



Householder's Options to Protect the Environment Inc.

PO Box 6118, Toowoomba West QLD 4350
Ph 07 4639 2135; Email: office@hopeaustralia.org.au
Website: <http://www.hopeaustralia.org.au>
ABN 48 036 173 161

HOPE E-news Bulletin, Sunday 12 April 2009

Hi all,

Our participation in the Low Carbon Diet project has been very well received to date. Thank you everyone for your support for this great program. Please let everyone you know about our planned displays, workshops and meetings so that we can get the message out to as many people as possible. Even if you aren't living close enough to or in the Toowoomba Regional Council area to come and see us, there is lots of information available through our website. Below are also some great 'web resources' and 'helpful hints' to help you become energy wise. Have fun with it and good luck!

Have a safe and environmentally friendly Easter,

Miriam Sharp, Secretary - office@hopeaustralia.org.au

Office news

The more we do, the more we are asked to do ... and I wouldn't have it any other way!

The office has been hugely busy with coordinating the LCD project and its associated activities; keeping up with correspondence and literature review; as well as closing a chapter on our bi-monthly newsletter.

Although our principal focus in 2009-2010 is promoting the Low Carbon Diet program, we will endeavour to keep up with HOPE's regular activities as well. So, this e:news bulletin has a mixture of LCD items and articles on Landcare, up-coming events and useful resources. I particularly enjoyed the article from Green Harvest.

Frank Ondrus, President, office@hopeaustralia.org.au

Clean Up Australia Day results

On Sunday 1 March, HOPE and Neighbourhood Watch (NHW) Toowoomba 32 area combined to clean up a section of the suburb of Newtown. There were some 55 participants from Glennie School Interact Group, CBA Business Centre and several individuals. 15 full bags of rubbish and 1 bag of recyclables were collected. The area looked great after the clean-up!
We had a Low Carbon Diet display on the day as well.



LCD project update

Meetings, workshops and display dates

Displays are scheduled to be held at the following venues in Toowoomba:

- Grand Central Shopping Centre Mondays **6 July, 10 August, and 7 September**
- K-Mart Plaza Tuesdays **7 July, 11 August, and 8 September**
- Clifford Gardens Shopping Centre Wednesdays **8 July, 12 August, and 9 September**

Public meeting at Groom Park Hall, Neil St, Toowoomba (opposite St Patrick's Cathedral)

Wednesday **10 July at 10am** - Members and supporters most welcome!

Workshops promoting energy efficiency at home are scheduled for Wednesdays

- **15 July at 4pm** St James Community Hall, cnr Mort & Russell Sts, Toowoomba
- **19 August at 2pm** Groom Park Hall, Neil St (opposite St Patrick's Cathedral)
- **19 August at 7pm** St James Community Hall, cnr Mort & Russell Sts, Toowoomba
- **16 September at 2pm** Groom Park Hall, Neil St (opposite St Patrick's Cathedral)
- **16 September at 7pm** St James Community Hall, cnr Mort & Russell Sts, Toowoomba

Updates on upcoming events

Warwick Peace Festival 24 April - 4 May 2009

The Peace Festival aims to promote a culture of peace in our community. It provides and supports a program of events which celebrate peace and diversity and positive community involvement. The 11 day program is a blend of performance, art, music, community dialogue, drama, educational and sporting activities. On Saturday 2 May the activities will include a community showcase program where local groups are invited to exhibit and demonstrate their activities. HOPE will be part of this program. For more information on the festival check <http://www.peacefestival.org.au>.

Theca Forum 'Caring for our Waterways'

On Saturday **9 May from 8.30 - 4pm** "The Hut Environmental & Community Association Inc" (THECA) is holding its ninth annual forum at the Queensland Centre for Advanced Technologies. It will explore the current and future management of SEQ waterways and how best to manage these for the long-term future. Places are limited, so bookings are essential. Registration includes morning tea and lunch. Please complete the registration form available on www.theca.asn.au. For more information contact THECA on 07 3878 5088, or email theca@hotmail.net.au.

General

Giving a new life to your old books - ReRead initiative

Sustainable Insight, an online sustainability and environmental bookstore have recently launched *ReRead*, a book reuse and recycling program, which is giving new life to old and unwanted books. The aim of *ReRead* is to provide better resource management of books, by providing books donated by people like you to charities, schools and not-for-profit organisations who are in need of resources for their libraries and education programs. Only books that are badly damaged and deteriorated beyond repair, will be recycled through an appropriate paper recycling service. From mid May there will be several environmental centres in South-East Queensland onboard, with collection boxes where you can drop-off your books. This will also expand to include locations in other states as the program grows. If you want to support this program, you can send your books to: ReRead Program, Sustainable Insight; P.O Box 10769; Adelaide Street Brisbane; QLD, 4000. Also visit www.sustainableinsight.com.au for the list of collection point locations and for more information about the program.

Humane Society International (HSI) - End the killing of seals

HSI urgently needs your help to bring an end to the largest commercial slaughter of marine mammals in the world. Humane Society International, together with a global coalition of conservation and animal welfare groups, continues to campaign to stop the massive annual slaughter of harp seals in Canada. The hunt is now on a scale that has not been seen since half a century ago when it reduced the harp seal population by at least two-thirds. Flying in the face of the best available science and common sense, Canada will this year allow seal hunters to kill 280,000 seals, an increase of 5,000 from 2008. Most of these will be just days or weeks old, and forced to endure incomprehensible cruelty. The last time this many seals were killed, the harp seal population was reduced by as much as two thirds within a decade. Find out how you can help via www.hsi.org.au.

Mutual Support Partnership (MSP) News

Green Harvest

Whether you are on a "low carbon", "100km", "slow food" or "eat 5 a day" diet, growing some of your own home grown food can be a fun, healthy, cost saving, earth friendly activity.

As publishers and distributors of the *Australian Organic Gardening Resource Guide*, Green Harvest Organic Gardening Supplies is a unique family business which is dedicated to educate and provide products Australia wide for food growing by the home gardener, market farmer, schools and councils.

Promoting sustainability in the garden since 1992 the focus of this deeply green enterprise has been to seek, select and supply:

1. least toxic pest products for home and garden
2. Australian appropriate food gardening books
3. Durable hand tools
4. Certified Organic veggie seeds
5. Hardy garden edibles
6. Propagation equipment for the home gardener
7. Indoor food growing and preparation supplies
8. Soil monitoring and improvement products

The *Australian Organic Gardening Resource Guide* and website are continually updated and expanded to provide information on organic gardening at no charge to users. This free, accessible and non technical information is designed to promote sustainability while encouraging personal action towards meeting the most basic of human needs, home food production. Many articles are available on the greenharvest.com.au website to help you improve your edible gardening success such as fruit fly control, soil improvement and how to raise seeds successfully.

Links to other organizations and complementary businesses are a great resource.

Hundreds of types of vegetable seeds, books, pest management, un-usual hand tools can be viewed and ordered from the safe and secure web shop or mail order catalogue. Payment options abound while postage fees are simple and low cost. All orders are delivered promptly via Australia Post and satisfaction is guaranteed.

For a free copy of the *Resource Guide* contact Green Harvest at www.greenharvest.com.au or call 1800 681 014.

From Information for Action

An article worth reading

Mitigation of climate change has failed. Can we adapt? Monbiot doesn't think so. What is your opinion?

<http://www.monbiot.com/archives/2009/03/17/a-self-fulfilling-prophecy/>

Resources

Book reviews

The Amazing Secrets of Vinegar: 347 Remarkable Household Uses and Folk Remedies, by Margaret Wilson (2004) (190pp, \$25.00)

This is a great reference book on the "unsung hero" of our pantries. Vinegar is an economical, versatile, widely available substitute for expensive cleaning products, skin care products and stain-removal compounds. Also included are recipes for delicious-sounding dishes; directions for vinegar as a weed-killer and insect repellent; dozens of therapeutic/health uses and much more! Available from Green Harvest: PH 1800 681 014 (orders only); Fax your order 07 5499 9701; Post to PO Box 92, Maleny QLD 4552

Titles available from CSIRO Publishing

- Climate Change: The Science, Impacts and Solutions (Second Edition) - by A. Barrie Pittock (March 2009) - Paperback, 368pp, Illustrated, \$49.95
- Discovering Vegetables, Herbs and Spices: A comprehensive Guide to the Cultivation, Uses and Health Benefits of over 200 Food-Producing Plants - by Susanna Lyle (March 2009) - Hardback, 480pp, Colour illustrated, \$79.95
- Green Building Trends: Europe - by Jerry Yudelson (February 2009) - Paperback, 220pp, \$49.95
- Sustainable Gardens - by Rob Cross & Roger Spencer (January 2009) - Paperback, 352pp, Colour illustrations, \$39.95

→ Available from CSIRO Publishing, ph 1300 788 000, fax 03 9662 7555, email: publishing.sales@csiro.au

Web resources

United Nations Environment Programme (UNEP) - Climate Neutral Network (CN Net)

An increasing number of countries, cities, companies, communities and even individuals are looking for ways to reduce their impact on the global environment. Several nations and many local authorities and businesses are defining and implementing strategies to dramatically reduce their greenhouse gas emissions. The Climate Neutral Network (CN Net) has been established to assist those interested in achieving big cuts in greenhouse gas emissions to achieve their goals. For more information, see

http://www.climateneutral.unep.org/cnn_frontpage.aspx?m=52

Roots and Shoots - Empowering youth

Roots & Shoots, a program of the Jane Goodall Institute, is a powerful, youth-driven, global network of more than 8,000 groups in almost 100 countries. Together, youth of all ages are taking action to improve our world through service learning projects that promote care and concern for animals, the environment and the human community. There are 68 groups around Australia that you can join. For locations and more info check <http://www.rootsandshoots.org/>.

www.greenhouse.gov.au - This website has sections on agriculture, business and industry, community and households, emissions monitoring, energy, government, impacts and adaptation, international activities, natural resources, and science. There is a section on the Asia-Pacific partnership on clean development and climate. There are also sections on global warming (cooling it), at home, at school, at

work, consumers, transport, education, and local Greenhouse action. This website also features a factors and methods workbook, Greenhouse challenge plus, national Greenhouse accounts, solar cities, sustainable transport, and climate change science. The Department of Climate Change was established on 3 December 2007 as part of the Prime Minister and Cabinet Portfolio. This website currently provides information about programmes formerly administered by the Australian Greenhouse Office.

www.planetextinction.com - This website talks about the extinction on earth, occurring because of global warming. It also tells of the evidence of global warming. The site is put together by a group of people wanting to increase awareness of what damage we are doing to our planet. It tells us how we can change this, both personally and politically.

www.energy.com.au - This organisation is committed to a 'green future' and was one of the first organizations to sell renewable energy in Australia. This website deals with energy options and services designed to make it easier to cut greenhouse emissions. It contains a lot of information on easy ways to save energy as well as various products, services and offers.

Climate Change and Business - Preparing for a low-carbon economy -
<http://www.industry.qld.gov.au/dsdweb/v4/apps/web/content.cfm?id=9137>

Water: Learn it for life! (NRW Qld) - <http://www.nrw.qld.gov.au/waterwise/education/>

A tip / helpful hint

We have been inundated with helpful hints from our kind readers. Therefore we have made a selection which focuses on energy conservation. For lots more (energy wise) tips and hints please go to the 'helpful hints' section on our website: <http://www.hopeaustralia.org.au/index.php/helpful-hints?ac89fb5f049f88da77faed2af88c9f4c=67ab3971beee05d3c3beae3222421f27>

Here are some energy saving tips regarding lighting:

- Switch off lights: It's an old myth that you'll save money by leaving your fluorescent lights on, so switch off all lights when you leave the room.
- Choose light coloured lamp shades: Use light-coloured, non-opaque lampshades to maximise the light output of lamps.
- Replace incandescent bulbs with CFLs: Compact fluorescent lamps (or CFLs) use up to five times less energy than traditional incandescent bulbs. Replace your incandescent light bulbs with CFLs now, and you'll recoup the purchase price through lower energy costs. These lamps come in a range of colours, shapes and sizes now, so you are likely to find a CFL for all your existing light fittings.
- Downlights: Did you know that 12-volt halogen downlights use a lot of energy and generate a lot of heat? Consider installing energy-efficient downlights. Fluorescent downlights can use up to three times less energy and last five times longer.
- Use less watts: Use low wattage globes in areas that don't need bright lighting, such as hallways.
- Information about the safe disposal of CFLs and other fluorescent tubes is available at www.environment.gov.au

Landcare News

Australian Landcare International

A NEW group has been formed to help promote the landcare movement internationally.

Entitled *Australian Landcare International*, the group is based in Melbourne. Its dozen or so members

are all experienced landcare operators at state and national levels and several have worked abroad. Landcare CarbonSMART project officer Rob Youl is the group's first chairman. He said: "The aim of the group is to facilitate the employment of Australian landcare people on overseas projects."
Contact: rob.youl@landcareaustralia.com.au

Landcare Week

Planning for this year's Landcare Week at the beginning of September is under way and Landcare Australia would like to find out what activities groups are organizing.

Organisers are hoping to make this year's Landcare week the best ever and need the support of the entire landcare network to make this possible.

Please register your events on the Event Calendar page of the website www.landcareonline.com and email groups@landcareaustralia.com.au to receive your free information pack.

Anybody and any group can get involved in Landcare Week 2009.

New landcare book available

The book *Making a difference - a celebration of landcare* is an initiative of the Australian Landcare Council and was recently published by the Department of Agriculture, Fisheries and Forestry. The book highlights the power of partnership at all levels in addressing environmental problems and adopting sustainable agricultural practices. A diverse range of landcarers and managers contributed their stories of the problems they faced and the remedial works and strategies they used to rehabilitate and restore degraded soils, waterways, biodiversity and coastal areas.

Requests for a copy of the book can be made by emailing the Department at landcare@daff.gov.au .

Remember, you CAN make a difference!

Think before you print! 1 ream of paper = 6% of a tree and 5.4 kg CO₂ in the atmosphere; 3 sheets of A4 paper = 1 litre of water

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