



## Householders' Options to Protect the Environment Inc.

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## MEDIA RELEASE

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### New Year's Green Resolutions

Traditionally, the New Year brings plenty of resolutions to do things differently; however, many of these good intentions don't survive the summer.

Householders' Options to Protect the Environment (HOPE) has some good ideas easily turned into sustainable resolutions which make you feel good as well.

HOPE President Frank Ondrus said these tips are simple to implement yet can have lasting benefits for individuals, families and the community.

Mr Ondrus suggests adding the following actions to your resolution "to do" list:-

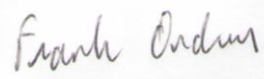
1. Aim for a chemical-free household, using natural cleaning products and recipes ([www.theshoppe.com.au](http://www.theshoppe.com.au))
2. Commit to organic gardening ([www.greenharvest.com.au](http://www.greenharvest.com.au))
3. Conscientiously recycle paper, cardboard, cans, bottles, plastic containers and hazardous items (<http://recyclingnearyou.com.au/>)
4. Use green waste from your garden in mulching, composting or worm-farming.
5. Think about installing solar power.
6. Install a rainwater tank.
7. Walk or ride a bike once a week on a journey you would normally drive.
8. Support events such as Clean Up Australia Day, Earth Hour, Landcare Week and National Recycling Week (<http://www.environment.gov.au/about-us/media-centre/events>)
9. Take part in Friends of the Escarpment Parks working bees to clean the Toowoomba escarpment of weeds and invasive plants (<http://www.fep.org.au/fep-parkcare.php>)
10. Join a local conservation or environment group, Landcare or animal welfare group – e.g. contact the Darling Downs Environment Council (DDEC) – [www.ddec.org.au](http://www.ddec.org.au) .

HOPE runs a number of on-going appeals including:

- collecting used postage stamps and unwanted stamp albums which are passed on to other groups for their fundraising efforts
- collects un-wanted or pre-loved but useable items including gardening tools and equipment

"Spring-cleaning for the environment might be a good slogan for our appeals," Mr Ondrus said.

Further information on living sustainably can be found at [www.hopeaustralia.org.au](http://www.hopeaustralia.org.au).

A handwritten signature in cursive script that reads "Frank Ondrus". The signature is written in dark ink on a light-colored, slightly textured background.

Frank Ondrus, President – HOPE Inc., ph 07 4639 2135

*(Written by Stewart Mulligan, HOPE media officer)*