



Householders' Options to  
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ABN 48 036 173 161

## HOPE E-news Bulletin 2014 #7 --- 15 July 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 or [Kerry Kruger](mailto:Kerry.Kruger).

### Hello

The information I found the most interesting in the information available for this newsletter was the report on Australia's Electricity Sector. Despite what the various political parties are saying, Australia has a serious problem with meeting its renewable energy targets. In fact Australian households are doing more than the Government in terms of renewable energy savings.

*Kerry Kruger, Newsletter Editor*

### Date claimers

#### [Take action this World Green Building Week](#)

World Green Building Week 2014 will be celebrated from 22 - 27 September and this we want you to 'Get Up, Green Up'. [What will you do?](#)

#### [19th Australian Weeds Conference](#)

01/09/2014 - 04/09/2014, Hobart, Tas, Australia

#### [7th International Urban Design Conference](#)

01/09/2014 - 03/09/2014, Adelaide, SA, Australia

#### [Bushcare's Major Day Out](#)

07/09/2014, Australia

#### [National Landcare Conference](#)

17/09/2014 - 19/09/2014, Melbourne, Vic, Australia

#### [Australian Regional Development Conference](#)

15/10/2014 - 16/10/2014, Albury, NSW, Australia

### Calendar of events

#### JULY

- 20 HOPE information display at Peaks to Points Festival, Oxley Creek Common, Rocklea, Qld
- 25 [Schools Tree Day](#)
- 27 [National Tree Day](#)

#### AUGUST

- 6 HOPE information display at USQ's National Students Volunteer Week, West St, Toowoomba
- 9 [International Day for World Indigenous Peoples](#)
- 10 HOPE information display at Toowoomba Languages & Cultures Festival, Queens Park
- 11 HOPE Public Forum – Dirty Gloves Program, Shelley, QMDC-- Dr Price Room, 6 Little St, Toowoomba
- 12 [International Youth Day](#)
- 16-24 [National Science Week](#)
- 19 [World Humanitarian Day](#)
- 19-25 [Keep Australia Beautiful Week](#)
- 20 HOPE information display at U3A Seniors Expo, Humeridge Church, Hume St, Toowoomba

#### SEPTEMBER

- 1-30 [National Biodiversity Month](#)
- 1 [National Wattle Day](#)
- 7 [National Threatened Species Day](#)
- 8 [Sustainable House Day](#)
- 8 HOPE Public Forum - Condamine Catchment Community Exchange, Dr Price Room, 6 Little St, Toowoomba
- 8 HOPE Quarterly Ordinary Meeting (venue & time tbc)
- 14 [National Bilby Day](#)
- 15-17 Youth Leading the World Congress-USQ, West St, Toowoomba
- 16 [International Day for the Preservation of the Ozone Layer](#)
- 20 [World Parks Day](#)
- 22 [World Car-Free Day](#)
- 26 [World Maritime Day](#)



## Office News Report

Good afternoon folks,

I've spent most of the past month reviewing our workload (actual and proposed) and volunteer staffing situation.

Please read carefully the following items with the view of helping where you can; and/or supporting our efforts by attending HOPE initiated events and/or events where HOPE will have a presence.

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

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### More active volunteers sought

It seems that the more we do, the more we are asked to do. Accordingly, I'm now asking for your help to do all of this extra work.

Perhaps, some of you who have helped in the past can now find some time to help again. Also, maybe some of our and more 'passive' members and supporters might be able to help out as well.

Either way, both local (i.e. on the ground) and remote (i.e. online) volunteers are required to assist with:

- Admin assistance
- Literature review and follow-up internet research
- Promotion and marketing of events, projects and activities
- Preparing media releases, date claimers, etc.
- Developing publications such as information sheets, guides and booklets
- Issue Campaigners on matters such as climate change, biodiversity protection and conservation; State and Federal environmental policies and strategies; waste; and Genetically Modified Organisms.

A fair portion of the above work would ideally be done by locals (i.e. in the Toowoomba area) because the HOPE office is in Toowoomba. However, quite a bit of the literature review, research, media and publications activity can be done via email. If you have a little bit of time to help us in any way, then contact the HOPE office on email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au) or phone (07) 4639 2135.

Note: If we can enlist a team of 3 or 4 media officers and the same for the publications team, then their individual contributions may be as little as one item every 3-4 months.

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### Upcoming Events where HOPE will be providing information displays

- 20 July – Peaks to Points Festival, Oxley Creek Common (Brisbane, Qld)
- 6 Aug – USQ National Student Volunteer Week (West St, Toowoomba)
- 10 Aug – Toowoomba Languages & Cultures Festival (Queens Park, Toowoomba)
- 20 Aug – U3A Seniors Expo Humeridge Church, Hume St, Toowoomba)
- 17 Sept – Youth Leading the World Congress (USQ, West St, Toowoomba)

➔ *Help is required to transport equipment & materials to and from event venues. And, of course, volunteers are needed to staff the displays. If you can at one or more of these events, please contact the HOPE office on phone 07 4639 2135 or by return email to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).*

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### Public Forum program

(Forums are held on the 2<sup>nd</sup> Monday of the month, Dr Price Room, 6 Little St, Toowoomba, 7.30pm – 9.30pm)

- 14 July - Clean Air Queensland, Michael Kane – Project Leader
- 11 Aug – Dirty Gloves program, Shelley Purser- QMDC Education Officer
- 8 Sept - CCCE (Condamine Catchment Community Exchange)
- 13 Oct Basic Chook Care, Ian Simons (HOPE members)
- 10 Nov Climate change, Coal Seam Gas, Faith and Social Justice - Mark Copland, Social Justice Commission – Catholic Diocese of Toowoomba

➔ *To reserve your seat at one or more of the above forums, please contact the HOPE office on phone 07 4639 2135 or by return email to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).*

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### T-shirt Logo Competition

In an effort to lift HOPE's profile and better market ourselves at public events, the management committee has decided to hold a "T-shirt logo competition".

Members and supporters are invited to submit their suggestions for an *improved or updated* logo design – based on the logo below; or creating a new one based on HOPE's charter. We would like the logo to have an "environmental feel" as well.



(current logo used on HOPE letterheads, etc.)

The logo should be 15 cm square and can be made utilising any medium. Please remember though - this logo will need to be digitised for future use.

The competition is open from now til 31 October 2014.

Please email your entry to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).

### Kitchen conversations

In an effort to connect more regularly with our 'local' HOPE members and friends, we have started a monthly morning tea program. The morning teas are held on the 2<sup>nd</sup> Monday of the month, starting around 10am at the HOPE office, 22 Vacy St, Toowoomba.

### 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 email to [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).



**Oxley Creek Common, Sunday 20 July 2014**  
--Sherwood Rd, Rocklea | 10am to 4pm

The official Festival launch will be at the **Peaks to Points Festival Family Day presented by bmag**. Our fourth Family Day at the Oxley Creek Common this Sunday promises to be the biggest one yet. We have a fantastic program of entertainment and activities for all the ages.

Bring your family along to enjoy a variety of information displays, boating on Oxley Creek with the Pamphlett Sea Scouts, orienteering with Orienteering Queensland, guided bike rides to Pelican Lagoon with Gillian Duncan, author of *Family Rides in South East Queensland* (BYO bike), children's theatre performances by Basil Grumble, recycling Olympics, and water testing activities. There's also live music with Diddly Squat, face painting, a jumping castle and trackless train rides around the Common.

Advertisements from Toowoomba businesses, etc.



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a fundraiser for  
the Toowoomba Hospice and  
the Toowoomba Municipal Band



**A Disney Spectacular**

Toowoomba Municipal Band No. 1  
Toowoomba Municipal Band No. 2  
Toowoomba School Society Youth Choir

Barber Shop Quartet "Left Field"  
Dance Central's "Valley"  
The Accidentals

SATURDAY 13 SEPTEMBER at 7.30 pm and SUNDAY 14 SEPTEMBER at 2.00 pm  
At: USQ Arts Theatre Bookings: USQ Artsworx - Phone: 07 4631 1111

USQ arts WORX UNIVERSITY OF SOUTHERN QUEENSLAND TOOWOOMBA TOWNHALL

ADULTS: \$25.00 - CONCESSIONS: \$18.00 - FAMILY: \$65.00 - UNI STUDENTS: \$15.00 - UNDER 18's: \$10.00

## Queensland news



### Climate Summit-be part of the solution, be informed, be inspired!

The 2014 Community Climate Action Summit is coming to Brisbane this September 19th to

21st. Communities, businesses, schools, universities and industries all across Australia are looking past the political rhetoric to get on with the job of creating the kind of sustainable futures that we want to live in.

## National News



<http://www.boomerangalliance.org.au/>

The Boomerang Alliance, made up of 28 of Australia's leading community and environment groups, is campaigning for a 10 cent refund on bottles and cans to reduce the litter and double recycling rates across Australia; tyre recycling and an end to illegal tyre dumps; and more e-waste/battery recycling.

Recyclers and environmentalists work together The Boomerang Alliance, Australian Council of Recyclers and Waste Management Association of Australia are working together to develop and promote recycling policies. Our core objectives have been a National Waste Policy (NWP achieved in 2009); bigger and better landfill levies to improve the competitive position of recycling against 'cheap' landfill (achieved in New South Wales, Queensland and Victoria in 2009-10); and new federal economic support policies for more infrastructure (in some states landfill levies are partly used).

A national summit was held in 2010 and our agreed priorities are:

- The Environment Protection and Heritage Council (EPHC) should establish a mechanism under the NWP that will develop uniform minimum standards and definitions

(or best practice guidelines) for legislation that will promote a nationally consistent approach to laws to support resource recovery.

- The Commonwealth and States should develop a comprehensive and systematic approach to the collection, collation, storage and dissemination of waste management and resource recovery data.
- Waste levies, charges, fees etc. collected by national and state governments should be reinvested to support resource recovery activities.
- The EPHC should introduce Product Stewardship for the most problematic wastes namely: gas bottles, all types of tyres, lead acid batteries, mercury bearing lamps and sharps. States and territories should also take regulatory action to prohibit the disposal of these items in the waste stream (ban disposal to bin) nationally.
- Urgently take action to extend the national carbon offset standard to include diversion of waste from landfill beyond June 30, 2010 and develop a plan to recognize recycling as an energy efficiency activity (and attract RECs).
- Foster the recovery of energy from waste but only when it has been presorted and is undertaken in full accordance with the WMAA "energy from waste sustainability guide".
- The EPHC should take action to support the development of markets for recycled organic products, recognising the carbon value for agricultural soils.
- Develop a stimulus package to attract infrastructure investment in the resource recovery sector; including accelerated depreciation (@ 50%), development of a Green bonds facility and an AusIndustry innovation program.
- Based on its economic contribution, develop industry policy to support recycling.

[Read more: Recyclers and environmentalists work together](#)

More information on a national Container Deposit Scheme can be found at:

<http://www.boomerangalliance.org.au/cash-for-containers.html>

<http://www.cleanup.org.au/au/Whatelsewesupport/container-deposit-legislation.html>



ALERT is designed specifically to help leading scientists respond quickly and credibly to important environmental issues, and to promote and disseminate their research.

ALERT has a core group of 18 renowned scientists, who provide input and leverage their research contacts when an environmental issue arises that ALERT decides to take action on. ALERT then publishes a fact-based press release on the current environmental issue and disseminates the press release through a curated media contact database comprised of over 1200 relevant media contacts, as well as prominent environmental freelance writers.

The ALERT scientists also maintain a blog, Issues & Research Highlights, which summarizes important research as it comes through their inboxes. Currently, Bill Laurance is the main contributor while ALERT is setting up for guest bloggers and helping other ALERT scientists to hone their blogging skills. (The blog can be subscribed to from the website: [www.alert-conservation.org](http://www.alert-conservation.org))

ALERT was founded by Bill Laurance, Distinguished Research Professor, from the Faculty of Science and Engineering at James Cook University and Ellen Field, a PhD student in the Cairns Institute and the School of Education also at James Cook University.

The idea for ALERT stems from Bill's extensive experience working with leading scientific organizations such as the Association for Tropical Biology and Conservation, the Society for Conservation Biology, and the American Society of Mammalogists, to influence environmental decisions. On reflecting on the genesis of ALERT, Bill notes: "While these groups play an important role in promoting research, I have found that they are rarely able to respond rapidly to environmental issues—which are often urgent and time-critical. Further, some members of these groups are inexperienced and uncomfortable in engaging in real-world environmental issues. Clearly, there is a need for an agile organization that brings the knowledge and credibility of leading scientists to bear on environmental issues of real importance".

Since ALERT's first press release in December 2013, ALERT has grown in many exciting ways:

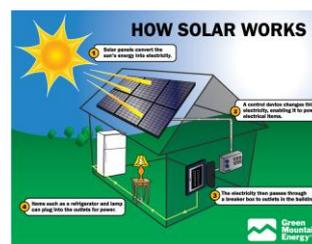
- ALERT's core-group of world-class researchers and scientists has grown considerably.
- The ALERT blog, Issues and Research Highlights, maintains a readership of 2,000 people per month and has been read by people from 130 different countries.
- Through Facebook, ALERT is mobilizing conservation research and commentary to a readership of over 8,000 readers per week.
- ALERT press releases are sent to 1,200 media contacts and prominent environmental freelance writers. Our contact database has doubled in these first 6 months!
- On Facebook, Twitter, and in blog comments, many people are discussing environmental conservation issues and have access to cutting-edge research thanks to ALERT's reporting and presence within the social media landscape.

ALERT brings knowledge and credibility of leading scientists to bear on environmental issues of real importance; however, it is an agile organization that is more than a communication pathway of knowledge mobilization. ALERT is taking an active role in "alerting" media on these issues through fact-based press releases and through harnessing the power of social media encouraging individuals to leverage their own personal networks and increase international focus and attention. It is fitting that such an innovative model of environmental advocacy be situated at James Cook University, a world leader in Environment and Ecology research.

## 100% renewables key to rapid decarbonisation in Australia

Report by [Sophie Vorrath](#)

Report says a shift to 100% renewables is key to Australia's carbon reduction challenge, achievable by 2050, and could boost the economy by 150%.



## Climate Council of Australia

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

After thousands of Australian's chipped in to Australia's biggest crowd-funding campaign, the abolished Climate Commission has relaunched as the new, independent Climate Council.

**We exist to provide independent, authoritative climate change information to the Australian public. Why? Because our response to climate change should be based on the best science available.**

We're a fast growing group of people made up of expert Councillors, staff, volunteers and supporters. Together we are doing everything we can to spread independent and accurate information on climate change.

### Latest Report

#### [Australia's Electricity Sector: Ageing, Inefficient and Unprepared](#)

Internationally, the energy sector accounts for the largest proportion of greenhouse gas (gHg) emissions, which are the main drivers of climate change. Limiting temperature rise to a global average of 2 °C, the internationally agreed level that may avoid dangerous climate change, requires large scale changes in the electricity sector and a tripling of low-carbon energy by 2050.

Yet, Australia's electricity is largely generated by ageing, inefficient coal-fired power plants and there are currently no plans, nor a national discussion on the future of the electricity sector and options to significantly reduce its emissions. Delaying the shift to a low carbon future increases the likely risks and costs of transition to a low carbon future in the electricity sector, where it typically takes a decade or more to plan, permit, finance and build major new power infrastructure.

[READ THE FULL REPORT](#)

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## World News

### Clear differences between organic and non-organic food, study finds

Organic food has more of the antioxidant compounds linked to better health than regular food, and lower levels of toxic metals and pesticides, according to the most comprehensive scientific analysis to date.

<http://www.environmentalhealthnews.org/t/5907088527225241732>

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### The world's \$7.7 trillion renewable energy boom

Report by [Silvio Marcacci](#)

Global energy markets facing watershed moment as BNEF predicts two thirds of new investment to 2030 will be in renewable energy.

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### Global Ocean Commission warns oceans at point of collapse and proposes five-year rescue plan

The [Global Ocean Commission final report](#) warns that the world's oceans are at the point of collapse. Five drivers of ocean decline are identified: rising demand for resources; technological advances; decline of fish stocks; climate change, biodiversity and habitat loss; and weak high seas governance. To address the decline, [a five-year rescue plan comprising eight proposals](#) has been put forward.

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### Earth's biodiversity hotspots in serious decline

There are 35 biodiversity hotspots across the planet, each having both exceptional biodiversity and acute land-cover disturbance.

A [new paper](#) finds that most hotspots have much less intact vegetation than previously estimated, with half now having less than a tenth of their original vegetation. The hotspots that were formerly in the best shape have suffered the worst. (With thanks to [ALERT – Alliance of Leading Environmental Researchers & Thinkers](#)).

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### 'Live on earth' project gets underway

The journal *Nature* reports that the [first project](#) in a series of ambitious Intergovernmental Platform on Biodiversity and Ecosystem Services (IPBES) global biodiversity assessments is being initiated. It will assess the health of bees and other pollinators. Governments established [IPBES](#) in 2012 in response to concerns about the lack of international efforts to tackle threats to biodiversity. It now has 118 member nations.

## Interesting Websites

(Prepared by Shawn Dang, HOPE member)

### Protect the Bush Alliance –

<http://ptba.org.au/>

The Protect the Bush Alliance comprises 22 member organizations, including Queensland National Parks Association, Wildlife Tourism Australia, QLD Trust for Nature Works and HOPE Australia. The Alliance was founded in 2012, with the aim of protecting the habitats of Australia's local animals and plants, saving our unique biodiversity from inappropriate activities causing habitat destruction, land clearing, feral animals and invasive weeds.

The Alliance focuses on protecting the areas of High Conservation Value (HCV), including properties in the National Reserve System (<http://www.environment.gov.au/parks/nrs/index.html>) and Important Bird Areas (<http://www.birdlife.org.au/projects/important-bird-areas>). There are six main types of HCV areas according to the definition by the Forest Stewardship Council for certification of forest ecosystems. (To learn more about the six HCV types, please visit the website <http://ptba.org.au/about-us/>.)

The Alliance has cooperated with biodiversity surveys in Queensland in 2013, to assess the ecological impact in areas under threat of inappropriate development. Further surveys were also proposed in 2014. As a prioritized action of the Alliance, it has recently been examining the proposed changes to conservation legislations (<http://ptba.org.au/priorities/changes-to-conservation-legislation/>) and making recommendations to submit. People are welcome to join the Alliance or suggest priorities for future actions (<http://ptba.org.au/contact>).

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### Protect the Laws that Protect the Places You Love –

<http://placesyoulove.org/>

This is a campaign launched by 42 organizations in Australia, including Australian Conservation Foundation, Invasive Species Council, Queensland National Parks Association, WWF-Australia and Householders' Options to Protect the Environment (HOPE Australia), with the aim of protecting the laws that protect our beloved places, wildlife and environment.

Our environment laws are in danger as 'the Prime Minister and State Premiers have agreed to surrender environmental powers to State and Territory governments. Without direct Federal government oversight, environmental assessment and approval of projects will be more likely in favour of big businesses, 'making it easier to mine, dredge and clear the places we love'. We as citizens will have less power to protect our reefs, bushland, beaches, rainforests, plus the animals and plants living there.

To resist the threat to our nation's landscape heritage, the largest so-far environmental alliance in Australia is formed, representing the 42 organizations and over 1.5 million Australians, to save the environment laws for the country.

If you would like to join the campaign and learn what you can do to protect the places you love, please visit the website <http://placesyoulove.org/join/>.

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### Routledge - <http://www.routledge.com/>

As one of the sources of the book reviews in our newsletters, Routledge is the world's leading academic publisher in the Humanities and Social Sciences. Based in Britain, Routledge is a member of Taylor & Francis Group and owned by Informa Plc (<http://informa.com/>).

Routledge publishes thousands of books and journals each year, currently encompassing textbooks and research articles in social sciences, humanities and built environment. Routledge has a catalogue including tens of thousands of print and e-books which can be accessed by readers. In its newsletter, new books and articles are introduced with reviews in depth and expertise.

While we may cite perspectives and comments from Routledge reviews in our own introduction of a new book, we strongly encourage you to read through the original reviews from the Routledge website and newsletters.

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### New publication

#### **Sustainable Energy Solutions for Climate Change**

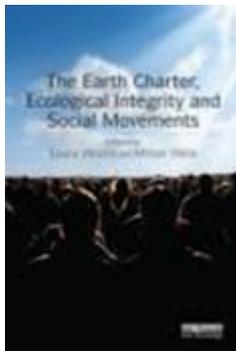
In his new book [Sustainable Energy Solutions for Climate Change](#), Mark Diesendorf argues that we now have the technologies needed to transform our fossil-fuel based energy systems into an ecologically sustainable one, based on the efficient use of renewable energy, and all we need is the political will to do so. Mark Diesendorf is Associate Professor and Deputy Director of the Institute of Environmental Studies at UNSW.

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#### **The Earth Charter, Ecological Integrity and Social Movements**

Edited by **Laura Westra, Mirian Vilela**

The Earth Charter is a declaration of fundamental ethical principles for building a just, sustainable and peaceful global society, with ecological integrity as a major theme. This book provides a series of analyses of ecological integrity as it relates to the Earth Charter, social movements and international law for human rights. It is shown how the Earth Charter project began as a United Nations initiative, but it was carried forward and completed by a global civil society initiative.



The drafting of the Earth Charter involved the most inclusive and participatory process of its time ever associated with the creation of an international declaration. This process is the primary source of its legitimacy as a guiding ethical framework. The Earth Charter was

finalized and then launched in 2000 and its legitimacy has been further enhanced by its endorsement by over 6,500 organizations, including many governments and international organizations. In the light of this legitimacy, an increasing number of international lawyers recognize that the Earth Charter is acquiring the status of a soft law document.

The book also shows the strong connection between ecological integrity and social justice, particularly in the defence of indigenous people, and includes contributions from both the North and the global South, specifically from Central and South America.

## Helpful hints

### The amazing properties of vinegar

When it comes to environmentally friendly and sustainable alternatives vinegar wins hands down! Its uses extend far beyond that of any commercial product. It features as an alternative in almost every aspect of the home. Vinegar is also very 'planet-friendly' - chemical free, cheap and safe - perfect in every way. So good in fact that it is 'commercially unviable'.

The more products available commercially for individual use the more money can be made from consumer sales. Vinegar's uses are so vast it out-strips the necessity for many similar commercial products and, of course, this undermines commercial profits. "What's the point of that?" (tongue in cheek!).

One important point: There are different types of vinegar. Use cheaper (home-brand) white vinegar for cleaning and similar jobs. Use better quality naturally-based vinegar – such as cider vinegar – for personal care jobs. So what can we use vinegar for?

Here's the list of vinegar's most significant uses:

- **Cleaning:** The mild acidity of vinegar cleans and helps strip dirt and grease. Spray dirty surfaces with vinegar to remove grime and grease.
- **Disinfecting:** Vinegar is a mild acidic anti-bacterial agent that kills organisms - ideal as a disinfectant. Use to disinfect and clean toilet basin, drains, bathroom basin and bath, tiles etc.
- **Skin Care:** (Cider vinegar). Ideal as a skin astringent for balancing oiliness, restoring acidity (particularly after using alkali based soaps). It's a natural & safe anti-bacterial agent for dealing with acne and mild skin infections. (Not suited to sensitive skin). Dilute: 7 parts water to 1 part vinegar. Apply with cotton wool ball to face (after cleansing) or add one cup vinegar to bath water.
- **Deodorising:** Ask Grandma – she'll tell you the best way to eradicate odours from the kitchen is to dampen a tea-towel with vinegar and swirl it around the air! A more modern technique is to pour equal parts vinegar and water in a spray bottle. Spray as necessary to 'clear the air'. As the acid odour of the vinegar dissipates it takes with it all other odours. Add a little fragrance – such as a few drops lavender essential oil to enhance the odour.
- **Hair-care:** An 'after shampoo' hair rinse of one part cider vinegar to 3 parts water will condition and leave hair shiny. (Leave rinse in the hair – do not wash out).
- **Personal Deodorant:** The mild deodorising and anti-bacterial properties of vinegar make it an ideal deodorant. Make up a spray solution of one part cider vinegar to eight parts water. Add essential oils - such as lavender - for aroma if desired
- **Foot Care:** Bath feet in a vinegar-water solution to deal with smelly feet and tinea.
- **Insect Repellent:** Rub or spray cider vinegar onto the skin to make it 'unpalatable' to insects - such as mosquitoes.
- **Culinary:** In the kitchen, besides preserving food, it can be used for such jobs as souring milk or cream, stiffen egg whites, prolong shelf-life of cheese, whiten potatoes, and more. Handyman: Use vinegar to clean paint brushes, loosen rusty nails or screws, rejuvenate leather and moisten dried glue.
- **Laundry:** Vinegar will deodorise clothes (add a cupful to laundry tub during wash cycle). It will also clean residue/debris from inside drainage pipe and pump (ensuring your machine last longer) and help whiten whites and brighten dyed colours.
- **Pesticide Removal:** Soak and wash store purchased fruit and vegetables in vinegar to remove chemical residue from commercial sprays and pesticides. Dilute one part vinegar to three parts water.
- **Garden:** A pure, undiluted spray of vinegar will eradicate weeds, moss and algae.

(Source: *The Self-Sufficiency Shoppe*, [www.theshoppe.com.au](http://www.theshoppe.com.au))