



newsletter

ISSUE 4
AUGUST 2009

eco-tips

- HAVE A CLOTHES SWAP PARTY WITH FRIENDS
- SAVE EGG CARTONS TO RAISE SPRING VEGETABLE SEEDS IN
- JOIN YOUR LOCAL NEIGHBOURHOOD GARDEN AND GROW YOUR OWN FOOD WITH FRIENDS
- FREE YOUR HOME FROM TOXINS WITH A SPRING CLEAN WITH ECO-FRIENDLY CLEANING PRODUCTS
- GET SOME INDOOR PLANTS AND IMPROVE THE AIR QUALITY

NEW!!!

ECO NOTICE BOARD

We invite clients of Eco-style to advertise on our new newsletter notice board. Please feel free to e-mail us items for sale, houses for rent, events etc. Look out for the **ECO NOTICE BOARD** in the next issue.

www.eco-style.com.au
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5 Mathers Lane
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A concrete pour Karen witnessed in India!

eco-news and events:

The days are getting longer and slightly warmer, finally spring is arriving!

We have acquired a number of new projects this quarter including learning hubs for Polytechnic, residential jobs in West Hobart, Ferntree, Oyster Cove, Binalong Bay, Dysart and Tranmere, a Landscape design project and a new housing concept for Disability Services.

To ensure a high level of service is maintained, we welcome Dylan to the Eco-style team. Dylan is an experienced drafts person with procedures/quality systems and IT expertise.

We missed Karen for a month while she had a well deserved holiday in India. Karen had a fantastic time, cycling, hiking, eating traditional food and meeting the local people. Karen returned inspired by the architecture and the adventure but also distressed and motivated by India's environmental issues.

Selina featured on ABC radio recently talking about sustainability, be sure to keep an ear out for more from Selina.

Karen and Tina have both been channelling their creative energy into life drawing and sculpture adult education courses. Three members of Eco-style staff have also taken up learning a new language!

eco-advice: Gardening

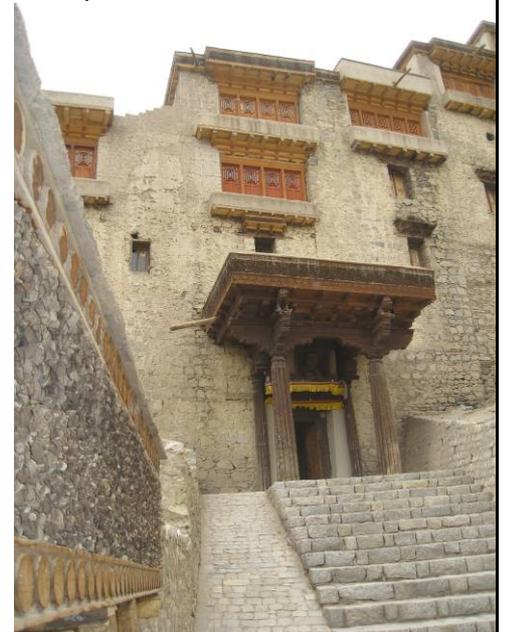
Winter is almost over, so now is the time to get out into your veggie patch and start getting ready for the growing season ahead.

Don't have a veggie patch yet? Now is the perfect time to start one. The recent rains have softened the soil, making it much easier for shovel and spade to do their work!

Late winter is also the time to make sure your trees and shrubs are in proper shape for the spring to come. Everyone loves a bit of a spring clean and a new hair cut for the season, even trees! Make sure you have the right tools – clean and sharp – to avoid diseasing your beloved fruit trees.

If you're new to gardening and would like to learn more, feel free to visit us at www.eco-style.com.au or 5 Mathers Lane, Hobart to speak with someone about making your land more productive and helping you lead a healthier, more sustainable life!

The Royal Palace in Leh



Eco-style Services

- architecture and design
- commercial and residential projects
- home sustainability assessments
- commercial sustainability assessments
- carbon footprint measuring
- eco product sales

related business: SHEN Clinic & Apothecary

SHEN Clinic & Apothecary is a successful multi-modality natural therapies centre that has been established for seven years. It is situated in North Hobart in the Palfreyman's Arcade building. Alia Knight is the primary practitioner. She has over 10 years of experience and has received many accolades and awards during this time.

The clinic has provided many Tasmanians with new direction and insights into their health management. It is the aim of SHEN Clinic and Apothecary to provide clients with achievable treatment protocols. This can allow each individual to analyse all aspects of their health and make life long changes. By addressing dietary, nutritional and lifestyle factors it is possible to optimize health and vitality.

SHEN Clinic & Apothecary wishes all readers a fresh start to spring. Remember spring is a great time to freshen up, start something new and cleanse the body.

Special offer: 10% discount off initial consultation fee. Valid for new clients only. Expires 30th October 2009. Eco-style Newsletter must be quoted at time of booking.

SHEN Clinic & Apothecary: Shop 6 Palfreyman's Arcade, 340 Elizabeth Street, North Hobart, 7000.
Ph 03 62312001 / 0414442128

eco-info: greening your wardrobe

Eco-savvy fashion choices mean not only reducing post-consumer refuse, but also pre-consumer waste and pollution. Questions you can ask yourself are; what chemicals were used to grow the fabric? Were the dyes safe, how far has the item travelled to reach my wardrobe?

As more designers and are using eco-friendly production methods and materials, it's easier to find greener clothes. Through smart wardrobe management and consumer choices, you can cut down on closet clutter, save the environment, save money and look fabulous.

- **Wear organic**, recycled and fair trade clothing and shoes.
- **Find an environmentally friendly drycleaner**. Dry cleaning chemicals are nasty.
- **Go op-shopping** with friends, it is fun and you always find something fabulous or brand new.
- **Wash well**, washing deteriorates clothing more than anything, wear things more than once, use cold water and a gentle, eco-friendly detergent.
- **Always donate** your unwanted clothes to friends or charity.



featured project: Dodges Ferry Primary School

A colourful refit creating flexible multipurpose spaces to inspire learning and fun, and a healthy environment for staff, students and parents.

Dodges Ferry Primary is a supportive and caring school in a beautiful coastal environment. The kindergarten building however, was an outdated relocated building that was lacking in character and did not meet current teaching delivery standards.

Eco-style employed a detailed consultation process to really understand the Schools needs and desires. The existing floor plan was rationalised to create more spacious, flexible areas with better indoor/ outdoor connection. A range of private and shared, quiet and public spaces were developed to provide for the varying learning, support and myriad of storage requirements of a modern and innovative school.

We were able to balance the schools' functional and social ideals with sustainable design to deliver a healthy, eco-friendly building. Sustainable principles include improving air quality by using low VOC paints, minimising glues and plastics, installing a solar hot water system and water efficient fixtures, double glazing to all new windows and doors and Green first laminates.

Colour is one of the most important elements of the design, helping to lift a tired building into a building that incorporates the values of Eco-style - a building that is sustainable, contemporary and an inspired place to learn.

The project was a joy from start to finish. The building was under budget and ahead of time. From our fee proposal to building handover was just over five months. Eco-style delivered a complete makeover with a modest budget and management ease thanks to the assistance of an enthusiastic client and highly professional building team from TasconPty Ltd.

