

Why Sustainable Summer?

We all know that summer is a fantastic time ... fun, friends, family. But it can also be the season when we have our biggest impact on the environment. Summer is not just about footprints on the beach, we're often spreading our carbon footprint as well, with energy, water and waste consumed or produced in greater amounts. But summer can be both fun and sustainable.

Sustainable Summer@CERES EcoHouse workshops focus on helping you live more sustainably, not just over summer but for the rest of the year as well.

Where and When?

All **Sustainable Summer@CERES EcoHouse** workshops are at the **CERES EcoHouse, 8 Lee Street, Brunswick East.**

Workshops run between **November 2009** and **February 2010**, on **Wednesday evenings and/or Saturdays**. Participants are encouraged to attend multiple sessions.

The program is free, but places are limited so book early. As well as access to specific workshops, participants will also get:

- Membership of the **Sustainable Summer@CERES EcoHouse** Group Site, a secure online forum for sharing stories, ideas, inspiration and information!
- A simple household self-energy audit program to measure and record household energy usage.
- The opportunity to participate in Zero Carbon Moreland.
- The chance to meet like-minded people and to help and inspire each other towards sustainability.
- Concession rates to a range of other CERES Workshops, Short Courses and CERES Nursery Workshops*

**Participants who attend 3 or more workshop sessions will be eligible for an eco-prize valued at up to \$200.*

Principal Partner



Key Partners



Supporting Partners



Community Partners



Sophie Gaballa



CERES EcoHouse
8 Lee Street Brunswick East, VIC 3057 T. 9387 4472

www.ceres.org.au



**Concerned about Climate Change?
Want to reduce your household
energy use, costs and greenhouse
gas emissions? Looking to renovate
responsibly... stay sustainably cool...
have an X-mas, without the excess?**

**Then come and be part of Sustainable Summer
@CERES EcoHouse, a series of free workshops
beginning early November, to help you reduce
your festive footprint, track your household
energy use, renovate your house sustainably
and connect with others in your community.**

Sustainable Summer@CERES EcoHouse
**A series of workshops from November 2009
to February 2010, at the newly renovated
CERES EcoHouse, to help you have a more
sustainable summer.**

**Book your place now at
www.ceres.org.au**



As well as access to a fantastic range of hands-on workshops run by leading sustainability experts, you'll also get to meet regularly with like-minded people, share concerns, ideas and inspiration and be part of a community taking action towards a sustainable future! Sustainable Summer@CERES EcoHouse Workshops are targeted, flexible, and hands-on, to help make household sustainability accessible to you, whatever your circumstances, in an ongoing supportive community environment.

Workshops are in the newly-renovated EcoHouse, a showcase of stylish sustainable design at CERES Community Environment Park!

All sessions are free, family friendly and refreshments will be provided.

Information Sessions will be held at the EcoHouse on **Wednesday 28th October 6.30pm to 7.30pm** and **Saturday 31st 11.00am to 12.00pm**. Free but bookings are essential.

Booking and Information go to www.ceres.org.au or phone 9387 4472

Sustainable Summer@CERES EcoHouse Program

Information Sessions

Tour the house, grab a bite to eat and find out all about the Sustainable Summer@CERES EcoHouse Program.

Wednesday 28th October 6.30pm-7.30pm

Saturday 31st October 11am-12pm

Workshops

Introduction to Household Energy Saving

Saturday 7th November 1pm-4pm

Presenter: **Trevor Plumridge, Swinburne University**

An overview of the 'energy issue'. What is energy? How much do I use? Discover where energy gets used in your house and how to make positive changes to reduce your energy bills and your impact on the planet!

Household Energy Saving – tips, tricks and tools

Saturday 14th November 1pm-4pm

Presenter: **Trevor Plumridge, Swinburne University**

Follows on from previous session, but also stands alone. Tips, tricks and tools to help you reduce your household energy consumption. Also find out about the various government 'green' grants, rebates, loans, schemes available.

Reducing Your Carbon Footprint with Zero Carbon Moreland

Wednesday 18th November 6.30pm-8.30pm

Presenter: **CERES and Zero Carbon Moreland**

Investigates how you can reduce your environmental impact in the home and beyond. Calculate your eco-footprint, and find out about the effect various aspects of your lifestyle might have on the environment. Includes a DIY Home Energy Audit program and overview of Zero Carbon Moreland.

Keeping Cool without Fossil Fuel

Wednesday 25th November 6.30pm-8.30pm

Presenter: **EnviroShop**

Want to keep cool without the air con? Looking at the sustainable features of the EcoHouse to demonstrate what you can do in your home to stay cool without fossil fuel. Insulation, passive solar and a range of other ways to keep you sustainably cool in summer and warm in winter.



Ethical and Sustainable Christmas Cooking

Saturday 5th December 11am-2pm (including lunch)

Presenter: **Arabella Forge**

Begin with a visit to CERES market for some sustainable shopping, back to the house for some cooking, then eating a free lunch! A fun, hands-on and tasty way to learn about ethical and sustainable shopping and cooking. All you need to know to have a merry Xmas without the Xcess!

Lighting and Appliances

Wednesday 20th January 6.30pm-8.30pm

Saturday 23rd January 1pm-3pm (repeat)

Presenter: **EnviroShop**

Learn how to reduce your energy consumption, through careful selection and use of lighting and appliances. Demonstrates the latest range of low-energy lighting options, appliance energy rating systems and various tools and techniques for reducing your household energy load.

Sustainable Home Renovation or Rejuvenation

Wednesday 10th February 6.30pm-8.30pm

Saturday 13th February 1pm-3pm (repeat)

Presenter: **CERES and Living Edge**

Renovating or rejuvenating your home? This is your chance to get things right from the outset, to save money and to minimise household energy requirements into the future. Find out about accreditation schemes, sustainable material choices, and eco-friendly furnishing options. This workshop showcases the sustainable design features, building materials, fittings and furnishings of the newly refurbished EcoHouse.

Sustainable Gardening

Saturday 27th February 1pm-4pm

Presenter: **Matt Danielli CERES**

The relationship between house and garden is a critical part of household sustainability. A good garden is a key to saving energy, water and reducing waste. This hands-on workshop, in the new EcoHouse garden looks at the basics of setting up a sustainable garden, including; permaculture, organic, water-wise gardening, composting, worm farming, chooks, shading and more...

