

Hi everyone,

Thank you so much to those that joined us on Sunday for a fantastic day of learning, sharing and eating! We thought we would touch base to share a little more on what we do, as well as share some of our notes from the day.

“Borden is the most wonderful community, the gateway to one of the most beautiful landscapes in Australia.” – Sabrina Hahn on the unique biodiversity of Borden & the Stirling Ranges.

North Stirling Pallinup Natural Resources (NSPNR), the way forward in farming. Our vision is to help foster healthy & productive landscapes, supporting prosperous communities and businesses. We aim to inspire and support the NSP community to preserve and improve the regions natural resources. We run a number of events throughout the year and are involved in multiple large projects; involving connecting growers to innovative & sustainable practises, revegetation, fencing off creek lines and remnant vegetation for the protection of our uniquely biodiverse area including endangered native wildlife. We would love to have you join our organisation as a member if you aren't already. If you are interested please follow this link to our membership form <https://tinyurl.com/45wariyx>.

NSPNR's Rural Women's Resilience event, hosted in Borden, brought together 75 men and women for a wonderful day of resilience building. The event was inspired in particular by an article written by Aimee Makeham that Stevi (NSPNR NRM Officer and Coordinator of this event) read earlier in the year. The article struck a chord in relation to mental health of women in regional areas and resonated with us here at NSPNR. Link to the article here <https://tinyurl.com/6dxdx8k9>. So we decided to create an event to bring people together, make new and strengthen old connections, and have a conversation about resilience – one hot topic was to create a Zen space & reground ourselves by connecting to nature within our gardens and our surrounding environment.

First up yesterday was the fabulous Sabrina Hahn, the go-to garden guru who answers everyone's questions Saturday mornings on ABC radio – but yesterday focused on us! We got a lot of tips from Sabrina, one of my favourites was to ask the agronomist on their next visit, to soil test paddock #1... the garden! A few other ag-y ones included putting wool crutchings at the bottom of the holes when you're planting trees & at the base of your vegetable gardens. She told us that whilst sheep poo is a wonderful fertiliser for gardens, it is not a mulch – it needs to stay moist to encourage the microbial action, so don't let it completely dry out. Mulch on top will help prevent drying (which happens as a result of both the sun & the wind). I found the discussion about the many layers of the garden interesting which please different types of birds, animals & insects – 4 layers plus trees; ground cover (fire resistant plants a good idea eg. Mesembryanthemum – pig face), grass/one metre shrub, 3 meter shrub then trees. Choosing a variety of biodiverse plants and looking at species that flower at different times throughout the year, will also contribute to your mini ecosystem of birds & insects, who will help your garden flourish. Native bees are one of the most important pollinators we have, along with blowflies and bushflies. The pollinator for the WA peppermint tree is mosquitoes... Sabrina recommended NOT camping under a flowering peppermint! She also shared a tip for controlling mozzie's around the house; if you have a big tree up light it and install a bat box to encourage



microbats to move in – they will feed on the mosquitoes and any other insects attracted to the light. We had so many wonderful learnings from Sabrina’s discussion and we are so glad she enjoyed her time in Borden. We look forward to hearing her review of her stay on the radio next weekend!

After a delicious lunch from the lovely Candice Smith, aka The Country Mixer we heard from Ella Maesepp of Katanning Eco House fame! Ella gave us an



informative and animated presentation on how she has turned her household into a very low waste system. We have all come away with so many tips on the little steps we can take to reduce our waste and do our bit for the planet. Some easy to implement tips for grocery shopping were to start using produce bags for fruit & veg and bringing your own containers to the deli. One of the most shocking facts was about the wastage in the fashion industry in Australia. On average, every year 27kg of textiles is thrown out per person! The best thing we can do to reduce the impact of the fashion industry on the planet, is to wear what we already have or buy pre loved! The next best thing we can do is to research the brands we consider buying and how they rate on their sustainability ethics, Ella showed us the 2021 Ethical Fashion Guide, created by Baptist world (here’s a link to the online version <https://tinyurl.com/8mewas9x>). Another good resource is Good On You app, but if your brands aren’t listed check their websites and contact them about transparency! Another interesting statistic Ella shared was that the average cost of disposable nappies for one child to go from birth to toilet trained is \$2500! She told us about her families use of cloth nappies and the large variety of colours, shapes and sizes you can choose from. Coming up to Christmas I think one of the greatest tips Ella gave us was around sustainable gifting (which is a cause close to our heart here at NSPNR). Gifting pre loved is a fantastic way to be eco friendly this Christmas, closely followed by home made gifts or shopping local/small businesses. One idea we have is to make a flower press with excess bits of wood, or ask a loved one to make one as your gift! I made one recently as I wanted to preserve some flowers from a bouquet, so I documented the process and the lovely Dani Campbell made a beautiful guide, which I shared Sunday (and have attached to this email). Ella shared some fantastic strategies for becoming low waste, and also about how to get your families on board! Ella has lots of information on her website so make sure you check it out <https://katanningecohouse.wordpress.com/the-house/>



Our final presentation was from Ellie Cameron, a registered psychologist from Albany.

An extra special thanks has to go to Ellie for stepping in one day out from the event! We were lucky enough to have a speaker from Amity Health lined up but unfortunately they had to pull out last minute, we are still so thankful for their support of the event – especially for the mini show bags full of mindfulness activities and information. Ellie was wonderful to listen to, very calm and full of knowledge. We touched on

some difficult topics including grief, depression, stress and anxiety including some of the many symptoms you may experience with these conditions. She made the comment that depression is commonly impacted by past events and anxiety more so with future events. Ellie discussed briefly gut health and its impact on the brain, telling us it is commonly

referred to as the 'second brain'. Probiotics and lots of sleep can help with depression symptoms and staying off devices for 2 hours before bed will assist with getting a better sleep. Deep breathing exercises can help with anxiety, and Ellie ran us through an excellent breathing activity. A few people thought I was asleep, but in fact I was just deeply relaxed from the activity! We learnt so much from Ellie and it was a wonderful way for us all to get a little more comfortable talking about our mental health.

We ended the day with a change of scenery over at Stone's Throw Farmhouse. We were delighted to be hosted by Ellen Milne at this stunning mid-century styled Airbnb for our post event refreshments. The lovely Elenna from 'Graze and Cake by Len' provided us with the most beautiful and delicious grazing table! And Laura Wishart from Shepherd's Hut wines brought her delightful range for us to try. My favourite pairing was all the wines with all the cheeses (I couldn't choose, it was all too good!)



Thank you once again to everyone who sponsored the event we really appreciate your support. Borden Pavillion and the fabulous Pip Moir for hosting the day and helping in so many ways! Thank you Amity Health for the goodie bags, and to Southcoast NRM who offer us support beyond their work hours, especially thanks to Natalie who attended on Sunday. We would like to acknowledge the Australian government through the National Landcare program and finally thank you again to Ellen and Richard from Stonestrow who provided accommodation for Sabrina and the venue for the afternoon sundowner. A big thank you has to go to Caitlin & Olivia from the Tambellup Daycare who ran the crèche on the day, with this busy harvest period upon us it was great that there was an option for those guests with young kiddies. The details of all the presenters and service providers have been attached, please make sure you support our local businesses when you can!

I'd personally like to give a final shout out to Stevi for her amazing work conceptualising and putting this event together. The team of staff and committee members we have at NSPNR is pretty awesome and makes putting these events together very fun and worthwhile! We'd love to see you at our next event or committee meeting – so please consider becoming a member to stay up to date with everything we do.

That's it from me! Thanks for reading.

Cheers,
Caroline House (NSPNR Office Manager & Project Officer)

P.S. if you didn't get a chance on the day we would love your feedback, here is the link -
<https://www.surveymonkey.com/r/YR96L8J>



Presenters

- Sabrina Hahn → @sabinahahnhortwithheart on Instagram
- Ella Maesepp from Katanning Eco House
 - o email ekmaesepp@bigpond.com
 - o ph: 0411090598
 - o website <https://katanningecohouse.wordpress.com/the-house/>
- Ellie Cameron – Registered Psychologist
 - o Eml
 - o Mob

Caterers

- Lunch was catered by Candice Smith 'The Country Mixer'
 - o @the.country.mixer_marra_downs on instagram
 - o Eml
 - o Mob
- Grazing table at the sundowner by Elenna Fisher 'Graze & Cake by Len'
 - o @grazeandcakebylen on Instagram
 - o Eml: fisherelenna@gmail.com
- Wine tasting by Laura Wishart from Shepherd's Hut Wines
 - o @shepherdshutwines on instagram
 - o Website www.shepherdshutwines.com.au

Venues

- Borden Pavillion
 - o @bordenpavillion on Instagram
 - o Website www.bordenpavillion.com.au

Other supporters

- Amity Health
- South Coast NRM
- Caitlin & Olivia from the Tambellup Daycare
- Australian government through the National Landcare program