



## Householders' Options to Protect the Environment Inc.

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ABN 48 036 173 161

### HOPE E-news Bulletin 2017 #09 --- 1 September 2017

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.

## Editorial

Hello and welcome to this 'Back to Basics' edition of the HOPE newsletter. We've gained quite a few new members (in particular on-line) in the last few months, so we wanted to provide some basic environmental information to the newcomers and refresh everyone's memory for those that have been with us for longer. There are lots of hints and tips on better environmental practices in daily life, and the Feature Article by Rex Ryan reminds us of one of the reasons why we need to act.

Miriam Sharp, Acting Newsletter Editor

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## 2017 National/International Events Calendar

- [2017 – International Year of Sustainable Tourism for Development](#)
- [2014-2024 – International Decade of Sustainable Energy for All](#)

### September – [National Biodiversity Month](#)

- 1 [National Wattle Day](#)
- 1-3 [Building a New Economy for Australia Conference Brisbane](#)
- 4-10 [Sea Week](#)
- 5-11 [National Landcare Week](#)
- 7 [National Threatened Species Day](#)
- 9 **HOPE quarterly Ordinary Meeting**
- 10 [National Bilby Day](#)
- 11 [Sustainable House Day](#)
- 16 [International Day for the Preservation of the Ozone Layer](#)
- 17 [Bushcare's Major Day Out – BMDO](#)
- 22 [World Car-Free Day](#)
- 29 [World Maritime Day](#)

### October

- 2 [World Habitat Day](#)
- 4-10 [World Space Week](#)
- 6 [National Walk to Work Day](#)
- 11-12 [All Energy 2017 conference](#)
- 12 [National Ride 2 Work Day](#)
- 13 [International Day for Disaster Reduction](#)
- 15-21 [National Water Week](#)
- 16 [World Food Day](#)
- 17 [International Day for the Eradication of Poverty](#)
- 23-29 [Bird Week](#) and [Aussie Backyard Bird Count](#)
- 24 [United Nations Day](#)
- 27 [World Day for Audio-visual Heritage](#)

## HOPE News – September 2017

Good morning,

Over the past weeks, the office staff have been busy collecting literature, give-away promotional items, some For Sale items and organising a raffle as our involvement at two community events held in Toowoomba during August. Our information displays at the Toowoomba Languages & Cultures Festival (20/08) and U3A Toowoomba's Seniors Information Expo ((23/08) did not prove to be as popular as in previous years and so funds raised were minimal. Full reports of these two events are noted below.

HOPE's bank balance is precariously low at present – and so, we invite you – our members and supporters – to consider supporting us financially by way of a cash donation. Details on how to do this are on our website at <http://www.hopeaustralia.org.au/annual-pledgedonation/> .

Frank Ondrus, Office Manager – HOPE Inc., ph 07 4639 2135

### Report on 2017 Toowoomba Languages & Cultures Festival, 20/08/2017

Given the considerable time and effort put into collecting literature, give-away promotional items, For Sale items and raffle prizes for our display at the Toowoomba Languages and Cultures Festival, the community's interest was very disappointing indeed.

Very little literature was distributed, a modest quantity of items sold, some donations received and only a handful of raffle tickets were sold on the day.

Cost of site was \$100 and monies received were \$97.50 giving a net loss of \$2.50

Because of the poor raffle ticket sales, it was decided to conclude the raffle at the U3A Seniors Expo on 23 August.

Thank you to Steve Cupitt, Peter Burling, Janine Brown, Miriam Sharp and Mary Ondrus who helped variously with setting up, staffing our display and packing up.

Thanks to our raffle prize donors – Green Harvest, ACDC Energy, Kerry Kruger and Highfields Pioneer Villager & Museum and Earthlife P/L. A special thanks to Kerry for designing and printing the raffle prints.

### Report #1.1 on 2017 U3A Seniors Expo, 23/08/2017

Janine Brown and I staffed the HOPE display at this year's U3A Seniors Expo held on Wednesday 23 August at the HumeRidge Church of Christ, Hume St, Toowoomba.

Interest from visitors was quite good, with lots of literature given away, a total of 36 raffle tickets sold and various items sold.

A bonus for us was the interest by various agencies in taking literature for their members/clients. Bundles of literature were donated to RSL Care, East Creek Community Centre, Quota Toowoomba, Toowoomba Senior Citizens and TOMnet.

Also, a donation of MDBA notebooks and pens were made directly to U3A Toowoomba and HumeRidge Church of Christ.

Cost of site was \$40 and monies received on the day was \$131.50 - giving us a profit of \$91.50.

Thanks to Janine for staffing the display with me for the full day.

Given that very few raffle tickets were sold overall, I suggest that we discontinue this avenue of fund-raising as there was very good dollar value in the donated prizes; but the return on ticket sales was disheartening.

### HOPE Library

There are a number of items that have been borrowed from the HOPE library that have not yet been returned. In particular, three books by Alan B Hayes are required. They are 'A-Z of Health Tips', 'Beauty from the Garden' and 'Healing from the Garden'. Would you please check your bookcases for any HOPE resources and return them to the office at your earliest convenience? Also, we welcome contributions of books and magazines on any environmental issue.

## Feature Articles

### Australia's Contribution to Carbon Emissions

By Rex Ryan, HOPE supporter

As per the table below, the top four countries producing carbon dioxide (CO<sub>2</sub>) emissions are:

1. China with 29.51% of the world total and 7.7 tonnes per capita.
2. The United States with 14.34% of the world total and 16.1 tonnes per capita.
3. The European Union with 9.62% of the world total and 6.9 tonnes per capita.
4. India with 6.81% of the world total and 1.9 tonnes per capita.

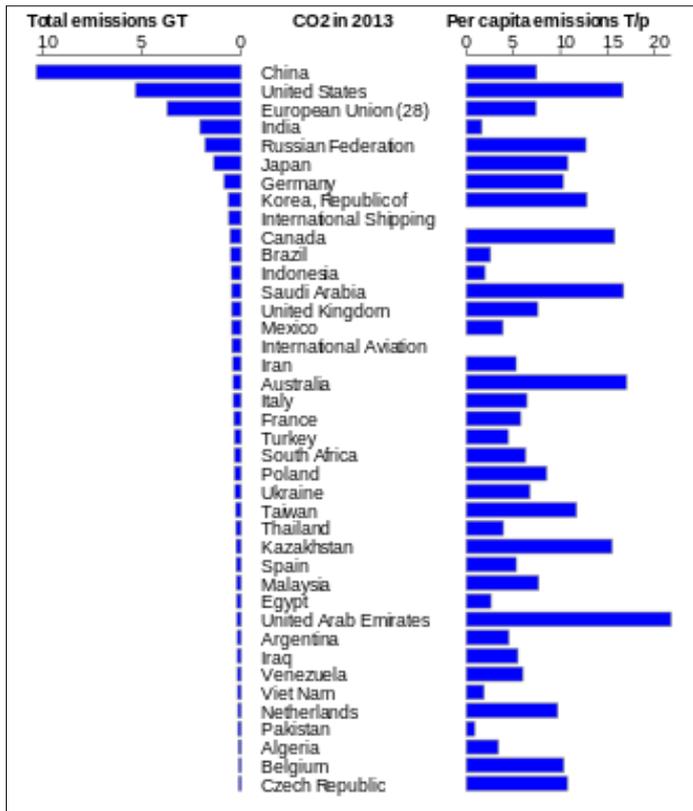
Between them these four areas produce 61.28% of the world carbon emissions.

By contrast, Australia produces approximately 1.24% of the world emissions with a per capita production of 18.6 tonnes. Australia's contribution to the world scene is almost negligible. The issue with Australia is not the overall CO<sub>2</sub> but the production per capita which is only beaten by the United Arab Emirates, which only contributes 0.55% to world production. It is arguable if the per capita figure is of concern.

China is attempting to reduce their emissions by installing wind and solar generators. A wind generator (turbine) is being commissioned every 2 or 3 hours. Huge solar energy panels are being installed. In addition, China has been purchasing gum trees from Australia for a number of years and planting them in arid areas. I have no idea of the progress made by the USA.

The EU is attempting to limit the amount produced by agreement.

India is attempting to reduce its emission by building nuclear power stations and eliminating coal generation. Vegetation utilises CO<sub>2</sub> to grow. The fundamental chemical formula for vegetation is CH<sub>2</sub>O. Thus, vegetation is 40% carbon and 60% water. By photosynthesis CO<sub>2</sub> is split into its components – carbon and oxygen. Vegetation becomes a "carbon sink". As long as the vegetation lives it locks up the carbon. Some hardwood trees may weigh 50 tonnes. A tree this size would lock up 20 tonnes of carbon.



For Australia, each person would need to plant sufficient vegetation to lock up 7.7 tonnes or plant 19.25 tonnes of vegetation at its final height. One hardwood tree per person would appear to be sufficient.

Vehicle exhaust worldwide produces 20% of the carbon emissions. For Australia, each person produces an average of 1.5 tonnes of carbon emissions through vehicle use. Thus, it would be beneficial to reduce car usage.

A further reason for reducing vehicle use is that carcinogenic material contained in vehicle exhaust. Diesel fuel exhaust contains approximately 41 carcinogens and petrol has a similar quantity.

(Carbon dioxide emissions for the top 40 countries by total emissions in 2013, given as totals and per capita. Data from [EU Edgar database](#))

## Introduction to [Futures Foundation Australia](#)

*By Charles Brass, Futurist*

What are we to do when we worry that our future will be worse than our past? This is a question that is increasingly being asked at all levels of society. From individuals to the communities in which they live and the companies in which they work to all levels of government on which they rely, increasing numbers of Australians are worrying about their future – and for many good reasons.

As a member of HOPE, you know that creating the future requires active effort, and it is not enough to sit back and hope that the future will turn out well.

Just as archaeologists and crime scene investigators have developed suites of tools they use to help themselves and others better understand times and places they could not be actually at, so futurists use a variety of tools developed to help those interested in some aspect of the future to more effectively navigate their way into it.

Like those interested in the past, anyone with an interest in the future can access university courses designed to teach them the tools of the trade (at Swinburne University in Melbourne, for example, you can learn to practise strategic foresight). However, the use of these tools is by no means restricted to experts because all of us can benefit from taking time to anticipate, prepare for and actively create our future.

The first thing any competent futurist does before venturing into the future is to understand how the past brought us to the present – if we don't understand how we arrived at where we are today, we would only stumble randomly into the future. Sometimes it is easy to believe that because the past has already happened it is certain and uncontested, whereas because the future has not yet happened it is inevitably uncertain and unpredictable. In fact, the past is as uncertain as the future, as anyone who has ever shared stories at a school reunion will surely know.

Taking the time to develop a shared understanding of the past (the rule of thumb is to be prepared to look as far into the past as you intend to look into the future) provides a firm platform to begin your journey into the future.

Before venturing into the future, it is also worth remembering that the real reason for doing so is to help make better decisions today. All journeys into the future are precursors to deciding what we will do now, in the present.

Since the future is uncertain, it is better to think of futures plural. There is no such thing as the future, rather there are always multiple alternative futures, and the challenge is to decide which of these would might actually want and then to create them.

So, exploring the future is always a matter of considering and deciding among alternatives, and it is here that a little experience can help. Professional practising futurists have this experience, but it is not that hard to gain.

Futures Foundation Australia is like a club for those Australians interested in creating better futures. Membership is open to anyone (and costs less than \$200 per year) and brings members not only closer to like-minded others, but also to practising futurists (many of whom are professional members).

The Foundation brings members (and non-members) together at forums where they are invited to contemplate various aspects of the future (these are made available as podcasts for members unable to attend) and produces 6 e-newsletters per year. But more importantly, it provides a resources base for individuals and organisations of all kind whenever they embark on exploring their futures.

The Foundation is headquartered in Melbourne, but has a sizable on-line presence and professional members based around the country. It is part of the team organising the “Block to the Future” conference in Brisbane in October 2017.

We believe that if more people become actively involved in its creation it is much more likely that the future will be somewhere in which we actually want to live.

## International Persistent Organic Pollutant Elimination Network (IPEN)



Founded in 1998 in Montreal, Canada, IPEN (International P (Persistent Organic Pollutant) Elimination Network) was established as a global network with the vision of a 'toxics-free future for all' – to reduce and ultimately eliminate the use of synthetic chemicals in our everyday lives.

Approximately 80,000 new synthetic chemicals have been manufactured and released into the environment since the Second World War, with roughly 1,500 new chemicals introduced per year.

These pollutants have harmful and adverse effects on ourselves and our children, causing birth defects, cancer, neurological disorders and other illnesses. Though some of these chemicals, such as endosulfan and DDTs, have been banned by many countries, the production of these and other toxic chemicals is actually growing, especially in developing countries such as those in Africa and Central Asia, where stocks of pesticides and other harmful chemicals litter the countryside.

IPEN works with leading public interest groups working on environmental and public health issues in over 100 countries to reduce and ultimately eliminate harmful and toxic chemicals worldwide.

Since its beginnings, IPEN has accomplished many milestones in pursuit of its goals.

In 2001, IPEN adopted the IPEN Stockholm Declaration, focused on implementing the POPs (Persistent Organic Pollutant) treaty.

In 2003, IPEN expanded the scope of its goals beyond POPs and participated in the process to negotiate the Strategic Approach to International Chemicals Management (SAICM), which was called and agreed upon by heads of state at the World Summit on Sustainable Development in 2002. IPEN received a Special Recognition Award from the Intergovernmental Forum on Chemical Safety for outstanding work during its negotiations at the Stockholm convention. The same year, the International POPs Elimination Project (IPEP) was also put forward by the IPEN and approved by the Global Environment Facility.

IPEN have also conducted extensive research into toxics contamination in free-range eggs in 17 countries.

From 2012 – 2014, IPEN launched the China Chemical Safety Project in order to empower civil society organisations and communities to improve chemical safety in China and produce publicly-available data on pollution levels and impact, in order to increase implementation of chemical safety policies at local and national levels, as well as raise awareness on the impact of emissions-based pollution.

In 2015, IPEN successfully put forward the global ban on the pesticide PCP (pentachlorophenol). More than 90 countries voted to ban the chemical at the Stockholm Convention. Since then, IPEN has also worked to advance bans on four additional chemicals, which will be evaluated in 2017 and 2019.

Also, that year, IPEN adopted a global policy on Highly Hazardous Pesticides (HHPs) and Endocrine Disrupting Chemicals (EDCs), and worked toward the reduction of lead paint manufacture, with positive results – by the end of 2015, 80% of the paint market in the Philippines had committed to IPEN's "Lead Safe™ Paint" 3<sup>rd</sup> Party Certification Program. Lead paint regulations are also now in place or promised by governments in the 7 Asian countries that participated in IPEN's Asian Lead Paint Elimination Project.

Additionally, the release of reports finding high lead levels in paints in 4 African countries have helped set in motion bans on lead paint in these countries and other parts of Africa, with the end goal of phasing out all lead paint by December 2020.

IPEN is also dedicated to building a toxics-free movement on a global scale, through publications, policy and technical training, collaboration and alliances that help connect the work of scientists to that of chemical policy advocates.

These initiatives support and promote building global awareness of EDCs (endocrine-disrupting chemicals), global action on HHPs (highly hazardous pesticides), enhancing partnerships with global research institutions, and more.

Earlier this year, IPEN, in collaboration with the European Environmental Bureau, have contributed to the stakeholder consultation of the European Commission's work on the analysis of the relationship between chemicals, products, identification of policy options and waste legislation. IPEN and EEB demand full transparency through legally binding requirements on the chemical contents in the components of products,

as well as requirements for transparency of information between all the stakeholders involved in the supply chain.

In April 2017, IPEN released a guide to new POPs in the form of a booklet and pdf. It is available to read at <http://www.ipen.org/documents/ipen-guide-new-pops-april-2017>.

To stay up to date on IPEN's campaigns, research and activities, you can follow the organisation on Twitter at <https://twitter.com/ToxicsFree>.

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## **The meaning of Personal and Community Sustainability**

By Dan Bielich, B.Sc. – Climate Science, Completing M Env. Sc.

Environmental sustainability by definition is a method of living, which does not compromise the capacity of the environment to allow the progression of life currently, and in the future. In today's society, sustainability is defined as a method of living in which we do not harm the environment.

Personally, the goal to become environmentally sustainable is quite difficult. If we dissect our current habits and our lifestyle you would find that we individually utilize a high quantity of energy directly and indirectly. These energy expenses range from transport to consumption of food. Each of which have requisite quantity of energy that is needed to produce a product or sustain a consistent service. There are changes we can make for example changing all our lights to LED, or installing solar cells, consuming food sources that have been grown utilising an environmentally friendly method, consuming less red meat or buying an electric car can have a profound impact, if a large quantity of people followed suit. However, the cost of not just adapting such a lifestyle, but also sustaining a more environmentally sustainable lifestyle can be extremely challenging and costly in today's day and age.

As a community, it is difficult to adapt in the new mentality of living "green". However, there are numerous demographics of society, which do focus on such lifestyles. Ever year there is a new wave of more environmentally friendly products, foods, services and alternatives that we can introduce into our lives to take a step closer to the ultimate goal of living sustainably. Furthermore, what is needed from the community is a support for people who wish to adapt to a reduced carbon footprint lifestyle. There are people who have the ambition to achieve the goal, however do not understand the requirements or the appropriate methodology to reach this goal. Over time, the momentum of this adapted lifestyle will continue to grow, as political bodies and the corporate industry begin to adapt to such energy saving methodologies, and only then will there be a major change in the environment.

The most impactful changes to our lifestyles are transport and food consumption. The underlying foundations of which our society functions are energy, hence as long as the dependency of energy lies on fossil fuels there will always be negative implications for the environment.

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### **Advertising Rates**

HOPE is keen to raise some much-needed revenue through the introduction of paid advertising in our newsletter.

At this stage, we are offering business card sized adverts for \$30 + \$3 GST per edition; OR \$300 + \$30 GST for a full year.

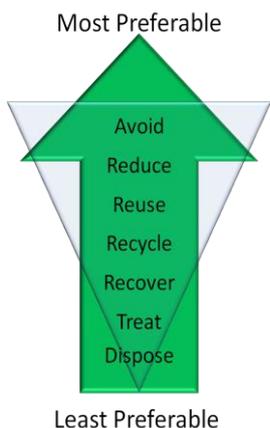
If interested, please send your advert to [office@hopeaustrlia.org.au](mailto:office@hopeaustrlia.org.au) and your payment to HOPE Inc., PO Box 6118 – Clifford Gardens, Toowoomba QLD 4350.

(Direct debit banking details available on request.)

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## 'Back to Basics' Articles

### The Waste Hierarchy



**Avoid** - collecting or creating waste  
**Reduce** - waste and use of resources, especially water and electricity  
**Reuse** - what you can  
**Repair** - give an item a longer life  
**Divert** - send items to welfare stores, not to the tip  
**Recycle** - glass, paper, plastic, steel, aluminium - support you Council recycling programs  
**Disposal** - to the appropriate facility - don't litter or illegally dump

### Green Manure crops in your food garden

By Peter Kearney, CityFood Growers - <http://cityfoodgrowers.com.au/>

It may seem to be a waste of time and effort to grow a crop that you just dig back into the ground - often before it's even reached maturity! But, as Peter Kearney from Cityfood growers explains, it's the quality of your soil that gives you quality crops - and your soil needs feeding too!



Read '[Green Manure Crops in Your Food Garden](#)'

### Knowing plastics in your house

(Article written by Shawn Dang for HOPE Australia)

In our houses, there are all kinds of plastic items. You may wonder how to dispose or reuse them once they have finished their mission or just got broken. Well, let us look into what materials they are made of before deciding where they go.



Usually there is a plastic recycling code on each of the plastic bottles, jars or packages. It is a triangle with a number in the centre, indicating what material the plastic is made of.

If you see the number 1, or letters PET, that means the item is made of polyethylene terephthalate. You typically see this symbol on plastic bottles for water, soft drinks and fruit juice, as well as food jars for e.g. honey and peanut butter. Cosmetic and medicine containers may also be in this category. They can usually go to the recycling bin, which in Queensland is the yellow-lid bin accepted by your council's kerbside collection system. Be cautious if you want to reuse them to store food or drinks. The PET plastic containers are designed for single use only. After a long-term repeated use, you may end up eating endocrine disruptors, phthalates and antimony, which are harmful above a certain level.

If you see the number 2 or letters HDPE, the item is made of high density polyethylene. Usually non-transparent milk jugs, shampoo or detergent bottles and plastic lumbers are in this category. They can also go to the recycling bin with peace of mind. They are considered to be safe if you want to reuse them to store food or drinks.

If you see the number 3 or letters PVC, the item is made of polyvinyl chloride. This category includes garden hoses, cable sheathing, blister packs, window frames, blister packs and blood bags, though not all of them are clearly labelled. Beware this material is nicknamed the Poison Plastic, because it contains many dangerous toxins. You should avoid frequent, close contact to them and never reuse them for food wrapping. Fortunately, this category is also accepted in the recycling bin at your kerb.



Number 4 in the triangle, or letters LDPE, means the item is made of low density polyethylene. This category includes heavy duty bags, garbage bags, dry-cleaning bags, bread bags and squeezable bottles. This category is considered to be safe, so no worry if you want to reuse them for food storage. They are also accepted in the recycling bin.

Number 5, or the letters PP, refers to polypropylene as the material of the plastics. This material is usually seen on medicine bottles, cereal liners, ice-cream containers, packing tape, potato chip bags, straws, take-away food containers and lunch boxes – if they are plastic. This category is considered to be safe as well. Once cleaned they are welcomed by the recycling bin, but feel free if you come up with any idea of reusing them!

If you see number 6 please be careful. Mostly the coding letters are PS, meaning the plastic is made of polystyrene and accepted into the recycling bin. Occasionally the coding letters are EPS, meaning the plastic is made of expanded polystyrene and not allowed into the recycling bin, though it might be accepted by some private recyclers. This category includes CD cases, plastic cutlery, foam packages, yoghurt or butter containers and egg cartons. This category of plastics is considered unsafe and should be avoided from long-term close contact. It may leach styrene, which is suspected a possible human carcinogen and a hormone disruptor. Please be cautious if you want to reuse them, and avoid keeping a box of butter too long in your house.

Finally, there is a number 7, or a mark as “OTHER”, which means the plastic item is made from materials other than the above six categories. Some may be marked with “PC”, which means the material is polycarbonate. Other materials in this category include acrylic and nylon. Baby bottles, water cooler bottles, and some car parts may fall within this category. If a plastic item is marked by number 7, it cannot go to the recycling bin. To be cautious, please do not reuse it to store food or drinks, or for any other use in close contact to human body.

Please beware that there are exceptions which fall in the categories 1 to 6 but are not allowed into the recycling bin. Plastic bags may be either category 2 or 4, and soft food wraps, including cling wraps, may be either category 3 or 4. They can jam the recycling machine in the sorting process and thus stop the facility from working. Therefore, please do not put them into the yellow-lid bin at your house. Try reusing plastic bags, or hand them in to your local supermarkets – there are designated collection bins for them.

The above plastic recycling codes are universal internationally. However, the recycling policies may vary across states and countries and may change over time. Please contact the local council for their recycling policies of your specific interest.

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## **The water-efficient house: it's easy!**

Have you ever wondered what you can do to save money on utility bills, while doing something good for our environment? Showering, clothes washing and toilet flushing make up more than three quarters of a typical household's indoor water consumption. By choosing water efficient products you can make significant savings in water and energy use:

- A water efficient showerhead is probably the most economical way to start reducing overall water consumption. Efficient models can reduce water and energy consumption by 43 to 62 percent over more traditional designs. This change can also reduce your combined water and power bills by \$375 to \$535 per year.
- Choosing a more water efficient washing machine when your old one needs replacing can reduce water and energy consumption by 50 to 75 per cent and save \$90 to \$135 per year on bills.
- If the bathroom is part of your next renovation, have water efficiency in mind when selecting a new toilet. A water-efficient model can reduce consumption by 48 to 60 per cent.

Visit [www.waterrating.gov.au](http://www.waterrating.gov.au) to compare all products that must be labeled to show their water efficiency: showers, washing machines, dishwashers, tapware, toilets and urinals.

# Understanding Plastic Recycling Codes

A handy guide to safe plastic use

Code	Name	Common Use	Recycle Rate	Recommendation
	<b>PET</b> Polyethylene Terephthalate	Plastic bottles (soft drink, single-use water bottles, sport drinks), food jars, cosmetic containers.	23%	Be careful with products labeled No. 1. Designed for single use only. Extended use increases risk of leaching and bacterial growth.
	<b>HDPE</b> High density polyethylene	Grocery Bags, detergent bottles, milk and juice jugs.	27%	Appears to be Safe
	<b>PVC</b> Polyvinyl chloride	Garden hose, cable sheathing, window frames, blister packs, blood bags, meat wrap.	< 1%	Avoid Nicknamed the Poison Plastic, contains many dangerous toxins.
	<b>LDPE</b> Low density Polyethylene	Heavy duty bags, drycleaning bags, bread bags, squeezable bottles, plastic food wrap.	< 1%	Appears to be Safe
	<b>PP</b> Polypropylene	Medicine bottles, cereal liners, packing tape, straws, potato chip bags.	3 %	Appears to be Safe
	<b>PS</b> Polystyrene	CD and video cases, plastic cutlery, foam packaging, egg cartons.	< 1%	Avoid May leach styrene, a possible human carcinogen. May be a hormone disruptor.
	<b>Other PC</b> Polycarbonate	Baby bottles, water cooler bottles, car parts	< 1%	Caution Concern with leaching of Bisphenol A which appears to cause chromosomal damage.

#### Useful Tips:

- Store food and water in glass or stainless steel containers whenever possible
- Minimize or eliminate exposure to plastics with code 1, 3, 6, or 7
- Do not use products (especially Baby Bottles) identified with No. 7

[www.PlasticFreeBottles.com](http://www.PlasticFreeBottles.com)  
Your source for alternatives to plastic bottles

## Handy Recycling Hints and Tips from Planet Ark

### [Test Your Recycling Knowledge](#)

What's the most common recycling mistake? What happens after your recycling is collected? How many times can an aluminum can be recycled? To find out the answers and go into the running to win 1 of 10 Green Prize Packs, all you need to do is take the Recycle Right Quiz. [Start the Quiz...](#)

### [Recycle Your Mobile Phone Securely](#)

New research conducted by the mobile phone industry's official recycling program, MobileMuster, has revealed that 76 per cent of Australians would feel more confident recycling their old mobiles if they knew how to delete or save the data stored on them. [Find out how to recycle your mobile securely...](#)

### [Cash for Cans](#)

Is your school looking for a new fundraising idea? Why not setup a Cash for Cans collection. They are simple to set up, are great for the environment and we've developed a guide to help you every step of the way. [Find out more...](#)

### [This Pen Used to be an Inkjet](#)

Have you ever wondered what your recycled inkjet cartridges are turned into? Well now you know - from the barrel to the cap, even the ink used in the new Enviroliner pen is made from recycled inkjet cartridges. [Find out more and where to buy...](#)

### [Can I Recycle that?](#)

Have something that can't go in your household recycling bin, but don't want to throw it out? With a little research, you can find a range of great initiatives that will reuse or recycle a number of unusual items, keeping them out of landfill and giving them a new life. [Read on to find out about bikes, bulbs, beds and more...](#)

## **Green Power – Energy saving tips**

Switching to GreenPower is just one way to reduce your environmental impact. There are many other practical actions we can all take to make a difference, and save money in the process. You can do your power bills and the environment a favour by making a few simple changes to your daily life at home and work.

### **Tips for saving energy at home:**

- Install low-energy lighting - such as LED or compact Fluorescent lights - where possible, energy saving alternatives are also available for energy hungry halogen down-lights
- Switch off lighting in unoccupied rooms
- Switch off appliances which are not in use at the wall, to save standby power
- Only use heating when and where needed – close off doors to unoccupied rooms where possible
- Dress for the weather and set your heating thermostat to 18° to 20°C – every 1 degree less will save about 10 per cent on your heating bill
- Weather-seal external doors using draught stoppers or 'door snakes' at the bottom and weather stripping around the frame, and seal up any gaps and cracks in external walls, floors and the ceiling to keep heat inside during winter
- Make sure your ceiling is adequately insulated and use thick drapes with a boxed pelmet to reduce heat loss in winter
- Use shutters and/or install awnings to cut out the summer sun on the Northern and Western side of your building
- Wash your clothes in cold water where possible, and dry on a line or rack
- Compare star ratings on appliances - the more stars, the lower the running costs
- When replacing your gas hot water system, consider installing a solar hot water system. Government rebates are available for eligible households
- When installing a ducted heater, look for a high efficiency zoned system which can limit its heating to certain areas
- Choose an accredited EcoSmart Electrician or Green Plumber for electrical and gas work
- Make sure your washing machine and dishwasher are full before running

### **Tips for saving energy at work:**

- Make a plan that's achievable and encourage colleagues to consider their energy use
- Sign up to [CitySwitch](#), a free energy-efficiency program for office tenants
- Put your computer in power-saving mode to use 50 per cent less energy
- Switch to laptops instead of desktop computers and use up to 85 per cent less energy
- Replace your old lights with more energy-efficient models
- Hold a phone or web conference instead of driving or flying to attend meetings
- Invest in reusable coffee cups (Keep Cups) for your team, and customise with corporate colours and branding to promote your green credentials
- Consider the environmental credentials of suppliers and ask that they take back their packaging or recycle.

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### **Annual Pledge/Donation**

We invite members and supporters to consider making an annual financial contribution to help cover our operating costs of approximately \$20,500 p.a.

Currently, our income is derived from project grants, fund-raising, corporate sponsorship and donations, but falls well short of our requirements.

Your financial support, by way of an annual pledge or donation, will considerably help us to achieve better financial viability.

## 10 Top Tips for Fuel Efficient Driving

The way you drive and the condition of your car has an impact on the amount of fuel you use. Here are a few tips to help you save fuel and money:

1. Minimise your vehicle use  
Vehicles are least fuel efficient and most polluting at the start of trips and on short trips. One reason for this is that catalytic converters (which reduce air pollution emissions) do not operate properly until they have warmed up. Trips of less than five kilometres generally do not allow the engine to reach its peak operating temperature. Plan to do a number of errands in one trip rather than several trips and save both time and fuel. Try to avoid short vehicle trips by walking or cycling. This will save over a quarter of a kilogram of greenhouse gas emissions per kilometre of vehicle driving it replaces, as well as give you healthy exercise.
2. Drive in the right gear  
Driving in a gear lower than you need wastes fuel, and letting the engine labour in top gear on hills and corners is also wasteful. In a manual vehicle, change up gears as soon as the car is comfortable with the higher gear but without accelerating harder than necessary. Automatic transmissions will shift up more quickly and smoothly if you ease back slightly on the accelerator once the car gathers momentum. Avoid the use of power options which drop the car into a lower gear and therefore use more fuel.
3. Drive smoothly  
Stop/start driving is much less efficient and more polluting than driving at a constant speed. Avoid travelling during peak-hours and on congested roads whenever possible. Take it easy on the accelerator - more revs equals more petrol use. Drive at a good distance from the car in front so you can anticipate and travel with the flow of traffic. This avoids unnecessary acceleration and frequent repetitive braking that ends up wasting fuel. It's also far safer. If you see traffic stoppages ahead, first take your foot off the accelerator and let the engine's drop-in power slow the vehicle, particularly by also changing to a lower gear. Don't continue to drive at the same speed and applying the brakes at the last minute. Getting back to cruising speed while the car is still moving uses far less petrol than stopping and then starting again.
4. Minimise fuel wasted in idling  
Most cars don't need to be "warmed up" by idling before setting off. This simply wastes fuel. Start your car when you are ready to go. Once on the road, minimise fuel wasted in idling by stopping the engine whenever your car is stopped or held up for an extended period of time. By having the engine switched off, even for a short period, you will save more fuel than is lost from the burst of fuel involved in restarting the engine. The net increased wear and tear from this practice is negligible.
5. Don't Speed  
Fuel consumption increases significantly over about 90 km/h. At 110 km/h your car uses up to 25 per cent more fuel than it would cruising at 90 km/h. If your car is fitted with cruise control, using it during highway driving will help to maintain a steadier speed, which will save fuel.
6. Minimise aerodynamic drag  
Additional parts on the exterior of a vehicle such as roof racks and spoilers, or having the window open, increases air resistance and fuel consumption, in some cases by over 20 per cent at higher speeds. Take off roof and bike racks when not in use. If you have to use roof racks, load them carefully to help minimise wind resistance or use a streamlined roof box.
7. Look after your vehicle's tyres  
Inflate your vehicle's tyres to the highest pressure recommended by the manufacture and make sure your wheels are properly aligned. Looking after your tyres will not only reduce your fuel consumption it will also extend tyre life and improve handling.
8. Use air-conditioning sparingly  
Air-conditioners can use about 10 per cent extra fuel when operating. However, at speeds of over 80 km/h, use of air-conditioning is better for fuel consumption than an open window as this creates aerodynamic drag. If it is hotter inside your car than outside when you start a trip, drive with the windows down for a few minutes to help cool the car before starting the air-conditioning.
9. Travel light  
The more weight a vehicle carries, the more fuel it uses. Don't use your car as a mobile store room. Leave heavy items like tools and sports equipment at home when you don't need them on a trip.
10. Keep your vehicle in good condition  
Keep your vehicle well-tuned and regularly maintained. Get your car serviced at the intervals specified in the manufacturer's handbook. Use the petrol that is recommended for your vehicle by the manufacturer. If you use regular unleaded in a car designed to run on premium unleaded you can expect slightly less performance and fractionally higher consumption. Using premium unleaded petrol in a car designed for regular unleaded may give better fuel consumption in some newer vehicles but it is unlikely to offset the extra cost of the fuel.

## **'The Alternatives'**

(Sourced from [The Self Sufficiency Shoppe](#))

### **Vinegar:**

**Basic uses - Cheap generic vinegar:** cleaning, disinfecting, deodorising, anti-bacterial agent, insect repellent

**Better quality cider or white vinegar:** hair conditioner, culinary, skin astringent, personal deodorant, therapeutic uses, preservative (food) -- *More information* [e-Book No. 33 Versatile Vinegar](#)

### **Bicarb Soda:**

**Basic Uses** - abrasive Cleaner, deodoriser, whitener, stain removal

*More Information* [e-Book No. 9 Amazing Bicarb!](#)

### **Soap:**

**Basic uses** - Household cleaning, personal cleaning, garden spray (insect repellent), deodorising, general household use --- *More Information* [e-Book No. 50 Recycling Soap](#)

### **Oatmeal:**

**Basic uses** - mild abrasive cleaner, skin care & cleanser, water softener, culinary, hair-care, chemical free soap alternative --- *More information* [e-Book No. 58 Old-Time Oatmeal](#)

**Herbs:** examples: rosemary, thyme, sage, parsley, lavender

**Basic Uses** - skin care, hair care, personal deodorant, general deodorising, oral care, cleaning, mild disinfectant, insect repellent --- *More information* [e-Book No. 61 - Harnessing Herbs](#)

### **Eucalyptus Oil:**

**Basic Uses** - stain removal, deodorising, disinfecting, cleaning, therapeutic, insect repellent

*More information* [e-Book No. 51 - Uses for Eucalyptus Oil](#)

### **Rice-flour:**

**Basic Uses:** - personal care products, talc alternative

*More information* [e-Book No. 2 - Homemade Deodorants](#)

### **Lemons:**

**Basic Uses:** mild bleach, cleaning, deodorising, skin care, hair care, disinfectant, culinary, insect repellent, therapeutic --- *For more information:* [e-book No. 10 - The Humble Lemon](#)

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