



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 #10 --- 18 October 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 <newsletter editor - hotlink>

### Editorial

I hope you enjoyed the previous edition of the HOPE e-bulletin. Don't forget the upcoming AGM to be held at the HOPE office on 8 Nov at 10am and the T-Shirt logo competition. The winner will be announced at the AGM - \$500 = winner.

What can you expect this month? Amy Parker, a local Toowoomba student, has received \$500 for her clean up Kearney Springs Park incentive (QLD News); thinking of switching to solar power? Check out the National News section for tips and incentives; recycling soap, green cleaning and newspaper disposal tips are all available in the Helpful Hints section; if anyone is interested in submitting articles for the Campervan and Motorhome Club of Australia's Wanderer magazine – check out the Resources section. Don't forget Australia's Recycling Week which is 10 – 16 Nov.

Send in some great tips for the November e-bulletin (closing date for article submissions is the 15<sup>th</sup> of the month).

Enjoy reading and, as always, please send all feedback to HOPE HQ at [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au) or our FB page.

For every new like on our FB page we get in the month of November, I pledge to give \$1 to the HOPE organisation. Get our name and ideas out there people :-> When you like our page, please write the date of your 'like' in the status section and who requested you to do so ie. 'LIKE' 17 Oct – Charmaine

I will be checking regularly :-> For the person who encourages the most amount of people to like our page, I am sure we can come up with a suitable prize.

*Charmaine Atkinson acting Newsletter Editor*

### Calendar of events

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

#### 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 guest speakers Ross Campbell & Mark Tranter who will speak on the formation of a Toowoomba branch of Alternative Technology Association (ATA)**

10 **HOPE Community Forum - Dr Mark Copland (Director of Social Justice Commission - Catholic Diocese of Toowoomba) will speak on "Climate change, Coal Seam Gas, Faith and Social Justice"**

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](#)

### Position Vacant

The Office requires the immediate assistance of a sign writer and/or graphics designer to help with preparing signs for our 2015 calendar of projects, events and activities.

So, if you have some spare time and talents to share, please give the office a call on 07 4639 2135 or email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au).

## Office News Report

Good morning folks,

This month's report is rather short because of the quick turn-around between newsletters.

Firstly, HOPE has agreed to auspice and co-manage the "Clean Up Kearney" (Springs Sportsgrounds and Parklands) event being held on Saturday, 25 October. I invite Toowoomba locals to support this worthwhile event. Full information on this activity can be found in the Toowoomba News section.

Secondly, the office has busy preparing for the Annual General Meeting being held on Saturday, 8 November. Please consider stepping up to help on the executive or in one of the many admin support roles. Further information is available in the Toowoomba News section.

Lastly, our final Community Forum for 2014 will be on Monday, 10 November and features Dr Mark Copland from the Social Justice Commission of the Catholic Diocese of Toowoomba. Dr Copland will be speaking about "Climate change, Coal Seam Gas, Faith and Social Justice". Please RSVP to the HOPE office by phoning 4639 2135 or email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au). The venue is the: Dr Price Room, 6 Little St, Toowoomba; and the meeting starts at 7pm.

*Frank Ondrus, acting Office Manager*

## Volunteers needed

More active volunteers – both local and remote (i.e. online) – are required to help us maintain our high levels of activity. Volunteers are needed to help with projects, events and display activities, as well as general admin duties and media/publications work. We invite members and supporters to step up and volunteer some of your time and talents to help share the workload!).

Please contact the office on 07 4639 2135 or email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au) to offer your assistance.

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.

## T-shirt Logo Competition

Householders' Options to Protect the Environment (HOPE) is looking to lift its profile and to better 'market' itself at public events; and so, we are holding a "T-shirt logo competition".

The current logo is shown below. The design may be based on HOPE's charter OR a brand new concept! The logo should be attractive – with a catchy/meaningful message.



(current logo used on HOPE letterheads, etc.)

The logo is to be 15 cm square and can be made in any medium – remembering that it will need to be digitised for future use.

Submit your entry by Friday 31 October 2014. There is a generous prize of \$500 (cash or voucher) for the winner.

The winning entry will be announced at our AGM on Saturday 8 November.

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

## Office Hours

HOPE's office is open every Monday from 9am to 5pm; with the library resources available at the same time. Other times can be arranged through the office.

Phone the office on 07 4639 2135 to signal your interest in coming along for a chat or to access the library.

Feature Article

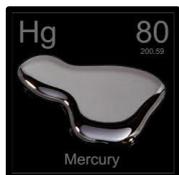
Health Impacts of Heavy Metal Contaminants

Heavy metals are not necessarily metals with high atomic weight or high density, but they refer to a group of metals with an adverse impact on humans or the environment instead - for example, lead, mercury, cadmium, arsenic, zinc, and copper.

Studies found heavy metal can cause genetic damage to animals. For humans, heavy metals adversely impact health, especially on vulnerable children through bioaccumulation. The main sources of heavy metal "contamination" range from the mining industry, to the metal refining industry, chemistry industry and household products. Poorly managed heavy metal waste might pollute the soil and lead to food resource contamination, and then accumulate in the human's body.

Health impacts of some main heavy metal pollutants will be demonstrated below:

1. Mercury



Mercury is probably the most well-known heavy metal partially because of the Minamata Bay Incident, when dumped methyl mercury poisoned tens of thousands of Japanese last century. Mercury is an environmental contaminant, but the highly toxic form, methyl mercury, mostly exists in fish and seafood products. Food sources, other than fish and seafood products, contain mainly less harmful inorganic mercury. Mercury is able to rapidly affect the brain; and the developing brain is the most sensitive target organ. It can also damage the kidneys, heart, and other body systems. It is linked to Alzheimer's disease and headaches.

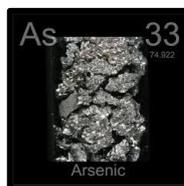
2. Lead



Lead was discovered as a by-product of smelting silver. It has been used in many products, including petrol, paint and cosmetics. Due to the increase of public awareness of its negative impact on humans, especially causing mental retardation in children, some industries in developed countries phased out lead gradually. However, it can still get into humans' body via drinking water. Lead is linked to dementia, Alzheimer's disease,

learning disabilities, seizure disorders, aggression, hyperactivity, and many other health issues.

3. Arsenic



Arsenic has inorganic and organic forms, among which the inorganic forms of arsenic are more toxic. The source of inorganic arsenic is from burning fossil fuels, and the wide use of weed killers and insecticides. The human body absorbs the inorganic arsenic very fast and delivers it to all the organs. Studies show long term ingestion of inorganic arsenic is related to skin cancer, lung cancer, neurotoxicity, cardiovascular diseases, and diabetes.

4. Cadmium



In its natural form, Cadmium is always mixed with zinc, existing deep underneath the earth's surface. Cadmium started to pollute the environment when people mined for zinc. When cadmium enters into a body, it competes with other nutrients such as iron, zinc, and calcium. A rich source of cadmium is refined grain and cigarettes. Cadmium toxicity leads to vulnerability to bone and immune system disorders.

For further information, please visit <http://www.ipen.org/> and <http://www.care2.com/greenliving/31-surprising-sources-of-toxic-heavy-metals.html>.

(Written by Jasmine Ding, HOPE member)

Workshops at Home downloads:



Printed format of recipes and procedures - so that you can do them at home. Each download contains easy to follow instructions for between 8-10 homemade products per workshop. The four topics currently available are: **Natural Skin Care, Green Cleaning, Natural Hair and Body Products and Soap-Making.**

Cost: \$25 each. Here's the link to the Workshop at Home page for payment and immediate download: [http://theshoppe.com.au/?page\\_id=57](http://theshoppe.com.au/?page_id=57)

## Toowoomba News

### Volunteers sought for *Clean Up Kearney Springs Park* event

Anyone with some time to spare on the morning of Saturday, October 25, can play their part in keeping Toowoomba beautiful. Amy Parker, a Year 11 student at Centenary Heights High School wants to muster as many people as possible to take part in her *Clean Up Kearny* initiative.

Aware that the amount of litter in Kearney Springs Park impacts community use of the park, as well as affecting West Creek, Amy pitched her idea of *Clean Up Kearney* to the University of Southern Queensland's Change Makers program, set up to provide the opportunity for students to make changes in their community. She asked for \$300 to fund her clean-up day but the judges were sufficiently impressed with her idea to give her \$500.



Volunteers to help Amy *Clean Up Kearney* can register by contacting her by email [amyparker72@gmail.com](mailto:amyparker72@gmail.com). The morning's clean-up will begin at 9.30am, and conclude by 1.30pm. Gloves and collection bags, as well as a barbeque lunch, will be provided for the helpers.

Early registration will help with catering, etc.; and volunteers are asked to assemble at the Spring St entrance of the northern car-park.

### MEETING NOTICE

#### HOPE Annual General Meeting Saturday, 8 November 2014

10am; HOPE Office, 22 Vacy St, Toowoomba.

Morning tea and lunch provided

Please RSVP by 7 Nov to assist with seating and catering arrangements

## National News

### Nine out of 10 Australian households consider switch to solar

A survey, conducted by Ernst and Young, has identified that 9 out of 10 Australian citizens would consider switching to solar energy in order to save money on electricity bills. Ed. *This is also a great incentive to help save the planet.*

For 70% of the survey participants, money was a key factor for the people who had already swapped over to solar. For 50% of the participants, the cost of initial installation was the key reason for not moving to solar.



This survey was conducted in regional VIC, metro VIC, metro QLD and metro NSW. There were 649 participants and these indicated that at least 1 in 3 of them had missed a payment on their electricity bill in the past 12 months with 1 in 10 having missed more than 3 payments.

Independent Senator Nick Xenophon announced his support for small scale solar and indicated the majority of the Federal coalition were also keen to see this go ahead. He has also indicated interest for tax rebates for low income households in order to assist them with the cost of initial installation.

### COUNTING THE COSTS: CLIMATE CHANGE AND COASTAL FLOODING

A [new Climate Council report](#) explores coastal flooding: the sleeping giant of climate change risks.

## SPECIES OF NATIONAL ENVIRONMENTAL SIGNIFICANCE MAPS RELEASED

The Australian Government Department of the Environment has released more than 1,700 [new maps and datasets](#) that local communities can use to find threatened species in their area. The maps show known and predicted distribution of listed species, including areas of potential habitat.

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### New water efficiency booklet

Save water and money with the ATA's new [Water Efficiency around the Home](#) e-booklet. The best articles from [ReNew](#) and [Sanctuary](#) magazines, it includes the latest Rainwater Tank Buyers Guide. Free for ATA members, \$5 for non-members from [our Webshop](#).

### Find the right architect/designer

Are you looking for an architect or designer to make your new home/renovation sustainable? Check out the extensive list of green architects and designers in the Sanctuary Magazine [website directory](#).

## Volunteers needed

Help is sought with producing the occasional flyer/poster for HOPE activities.

Gain valuable work experience using your Journalism/Media skills.

The Environment needs YOU – Volunteer Today!

Please contact the office on 07 4639 2135 or email [office@hopeaustralia.org.au](mailto:office@hopeaustralia.org.au) to offer your assistance.

## World News

### The New Climate Economy (<http://newclimateeconomy.net/>)

[The Global Commission on the Economy and Climate](#) is a major new international initiative to analyse and communicate the economic benefits and costs of acting on climate change. Chaired by former President of Mexico Felipe Calderón, the Commission comprises former heads of government and finance ministers and leaders in the fields of economics and business.

The New Climate Economy is the Commission's flagship project. It [aims](#) to provide independent and authoritative evidence on the relationship between actions which can strengthen economic performance and those which reduce the risk of dangerous climate change.

<http://newclimateeconomy.report/> (click on short video)

<http://static.newclimateeconomy.report/TheNewClimateEconomyReport.pdf>

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## WWF LIVING PLANET REPORT 2014

The WWF [Living Planet Report](#) is a leading, science-based analysis on the health of our planet and the impact of human activity. One key point from the 2014 report is that the Living Planet Index (LPI), which measures more than 10,000 representative populations of mammals, birds, reptiles, amphibians and fish, has declined by 52 per cent since 1970.

## UNEP GREEN INFRASTRUCTURE GUIDE FOR WATER MANAGEMENT

The Green Infrastructure (GI) approach refers to the natural or semi-natural systems that provide services for water resources management with equivalent or similar benefits to conventional built water infrastructure. This [new guide](#) addresses a general lack of awareness of GI solutions and associated cost benefits.

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## Helpful Hints

### Recipe: **Economical Soap Jelly Mix**

*(Transforming one bar of soap into 20 litres of liquid washing mixture).*

Grate one bar of soap. Put one half in one 10 litre bucket. Put the other half of grated soap in another 10 litres of water. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Leave to cool to form a thick jelly.



**How to Use:** Use in place of detergents in recipes requiring liquid detergents. Use approximately one cup of this mixture per wash (in the washing machine) for a full load of washing. It can also be used for other washing tasks, i.e. dishwashing, hand washing (liquid soap), shampoo, etc.

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### 'The Alternatives'

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



### 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](#)