

Plastic Free July events continue

On Friday 5 July there is a workshop on reusable menstrual products at Waiheke Sustainability Centre. Hosted by Kristin Busher, the workshop covers menstrual cups and reusable pads, how they can save you money and prevent waste. The workshop takes place from 12.30pm to 1pm. Following the workshop, join in lunch at Kai Conscious Café. If you have excess or unwanted food you can donate it for community lunches at the Waiheke Sustainability Centre.

On Saturday 6 July, the Plastic Free Fiesta takes place at the Sustainability Centre. The party starts with the story of little blue penguin Taiao and his efforts to save the Hauraki Gulf in a Balinese-style puppet show called *Taiao's Journey*. The show runs from 4pm to 4.30pm and is followed by a puppet workshop with Kashmir Postel at 4.30pm. Also at 4.30pm is a Nude Food workshop with ideas for creating party food such as dips and crackers without plastic. From 5.30pm to 6pm there is shared kai including Kai Conscious soup, before a 6pm screening of New Zealand documentary *Living the Change*, which explores solutions to global crises through the stories of people pioneering sustainable change. Guest speaker nine-year-old Monty Bailey will talk about his crusade to remove plastic straws from ferries. Suggested donation for the fiesta is \$10 per family or person.

Unfolding Your Purpose

Waiheke's next Island Coaches Collective workshop takes place on Sunday 14 July from 1pm to 3.30pm.

In this workshop Louise Marra will explore how our purpose finds us and how we can open to our deeper purpose in life, rather than hunt it down. She works with archetypes and especially the healer and the creator archetype to help integrate what holds us back and create from our place of wholeness to bring our gifts into the world in a way that serves the evolution of the world.

She says participants should bring their journals, some colour pens or pencils and an openness to have an exploration of the future of you and how it might find you.

The workshop is free, register with Louise on louise@unityhouse.nz •



Bea Lorimer presented her upcycled eco-fashion and journals at the Plastic Free Market Day on Sunday 30 June which was the launchpad for a month of zero-plastic inspiration.

On Tuesday 9 July, Tanya Batt presents *Dance Upon the Earth* at the Sustainability Centre.

Dance the stories of the earth's cycles at this workshop for children aged from three to 10. The workshop explores the stories of lifecycles on our planet - the water cycle, the story of pollination, volcanic tales and the lives of our flora and fauna, all through dance and music. The workshop starts at 11am and costs \$5. Book at storycentre@gmail.com

On Wednesday 10 July is the Oneroa Beach Litter Project. Sustainable Coastlines presents an opportunity to collect data and clean the beach as a part of this citizen science Beach Litter Project.

Meet at the Oneroa Beach barbeque at 9.30am. Following the beach project, is the Seastainable Sushi workshop that takes place at the Sustainability Centre. Presented by Kathy and Jamie from Kai Conscious, this school holiday workshop is a chance to make and enjoy delicious sustainable sushi. Entry is by donation.

On Saturday 13 July a DIY cleaning products workshop takes place at Greenspace, 20 Tahiroad from 2pm to 4pm.

On Sunday 14 July is the ultimate plastic free winter activity - the Midwinter Swim and Beach Clean. Meet at the Palm Beach playground at 9.30am for this bracing event organised by Plastic Free Pantry. • *Erin Johnson*

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