

SUSTAINING LIVERPOOL.

SUMMER 2018/9

A long, hot dry bushfire season is forecast. Your preparation guide on pages 4 and 5.

In this issue

Bents Basin: Nature's swimming pool

Fire and Storm Season

12 Days of Recycling

The art of gift wrapping

**LIVERPOOL
CITY
COUNCIL**





MESSAGE THE FROM MAYOR

Welcome to the Summer Edition of our Sustaining Liverpool newsletter.

The holiday season in Liverpool is a great time to reconnect with family, friends and our community. Many families will be eating Christmas lunch by the barbecue and when it's New Year's Eve, they will visit Grand Flaneur Beach at Chipping Norton Lake for the fireworks.

With so much food on the table, the holidays can be a time of excess and indulgence. The good news is that we can help you cut back on waste with tips on how to avoid the 12 Wastes of Christmas and there are delicious recipes you can make with your leftovers.

In this edition, Council will also be sharing useful tips with you on how to prepare your property for the oncoming bushfire season.

We had a lucky escape this year. On 14 April, wild winds swept fires across the Georges River and they quickly spread to Holsworthy, burning through almost 4000 hectares of bushland and threatening 888 homes.

Thanks to the hard work of emergency services, only five homes were damaged and none were lost.

Most of NSW is in drought and there is the possibility of a long bushfire season. Long-term forecast is for ongoing warm and dry conditions.

As the Rural Fire Service advises, 'A well prepared home is more likely to survive a bush fire.' Please also share our article with your neighbours.

On a cheerier note, to further beat the heat, flip to the list of water play parks in our area that are ideal for a cooling family visit.

Have a happy and safe holiday season!



Mayor Wendy Waller
Liverpool City Council

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RECEIVE YOUR NEWSLETTER VIA EMAIL

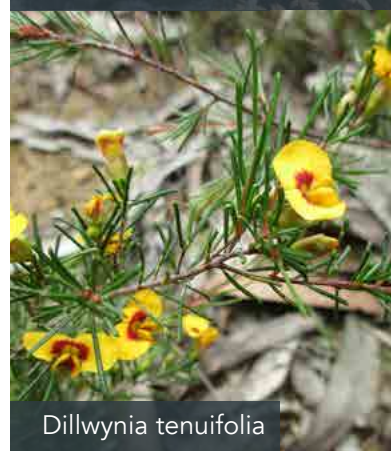


Your edition of Sustaining Liverpool can now be sent to your email address.

If you would like to receive it electronically rather than printed, email: lcc@liverpool.nsw.gov.au



Eastern water dragon *Physignathus lesueurii*



Dillwynia tenuifolia



Golden Orb spider

**LIVERPOOL
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BENTS BASIN: NATURE'S SWIMMING POOL

You may not be aware that one of Sydney's great natural attractions - and a perfect option for cooling off in summer - is a short drive from Liverpool.

Bents Basin is the perfect place to fish, kayak, camp, swim and picnic. The main attraction is the basin itself - a small naturally formed lake, 22m deep with waters travelling 150km before reaching the ocean.

On land, there is plenty to see and do. Lounge under majestic Camden white gums and share the space with some furry and feathery wildlife friends. See if you can spot the regent honeyeater, eastern bent-winged bat, sooty owl and glossy black cockatoo during your visit.

There are also fragments of the Cumberland Plain Woodland to discover in the area. This woodland once covered a third of the Sydney Basin but due to clearing, it is scattered across parts of Greater Western Sydney. Appreciate its waxy-leaved shrubs, delicate climbing plants, herbs and trees overlooking a grassy understorey.

In the Bents Basin campground, there are plenty of amenities to make your stay extra comfortable - barbeque facilities, picnic tables, showers, drinking water, toilets and electric power.

To reach the grounds, you can park at the north or south entries, both accessible via Greendale Road. It's about a 30-minute drive

from Liverpool.

The gates open at 9am and close at 7pm from October to April.

Before you drive off, make sure to download the Emergency+ App as there is limited mobile reception in the park.

Bents Basin is a must-visit destination that will provide a scenic backdrop to your holiday memories.



HOW TO BEAT THE HEAT IN LIVERPOOL

Need to cool off quickly over the summer holidays?

Liverpool has four quality waterplay parks at the following locations

- Michael Wenden Aquatic Leisure Centre **NEW!**
- Bigge Park
- Macquarie Mall
- Carnes Hill



FIRE AND STORM SEASON

Most of NSW is in drought and the long-term forecast is for more hot and dry conditions. This brings the potential for a long and protracted bushfire season with fires more likely to start and to spread quickly.

With the early start to the fire season, the NSW Rural Fire Service is urging residents in bushfire prone areas to complete a Bushfire Survival Plan and ensure all members of the household know what to do on days of increased fire danger and if their home is threatened by fire. Residents should prepare their property by removing flammable materials from their yards, clearing gutters of leaves, checking hoses and, where appropriate, conducting hazard reduction activities.

This bushfire season

Think about where you live. You are at risk if:

- You are near the bush, even a few blocks away;
- You are on a hill. The steeper the hill, the faster the fire; and
- You live near grass and paddocks. Grass fires move fast.

A bushfire may seem distant, but burning embers can travel many kilometres ahead of a fire. You need to be prepared. Take a moment and think about where you live, work or travel. Decide what you will do if a fire starts in your area.

Bushfire planning

There are simple things you can do to protect yourself and your family this bushfire season:

- Discuss with your family what you will do if a fire starts near you;
- Prepare your home and get it ready for bushfire season;
- Know the bushfire alert levels;
- Keep key information like websites and emergency details handy;
- Download the Fires Near Me app; and
- Get the easy guide to making a bushfire survival plan at www.myfireplan.com.au

PREPARING YOUR HOME

It may be easier than you think.
The top five things to do are:

1. **TRIM** overhanging branches;
2. **MOW** your grass and have a cleared area around your home;
3. **REMOVE** materials that can burn around your home;
4. **CLEAR** and remove leaves and debris from your gutters and around your home; and
5. **PREPARE** a sturdy hose that reaches all around your home.

Storm season

October to March each year is storm season. If you haven't already prepared, now is the time. There are eight simple things that you can do to prepare your home and help reduce the potential damage caused by severe storms.

- Maintain your yard and balcony. Secure or store items that could blow around in strong winds;
- Clean your gutters, down pipes and drains regularly to prevent blockages;
- Trim trees and branches that could fall on your home or property;
- Fix any damage to your roof, including broken or missing tiles;
- Check your insurance policy is current and adequate;
- Make a Home Emergency Plan for your family that outlines what you would do in an emergency;
- Prepare an emergency kit with essential items in case you lose power or need to leave home in an emergency;
- Listen to your local radio station and other media for weather warnings.

For more information- <https://www.ses.nsw.gov.au>

USEFUL APPLICATIONS TO INSTALL ON YOUR MOBILE



GET PREPARED

Prepare for any type of emergency with Australian Red Cross. Get Prepared is an app that helps you connect with your key support people, accomplish simple tasks to make you and your loved ones safer, and protect the things that matter most to you.

- Establish a quick and easy network of support with your 3 Key contacts;
- Make a plan using simple checklists across a range of preparedness actions; and
- Save your emergency plan to print and share with others.



EMERGENCY+

Save the app that could save your life. Emergency + is a national app developed by Australia's emergency services and their Government and industry partners, helping people to call the right number at the right time, anywhere in Australia. The app uses a mobile phone's GPS functionality so callers can provide emergency call-takers with their location information as determined by their smartphone. Emergency+ also includes State Emergency Services and police assistance line numbers as options, so non-emergency calls are made to the most appropriate number.



FIRES NEAR ME NSW

The official New South Wales Rural Fire Service (NSW RFS) app for emergency warnings and incident information. This app provides information on incidents across NSW attended by the NSW RFS and other agencies.

Do you have a bushfire survival plan? Getting ready for a bushfire is easier than you think. By taking 20 minutes with your family to discuss what you'll do during a fire, you could save their lives, as well as your home (www.rfs.nsw.gov.au/bfisp)

12 DAYS OF RECYCLING

1 Get creative with your gift wrapping. Use old newspaper, sheet music, magazines, or even kids' drawings. If you use a ribbon or bow make sure to save these for next year. Have a look at Furoshiki, the Japanese eco-friendly way of wrapping presents in cloth on Page 9.



2 Take a reusable bag with you when you do your Christmas shopping. Keep some in your car or in your bag so you won't forget them. Give a reusable bag as a present. Don't forget that plastic bags are not accepted in your recycling bin.



3 Include rechargeable batteries in gifts. If you give a battery operated gift this year, why not consider including rechargeable batteries with a charger. Don't forget, used batteries can be taken to the Community Recycling Centre at 99 Rose Street, Liverpool.



4 Collect all your bottles and cans over the holiday season. You can return eligible containers at Return and Earn collection points for a refund or perhaps donate the returns to a participating charity. Returning your cans and bottles will create extra space in your recycling bin over Christmas.



5 Santa shouldn't be the only one writing a list!
Carefully plan your shopping list to avoid food waste. Check how many adults and children you may have over at Christmas. This will help you to cater appropriately.



6 Have you considered composting or worm farming? Both are a great way to dispose of your scraps over Christmas and create compost/worm castings for your garden. Did you know Liverpool City Council offers residents a rebate from the purchase of a worm farm or compost bin? Visit council's website for more details.



7 Get creative over Christmas with craft decorations. Christmas origami will keep the kids busy. Better yet if you keep the paper decorations for next year, they can be recycled!



8 Cleaning up before family comes to stay? Visit our Community Recycling Centre at 99 Rose Street, Liverpool! The centre is a free and convenient way of dropping off problem waste for recycling and environmentally-friendly disposal. Items accepted include: cardboard, e-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 and X-rays.

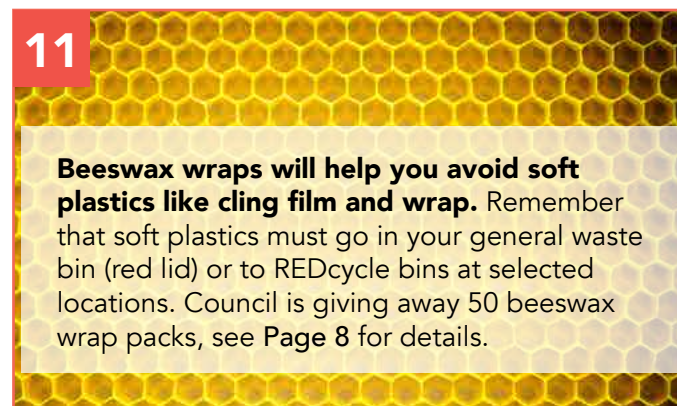
9 Avoid single-use plastic. While plastic cups, cutlery, and plates may be an easy option, they will also fill up your bin fast!



10 Remind family members to bring a reusable container to lunch or dinner. You can all share the leftovers. Don't forget that you can turn your leftovers into a variety of meals. Check out our leftover recipes on Page 8 for some inspiration.



11 Beeswax wraps will help you avoid soft plastics like cling film and wrap. Remember that soft plastics must go in your general waste bin (red lid) or to REDcycle bins at selected locations. Council is giving away 50 beeswax wrap packs, see Page 8 for details.



12 Thinking of a new year's resolution? Perhaps you could set yourself the goal of being more careful with recycling and ensuring you are recycling right! See below for more details about your recycling collection and what can go into your bins.



CHRISTMAS OPENING TIMES FOR THE COMMUNITY RECYCLING CENTRE

Liverpool Recycling Drop-Off Centre
99 Rose Street, Liverpool



MONDAY 24/12/2018	7:00am-1:00pm
TUESDAY 25/12/2018	CLOSED
WEDNESDAY 26/12/2018	CLOSED
THURSDAY 27/12/2018	7:00am-3:00pm
FRIDAY 28/12/2018	7:00am-3:00pm
SATURDAY 29/12/2018	7:00am-3:00pm
SUNDAY 30/12/2018	CLOSED
MONDAY 31/12/2018	7:00am-3:00pm
TUESDAY 01/01/2019	CLOSED
WEDNESDAY 02/01/2019	7:00am-3:00pm

DOWNLOAD YOUR BIN CALENDAR TODAY

Simply enter your address*, then download, print or save the annual calendar for your residential property or just make a note of the days your waste is collected.

*Applies to houses, villas and townhouses only. Residents of units and apartment buildings are advised to contact Council on 1300 36 2170 to confirm their bin collection day.

Can't get on the internet?

You can still have your calendar delivered, just call **1300 36 2170** and we'll post you a calendar for your property.

To improve our waste collection service, Liverpool City Council has moved its bin collection calendars online.

Go to www.liverpool.nsw.gov.au/binday or scan this code with your smartphone to view your calendar.



CHRISTMAS LEFT OVER RECIPES

TURKEY RISsoles

Place turkey in a large bowl. Add the bread crumbs, onion, herbs, garlic and season with salt and pepper. Mix together then add the egg. Mix again until combined.

Shape into small rissole shapes with floured hands. Place on a plate and refrigerate for approximately 1 hour.

Heat oil in a fry pan. Dust rissoles with flour and place into the oil in batches. Fry for 4 minutes per side or until golden brown. Drain well and serve.



INGREDIENTS

- 300g leftover cooked turkey, white and or brown meat, shredded
- 40g bread crumbs
- 1 small onion finely chopped
- 1 tbsp of mixed dry herbs
- 1 clove of garlic, crushed
- 1 egg, lightly beaten
- Salt and pepper
- Plain flour
- Cooking oil of your choice

ONE POT CREAMY HAM AND MUSHROOM PASTA

INGREDIENTS

- 1 onion sliced
- 200g sliced mushrooms
- Leftover Christmas ham sliced (omit for a vegan dish)
- 200g/4 garlic cloves peeled and minced
- 2tsp dried thyme or 2 sprigs fresh thyme
- 350g spaghetti
- ½ cup almond milk
- 750ml vegetable stock
- ½ cup white wine
- 2tsp salt
- ¼ lemon for juice
- 2tbsp nutritional yeast



Heat a pot on medium high and add oil.

Fry ham bits until crisp, place into separate bowl and leave aside.

Put in onion and garlic and fry until soft and translucent.

Add mushrooms, thyme and white wine. Fry until wine has evaporated.

Add spaghetti, pour in vegie stock and almond milk until pasta is immersed in liquid.

Place lid on pot and wait for pasta to cook (approx. 10 mins). Adjust heat accordingly when contents starts to boil.

Once pasta is cooked, take off lid and let the liquid evaporate.

Spoon in nutritional yeast, you will notice the liquid becoming thicker – like a sauce.

Add the ham back in and stir with the rest of the pasta.

FUROSHIKI: SUSTAINABLE CHRISTMAS WRAPPING

Christmas is a time of goodwill and cheer, but it can also be a time of creating massive waste, especially wrapping paper.

Furoshiki, the Japanese art of fabric wrapping and tying, is used to wrap important items, transport gifts, make bags, store clothes and many other activities. Whereas regular bags have a fixed amount of space that can only carry a particular type of object, a furoshiki is highly versatile and can be adapted to suit the exact needs of the specific objects to be carried.

Best of all - it can be reused!



TOP TIPS FOR CHOOSING THE RIGHT FABRIC

- Use any fabric but make sure it is **not too thin and not too thick**. This depends on the weight of the object being wrapped.
- **You can recycle** scarfs, handkerchiefs and old sheets.
- The gift should be **one third the size** of the cloth square.
- Pretty fabric with **prints on both sides** works well.
- Shopping bags should be made from a **thick fabric** like canvas.

BEESWAX WRAP GIVEAWAY

Want a sustainable alternative to single-use plastic and cling wrap? Beeswax wraps are a reusable, washable and environmentally friendly alternative.

Council is giving away beeswax wrap packs. Simply 'like' our Facebook page and look out for a post on how to win in the new year.



LiverpoolCityCouncilAustralia



Image: Japanese Department of Environment



The steamy summer months are almost upon us, so how do we best adapt our homes to prepare for those days when the temperature is pushing 40 degrees?

There are some easy ways to keep your house cool when the temperature gauge heats up.

CREATE SHADE – OR SUNGLASSES FOR YOUR HOUSE!

Shade your north and west facing windows on the outside. Here are some suggestions:

- Use sails, awnings and patio umbrellas;
- Simply shut your curtains or blinds in north-west facing rooms;
- Deciduous trees and pergolas with deciduous vines are particularly good options, because they give you shade in summer and sun in winter;
- Consider putting a reflective film on window glass; and
- For owned-occupied homes and for long-term investment, paint your roof and walls a light colour. This will keep your house cooler, by reflecting heat (but check with council — there are some rules around roof colour).

PRE-COOL

- In summer pre-cool your home by closing windows, curtains and blinds before the hottest part of the day arrives;
- Close off areas of the house which do not require cooling; and
- Switch off unnecessary appliances that may be radiating heat. This will also help cut down on your power bill.

CLOSE DOORS AND FILL THE GAP - KEEP WARM AIR OUT AND COOL AIR IN

- Seal any gaps around windows and external doors with weather strips and draught seals. Weather seals are available from your local hardware store;
- Draught proofing stops hot air from entering in summer; and
- For a long-term investment, roof and house insulation would act as a barrier to heat flow and significantly reduce the internal temperature of your home.

TIPS ON CHOOSING AND RUNNING ENERGY EFFICIENT APPLIANCES!

Choosing the most efficient electronic equipment will make a big difference to your energy use and energy bill. Appliances can account for around 30% of home energy use.

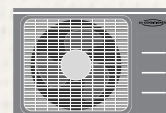
Consider:

- Choosing a model with a higher star rating which can reduce your energy bill; and
- Using the Energy Rating website to compare different appliances and their running costs; <https://calculator.energyrating.gov.au/>



TELEVISIONS

- Choose a high star rating TV. The LCD TVs use less energy than plasmas;
- Each additional star on a TV's energy rating represents a 20% increase in efficiency; and
- Switch off your TV at the power-point instead of using standby mode.



AIR CONDITIONING

- In summer, set the thermostat to 23°C–26°C degrees. Setting it lower for cooling could cost you 10% more in electricity bills for each degree.



FRIDGES

A fridge is one of the highest energy users in the home, so determine the size of the fridge needed:

- 1-2 people, 250-380L; 3-4 people, 350-530L; 4 or more people, 440L +;
- Select a fridge with a high star rating - every extra star saves 23% on running costs;
- A high star rating fridge can cost as little as \$50 per year to operate compared to \$190 per year for low star rating fridges;
- Position fridges and freezers away from heat sources, like ovens and direct sunlight; and
- Fridges and freezers can be emptied and turned off when you are away. Make sure all seals are tight. Keep doors closed.



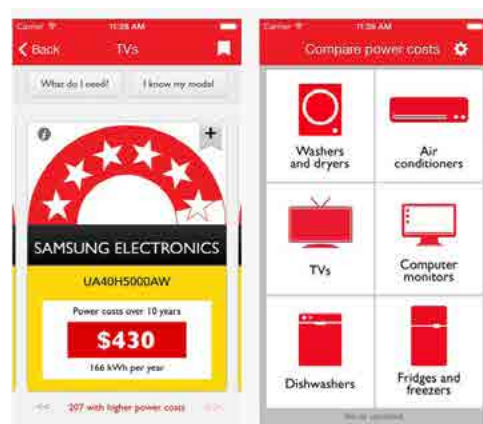
WASHING MACHINES

Front loader washing machines are more efficient than top loaders.

- If you have a front loader you can save about 50% on energy costs by washing in cold water;
- If you have a top loader you can save about 85% on energy costs by washing in cold water; and
- Use the Water Efficiency Labelling and Standards scheme website to compare the water-efficiency of washing machines and get more purchasing tips. <https://wels.agriculture.gov.au/wels-public>

For more information on energy efficient appliances refer to www.energy.gov.au

SMARTPHONE APPS FOR AN ECO-FRIENDLY HOME & LIFESTYLE

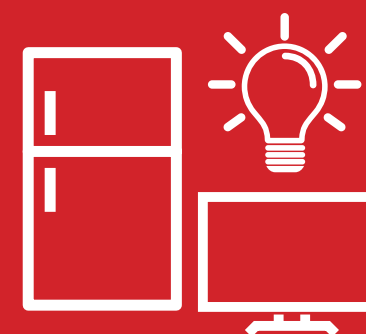


ENERGY RATING

Our electrical appliances are responsible for a huge percentage of our home energy usage. If you are in the market for a new washer, dryer, air conditioner, TV, computer, dishwasher or fridge, this smart phone app can help you make an energy efficient purchase. It compares the running costs of popular appliances.

www.energyrating.gov.au/apps

Did you know there are discounts available for replacing your old fridge or TV?



DID YOU KNOW?

The appliance replacement discounts offered under a NSW Government program called "Power to Save", make it easier for you to upgrade your old fridge or television to a new, more efficient model.

Who's eligible?

The discounts are offered to those who hold a:

- Pensioner Concession Card;
- Health Care Card;
- Low Income Health Care Card from Centrelink; or
- Veterans' Affairs Gold Card.

What's on offer?

When you replace your old, inefficient model, you can receive:

- 40% off the cost of a fridge; or
- 50% off the cost of a television.

Apply Now

For valid concession card holders replacing their fridge or TV, fill out an application form at the "Power to Save" website;

www.powertosave.nsw.gov.au

WHAT'S ON

Join our enthusiastic volunteers who beautify their 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.

Collimore Park Environment Group

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

Saturday 8am-11am:
2 February

Amalfi Park Environment Group

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

Sunday 9am-11am:
3 February

Clinches Pond Environment Group

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

Saturday 9am-11am:
9 February

Weaving Garden Environment Group

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

Saturday 12pm-2pm:
9 February

Cessna Reserve Environment Group

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

Sunday 9am-11am:
10 February

Chauvel Park Environment Group

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

Saturday 8am-11am:
16 February

Leacocks Lane Environment Group

Meet at the park bench in Glen Regent Reserve below Astley Way, Casula

Sunday 10am-12pm:
17 February

Streamwatch

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

Saturday 8am-9am:
23 February

Light Horse Park Environment Group

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

Saturday 9am-11am:
23 February

Voyager Point Environment Group

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

Sunday 9.30am-11.30am:
24 February

Streamwatch

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

Sunday 12pm-1pm:
24 February

Elouera Bushland Reserve Environment Group

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

Sunday 1pm-3pm:
24 February

For more information,
call 1300 36 2170
or visit www.liverpool.nsw.gov.au

Australia Day

5PM - 10PM
26 JANUARY 2019
WOODWARD PARK
CNR HOXTON PARK RD AND
HUME HIGHWAY

FIREWORKS • LIVE ENTERTAINMENT
• FOOD TRUCKS AND MORE