

TRANSITION TAURANGA NEWSLETTER

JULY 2012



TRANSITION TAURANGA

Transitioning Tauranga to a Brighter Future

Greetings all, my apologies for the slight delay on sending this newsletter out. I am standing in for Kim while she is away. Matariki celebrations are drawing to a close so hopefully you were able to enjoy one of the many events around the city. Both Papamoa and Greerton warmed up our Winter nights with Lantern festivals and Samba drumming. And there is Midwinter Christmas to look forward to at the Historic Village this weekend!

EVENTS this week!

BoP Tree Crops Association Annual Fruit and Nut Tree Sale
Saturday 21st, 10am - 12.30pm, Katikati A&P Showgrounds

Midwinter Christmas - 11am - 9pm Saturday 21st at Historic Village
Tickets just \$10 adult / \$5 kids / \$25 family pass. Purchase from
www.iticket.co.nz/events/2012/jul/tauranga-mid-winter-christmas-market
See www.taurangamidwinterchristmas.co.nz for more details

Green Superfood Smoothie & Identifying Wild Edible Weeds Workshop with Julia Sich

Saturday 21st July 10-12 & Wednesday 25th July 10-12, 1 Bellbird Rise, Pyes Pa
You'll be amazed how many 'weeds' in your garden once identified you can eat. See how to turn them along with fruit into a delicious nutritious green smoothie.
For more information and to register email juliasich@xtra.co.nz or phone 5432823
Cost \$30, www.juliasedibleweeds.com

Workshop - Living Probiotics from your Pantry - Health from the Inside Out!

Sunday 22nd July and Saturday 18th August, 9.30 - 11.30am with Jane Powell, 190a Tara Rd, Papamoa, Cost \$20.00
Discover how you can make wonderful Probiotic Beverages like Kombucha and Water Kefir in your own kitchen. Learn how to make delicious yoghurts for breakfast

or a great lunchtime smoothie. Children will love the taste of these cultures. Adults will find them absolutely delicious. Benefits: Alkalising, Cleansing/Detoxifying, Nourishing, Healing. Kits available for: Kombucha, Water Kefir, Milk Kefir, Caspian Sea Yoghurt.

Ph 07 5422257 or email blissfulbubbles@xtra.co.nz to register

Tauranga Monthly Film Night screening of "Hungry for Change" this Thursday has sold out but there will be a repeat screening next month on Sunday 19th August (see details below).

Project Updates

Community Fruit Project: We have had a quiet month with few fruit offers coming our way but hopefully this means you are all busy picking and delivering your own fruit to where it is needed - without our help!? We did pick several banana boxes of mandarins and donated these along with some gold kiwifruit to the St Vincent de Paul 'Fullstop' Food Van. Our fruit then starred on a Campbell Live feature on the good work the Food Van does feeding kids around Tauranga each night. Thank you to all the new volunteers who have contacted us. We are looking to organise a get-together for our volunteers to stimulate ideas. We are busy updating our databases and communicating with groups in other regions as quite a network is growing around the country. Contact Ailie and Jenni on communityfruitproject@gmail.com or [click here](#) to receive project updates.

OOOBY: The group had a great gathering last Saturday, 18 of us! Thanks a lot Toni & Andrew, for sharing your great section, just off Cambridge Road but felt like we were in the country. We had a very hands on compost making. Jane's and Toni's hands right in the cow manure! Those that did not come don't know what they are missing :-)

Next OOOBY Event: Saturday 11 Aug at John & Keryn Darke's place, 305 Waihi Road. Opposite Lebanon St. Park on Lebanon Street and cross over. Apple Pruning Demo, & any planting advice welcome re shade & light. 10am-12noon. Bring whatever - seeds/seedlings/produce/plants to swap with each other or just come along to meet like minds :) Great way to experience what is going on in others backyards. Monthly meetups 10am-12pm in each others gardens, or other interesting places. Generally the 2nd sat of the month. Find out more about the local OOOBY group and their get togethers [here](#)

Upcoming Events

Basic Bread-Making for Beginners Workshop - Handmade, Homemade Bread and Pizza

Saturday 28th July, 10am – 2pm, Selwyn Ridge Primary School, Welcome Bay
Lunch included, \$15 per person, plus contribution to lunch. [Booking Essential](#) as numbers limited.

Contact: Anna 5441612 transitionwelcomebay@gmail.com

Workshop - Living Probiotics from your Pantry - Health from the Inside Out!

Saturday July 28th, 9.30 - 11.30am with Kevin Powell, 190a Tara Rd, Papamoa, Cost \$45.00

A workshop where you will learn how to make delicious Butter. You will also make and stretch your own Creamy Mozzarella Cheese. Its so easy! Most kitchens have the necessary equipment. Also learn about the health benefits of Raw Milk. It's just another step in knowing where your food comes from because you can make it. Handmade Cheeses and Butter for tasting.

Ph 07 5422257 or email blissfulbubbles@xtra.co.nz to register

Closing the Gap – a Meeting with Peter Malcolm, Holly Walker, and Rajen Prasad

Wednesday August 1st, 7.00pm - Wesley Centre 100 Thirteenth Avenue
How income inequality affects New Zealanders, and how all citizens of more equal societies benefit from a “narrower income gap”. With Peter Malcolm, coordinator Tauranga Closing the Gap group; Holly Walker, Green Party MP, spokesperson on children; Dr Rajen Prasad, Labour Party MP, spokesperson on ethnic affairs and associate spokesperson for social development. *New Zealand has some of the highest levels of social problems – drug and alcohol addiction, mental illness, imprisonment, obesity, teenage pregnancies, infant mortality – in the developed world. It also has one of the highest income gaps. “Closing the Gap” aims to raise public awareness of the benefits of a more equal society. More info at www.closingthegap.org.nz and The Spirit Level.*

Sustainable Energy Winter Workshops - Clean Heating

Wednesday August 8th, 7.15 - 9.00pm, Wesley Centre, 100 Thirteenth Avenue
Find out about the best heating options. We look at the pros and cons of heat pumps, woodburners, and other methods.
Cost: \$5 or No charge for Friends.

Identifying Wild Edible Weeds - For the people of Papamoa - Julia at Jane's Green Superfood Smoothie Workshop

Sunday 12th August, 9.30-11.30am, 190A Tara Road, Papamoa
You'll be amazed how many 'weeds' in your garden once identified you can eat. Get to know them & learn how to turn them into a delicious, nutritious green superfood smoothie.
For more information and to register Email juliasich@xtra.co.nz phone 5432823 or Jane blissfulbubbles@xtra.co.nz 5422257
www.juliaswildedibles.com
Cost \$30 (includes ebook)

Tauranga Monthly Film Nights presents a second screening of “Hungry For Change”

Sunday August 19th, 8.00pm - Rialto
From the creators of 'Food Matters'; a documentary film about creating lasting weight loss, abundant energy, and vibrant health. 'Hungry for change' covers: how to navigate your supermarket - what to buy and what to avoid; the real truth behind "DIET", "SUGAR-FREE" and "FAT-FREE" products, how to overcome food addictions and cravings, why fad diets don't work, what food additives to avoid and how to read labels...and more! Guest speaker Dr Ted Walford. Tickets \$9.00 from the Rialto. The first screening of this excellent film sold out in days, so book early!

Tauranga Forest and Bird - Protecting Antarctica's Oceans

Monday 20th August, 6.00pm, Bongard Centre, Lecture Theatre 104, 200 Cameron Rd

Tauranga Forest and Bird present a public lecture by Geoff Keey, coordinator of the Antarctic Ocean Alliance. Geoff's illustrated discussion will outline the

conservation values of the southern ocean, along with the current moves to create Antarctic marine reserves. This public presentation is supported by University of Waikato's Centre for Continuing Education, Tauranga.

Cost: Gold Coin at Door

Please Register Online with Nyree: nyree@waikato.ac.nz or 5775376

Tauranga Environment Centre AGM

Tuesday August 28th, 7.00-9.00pm, Village Hall, 17th Avenue

Worm Composting Workshop

Saturday 22nd September, Historic Village on 17th Avenue.

Tauranga City Council run a workshop twice a year where you can learn the basics and take home a worm composting kit valued at \$225 for only \$30! Register now with Kimberley Cleland on 577 7000 or kimberley.cleland@tauranga.govt.nz

You can check out more local events in the [Tauranga Environment Centre Events Calendar](#)

And the [Transition Tauranga website](#) has event details updated regularly

[Find us on facebook](#)

Please send us your updates for projects and events through to transitiontauranga@gmail.com

Ailie (on behalf of Kim)

on behalf of the Transition Tauranga network