



viewpoint

RIGHT TO REPAIR

I have been helping out at two of Adelaide's repair cafes, Unley and Payneham.

There is an increasing recognition that our planet cannot afford to keep throwing away equipment that often fails within a couple of years of purchase.

The Right to Repair is a growing movement. Australia's Productivity Commission has received hundreds of submissions and produced a report.

They can be read at www.pc.gov.au/inquiries/completed/repair#report

A manifestation of this movement is thousands of Repair Cafes around our planet.

I have been involved with the Unley and Payneham Cafes over the last couple of years. At Unley I work in a team of 5 others undertaking repairs to electrical and electronic equipment. At Payneham there are 2 of us on the electronics and electrics. We are joined with other volunteers with skills in fabric repairs, bike servicing and general repairs.

The collaboration is very rewarding, not only with the other volunteers but with those seeking help. We often have them participate in the repairs. My success rate is around 50%. I find that many of the kitchen appliances are poorly built. The horrors are modern coffee makers and toasters along with some of the vitamisers.

If you have some repair skills or items to repair look up your local repair cafe and join us.

Cheers

Gordon Russell

ps: Do you have any friends who need to read our newsletter? Ring and we will post one out or they can download it from our website



CHRISTMAS ARRANGEMENTS

Our best wishes for Christmas & the New Year, to you and those close to you.

This Christmas we are closing our office from 5pm Monday December 20th and opening on Thursday January 6th from 9am.

For accounts due Jan 1st or before, you have until Jan 11th to pay before penalties apply.

If you have an emergency over the break and you need assistance see Emergency Numbers on the front page or just ring (08) 8333-5200 for up to date details on contractors and emergency services.



USEFUL LINKS

For podcasts and fact sheets on many unit living matters go to..

www.unitcare.com.au/fact_sheets.html

Our colleagues at www.lookupstrata.com.au have sent us some useful links.

The following are from some of their most viewed pages...

www.lookupstrata.com.au/sa-neighbour-smoking-on-balcony/

www.lookupstrata.com.au/category/parking/parkingsafaq/

www.lookupstrata.com.au/factsheet-maintenance-common-property/

www.lookupstrata.com.au/category/noise/noisesafaq/



UNITCARE CLIENT NAMED CARBON NEUTRAL AMBASSADOR

The following is a good news story regarding renewable energy in the City of Adelaide. We are pleased to see the small intentional community of Christie Walk has been named Carbon Neutral Adelaide Ambassador. UnitCare Services have been assisting this community title and its committed owners since 2006.

Originally published by indaily.com.au on 1/12/2021

Adelaide is unlocking solar living for apartment and strata dwellers.

In recent years, the City of Adelaide has seen considerable growth in apartment living. Now award-winning developments are making solar possible for those living in strata titled buildings as a step toward a carbon neutral city.

Australian innovations and community leadership are enabling energy generated from a single solar system on a communal roof to share electricity to multiple residents within the same developments.

Until now, it has been difficult for the residents of apartment buildings to take full advantage of solar power in their homes.

South Australian company Suntrix has partnered with Allume to install an innovative technology in the CBD, which integrates with standard PV solar systems and batteries.

A rebate for shared solar of up to \$20,000 per site is available from the City of Adelaide through the Sustainability Incentives Scheme.

The partnership won the Achievement in Energy or the Built Environment award at last night's Carbon Neutral Adelaide Awards 2021.

Held every two years, the Carbon Neutral Adelaide Awards acknowledge key players in the city's transition to a low carbon, liveable city.

This includes reducing emissions through technological change, entrepreneurial endeavour, and sustainable business practices.

Another inner city community of 27 apartments and townhouses in Christie Walk was also recognised several times in the awards.

The eco-city development was named Carbon Neutral Adelaide Ambassador 2021, and its founders, Urban Ecology Australia, won the Community Leadership Award.

The Sturt Street site is a showcase for high-density, communal and carbon neutral living, with an annual carbon footprint of around one tonne for each resident compared with the Australian average of 17 tonnes.

Giving people the means to reduce their individual carbon footprint was also highlighted with wins by Mister RYE and iO Energy.

Go to <https://indaily.co/346192> for the original article

Christie Walk appears as a narrow strip of buildings in the centre of this aerial photograph.



emergency numbers

Plumbing , Gas, Roof Leaks	8364 5855
Electrical	8274 0100
Building repairs, breakins & glazing	1300 362 515
Police to attend - noise/robbery etc	131 444
State Emergency Service storm/flood	132 500

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after hours emergencies - phone 8333 5200 for up to date information.



PROCESSED FOOD INFLAMES AGEING BRAIN

The following article first appeared in *thenewdaily.com.au* on 15/10/2021 the author is [John Elder](#). With a view to us keeping all our marbles until we shuffle off this mortal coil I suggest the article is worth a read, followed by action.

Ultra-processed foods represented 38.9 per cent of total energy intake for the average Australian adult.

It only takes four weeks for a diet of highly processed food to inflame the brain and elicit behavioural signs of memory loss, a new study has found.

This was a study done with older rats, with a focus on how a poor diet impacts ageing brain tissue and functioning. [Research https://pubmed.ncbi.nlm.nih.gov/23554476/](https://pubmed.ncbi.nlm.nih.gov/23554476/) has shown that rat and human brains are remarkably similar in structure and function.

The study diet mimicked ready-to-eat human foods that are often packaged for long shelf lives, such as potato chips and other snacks, frozen entrees like pasta dishes and pizzas, and deli meats containing preservatives.



Maybe that's why they call it fast food

"The fact we're seeing these effects so quickly is a little bit alarming," said senior study author Dr Ruth Barrientos, a behavioural neuroscientist researching the role of inflammation on cognitive impairments at Ohio State University Institute.

"These findings indicate that consumption of a processed diet can produce significant and abrupt memory deficits."

In the ageing population, rapid memory decline has a greater likelihood of progressing into neurodegenerative diseases such as Alzheimer's disease, said Dr Barrientos.

However, some of the rats on the processed diet were also fed a supplement of DHA, or docosahexaenoic acid – an omega-3 fatty acid that is found in fish and other seafood.

Among DHA's multiple functions in the brain is fending off an inflammatory response – which it did in the experiment.

This is purportedly "the first study of its ability to act against brain inflammation brought on by a processed diet".

Another surprise finding: young mice fed the processed diet didn't show brain inflammation or cognitive deficits – suggesting the older brain is particularly vulnerable to the inflammatory effects of a poor diet.

Why this is relevant to Australia

According to a [2020 Deakin study](#), "ultra-processed foods" represent 38.9 per cent of total energy intake. That's a lot of chips and crackers.

That focused on the link between the uptake of processed foods and the prevalence of obesity in Australia, which has risen dramatically over the past 20 years – from 19 per cent in 1995 to 31 per cent in 2018. Australia has the fifth-highest rate

of obesity among the Organisation for Economic Cooperation and Development countries.

Perhaps the focus of this new study – the rapid impact of these foods on the brain – might give some people pause for thought in the supermarket aisle.

What was the damage done to older brains?

Older rats that ate the processed diet – without the fatty acid supplement – experienced an "activation of genes linked to a powerful pro-inflammatory protein and other markers of inflammation".

These were significantly elevated in the hippocampus and amygdala regions of the brain.

The older rats on the processed diet also showed signs of memory loss in behavioural experiments that weren't evident in the young rats.

"They forgot having spent time in an unfamiliar space within a few days, a sign of problems with contextual memory in the hippocampus," said Dr Barrientos.

They also failed to display "anticipatory fear behaviour to a danger cue" which suggested there were abnormalities in the amygdala. In other words, the poor diet left them vulnerable to a threat, because they didn't recognise the danger.

Dr Barrientos said the amygdala in humans has been implicated in memories associated with emotional – fear and anxiety-producing – events.

"If this region of the brain is dysfunctional, cues that predict danger may be missed and could lead to bad decisions," she said.

Will eating salmon protect our brains?

It's encouraging that DHA supplementation of the processed-food diets "effectively prevented the elevated inflammatory response in the brain as well as behavioural signs of memory loss".

But Dr Barrientos cautioned against "interpreting the results as a license for consumers to feast on processed foods as long as they take a DHA supplement".

She said the better bet would be to limit processed foods in our diets and increase consumption of foods that are rich in the omega-3 fatty acid DHA to either prevent or slow the progression of age-related inflammation

REPAIR CAFES - THE RIGHT TO REPAIR

Repair Cafés are free meeting places and they're all about repairing things (together). In the place where a Repair Café is located, you'll find tools and materials to help you make any repairs you need. On clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys, et cetera. You'll also find expert volunteers, with repair skills in all kinds of fields.

Visitors bring their broken items from home. Together with the specialists they start making their repairs in the Repair Café. It's an ongoing learning process. If you have nothing to repair, you can enjoy a cup of tea or coffee. Or you can lend a hand with someone else's repair job.

There are over 2,200 Repair Cafés worldwide. Visit one in your area or start one yourself! See also the house rules we use at the Repair Café.

Why a Repair Café?

We throw away vast amounts of stuff. Even things with almost nothing wrong, and which could get a new lease on life after a simple repair. The trouble is, lots of people have forgotten that they can repair things themselves. Especially younger generations no longer know how to do that. Knowing how to make repairs is a skill quickly lost. This is a threat to a sustainable future and to the circular economy, in which raw materials can be reused again and again.

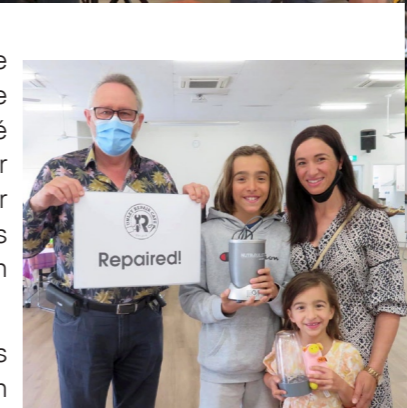
That's why there's a Repair Café! People with repair skills get the appreciation they deserve. Invaluable practical skills are passed on. Things are being used for longer and don't have to be thrown away. This reduces the volume of raw materials and energy needed to make new products. It cuts CO2 emissions, for example, because manufacturing new products and recycling old ones causes CO2 to be released.

The Repair Café teaches people to see their possessions in a new light. And, once again, to appreciate their value. Repair Café volunteers also visit schools to give repair lessons. In both these ways, the Repair Café helps change people's mindset. This is essential to kindle people's enthusiasm for a sustainable society.

But most of all, the Repair Café just wants to show how much fun repairing things can be, and how easy it often is. Why don't you give it a go?

Here are some memories from the Payneham & Unley Repair Cafes over the past year.

Search Repair Cafe on Facebook or Google for times and dates.



<https://www.sustainablecommunitiesa.org.au/>

<https://repaircafe.org/en/about/>