



PSW Annual Review

2025

President's report

Acknowledgement of Country



We acknowledge the first inhabitants of this land who arrived on this island continent over 65,000 years ago.

We acknowledge that via The Dreaming and Songlines, our first Australians united 250 different Nations living in many different eco-systems.

We acknowledge that they shared this land and produced sustainable human agriculture for over 50,000 years.

Today we commit to current and future elders to integrate their sustainable practices. Together we can ensure the regeneration and beauty of this island continent for all future Australians.



PSW... what are we here for?

PSW Mission Statement:

*Enabling communities to apply
earth care, people care and fair share*



through
**education,*
**application*
**advocacy.*



Greg
President / Workshops



José
Vice President



Claude
Treasurer / Librarian

Executive Team - 2025

office bearers



Monica
Website



Membership



Vera
Secretary



Anita
Newsletter



Sonia
Living Skills



Nev
Website / Resources

Executive Team - 2025



Lynne
Seed Savers



Mark
Seed Savers



Amanda
Blitz Co-ordinator

Membership

December 2025: 99 members!



Executive Committee Meetings

11



Initial Planning session 18th January 2025

Monthly meetings **10** (online)

Meetings with Community Groups & Council reps:



**Parramatta City Council
Pemulwuy Community Garden
Sherwin Park Community Garden
EarthCare Centre – Hawkesbury
Bungaree Community Garden
Royal Easter Show 2026**

Well done to
our
PSW reps!



Sustainable Plastic Solutions becomes world leader in farm waste recycling



- With no elected Membership Secretary, we split the role and offered members a chance to operate on a rotating basis of volunteers.
- A dedicated 10 minute segment for the Seed Saver Team
- Member's book reviews
- We made the 'Good News' segment a permanent feature of our Monday meeting
- Regular 'What's happening in your community' segment- garden clubs – Council events / workshops

International Composting Awareness Week Australia:
Promoting the use and knowledge of compost.

Green Cleaning workshop
Date: 22nd March 13th
Time: 1:00 pm – 3:00 pm
Location: Marayong Community Centre,



Costa the Composter
ICAW's Ambassador!

Thursday 5th June 2025
World Environment Day:
A global event focused on environmental action and awareness.
Theme for 2025: **Beat Plastic Pollution**

Monday Night Meetings

Guest Speakers:

March: David Giblin (Chifley College School Farm Project
“Bees”

June: Aussie Gardener Brian Chapman -
“What works and doesn’t work”

July: An evening with Costa

August: Bush Foods & Native plants - Linda Pine

November: Laura Oldanie- “Permaculture & Money”



SENSE MAKING
IN A CHANGING WORLD
A PODCAST BY MORAG CAMBLE



Monday Night Meetings

In-House presenters:

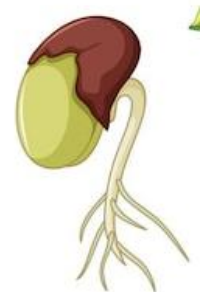
- Feb: We asked you: what do you want from PSW
“Shaping our Future together” organised by the new committee.
- April: Round Robin: 4 aspects of seed saving - Seed Saver team
- May: The Circular Economy - Greg M
- September: Round Robin Event: Springtime & Seeds -
Seed Saver team: Lisa K, Chris J, Mark & Lynne B.
- October: The Human Microbiome - Greg M



Monday Night Meetings

Hot Spot presentations:

- March: SS segment: What is a seed?
- April: Book Review - Beatrix Hadfield
- June: Protecting your garden - Lynne & Mark B (SS)
- July: Keeping your seeds warm in Winter - Michelle Simon (SS)
- August: Growing Grapes in a small back yard Anita Prabhu
- August: Preparing your plants for Spring - Mark Byass (SS)
- October: Look what's happened in our garden - Narelle & Todd Fletcher
- November: Diversity in the garden - Michelle S (SS)



Living Skills

- May: Opening a Hive & extracting honey – Chifley College (David Giblin)
- June : Pruning – the Do's and the don'ts (Greg Meyer)
- August: Bush food recipes (Linda Pine)
- Augus: Pruning for Beginners (Greg Meyer)
- October: Soap Making (Roberta Fassina)
- November: Wicking Beds (Cecilia Bird)



A PSW Living Skills Event

Australian Bush Recipes

Come and learn how to use Australia's wonderful bush foods in your home cooking. (A small fee will apply)

ROUSE HILL – address & fee TBA closer to event
Something to share for a tea break is always welcome!

SATURDAY
9th August 2025

START
at **1 PM**

RSVP Living Skills Co-ordinator Sonia Dyer. Sonia.barber66@gmail.com



SOAP MAKING

SUNDAY, 12 OCTOBER AT
1 PM

Living Skills Workshop

Join Roberta and Sonia for a fabulous soap making workshop. You will come away from the session with the skills to make your own soap as well as some sample soap you will make on the day.

Cost: TBA

Limited numbers

Venue: Rouse Hill

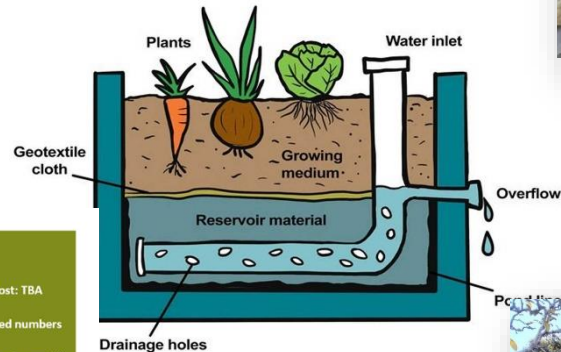
Bring an apron and wear long sleeves as lye can splash and stain

something to share for afternoon tea is always welcome

RSVP

Sonia Dyer

sonia.barber66@gmail.com



Community Interaction



1st November, Venue:
Ambrose Hallen Park,
Bungaree Community
Garden, Toongabbie
20th Anniversary
Open Day



The Hawkesbury EarthCare
Centre aka HDRRAA
(Henry Doubleday Research
Association of Australia Inc.)
invited PSW members to
become affiliate members.

Community Interaction

PSW members took part in the Galston Open Gardens event

Galston, Kenthurst, Dural & Arcadia

Friday, Saturday & Sunday

17-19 October



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Annangrove Community Environment Centre
13th November – Picnic for Nature
Celebrate the natural beauty of The Hills at
the **Picnic for Nature!** Bring friends, snacks, and
your love for the outdoors.

Garden - Design blitz events

June: Pemulwuy Community
Garden

July: The Ponds - Anita's place



Community Interaction & Workshops



An initiative of the Blue Mountains Planetary Health
Centre
Food Security Fair

Nev Sweeney presented :
How to build a solar powered food dehydrator
18th October

PSW ran workshops for...

Pemulwuy Community Garden

5 weekly workshops

Combination of online classes & then live practical sessions at the Community garden.

Topics:

Reducing waste Body Products
Cleaning products Preserving & Fermenting
Microgreens



Lane Cove Council

Fermentation workshop (June)





Grow Our Own Food –
Spring 2025 (GOOF I)
September
Introduction to Permaculture
Soils
Plants
Seeds
Year Round Food



GOOF II: Autumn 2025 April –May
Sustainable Living- How Nature does it

- * Reducing Waste
- * Body Products
- * Cleaning Products
- * Preserving / Fermenting
- * Microgreens



Workshop Topics we offer live & online!

Permaculture Principles
Introduction to Permaculture
Natural Body Products
Natural Domestic Products
Natural Home Pest Control
Soil Management / Building
Keeping Chickens
Worms!
Animals in the garden
Dig & No dig gardens
Spring /Summer gardening
Drought resistant gardening
Winter Gardening
Making Kefir & Kombucha
Plants
Luscious Leafy Greens
Fruit Trees
Propagating
Microgreens

43!



Energy, Water, Waste Audits
How to compost
Pickling
Fermentation
Food Preserving
Bread Making
Sewing for Beginners
Seeds –Harvesting and Saving
Small space gardening
Pruning & Grafting
Developing a herb garden
Balcony gardens
Soap Making
Managing waste
Cooking with stored heat
Year Round Food
Creating a sustainable home
Backyard chillies and tomatoes
Beekeeping for Beginners
How to make Dumplings.
How to make Pretzels
Make your own Garden Shades
Shredder use and Maintenance
Chinese Dessert Delights

PSW at large

Solar Citizen – Sweltering Cities and how they are affecting our health.



Sweltering Cities is Australia's only national advocacy organisation working specifically on issues related to extreme heat. **We are focused on the health and wellbeing of our communities by advocating for better, climate-safe cities.**

NSW Chair of Doctors for the Environment Australia

*Congratulations
Dr Kim Loo*



*Congratulations
Joe Ayoub!*



*Organic Innovator
of the Year*

**River Stone Aquaculture
Innovations**

*Congratulations
Greg Meyer!*

PSW president has been endorsed by Parramatta Council as a community member to Council's Environmental Sustainability Advisory Panel.

Seed Savers 2025

Seed Savers submits a report every month to the committee of what is achieved. Here is an example of their reports

- 10 adults in attendance
- 13 varieties of seeds donated from 3 gardens
- 70 seedlings, 40 varieties of seeds potted from punnets to tubes
- 55 seedlings taken by 8 members of the team
(Seedlings available to Seed Savers, Exec and Plant Protectors)
- 90 varieties of seedlings offered to 30 email recipients
- 26 seedlings pre-ordered before PSW meeting
- 451 varieties of seeds (1595 packets) were taken to the meeting –
all varieties suitable for planting in Spring
- 38 varieties of seeds, a total of 40 packets were sold
- 85 varieties = 198 seedlings brought to meeting, 105 seedlings sold or given away
- 33 varieties of seeds donated from 6 gardens; 7 varieties new to the seed bank .





Many thanks to Lynne, Mark
& the dedicated **Seed Saver Team**.
Lynne & Mark have kept Seed Savers
running with a small but dedicated team
at their home in Emu Heights.

A huge Thank You for their ongoing, wonderful effort!



Congratulations PSW on another great year!

We are very grateful to a dedicated, creative, and co-operative executive team.

To the many people who shared their ideas, skills and talents,
& who contributed in such a great variety of ways
during this year, we say...

