



SUSTAINABLE LIFESTYLE

SAT, 24 JUNE 2023 : 1PM—4:45PM

Lochend Community Hall, Lochend Drive, Campbelltown SA 5074

Event Program

"We never know the worth of water till the well is dry." Thomas Fuller



PROGRAM

1:15—1:30	Creating Sustainable Communities A short summary of sustainable neighbourhood design approaches and the creation of Lochiel Park: the SA Government's "Green Village " initiative.	Ian Robertson Urban Designer Hirobertson105@gmail.com
1:30—1:50	Making Sustainability Accessible - Starting renovation process for better thermal comfort - Building elements that affect energy efficiency the most - SUHO's packages for residential projects - Home owner's pack and details that we cover.	Jim Woolcock Director SUHO www.suho.com.au
1:50—2:10	Keeping it Cool The science of surface heat is a hot issue— from roofs to walls and any other surface and material in between, controlling solar heat is essential. Shane will go through his top 5 Cool Surface Myths so you'll leave with a deeper understanding on how solar heat works, how it impacts your life and how to manage it. Plus simple passive ideas to consider making your home's surfaces much more energy efficient for our ever changing future.	Shane Strudwick Director Neotech Coatings Australia shane@neotechcoatings.com
2:10—2:25	Solutions for small gardens We are focused on production and installation of customer-specified garden planters for clients interested in creating unique, well-organised and sustainable gardens.	Natalia & Alex Vasilyeva Directors Adelaide Vertical Gardens www.adelaideverticalgardens.com
10 Min Break		Coffee/Tea
2:35—2:55	Sustainable ways to boost your immune system Local naturopath, Bradley Joseph, will take you through a range of simple and effective natural remedies to get you through the winter months. Learn how to strengthen your immune system using items from your pantry and garden.	Bradley Joseph Director Bradley Joseph Naturopath www.bradleyjosephnaturopath.com.au
2:55—3:05	Mental Health—Community & Connection How to create meaningful connections with others and the community by participating in social events, projects or simply volunteering with local organisations.	Anthony Dierickx Life Coach 0438 897 218 anthony.dierickx@gmail.com
3:05—3:45	A walk along Lochiel Park to the ponds & gardens to experience its Eco System.	
3:45—4:45	Take the time to have a chat with our Speakers whilst enjoying some community fellowship.	Drinks & Nibbles

PRESENTING OUR SPEAKERS

Ian Robertson
Urban Designer

As an urban design consultant, Ian has been involved in the creation of numerous new community developments in South Australia and elsewhere over a period of 35 years.

These include the design of new neighbourhoods, urban renewal projects, recreation and main street plans and the preparation of guidelines for sustainable residential development.

Jim Woolcock
Director



Shane Strudwick
Director
Neotech Coatings Australia



Natalia & Alex
Vasilyeva, Directors
Adelaide Vertical Gardens



Bradley Joseph
Director



Anthony Dierickx
Hope Coach



Di Sullivan
Resident of Lochiel Park

SUHO is a company founded by Jim, who combines his interests in sustainability and 25 years experience in construction.

While studying physics at university and working on construction sites, he realised the importance of building energy efficiency as a low-hanging fruit of climate action. SUHO aims to improve building performance by understanding the physics of heat movement in buildings.

Shane has worked with specialised ceramics coatings globally for over 20 years and understands the key to passively blocking solar heat transfer, heat load and heat gain before it enters a building's envelope. From roofs to walls and any other surface and material in between, controlling solar heat is his passion. Shane will go through his top 5 Cool Surface Myths so you'll leave with a deeper understanding on how solar heat works, how it impacts your life and how to manage it.

Adelaide Vertical Gardens is a local family business which provides effective garden solutions since 2014 . We are both, my husband and I, qualified Civil Engineers as well as Landscape Designers and experienced gardeners with passion for vertical and productive gardening. We used our engineering and horticulture knowledge to develop our own unique material for garden planters which has excellent isolation capability and is an alternative to the traditionally used materials, like wood, metal and plastics.

As a degree-qualified naturopath, Bradley treats a wide range of conditions using natural medicine to promote optimal health.

He blends the latest scientific evidence and traditional knowledge to create personalised holistic treatment plans for his clients including herbal medicine, nutrition and lifestyle advice.

Working across different industries, such as telecommunications, energy and finance, I found my passion in helping others breakthrough their self-limitations to live the life they truly want to follow. I have been involved in the self-development industry for over 20 years and want to share what I have learnt with others.

Whether I'm diving out of a plane at 15,000 feet or travelling to different parts of Australia or the world, I make the most of life. I look forward to sharing my stories with you to show you anything is possible when you put your mind to it...

Di Sullivan has strived for a sustainable lifestyle since she grew food in the backyard with her Mum.

Her first rooftop solar array in 1997 was tiny but now her third array powers her Lochiel Park home and the family car.

Concerned about biodiversity and global heat gain she initiated the Australian Native Grassland Meadow in Lochiel Park. The Grassland is expected to become a living seed bank, supplying seeds for revegetation.

MAP & LOCATION

