



sustainable living festival

live grow build

Post Event Wrap up.

The 2011 Our Living Coast Sustainable Living Festival was hailed a huge success by all; Council staff, presenters, hosts, schools, participants, public and stallholders.

The key themes of the festival this year were Energy Efficiency, Climate Change and Local Food. The Festival was supported by the NSW Government Office of Environment & Heritage - Home Power Savings Program
www.savepower.nsw.gov.au

An estimated 5800 adults and children from across the region participated in one of the many Festival events that were held during the week from Sunday 30th October to 6th November.

In 2011 we were fortunate to have Costa Georgiadis as the Festival Ambassador and a visit from dirtgirl for the Botanica festival. Having these two high profile guests were a big draw card for attendees and catered for those passionate about the environment and localisation as well as drawing in a younger audience to the Botanica.

Sunday 30th October starting with the Local Food Film Festival held at the Bunker Cartoon Gallery.

A host of local and international films were displayed on a large cinema screen throughout the afternoon and evening with dinner catered for by the graduating students of the Cultural Cafe.

The evening saw patrons from as far away as Eungai Creek in the south, Dorrigo in the West and Halfway Creek in the North.

An informative and tasteful beginning to the Festival was a positive start to a very busy week.

See www.coffscostocalfoodfilmfestival.com.au for more information.

Thursday 3rd of November saw the celebration of all things local; the 'Show us Ya Dish' competition in the City Centre Square in front of the lunchtime crowd in the midst of the weekly Growers Market.

The local entrants Mel Hardy & Keith Street were furiously preparing their locally grown and sourced produce against the award winning head chef and owner of Fiasco Ristorante & Bar in the Jetty Precinct -Stefano Mazzina.

After an hour of preparation the results were presented for judging by Ian Henderson from Southern Cross Media, Scott Newman from Morrisons Electrical Megastore & Angela Van den Bosch from the Pet Porpoise Pool.

Costa Georgiadis who was in town as a special guest to host the Sustainable Living Festival arrived just in time to hand out the prizes in excess of \$3,000 donated by Delonghi Australia.

See the results and press capture in the hyperlinks provided.

<http://www.coffiscoastadvocate.com.au/story/2011/11/04/chef-stefano-shows-how-to-dish-it-out/>

<http://www.abc.net.au/local/stories/2011/11/03/3355170.htm>

and duplicated in the following, just off the first page of Google Search engine.

Tweed > <http://www.echoneews.com.au/story/2011/11/04/chef-stefano-shows-how-to-dish-it-out/>

Byron > <http://www.mydailynews.com.au/story/2011/11/04/chef-stefano-shows-how-to-dish-it-out/>

Lismore > <http://www.northernstar.com.au/story/2011/11/04/chef-stefano-shows-how-to-dish-it-out/>

The afternoon saw Costa, Lynn & David visit the nearby community of Bellingen to showcase some of the initiatives and improvements undertaken from the Local Food Futures project funding in the Bellingen High School / Environmental Youth Experience & Northbank Community Gardens.

<http://www.coffiscoastindependent.com.au/news/local/news/general/bellingen-meets-costa/2353387.aspx>

Friday 4th November saw festival host Costa Georgiadis, staff from the CHCC Sustainability Department and Coffs Harbour City Libraries visit Boambee Public, William Bayldon Primary, Upper Orara Public and Casuarina Steiner Schools to create a legacy for the families, faculty and students that will continue to live on in their gardens and hearts.

All of the schools visited enjoyed an engaging introduction from Costa which included the health benefits of tending and producing their own food, companion planting, crop rotation, natural pest control, and the importance of buying and sourcing local food.

Dani McClymont from Coffs Harbour City Libraries gave a brief introduction to the Rigby House Solar Project and measures that have been undertaken by the CHCC to curb their energy usage within the building, before inviting the schools personally into the library for a specially prepared powerpoint presentation and tour of the libraries e-resources and Sustainable Living collection.

After all the formal introductions it was down and dirty, where Costa lead a selected Sustainability leadership group or the whole School in the construction of a No Dig Garden with materials sourced or donated by Coffs Harbour Produce and Searle's.

Front Page Coffs Coast Advocate >

<http://www.coffiscoastadvocate.com.au/story/2011/11/05/costa-georgiadis-wasnt-hard-to-find-at-sustainable/>

Saturday 5th November Over 260 people enjoyed a range of in-depth and informative workshops at various satellite locations in themes that encompassed Local Food, Our Environment and Low Carbon Future.

Workshop participants were shown a powerpoint presentation at the beginning of the workshops held at the North Coast Regional Botanic Garden showcasing the benefits of the NSW Governments Office of Environment & Heritage – Home Power Saving Program and informed of the eligibility criteria.

- Coramba Nature Reserve workshop/walk presented by *Cochran's Pool Urumbilum RiverCare Group* where participants were given the opportunity to

- explore the rehabilitation and corridors of one of the largest remnants of lowland sub-tropical rainforest floodplain in the local government area.
- Coffs Harbour's Combine Street Community Garden had soil preparation and planting sessions hosted by Costa Georgiadis and Steve McGrane.
- Schimminger Architects opened their doors to their award winning Zero Emission Office Building exposing the merits and achievability of sustainable urban design.

The North Coast Regional Botanic Garden hosted numerous workshops and talks:

- "Understanding Government Solar Incentives" hosted by Mark McClurg- Self Sufficient Homes, workshop offered a talk session covering current government incentives for Solar PV (electricity) and Solar Hot Water. Other topics covered included Energy Certificates, Future Feed in Tariff's for Solar PV and Solar Hot Water Rebates.
- "Energy Efficiency for Small Business" Matt Parnell - Green Synergy Consulting, This workshop explored ways to reduce energy usage in small business. Understanding your energy bill, diagnose your current situation, understand where your energy wastage commonly occurs and identify strategies for improvement.
- "Backyard Bird Conservation Walk & Talk" Brian Hawkins - Flametree Consulting, participants learned about seasonal cycles of resource availability and how targeted plantings can help conserve threatened fruit and nectar eating birds in the Coffs Harbour area.
- "Healthy Soil for Healthy Tucker" Ian Hazell - Coffs Harbour TAFE, participants were enlightened to hear soil is the most important factor in growing your own food plus knowledge, understanding of how soil works and how to build fertility that is critical to be successful and sustainable in today's changing world.
- "Permaculture and developing your Design" Aleasa Williams, this workshop explored up to date information regarding Permaculture and how you could integrate it in your backyard.
- "New and Better Food Systems" Kirsten Larsen - VEIL (Victorian Eco Innovation Lab) The workshop summarised recent research that explores vulnerabilities and opportunities in the food system.
- "Updated Climate Science Talk" Andrew Turbill -NPWS and Outdoor Twilight Cinema Screening "Anima Mundi" movie ; asking how will you survive the transition of human civilisation happening now due to peak oil and climate change.

Sunday 6th November was the culmination of the week long - Our Living Coast Sustainable Living Festival activities where the community and businesses from the region and afar were invited to come together to celebrate all things relating to sustainability.

The Botanica Spring Festival at new venue, the large open area (Northern Oval) of the North Coast Regional Botanic Garden played host to the 50+ exhibitors, displays and entertainment on a warm and beautiful spring day.

Approximately 4500 people poured through the gates of the majestic Botanic Gardens during the day where they were able to thoroughly explore and take advantage of the larger open space, shady picnic areas, stallholders exhibits', talks and speeches, variety of food vendors, entertainment by musicians, circus performers, walks guided by NPWS rangers.

Local Gumbaynggirr representative and Grace Roberts award recipient Mark Flanders opened the Botanica Spring Festival with a traditional Welcome to Country. Costa Georgiadis festival host gave an engaging and meaningful opening speech relating to the approach and need for such community based events, the reward

they offer and the sense of ownership and empowerment they provide. The speech was applauded by the large crowd who gathered to hear his words of wisdom and was met with a hoard of children who encompassed him post speech to receive their gift from Costa to plant in their garden.

Various stallholders and invited guest speakers had utilised the Talk Space in the China Garden close by to assist the community by sharing a wealth of information from Resilient Low Carbon Future for Coffs Harbour to Vermiculture- What's really happening in your Worm Farm.

Cheese making demonstrations, Permaculture Design, Keeping Chickens, Composting and Bush Tucker tours.

The day also saw the judging for the local schools scarecrows competition which saw 38 wonderful and creative scarecrows judged by ABC's - dirtgirl & SBS's Garden Guru - Costa Georgiadis.

With the winner Urunga Public with the "Bush Re-Gen Ranger" taking out the \$300 prize which is to be re-invested into their school garden.

Summary

The Sustainable Living Festival, after 4 years of increasing growth, has now earned its place as a signature event on the Coffs Coast calendar. This year commercial sponsorship, from Southern Cross University and Telstra Coffs City, Grant from; NSW Government Office of Environment & Heritage – Home Power Saving Program was obtained to further promote and facilitate the festival in its entirety over and above the NSW Government Trade & Investment grant which was received for the 2010/2011 events.

The Festival has now become one of Coffs Harbour City Council's biggest events of the year. Its uniqueness and its strength lies in its educational nature, its community-based values and the delivery of the Festival by many different sections of Council working together in partnership with each other and with local community groups and schools.

Costa Georgiadis quite correctly emphasised, in his speech at Botanica, the value of such community based festivals in moving us towards a more sustainable future.

The funding received for the past two years from Trade and Investment NSW has now come to an end. We hope to pursue further funding to build it into an even bigger event for 2012 and beyond.

More Press capture.

<http://www.coffiscoastadvocate.com.au/story/2011/11/02/tv-costa-georgiadis-to-sample-coffs-treats/>

<http://www.coffiscoastadvocate.com.au/story/2011/10/07/kids-create-a-thing-you-will-crow-about/>

<http://www.coffiscoastadvocate.com.au/story/2011/11/01/knives-out-for-cook-off/>

High five for sustainable living

Claire Simmonds | Coffs Coast Advocate | 5th November 2011



Costa Georgiadis sprouts sustainable living to inspired William Bayldon Public School students.

COSTA Georgiadis wasn't hard to find at William Bayldon Public School yesterday.

The hairy eco-advocate's antics had the students in stitches of laughter.

An ambassador for the Sustainable Living Festival, the Greek-Australian is best known as the host of SBS show Costa's Garden Odyssey.

"You're looking at a strange man in overalls talking about strange things, like why should gardening or farming matter?" Costa said to his student audience.

"We grow the fuel that makes your engine go and when you start to think about our food as our energy - you ask yourself is that food alive or dead?"

A wheelbarrow of hay, paper waste, a jug of molasses, a shovelful of cow poo and a jug of chicken poo and he had created a no-dig garden for the school while entertaining eager onlookers.

While he was keen to spread the message about the importance of living simply, for the students it was all about that wondrous beard.

"He's a good gardener and he's funny," said nine-year-old Chloe Paunovic, who grows "tomatoes, potatoes, onions and flowers" at home and watches his show regularly.

Catch up with Costa today at the Community Garden in Combine St and tomorrow