



Householders' Options to  
Protect the Environment Inc.  
PO Box 6118 – Clifford Gardens,  
TOOWOOMBA QLD 4350

(22 Vacy Street, Toowoomba QLD  
4350)

Ph 07 4639 2135;

Email: [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au)

Website: <http://www.hopeaustralia.org.au>

Facebook:

<http://www.facebook.com/Householders.Options.to.Protect.the.Environment>

ABN 48 036 173 161

## HOPE E-news Bulletin 2014 #9 --- 30 September 2014

The following items have been gathered from various e-newsletters received by HOPE in recent times; and/or prepared specifically by HOPE members and supporters. If you have any news to contribute, please forward to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).

Deadline for articles is 15<sup>th</sup> day of the month. If you would like to discuss news items displayed or have "Letters for the Editor" please contact the office at [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).

### Editorial

This month's bulletin is jammed pack. There are plenty of articles for all aspects of healthy and environmentally safe living. As this is my first bulletin, please feel free to email the HOPE office with feedback and comments so that we can bring you a better issue next month. Don't forget – the deadline for articles for October is the 15<sup>th</sup>.

*Charmaine Atkinson, acting Newsletter Editor*

### Upcoming Conferences

#### 10TH AUSTRALASIAN PLANT CONSERVATION CONFERENCE

12/11/2014 - 14/11/2014, Hobart, Tas, Australia



Australian Network for  
Plant Conservation Inc

<http://www.anbg.gov.au/anpc/>

#### IUCN WORLD PARKS CONGRESS

12/11/2014 - 19/11/2014, Sydney, NSW, Australia



<http://www.iucn.org/>

### Calendar of events

Search the [national environmental events calendar](#) and/or [national community calendar](#) for any events that might interest you.

#### OCTOBER

- 4 [World Animal Day](#)
- 4-10 [World Space Week](#)
- 6 [World Habitat Day](#)
- 13 **HOPE Community Forum – Basic Chook Care by Ian Simons**
- 16 [National Ride 2 Work Day](#)
- 17 [International Day for the Eradication of Poverty](#)
- 20-26 [National Water Week](#)

#### NOVEMBER

- 6 [International Day for Preventing the Exploitation of the Environment in War and Armed Conflict](#)
- 7 [National Walk to Work Day](#)
- 8 **HOPE AGM – with Ross Campbell and Mark Tranter speaking about formation of a local Toowoomba branch of ATA (Alternative Technology Association)**
- 10-16 [National Recycling Week](#)
- 21 [World Fisheries Day](#)

#### DECEMBER

- 3 [International Day of People with Disability](#)
- 5 [International Volunteer Day](#)
- 10 [Human Rights Day](#)
- 11 [International Mountain Day](#)

#### HOPE reference library

HOPE has a good collection of library reference material – both hard-copy (books, magazines, reports, DVDs) and electronic reports and newsletters. Topics include biodiversity, climate change, energy, Govt, landcare/NRM, MDB, mining, pest plants and animals, sustainable housing, waste and water. Hard-copy material is available from office; and electronic material is available by email. If you are chasing something specific, why not give us a call on 07 4639 2135 or send an email request to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).

## Office News Report

Good afternoon,

The past 6 weeks has been another productive period for HOPE.

We had a very successful information display at the U3A Seniors Expo (20 Aug); and a small, but enthusiastic gathering for our Community Forum on 8 September which featured an overview of the Condamine Catchment Community Exchange program.

Attendance at our quarterly Ordinary Meeting on 6 September was surprisingly very low – with many committee members and others being unavailable due to family and/or work commitments.

On the plus side, Charmaine Atkinson has volunteered to prepare the September and October editions of our newsletter.

The very first *Youth Leading the World Congress* held in Toowoomba at USQ (University of Southern Queensland) during 15-17 September went well. Overall the students had a good time and seemed to appreciate the experience provided to them.



(Youth facilitators from Oakey State High School)

**Wanted** - Admin support required to develop name & address list of potential corporate sponsors. If you have experience with 'mail merge' and can spare some time on a weekly or fortnightly basis, please give the office a call on 07 4639 2135 or email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au)

### Upcoming Toowoomba meetings

13 Sept – Community Forum featuring HOPE member Ian Simons who will share his 45 years of experience on Caring for Chooks.  
(Dr Price Room, 6 Little St, Toowoomba, 7pm – 8.30pm)

8 Nov - HOPE AGM with guests Ross Campbell & Mark Tranter who will speak on the formation of a local branch of Alternative Technology Association (ATA).  
(HOPE office, 22 Vacy St, Toowoomba, 10am – 12noon, followed by lunch)

### Contributions sought for HOPE newsletter, website and Facebook

HOPE receives a variety of government, industry and envNGO e: correspondence – chiefly newsletters, media releases and other relevant communiques.

The office endeavours to select “worthwhile” items for further consideration and/or use by HOPE and its colleagues.

Also, quite a lot of time is spent thinking about, researching and following up leads that would advantage our organisation and/or our supporters.

If you have something worthwhile to contribute, please forward your suggestion to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au) at your earliest convenience.

## Bouquets & Brickbats

### Bouquets

To Rhianna Conaghan, a student from St Ursula's College, Toowoomba, for assisting with the Youth Leading the World Congress; and her involvement in the children's book “Finnley's Great Escape”, an initiative of the Condamine Alliance

To the *World Future Council* for its “Global Policy Action Plan: The Best Policies to Save Our Shared Future” is available for download at <http://www.worldfuturecouncil.org/gpact.html>

To the US state of California which will phase out plastic bags starting next year after a bill banning one-time use bags was signed into law.

To the German city of Munich for being a 100% clean electricity city.

Finally, I'd like to thank our members, supporters, volunteers and sponsors for their contributions to the HOPE organisation. Without such support we would not be able to achieve as much as we do locally, state-wide and nationally.

*Frank Ondrus, President & acting Office Manager – HOPE Inc., ph 07 4639 2135, email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au)*

## Feature Articles

### Community Supported Agriculture

Community Supported Agriculture (CSA) projects involve the creation of a direct relationship between producers and consumers resulting in a mutual gain relationship. CSAs have been developed as a strategy to connect local farmers with local consumers; develop a regional food supply, strong local economy; maintain a sense of community; encourage land stewardship; and honour the knowledge and experience of growers and producers working with small to medium size farms.



CSA is a relatively new socio-economic model of food production, sales and distribution. It is thought to have originated simultaneously in Germany, Switzerland and Japan in the 1960s. In Japan a group of women concerned about the increase in food imports and the corresponding decrease in the farming population initiated a direct growing and purchasing relationship between their group and local farms. In Japan this system is called 'teikei' – translated to 'putting the farmers' face on food'. In Europe many of the CSA style farms were inspired by the economic ideas of Rudolf Steiner.

CSAs encourage a food production system that includes the production of high quality foods using ecological, organic or biodynamic farming methods, and includes the involvement of consumers and other stakeholders. CSAs usually focus on a system of weekly delivery or pick-up of organic fruit, vegetables, and sometimes also flowers, herbs, milk or meat products.

CSAs are best suited to small, independent, labour intensive, family farms. Consumers essentially help finance farming operations, allowing farmers to not only focus on quality growing, but it can also help to level the playing field in a food market that favours large- scale, industrialised food production systems.



CSAs differ from consumer groups or cooperatives where consumers buy specific products at predetermined prices. In the basic model CSA members are actively involved in the production process, providing a form of direct financing through advance purchase of shares, and assisting with distribution by picking up their shares.

### Benefits of Community Supported Agriculture

#### Consumer Benefits

- Consumers have access to fresh, organic produce,
- Consumers pay less than they would in shops,
- Consumers create a connection to their food and the producers of their food,
- Consumers understand some of the conditions of food production,
- Consumers know where their food comes from.



#### Environmental Benefits

- Helps ensure biodiversity of the local area,
  - Protects agricultural diversity - diversity of food,
  - Protects local farmland from urban development by helping small farms to remain economically viable.
  - Helps consumers to develop an ethos of caring for the land
  - Reduces waste created in marketing, packaging and transport
- How fresh is this?  
Farmer Benefits:
- Farmers have improved economic security by providing money at planting,

- Farmers have increased share in food dollar, • Farmers share risks with consumers,
- Farmers waste less produce,
- Farmers are provided a guaranteed market for produce,
- Farmers can focus on producing quality food through environmentally sustainable farming practices,
- Farmers can develop a direct connection with the consumers, and
- Farmers have fewer marketing costs.

Sourced from various agencies such as:

- <http://www.brisbaneorganicmarket.com/csa.html>
- <http://www.organicfooddirectory.com.au/>
- Food Connect - <https://www.foodconnect.com.au/>

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### About Householders' Options to Protect the Environment (HOPE)



Householders' Options to Protect the Environment (HOPE) Inc. is a community based not-for-profit organization. As indicated in the name, it aims to encourage involvement and activities to improve the environment at the householder level.

HOPE is a direct member to Queensland Conservation Council (QCC) and Queensland Water and Land Carers (QWaLC). Its headquarters are located in Toowoomba, Queensland, and has members and supporters nationwide. HOPE acts to promote the belief of "Think Globally - Act Locally" among communities by providing options of living a sustainable lifestyle. Campaigns, events, and the internet are used to deliver environmental education and raise public awareness of environmental protection issues. HOPE also seeks to cooperate, participate, and partner with other groups to share the information and influence the maximum number of people that can be reached.

By joining the organisation, members agree:

- to make an effort to reserve energy and resources ;
- to minimise pollution from daily activities;

- to choose a greener lifestyle, such as using renewable energy, natural products, and supporting local business; and,
- to promote 'best practice' natural resource management and landcare activities.

HOPE aims to encourage people:

- to realise the link between their daily lives and environmental problems locally and globally;
- to live a sustainable life to improve quality of life while contributing to environmental protection.

Articles can be obtained from HOPE website, ranging from sustainable living tips such as low carbon living and energy saving landscaping to global environmental issues, and also links between daily life activities and the sustainable future. Besides, HOPE encourage people to explore some interesting websites recommended to get useful information. HOPE's Facebook provide news and information about the latest events for everyone who cares about the environment and communities.

For further information, please contact HOPE via:

- Web: <http://www.hopeaustralia.org.au/home/>
- Facebook: <https://www.facebook.com/Householders.Options.to.Protect.the.Environment>
- Tel: 07 4639 2135



**Beyond Zero Emissions Inc.** is a not-for-profit research and education organisation. Their goal is to transform Australia from a fossil fuel based economy to a renewable energy 'clean-tech' economy.

They are involved with research, education, transition planning, corporate education and network building.

They are looking to the future to assist with solving today's issues i.e. reducing the current level of greenhouse gas emissions to zero (and below).

If you would like further information about this organisation, or to donate to their cause, please go to [www.bze.org.au](http://www.bze.org.au) and navigate their website :

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## World News

### Climate Protection as a World Citizen Movement

#### - German Advisory Council on Global Change (WBGU)

The WBGU is an independent, scientific advisory body. Its principal tasks are to analyse global environment and development problems and report on these, review and evaluate national and international research in the field of global change, provide early warning of new issue areas, identify gaps in research and to initiate new research, monitor and assess national and international policies for the achievement of sustainable development, elaborate recommendations for action and research and raise public awareness and heighten the media profile of global change issues.

WBGU's new special report 'Climate Protection as a World Citizen Movement' recommends a dual strategy for international climate policy: on the one hand, the planned Paris Agreement should codify the global phasing-out of fossil CO2 emissions and thus serve as a guide; on the other, civil-society initiatives that take on responsibility and make their own contributions towards a low-carbon economy and low-carbon lifestyles should be supported.

Download the report (PDF):

[http://www.wbgu.de/wbgu\\_sg2014\\_en.pdf](http://www.wbgu.de/wbgu_sg2014_en.pdf)

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### New IRENA Report: REthinking Energy

The International Renewable Energy Agency (IRENA) is pleased to announce the release of "REthinking Energy: Towards a New Power System." The report examines the transformation underway in the global energy system and highlights that substantial new approaches are needed to decarbonise the global economy, as the electricity sector accounts for more than 40% of man-made (combustion related) CO2 emissions today.

The good news, the report states, is that renewable energy technology is sufficiently mature, and the economics sufficiently favourable to offer a viable climate change solution.

The full report and executive summaries can be viewed or downloaded at <http://irena.org/rethinking/>

## Resources



### GUIDE TO A ZERO-CARBON HOME

There are no barriers to building homes that use as much energy as they produce. Here's your guide to converting your home to zero carbon.

<http://www.greenlifestylemag.com.au/features/20191/guide-zero-carbon-home>

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### ATA resources

- <http://www.ata.org.au/what-we-do/publishing>

- Sanctuary: modern green homes magazine
  - ReNew: technology for a sustainable future magazine
  - Consumers Guide to Smart Meters
  - Guide to reducing your energy use and saving money
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### [Growing a forest with biodiversity, climate and people in mind](#)



Forest plantations can be much more than wood 'factories'. They can be havens of biodiversity, 'banks' that lock carbon away from the atmosphere, not to mention beautiful places for recreation. The good news is that, not only is it possible to regrow forests so that they work for nature, but that this goal can be better achieved with the help of science.

### [Shifting lands: how international trade is transforming global biodiversity](#)



Take a look at the food in your fridge, at the clothes you are wearing or even the roof over your head; chances are you are looking at products from all over the world.

## Helpful Hints

(Sourced from The Self Sufficiency Shoppe – [www.theshoppe.com.au](http://www.theshoppe.com.au))



### Fruit-based TONERS & CLEANSERS:

*Any fruit juice applied fresh and cool will act as a rejuvenating toner and astringent keeping the skin healthy, wrinkle free and protected for the day ahead. Here's some suggested juices:*

**Lemon, orange, tomato, pineapple** (all suited to normal to oily skin – due to their high acidity not suited to dry, fair or sensitive skin)

**Potato, carrot, cucumber, lettuce** (suited to dry or sensitive skin)

**How to use astringent/toners:** Dilute one part juice to 8 parts cool spring water. Apply after cleansing. Splash onto face, do not wash off (wipe off excess only) – leave on the skin to dry.

### Handy Hints

**Green Cleaning:** Crushed eggshells are the easiest way to clean the inside of glassware - particularly useful for cleaning long-necked bottles. Place a few crushed eggshells inside the container with a little water and shake!

**Natural Skin Care:** Avocado makes the best natural skin moisturizer. Pulp some fresh avocado. Apply to face and leave for 5 to 10 minutes. Wash off and pat dry. An excellent pre-makeup base.

**Bicarb Soda:** A combination of red cabbage and bicarb soda will make non-toxic blue food colouring. Here's how to do it: Boil 1/4 red cabbage (chopped) in 400ml water for 20 minutes. Strain. Gradually add bicarb soda (1/2 teaspoon at a time) to the cabbage water to achieve the desired blue colour.

**Candle-making:** Candles can be made entirely from recycled materials using recycled candle ends (for the paraffin), cotton butchers twine (for the wick), children's wax crayons (for colouring) and body perfume (for scenting). Containers such as yoghurt tubs, plastic cups, jars, etc. make ideal candle moulds. Follow the instructions below for beeswax candles for how to set-up and make the candle.

### How to make a Quick and Easy Beeswax Candle (in a Recycled Tin Can)



*Beeswax will make long burning, low smoke candles (compared to paraffin-based candles).*

1. Obtain a small, clean tin can (i.e. 150ml baked bean, tomato paste, baby-food tin)
2. Set the tin on a level surface covered in newspaper.
3. Tie a length of wick\* (about 8-10 cm) to a pencil.
4. Lay the pencil across the top of the tin so that the wick drops down the centre of the tin. Trim the wick so that it just touches the base of the tin.
5. Melt\*\* approximately 170 g beeswax.
6. Carefully pour into the tin making sure not to dislodge the wick.
7. Allow cool and set. Leave in the tin can mould or remove by sitting the can in hot water - it will then slide out.

\* For a quick improvised wick use cotton shoe laces or thin cotton cord or melt a long white candle - remove the wick and re-use to make beeswax candle.

\*\* Melt beeswax carefully in a double boiler

*Information from e-booklet No. 4 - Making Beeswax Products.*