salvation Army,
172 Newbridge Road,
Moorebank
- 6 Lifeline Shop,
66 Macquarie Street,
Liverpool
- 7 Zikkies Thrift Store,
274 George Street,
Liverpool
- 8 South West Community
Care OpShop,
632 Hume Highway, Casula
- 9 Vinnies Bonnyrigg,
248 Humphries Road,
Bonnyrigg
- 10 Vinnies Miller, Shop 42,
90 Cartwright Ave, Miller



\$25



\$10



\$7

WHAT YOU CAN AND CANNOT DONATE

YES

- Good quality clothing
- Clean clothes
- As a rule of thumb, if you would give it to a good friend, you can donate it

NO

- Damaged clothes (no holes or tears)
- Dirty clothes (no stains or smells)
- Undergarments or socks
- Do not dump clothes outside charity bins or stores if bins are full



IF YOU CANNOT DONATE, TRY:



MTC Boomerang Bags

Clothing repair and recycling

- [Man Rags](#) collects all sorts of clothes, jeans, shoes and recycles them into other textile products.
- [The Bower Reuse and Repair Centre](#) operates private repair consultations (for a gold coin donation) and holds live [Facebook](#) workshops every Saturday. Check dates [here](#).



If you would like to learn simple repair techniques, check out our clothing repair workshop with the Bower Reuse and Repair Centre on 23 October 2021.

Email erp@liverpool.nsw.gov.au with your name, suburb and name of the workshop to register.

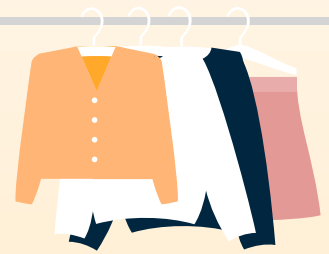
- [Thread together](#) is a social enterprise diverting clothing waste from landfill by donating clothing to disadvantaged communities.
- [Clothing Cleanup](#) is a Sydney-wide business offering a free, clothing recycling service with pick up from your door. This service is currently on hiatus due to COVID-19.
- MTC Australia is a not-for-profit organisation empowering adults to upskill through education and employment programs.

MTC Australia have partnered with Boomerang Bags to develop a social program where students use donated materials to sew reusable bags. Their bags have been used at conferences and other events.

Find out more about this [program](#) and where to donate material in Liverpool.



CAPSULE WARDROBE



The 'capsule wardrobe' is an idea that emerged in the 1970s which centres on fashion minimalism. As opposed to fast fashion, where consumers buy numerous items of cheap, low-quality clothes which then get disposed of, a capsule wardrobe features a few good-quality, timeless items which can be rotated. This saves money, plenty of decision-making time when getting dressed, and minimises fashion wastage.

A key factor to the success of a capsule wardrobe is choosing items that you love and are happy to wear often.

Another important consideration is how well the pieces go with other pieces and whether they can functionally be used for a variety of occasions.

There are many ways to achieve a capsule wardrobe, but below is an example of how to get started. You can use clothes you already have (and donate the rest if possible) or start anew with the goal of keeping the new or pre-loved clothes for as long as possible.

TIPS

- Choose a few items with a base colour, such as black or navy
- Choose a few items with a neutral colour, such as white or beige
- Choose a few items with an accent colour (bright or feature colour)

HAVE FUN MIXING AND MATCHING YOUR ITEMS!



10 items for the top

Five items for the bottom

Seven accent pieces such as jewellery, watch or scarf

Five pairs of shoes with assorted styles for formal, casual and exercise



GARAGE SALE TRAIL

Garage Sale Trail is a free and fun way to raise money for your school, club or community group.

Last year almost \$1 million was raised nationally, with the average group topping \$1,500 per sale.

Now over two weekends (13-14 and 20-21 November), it's easier than ever to fit a group sale into your school or community group calendar.

Pre-register at www.garagesaletrail.com.au



COMMUNITY RECYCLING MINI-STATIONS*

If you have trouble getting to the **Community Recycling Centre at Rose Street, Liverpool** we have good news.

There will now be mini recycling stations at various locations in Liverpool, making it easier than ever to recycle problem waste such as X-rays, mobile phones, batteries and ink cartridges. See our [website](#) for more details and the latest locations.

NATIONAL RECYCLING WEEK

8-14 November is National Recycling Week! This year's theme is 'Recovery - A future beyond the bin'. Look out for our stalls at shopping centres, where you can ask anything about recycling and go in the draw to win some sustainable prizes*

*Subject to coronavirus restrictions



Community Recycling Centres

You can drop off:



Cardboard



Electronic waste



Fluoro globes and tubes



Gas bottles and fire extinguishers



Household and car batteries



Ink cartridges



Mobile phones



Motor and other oils



Paint



Polystyrene



Smoke detectors

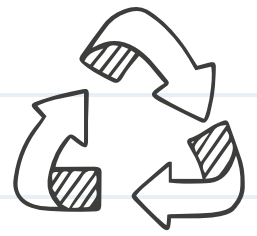
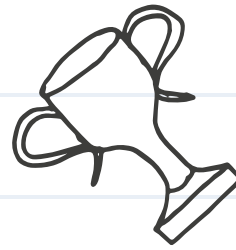


X-rays

Only household quantities accepted, 20kg or 20L maximum container size. Please transport your materials carefully. Dangerous goods and items other than those listed will not be accepted.

*Visit www.liverpool.nsw.gov.au/crc for list of accepted e-waste items

COMMUNITY *champions*



The Kim family are local environment champions that can often be seen at our monthly community tree plantings and sustainability workshops. They also became 'Plastic Busters' after attending the community screening of the Australian ocean documentary "BLUE" at Casula Powerhouse Arts Centre recently.

Can you tell us a bit about your family and why a healthy environment is important to you?

We are a local family of four. A typical first-generation immigrant family from Korea who became Aussies 12 years ago. I was already a self-proclaimed environmental enthusiast but after seeing the screening of 'BLUE' at Casula Powerhouse Arts Centre in June it was a turning point for our family. We are missioned to keep the environment healthy because we are only "borrowing" the earth from our future generations.

What values do you hope to instil in your children and why?

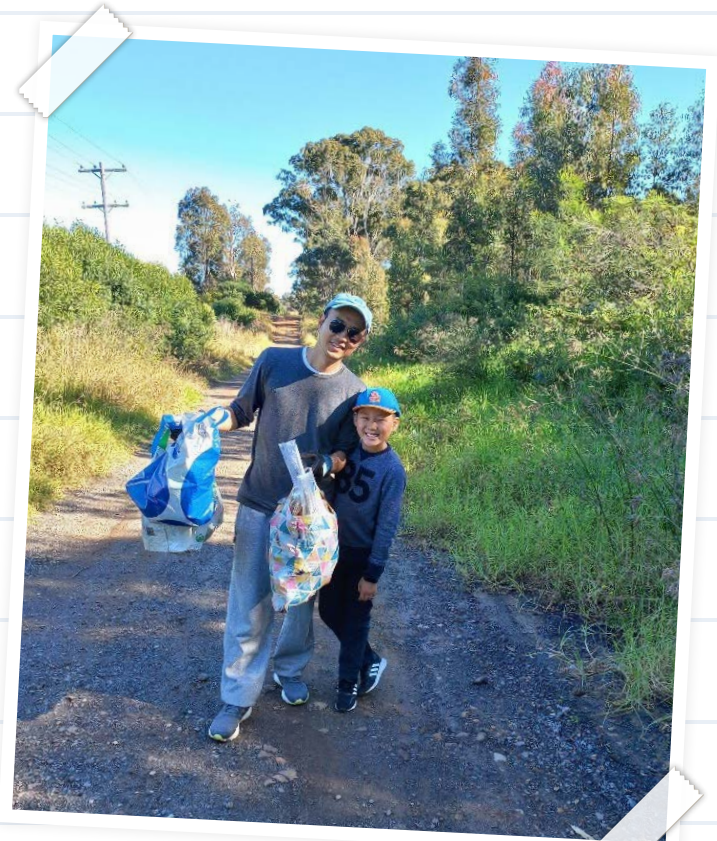
Appreciation, resilience, sustainability, staying hopeful and positive. We only have one life, and the above values will make life valuable, enjoyable and worth passing down to the next generation.

What would you say to other families who want to do something proactive to help the environment but aren't sure where to start?

Do not be overwhelmed by the pressure of doing something big or trying to change the world. I would suggest doing what you can and feeling proud about it. For us, picking up plastic around local bushlands, streets and parks in a bag is something we are proud to do for the environment. If you pick up one piece of plastic, you could save a few turtles, fish or birds, so imagine if each person in the family picks up three pieces everywhere you go. Even if it is just one day a week, you will be saving thousands of our ocean friends!

What is your vision for Liverpool in the future?

More connected green spaces around the city which are lacking in new suburbs with high-density development. Using sustainable materials and reusing, recycling and repurposing. A community where environmental heroes live, and of course plastic busters! You can be one too!



NATURE WATCH - LIVERPOOL CITY COUNCIL

Have you ever spotted an interesting plant or animal and wondered what it was? The iNaturalist app can help you find out!

Just take a photo and the app will make suggestions on what it may be. A qualified identifier can then verify your observation or make another suggestion.

Not only is this great for sharpening your knowledge of local flora and fauna, it helps us to get a picture of what is being seen in our area.

'Nature Watch – Liverpool City Council' is Council's citizen science flora and fauna monitoring project on iNaturalist.

Whether you are in your backyard or out for a walk in your local park or bushland reserve, you can be a local scientist.

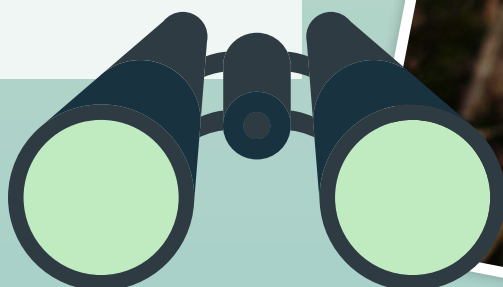
The data collected on the app is linked to the Atlas of Living Australia and will help keep a record of life around us. This will then help scientists monitor trends in biodiversity, which is particularly important in urban neighbourhoods like ours.

Anyone can participate, all you need to do is:

1. Download the iNaturalist app on your smartphone
2. Search for the Project named 'Nature Watch – Liverpool City Council' and join
3. Start recording your interesting observations



*By iNaturalist user jewels22
in Chipping Norton*



WHAT'S ON

Join our enthusiastic volunteers who beautify our local parks and bushland by removing weeds and litter and planting native plants. Meet like-minded people, increase your knowledge of the environment and create habitat for local wildlife.

Don't have any experience? Don't worry – our qualified staff are happy to provide training. All equipment is supplied.

*These events may be cancelled due to COVID-19 restrictions.

Collimore Park Environment Group

Meet in the Collimore Park car park on Collimore Avenue, Liverpool

Saturday 9am – 11am
2 October
6 November

Amalfi Park Environment Group

Meet inside the park near the footpath on Reilly Street, Lurnea

Sunday, 9am – 11am
3 October
7 November

Clinches Pond Environment Group

Meet inside the park at the Gloria Taylor Reserve sign on Swain Street, Moorebank

Saturday, 9am – 11am
9 October
13 November

Weaving Garden Environment Group

Meet at the seats inside the reserve at the end of Casula Road, Casula

Saturday, 12pm – 2pm
9 October
13 November

Cessna Reserve Environment Group

Meet in the reserve at the intersection of Hemsworth Avenue and Stanley Avenue, Middleton Grange

Sunday, 9am – 11am
10 October
14 November

Chauvel Park Environment Group

Meet at the park entrance at the end of Sammut Crescent, Chipping Norton

Saturday, 9am – 11am
16 October
20 November

Tucker Road Environment Group

Meet at the playground, entry via the path off the crossing on Kendall Drive, Casula

Sunday, 2pm – 4pm
17 October
21 November

Streamwatch

Come along to investigate the water quality of the Georges River. Meet in the Light Horse Park car park, Riverpark Drive, Liverpool

Saturday, 8am – 9am
30 October
27 November

Light Horse Park Environment Group

Meet in the Light Horse Park car park, Riverpark Drive, Liverpool

Saturday, 9am – 11am
30 October
27 November

Voyager Point Environment Group

Meet in the car park at Voyager Park on Orlando Crescent, Voyager Point

Sunday, 9am – 11am
31 October
28 November

Streamwatch

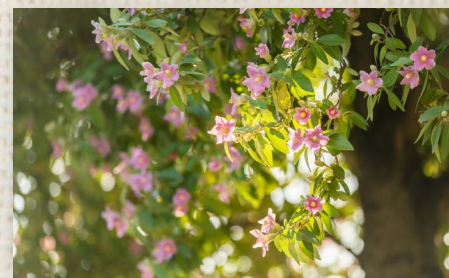
Come along to investigate the water quality of Cabramatta Creek. Meet in the Ireland Park car park on Memorial Avenue, Liverpool

Sunday, 12pm – 1pm
31 October
28 November

Elouera Bushland Reserve Environment Group

Meet in the Ireland Park car park, Memorial Avenue, Liverpool

Sunday, 1pm – 3pm
31 October
28 November



For more information, phone 1300 36 2170 or go to our [website](#).

BIODIVERSITY MONTH

1 – 30 SEPTEMBER



Biodiversity Month is celebrated in September each year to promote the importance of protecting, conserving and improving our natural environments and habitats for future generations both in Australia and across the world. Get involved by participating in our [Nature Watch](#) program.

WORLD RIVERS DAY

26 SEPTEMBER

World Rivers Day is a celebration of the world's waterways! It highlights the many values of our rivers, strives to increase public awareness, and encourages the improved stewardship of all rivers around the world. Here in Liverpool, we are lucky enough to be surrounded by the Georges River and the Nepean River. You can get involved in testing the health of the Georges River by participating in our Streamwatch program on the last weekend of every month (see page 15).

BUY NOTHING NEW MONTH

1 – 31 OCTOBER



Join the one-month challenge to buy nothing new (with exceptions like food, hygiene products and medications). It's about thinking where our stuff comes from (finite resources), where it goes when we're done with it (often landfill) and what alternatives are out there to extend the life of our 'stuff'. For more tips and information, visit [Buy Nothing New Month](#).

AUSSIE BACKYARD BIRD COUNT

18 – 24 OCTOBER



Join the Aussie Backyard Bird Count and keep an eye out for birds in your backyard or local area. By participating you will be helping BirdLife Australia find out about the common species that live where people live. All you need to do is observe your green patch for 20 minutes and record the results using the Aussie Bird Count app. There is a field guide built into the app to help you identify birds. For more information, visit aussiebirdcount.org.au or join the conversation with [#aussiebirdcount](#).

SUSTAINABLE HOUSE DAY

17 OCTOBER



Sustainable House Day is on 17 October 2021. This is an opportunity for people to visit some of Australia's leading green homes that are not only environmentally friendly, but cheaper to run and more comfortable to live in. Take a virtual tour of these sustainable homes, ask questions of homeowners, sustainable architects and other professionals in online discussions and webinars. For more details visit the [website](#).

NATIONAL RECYCLING WEEK

8 – 14 NOVEMBER

The theme this year is 'Recovery – A future beyond the bin'. The focus this year is on packaging, food and e-waste. What can we do to keep these valuable materials out of the landfill? Click [here](#) for ideas and find out how you can get involved.



WILD POLLINATOR COUNT

15 – 21 NOVEMBER

Australia has lots of wild pollinators that often get overlooked. European honey bees get lots of attention because they are adaptable but many native insects also contribute to pollination in crops and gardens across the country. Help us build our understanding of wild pollinator ecology and activity – all you need to do is watch any flowering plant for 10 minutes and submit your [observations](#).