



Householders' Options to Protect the Environment Inc.

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HOPE E-news Bulletin 2026 #06 --- June 2026

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. Deadline for articles is 15th day of the month.

Editorial

Welcome to the June issue of the newsletter for 2026! This month covers an array of topics. We begin by learning about Regenerate Australia then learn about garage sales with the Garage Sail Trail. For something different, learn about Chemwatch; managing chemicals. Read about the National Geographic Society - Protecting Coral Reefs in a Changing World. Following on, we learn about climate data with the Copernicus Climate Change Service (C3S). The Jeffrey Sachs Centre for Global Development (JSCGD), USA, is a leading international hub for research, policy innovation, and global collaboration on sustainable development. Read about the Earth Charter and Sustainable Rangeland Management. We revisit the Alliance of Nurses for Healthy Environments again. Learn about the fabulous work a university is doing; , the Earth Institute (EI) at Columbia University, USA, has been a world leader in advancing scientific understanding, policy innovation, and community-driven solutions to the planet's most urgent environmental and development challenges. And finally, bring gardening back home with the Square Foot gardening Foundation.

Kind regards,

Nina Stick, Newsletter Editor – HOPE Inc.

2026 Environmental Observances

June

- 3 [World Bicycle Day | United Nations](#)
- 5 [World Environment Day | United Nations](#)
- 7 [World Food Safety Day | United Nations](#)
- 8 [World Oceans Day | United Nations](#)
- 17 [World Day to Combat Desertification and Drought | United Nations](#)
- 29 [International Day of the Tropics | United Nations](#)

July

- 11 [World Population Day | United Nations](#)

August

- 19 [World Humanitarian Day | United Nations](#)
- 27 [World Lake Day | United Nations](#)
- 29 [International Day against Nuclear Tests | United Nations](#)

More detailed information on 'environmental observances' may be found at:

- [International Days and Weeks | United Nations](#)
 - [International Years | United Nations](#)
 - [International Decades | United Nations](#)
-

A message from the President

Winter truly is upon us, and with it the chance to observe the change of seasons around us. In Australia we experience seasons differently to the traditional four seasons observed in the Northern Hemisphere; to reflect this several government institutions have partnered with local indigenous tribes to create calendars that observe our regional seasonal changes, marked by changes in local flora and fauna cycles. These can be found on the BOM website or using this [link](#).

Here at HOPE, we have had a busy season securing student placements to work on a number of topics including drafting a Reconciliation Action Plan (RAP), writing on various environmental issues and reviewing our communication strategy. We look forward to sharing the outcomes of the placements in the second half of the year.

On **Sunday 7 June** HOPE Inc will be setting up stalls at 2 World Environment Day events - the **Logan Eco Action Festival (LEAF)** held annually at the Griffith Campus in Logan; and in Toowoomba at Lake Annand. We encourage all our readers to come and visit us at these family friendly festival offering guest speakers, sustainable knowledge sharing and the opportunity to support eco-friendly businesses. We hope to see you there!

Warm regards,

Anna Kula-Kaczmarek, President - HOPE Inc. | admin@hopeaustralia.org.au

Your financial support is sought! – <https://www.hopeaustralia.org.au/donations/>

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.

Of course, if you 'cash in your containers', why not donate those monies to **HOPE Inc** | Member number: C11107170.

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Grow naturally, grow better 

National items



Written by Cassandra Adofo-Kissi - HOPE researcher ACT

Regenerate Australia (formerly Carbon Positive Australia)

From humble beginnings as a grassroots charity in WA that planted native trees on degraded farmland, Regenerate Australia has transformed into a national restoration organisation. Regenerate Australia has projects spanning several landscapes and partnerships across conservation, science, philanthropy and indigenous led initiatives.

Thus becoming:

- **A restoration-first organisation**
- **A partner to Traditional Owners**
- **A connector of communities and landholders**
- **A leader in nature-based climate solutions**
- **A charity driven by impact, integrity, and care for Country**

Regenerate Australia is guided by three pillars, nature, community and carbon:

Nature: We restore ecosystems through high integrity, science led regeneration, returning native species rebuilding habitats, and supporting long term ecological growth resilience.

Community: Empowering people, partners, and Traditional Owners to reconnect with and care for Country. Through community pocket forests, education, and hands-on participation, communities strengthen their connection with nature.

Carbon: Delivering meaningful carbon outcomes through nature-based solutions. Regenerate Australia projects sequester carbon as a result of ecological restoration, contributing to genuine climate impact.

The Regenerate Australia approach is grounded in:

- Respect for Traditional Owner knowledge
- High integrity ecological restoration
- Community Participation and Wellbeing
- Measurable outcomes for nature, carbon and communities

For more information about how Regenerate Australia works And their approach please visit <https://carbonpositiveaustralia.org.au/learn/about-us/>

Campaigns/ projects

Delivers large scale restoration projects that increase canopy cover, rebuild habitat, and strength biodiversity, across Australia. Their work spans hectares, restoring degrading landscapes, and generating measurable climate, health and community wellbeing benefits. This is achieved by working with landholders, traditional custodians and local communities to restore ecosystems around Australia. The work of Regenerate Australia improves climate resilience and helps people to reconnect with nature.

There are two core programs, Regional Restoration and Community Pocket Forests

1. Regional Restoration

- Currently there are a number of planting projects in different locations around WA. For example, one in Bencubbin WA that focuses on planting native sandal wood to create a natural wind buffer to reduce erosion, improve soil quality and restore biodiversity in the region.
- Another project in Borden WA in collaboration with industry experts works on testing how a variety of native trees grow and sequester carbon on salt infected land. The results have the potential to improve the approach to tackling salinity across Australia.

For more information on these and other Regional Restoration projects or to get involved please visit <https://carbonpositiveaustralia.org.au/our-work/regional-restoration/#current>

2 Community Pocket Forests

- A community pocket Forest is a small, Biodiverse native forest created to transform underused urban spaces into thriving green spaces. These mini forests bring biodiversity back into cities, provides shade in local neighbourhoods, contributing to long term climate resilience. Current Community pocket Forrest projects are located in Queanbeyan Micro Forest, Little Grove Hill, Tocal, Windmill Lodge, and Benjamin Short Grove to name a few. To support these projects, get involved or to find out more <https://carbonpositiveaustralia.org.au/our-work/community-pocket-forests/#projects>.
-

Putting Second-hand First With Garage Sale Trail

Across Australia, many of us have cupboards full of items we don't use. Clothes that don't fit, books we've read already, old chargers for appliances we've lost along the way. Rather than seeing this as clutter to be sent to landfill, initiatives like Garage Sale Trail encourage us to give these items a second life.

What is Garage Sale Trail?

Garage Sale Trail is the nation's largest community reuse event. Supported by local councils and embraced by neighbourhoods, it takes place over two weekends in November each year.

Households, schools and community groups register to host garage sales, while shoppers check local listings to find pre-loved treasures close to home. The concept is simple, but the impact is significant.

For last year's Trail, 13,421 garage sales were registered across the country and over 730,000 second-hand items were sold - 36% of which were otherwise destined for landfill. Every item rehomed means fewer materials extracted, fewer products manufactured, and less waste headed for the tip. It's one of the easiest environmental actions households can take.

Making Reuse Normal

One of the most powerful aspects of a coordinated national event like the Trail is visibility. When multiple households in the same street host sales at the same time, reuse becomes normal and accessible.

Many sellers say they would not have hosted a garage sale without the encouragement of Garage Sale Trail. Likewise, many shoppers attend their first-ever garage sale during the event weekends.

After participating, people report feeling more confident about buying and selling second-hand goods in the future. What may once have felt unfamiliar becomes easy and enjoyable.

A past participant in Victoria said "We loved meeting new people, feeling more connected to our neighbourhood, [making] new friends... and are now more mindful about reducing excess and purchasing thoughtfully." This shift in everyday habits is where long-term environmental benefits begin.

Think Globally, Act Locally

HOPE has long encouraged practical household actions that contribute to broader environmental goals, and Garage Sale Trail aligns closely with this philosophy. Sustainability does not always require complex work. Sometimes it begins with sorting through a cupboard or decluttering a wardrobe. Small local actions, when spread across thousands of households, creates meaningful change. By reconsidering how we value the items we already own, we're able to reduce waste and strengthen our communities at the same time.

How You Can Get Involved

Participation is open to everyone and Garage Sale Trail is happening next on 7-8 and 14-15 November 2026, Australia-wide.

[Join the wait list](#) to be the first to know when registrations open.



Written by Cassandra Adofo-Kissi - HOPE researcher ACT

Headquartered in Australia with offices around the globe, Chemwatch has been a leader in providing chemical management systems for over 30 years. Chemwatch specialises in chemical safety and employs a large team of science professionals, including chemists, toxicologists, and OHS specialists. Thousands of organisations worldwide—including manufacturers, multinationals, hospitals, research institutes, and governments—rely on Chemwatch for Chemicals Management, SDS Management and Authoring, and Regulatory Compliance (<https://chemwatch.net/about-us/>).

Major Achievements

- World leader in chemical solutions
- Maintaining the world's largest database of chemicals, with over 3,215,992 substances, 150M SDS, and chemical regulatory solutions that support local and global requirements in over 90 countries.
- Pioneering carbon footprint transparency through the development and implementation of the Revolutionary Carbon Footprint Calculator. This calculator provides complete transparency and precise real-time lifecycle-based carbon footprint calculations for any chemist product. The calculator also aligns with the global sustainability agenda, contributing to a better, more sustainable future for all.
- Leading the fight against global warming.
- Creation of Environmental Product Declarations (EPDs) [providing insight into a product's environmental impact and empowering businesses to make informed choices that encourage sustainability.
- The Chemwatch regulations team acquired over 7,500 regulatory databases across 147 million data points, covering 123 countries and languages. This has enabled Chemwatch to ensure compliance, provide support and supply advice globally. Chemwatch can assist organisations through API, regulatory systems and consulting. For more information about this, Chemwatch's products, services, and resources please visit the website <https://chemwatch.net/resource-centre/>

Campaigns/projects

Chemwatch provides courses aimed at increasing knowledge and understanding of chemicals management, to those who are in contact with hazardous substances. Chemwatch also offers access to other courses in international chemical regulations through their training partner Yordas. These include Smarter Suite App, Smart AaaS (Audit As A Service). Please visit <https://chemwatch.net/products/#courses> to find out more.

Events

Chemwatch offers webinars and mini briefs on assorted topics, so participants can learn more about chemical management and safety and get the most from Chemwatch systems and services. An upcoming webinar for MARCH is AUS/NZ | DiVA: Digital Visa Framework for Chemicals- Towards Simplicity, Transparency, and Understanding in Product Sustainability Data. For more information on Chemwatch webinars and mini briefs please visit <https://chemwatch.net/webinar/>.

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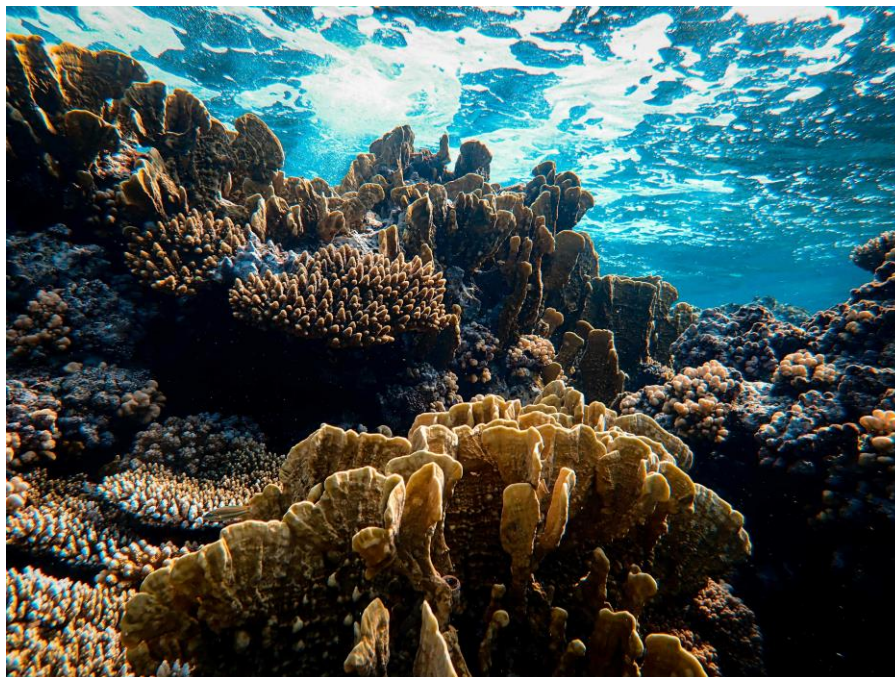
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International items

National Geographic Society - Protecting Coral Reefs in a Changing World

By Sahil Ali – HOPE researcher Vic



Coral reefs support a wide variety of marine species and play an important role in ocean ecosystems.

(Photo by Francesco Ungaro: <https://www.pexels.com/photo/green-coral-reef-in-blue-sea-4620507/>)

The Significance of Coral Reefs

Coral reefs are considered to be highly diverse oceanic environments. Although they cover a very low area on the bottom of the sea, they sustain a very large number of ocean species. There are numerous fish, crustaceans and other species of organisms which are reef-dependent in terms of shelter, food and breeding. Due to such biodiversity, the coral reefs are commonly known as the ocean rainforests.

Reefs do not only play a crucial role in the marine ecosystem; they also have values to people. The communities living in the coastal areas tend to use reefs in fishing and tourism activities which help the communities in terms of their economies. Coral reefs are also known to safeguard the coastline in that they decrease the intensity of waves as well as storms and as a result, coastal erosion and destruction of the communities are minimized.

Environmental Challenges facing Reefs

Although they are important, coral reefs are encountering more environmental pressures. Climate change is posing as one of the greatest threats because of increased ocean temperatures. Seawater is too warm; this causes the corals to lose their tiny algae which usually reside within the tissues of the corals. This is referred to as coral bleaching and it may destroy or weaken corals in the case of the stressful conditions not being removed.

These environmental changes are directly related to the use of human energy. The mining and consumption of fossil fuels emit greenhouse emissions into the atmosphere, which have led to global warming and increased ocean temperatures. The documentary Gasland, which created awareness about the fragility of hydraulic fracturing and its possible effects on the environment, led to public discussion of the environmental consequences of gas extraction.

Local Action and the Transition Towns Movement

Communities all over the world are starting to seek the means of responding as environmental challenges increasingly become more evident. The Transition Towns movement is one such initiative and aims at assisting communities to be more resilient and less reliant on fossil fuels.

The transition efforts are often locally concerned, and these projects may include local community gardening, renewable energy projects and community efforts to aid in local food production. Such activities make people collaborate to solve environmental problems in their respective communities.

This strategy reveals that environmental change at a global level does not necessarily begin with a large and meaningful project. It usually starts with small steps that are undertaken by communities who are ready to explore new concepts and learn through the process.

Moving Forward

Scientists, policymakers and the local communities will have to collaborate to protect the coral reefs as well as working on the environmental challenges. Raising awareness among people on the interrelations between ecosystems, climate change and energy systems is a good measure towards the creation of effective solutions.

Through conservation and sustainable practice investigations, communities can make sure that the coral reefs are maintained as healthy and able to sustain marine life in the future.

Sources:

- Fox, J. (Director). (2010). Gasland [Film]. HBO Documentary Films.
- Hoegh-Guldberg, O., Mumby, P. J., Hooten, A. J., Steneck, R. S., Greenfield, P., Gomez, E., Harvell, C. D., Sale, P. F., Edwards, A. J., Caldeira, K., Knowlton, N., Eakin, C. M., Iglesias-Prieto, R., Muthiga, N., Bradbury, R. H., Dubi, A., & Hatziolos, M. E. (2007). Coral reefs under rapid climate change and ocean acidification. *Science*, 318(5857), 1737–1742. <https://doi.org/10.1126/science.1152509>
- Hopkins, R. (2008). *The transition handbook: From oil dependency to local resilience*. Green Books.

Overview of Copernicus Climate Change Service

The [Copernicus Climate Change Service \(C3S\)](#) is a flagship initiative of the European Union's Copernicus Earth observation programme, providing free, open, and trusted climate data to help the world better understand a rapidly changing planet.

By combining satellite observations, ground-based measurements, and cutting-edge climate models, Copernicus offers a comprehensive picture of how the Earth's climate is evolving. Its services track everything from global temperature trends and greenhouse gas concentrations to sea-level rise, extreme weather events, and long-term climate projections.

Did you know?

*The Copernicus programme is named after **Nicolaus Copernicus**, whose evidence-based observations transformed humanity's understanding of the universe and reflect the programme's commitment to rigorous science, observation, and open knowledge.*

What makes Copernicus especially powerful is its commitment to openness and public benefit. All data and tools are freely available, supporting governments, researchers, community organisations, and the public to engage with climate science in a meaningful and informed way. This transparency helps turn complex data into practical insights that can guide policy, planning, and climate-responsible decision-making.

For organisations like HOPE Inc. (Australia), Copernicus demonstrates how robust, publicly accessible science can strengthen environmental stewardship, support accountability, and empower communities to take part in shaping a more sustainable future. In this spirit, Copernicus offers clear and steady eyes on Earth, using careful observation and open science to help society better understand the world we live in and to make more informed, responsible decisions for the future of our planet.

(Written by Fidelia – HOPE researcher WA)

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Jeffrey Sachs Centre for Global Development (JSCGD) - www.jeffsachs.org

By Samy Leyton – HOPE Volunteer NT

Advancing Sustainable Development, Global Cooperation, and Evidence-Based Policy

The Jeffrey Sachs Centre for Global Development (JSCGD), USA, is a leading international hub for research, policy innovation, and global collaboration on sustainable development. Anchored in the work and leadership of Professor Jeffrey D. Sachs, one of the world's most influential economists and public policy thinkers, the Centre brings together scholars, governments, civil society, and international organisations to address the defining challenges of our time.

Professor Sachs, currently Director of the Centre for Sustainable Development at Columbia University, has shaped global debates on poverty reduction, climate action, economic transitions, and public health for more than four decades. His work has influenced national governments, the United Nations, and global development institutions, and continues to guide pathways toward a more equitable and sustainable world.



Source: <https://www.middleeastmonitor.com/wp-content/uploads/2024/03/image-7.png>

Main Aims

The JSCGD is committed to advancing sustainable development through four core aims:

1. Ending Extreme Poverty and Reducing Inequality

Building on Sachs's long-standing work on the Millennium Development Goals (MDGs) and the Sustainable Development Goals (SDGs), the Centre develops strategies to lift communities out of poverty through integrated investments in health, education, agriculture, and infrastructure.

2. Supporting Evidence-Based Economic Policy

The Centre provides rigorous economic analysis to support governments navigating transitions—from stabilising hyperinflation to designing long-term development strategies. Sachs's advisory work in countries such as Bolivia, Poland, and Russia has shaped global understanding of economic reform and macroeconomic stabilisation.

3. Advancing Climate Action and Environmental Sustainability

Through research on decarbonisation pathways, renewable energy transitions, and climate finance, the Centre supports global efforts to meet the Paris Agreement and achieve net-zero emissions. Sachs is a founder of the Deep Decarbonization Pathways Project, a major international initiative mapping long-term climate strategies.

4. Strengthening Global Cooperation and Peacebuilding

The Centre promotes diplomacy, multilateralism, and peaceful conflict resolution. Sachs's work with the UN, including as Special Adviser to the Secretary-General, reflects a commitment to global cooperation as the foundation for sustainable development.

Major Achievements to Date

Leadership in Global Development Policy

Professor Sachs played a central role in shaping the Millennium Development Goals, which guided global development efforts from 2000 to 2015. He later contributed to the design and implementation of the Sustainable Development Goals (SDGs), adopted by all UN member states in 2015.

Transformative Work in Public Health

Sachs chaired the WHO Commission on Macroeconomics and Health, which helped expand global financing for HIV/AIDS, tuberculosis, and malaria. He also contributed to the creation of the Global Fund and supported the development of PEPFAR and the President's Malaria Initiative.

Millennium Villages Project (MVP)

The Centre's work builds on lessons from the MVP, a large-scale initiative across more than a dozen African countries that demonstrates how integrated investments can accelerate rural development. While the project generated debate and criticism, it also advanced global understanding of community-based development and the challenges of scaling interventions.

Thought Leadership and Public Engagement

Sachs is the founding editor of the World Happiness Report, a widely cited global assessment of well-being. He is also a prolific author, with influential books on globalisation, sustainable development, and economic policy.

Current Projects and Campaigns

1. SDG Acceleration Initiative

The Centre is actively supporting countries to accelerate progress on the SDGs through integrated planning, data-driven decision-making, and capacity building. This includes partnerships with governments, UN agencies, and regional organisations.

2. Broadband for Development

As a commissioner for the Broadband Commission for Sustainable Development, Sachs advocates for universal digital access as a driver of economic opportunity, education, and health. The Centre supports research and policy design to expand broadband infrastructure in low-income regions.

3. Climate and Energy Transition Research

The Centre contributes to global climate modelling, national decarbonisation strategies, and policy frameworks for renewable energy adoption. This includes collaboration with the Deep Decarbonization Pathways Project and international climate research networks.

4. Global Peace and Diplomacy Program

In response to rising geopolitical tensions, the Centre hosts dialogues and produces analysis on conflict prevention, diplomacy, and multilateral cooperation. Sachs's recent engagements on issues such as the Russia–Ukraine war and US–China relations inform this work.

Events and Engagement Opportunities

Annual Sustainable Development Forum

A flagship event bringing together global leaders, researchers, and practitioners to discuss progress on the SDGs, climate action, and global cooperation.

Policy Dialogues and Webinars

Regular online events featuring experts on public health, economic development, climate policy, and geopolitics.

Visiting Scholars and Fellows Program

The Centre hosts researchers and practitioners working on sustainable development, offering opportunities for collaboration and knowledge exchange.

Youth Leadership Workshops

Training programs are designed to empower young leaders with the skills and knowledge needed to advance sustainable development in their communities.

Access to Free Newsletter Subscription

Readers can subscribe to the JSCGD Global Development Newsletter to receive:

- Monthly research highlights
- Policy briefs and analysis
- Event invitations
- New publications
- Opportunities for collaboration

Subscribe for free: <https://www.jeffsachs.org/contact>

Wanted – Photocopy paper

HOPE has used up its current stock of photocopy paper and we are asking our members and supporters to donate a ream or two of A4 photocopy paper. Donations of paper can be left on the table in the carport at 22 Vacy St, Toowoomba.

Alternately, cash or cheque donations can be made online at <http://www.hopeaustralia.org.au/annual-pledgedonation/> or posted to HOPE Inc., PO Box 6118 -Clifford Gardens Toowoomba QLD 4350.

The Earth Charter and Sustainable Rangeland Management

The Earth Charter is an ethical framework of values and principles for building a just, sustainable and peaceful global society. Ecological Integrity is covered under principles 5 to 8:

- (5) *Protect and restore the integrity of Earth's ecological systems, with special concern for biological diversity and natural processes that sustain life;*
- (6) *Prevent harm as the best method of environmental protection and, when knowledge is limited, apply a precautionary approach;*
- (7) *Adopt patterns of production, consumption, and reproduction that safeguard Earth's regenerative capacities, human rights, and community well-being;*
- (8) *Advance the study of ecological sustainability and promote the open exchange and wide application of the knowledge acquired.*

There are many sub-principles of these Earth Charter principles that provide more detailed management principles.

Rangelands policies:

1. Economics significantly impact, mostly negatively, on rangeland management and therefore economic policies (e.g. taxation, level of debt) need to be reviewed. For example, taxation incentives for cultivation machinery purchase may make farming relatively more profitable than grazing and subsequently lead to rangeland degradation.
2. Respect for all biological life requires a major understanding of our native wildlife and the integrated management of wildlife and domesticated animals. Integrated management may require a major change in the 'ownership' of wildlife, so that landowners may 'sustainability harvest' wildlife as part of integrated rangeland management or be paid to sustain wildlife. Sustainable management practices require landowners to effectively manage all grazing animals including wildlife, in this case kangaroos. Landowners will need to become key partners in the management, harvesting, and market development of a successful kangaroo products industry. In other words, 'wildlife is valued and not considered a pest'
3. A focused rangeland policy approach is required that relates to the unique ecosystems and landscapes of Australia's outback – 'one policy does not fit all.' A regional approach is needed that engages all stakeholders and influences the policies of State and National bodies in recognising the unique and strategic value of our rangelands.
4. Water is a major resource for rangeland management. Ensuring a sustainable water supply, requires management and research of both above and below ground water resources, and 'when knowledge is limited, apply a precautionary approach.'

'The global environment with its finite resources is a common concern of all peoples. The protection of Earth's vitality, diversity and beauty is a sacred trust' – the Earth Charter.

The Benefits of Volunteering

Volunteering is of great benefit to the community; it also benefits you personally in a range of ways:

- **Gain work experience and develop new skills** – Boost your career prospects. Update your resume with a whole new skill set.
- **Make new friendships and connections** – Meet like-minded people. Create professional networks.
- **Enjoy new social & cultural experiences** – be immersed in all kinds of environments, people and causes.
- **Be a part of your community** – Discover, connect, make an impact and have fun.
- **Enjoy better physical and mental health** – Studies show volunteering makes us healthier and happier.
- **Develop personally and build confidence** – Expand yourself. Enjoy a sense of achievement and fulfilment.
- **Act on your values** – Try something new. Follow your passions and interests.
- **Step out of your comfort zone** – Challenge yourself in a supportive environment.
- **Stand up for what matters** – Be inspired and be an inspiration.
- **Make a difference** – The feel-good factor of supporting Queensland communities.

Enjoy the benefits of being a volunteer today!

To find out about volunteering opportunities in your area, please visit:

- Volunteering Australia - <http://www.volunteeringaustralia.org/>
- Volunteering Queensland - <https://www.volunteeringqld.org.au/>
- Householders' Options to Protect the Environment - <http://www.hopeaustralia.org.au/membership/volunteer-form/>

ANHE: Nurses Advancing Planetary and Human Health Through Sustainability

By Dr Tennille Winter – HOPE researcher QLD



The [Alliance of Nurses for Healthy Environments \(ANHE\)](#) is a global nursing organisation (based in the United States) dedicated to bridging the gap between health, environmental protection, and social justice. At a time when climate change, pollution, and waste are affecting human health more than ever, ANHE champions nurses as powerful advocates for environmental stewardship —

particularly in healthcare settings where waste streams are enormous and often overlooked.

Although nursing and environmental action might seem like parallel pursuits, ANHE shows that *planetary health is human health*. Nurses, with their frontline perspective and trusted voices, are uniquely positioned to influence systems — from hospital procurement practices to policy advocacy — promoting care that protects both patients and the planet.

At its core, ANHE is about empowering nurses to **educate, lead, and create change** at the intersection of environment and health. Its mission highlights four pillars:

- **Education** — integrating environmental health knowledge into nursing practice and training
- **Research** — advancing evidence linking environmental factors with health outcomes
- **Practice** — helping nurses reduce ecological harms in clinical settings
- **Policy & Advocacy** — influencing laws and policies to protect environmental and public health

TOP WAYS TO PROTECT YOUR FAMILY FROM PLASTICS

Strategies identified by medical & other expert groups



Reduce plastic exposure from food



- **Don't heat plastic** (including plastic wrap). Avoid putting plastic in the microwave or dishwasher.
- **Don't use plastic to store food and beverages.** Use glass, ceramic, or stainless steel containers instead.
- **Eat fruits and vegetables.** When possible and practical, eat fresh over canned or processed products.
- **Avoid non-stick cookware.** Instead, use glass, stainless steel, carbon steel, or cast-iron cookware.



Purchase safer products

- **Choose fragrance-free** household and personal care products.
- **Avoid plastics with resin codes 3, 6, and 7.**
- **Avoid products with flame retardants.** For furniture, look for a flame retardant-free label. For bedding, clothing, and furnishings, look for natural materials like wool.



Take steps at home



- **Keep dust down at home** by wet mopping, wet dusting, and using a vacuum with a high efficiency particulate air (HEPA) filter.
- **Wash hands with soap and water often**, especially around food.

Tackling Waste And Reducing Single-Use Plastics in Healthcare

Healthcare, while providing essential services, is one of the world's largest producers of waste, and a significant portion of that is *single-use plastic*. Items such as disposable syringes, packaging materials, sterile wraps, and clinical consumables are used once and then discarded, becoming persistent pollution. In medical facilities worldwide, plastic waste makes up a large share of total waste, contributing to greenhouse gas emissions, landfill burden, and microplastics in the environment.

Beyond regular plastics, the COVID-19 pandemic saw a surge in single-use personal protective equipment (PPE) — from masks and gowns to gloves and shields. While PPE was vital for infection control, its disposable nature has amplified environmental impacts, adding millions of tonnes of plastic waste to global waste streams, much of which ends up in landfills or leaks into ecosystems.

The Alliance of Nurses for Healthy Environments (ANHE) offers a suite of high-quality, freely accessible resources to help nurses and other health professionals lead

environmental health action—from reducing waste to understanding complex contaminants to integrating environmental health into practice and education.

Dive into practical sustainability resources with the *Waste Resources* hub on the ANHE Sustainability Toolkit: <https://toolkit.envirn.org/resources-waste/>. This curated page features downloadable tools such as waste

disposal guides, sustainable purchasing policies, and case studies of nurse-led waste-reduction initiatives, including hospital programmes that reduce landfill contributions and divert supplies for reuse. These materials help clinical teams understand where things go, adopt best practices for sorting and diversion, and scale sustainability efforts across settings.

For foundational education in environmental health, the ANHE E-Textbook “Environmental Health in Nursing” is an open-access, peer-reviewed online book that covers core topics like climate justice, PFAS exposure, and children’s health. Available at <https://envirn.org/e-textbook/>, this resource is ideal for nurses, students, and educators seeking to expand their knowledge and integrate environmental health into practice and curricula.

Addressing water contaminants, ANHE’s PFAS Toolkit at <https://envirn.org/resources/water-quality/pfas-toolkit/> equips clinicians with evidence-based information to support patient care related to *per- and polyfluoroalkyl substances*—commonly known as “forever chemicals.” The toolkit provides guidance on exposure, clinical decision-making, and actions communities and patients can take to reduce risk.

Together, these resources empower nurses and healthcare professionals with accessible knowledge, actionable tools, and evidence-based guidance to protect human and environmental health — a vital step toward sustainable, equitable care.

Real-World Impact: Case Study — Pediatric ICU Sustainability Project



A powerful example of reducing waste comes from the Eco-Sustainability Initiative in a Pediatric ICU, featured in ANHE’s Sustainability Toolkit. In this nurse-driven project, staff at a major children’s hospital took a hard look at the “supply cart” problem — bedside carts stocked with large quantities of disposable supplies, most of which were thrown out after patient isolation and left *unused*.

- The team discovered that carts contained more than \$700 worth of supplies weighing over 17 pounds. Annualised, this resulted in some 22,000 pounds of unused supplies heading to landfill.
- By *collaborating with Infection Prevention and Control (IPC)* to identify items that could be safely disinfected and reused, the team reduced the cart contents to \$200 worth of essentials, reducing bulk and waste.
- For the remaining unused items that couldn’t be disinfected, the unit partnered with VIDA, a nonprofit that redistributes surplus medical supplies to underserved communities in Central America, extending their lifecycle rather than consigning them to waste.

This initiative not only reduced plastic waste but also sparked a cultural shift: staff became more environmentally conscious and began proposing additional sustainability practices, including reducing single-use plastics and optimising energy use. This is the power of *nurse-led change* in practice.

Call to Action: Be Part of the Change

Explore the ANHE Sustainability Toolkit

Discover practical guides, inspiring case studies, and step-by-step resources to start your own sustainability initiative: www.toolkit.envirn.org

Join ANHE’s Global Network

Become a member and join the global movement to Australia and connect with nurses and sustainability leaders who share ideas, insights, and support.

Share Your Story for their Inspirational Section

If you’re a nurse, clinician, or healthcare worker leading environmental change — *tell your community*. Your work can inspire others and help build momentum for larger, systemic transformation. <https://toolkit.envirn.org/stories-of-inspiration/>

The path to a sustainable healthcare future starts with informed, motivated professionals — and nurses are at the heart of that journey!

The Earth Institute – Columbia University (EI) - <https://www.earth.columbia.edu>

Written by Samy Leyton – HOPE Volunteer NT



The Earth Institute – Leading Global Solutions for a Sustainable Future

For more than two decades, the Earth Institute (EI) at Columbia University, USA, has been a world leader in advancing scientific understanding, policy innovation, and community-driven solutions to the planet's most urgent environmental and development challenges. Bringing together researchers, educators, practitioners, and students from across disciplines, the Institute works at the intersection of climate science, sustainability, public health, energy, and social equity.

Today, the Earth Institute stands as one of the most influential sustainability organisations globally, shaping climate policy, supporting vulnerable communities, and generating the scientific knowledge needed to guide humanity toward a more resilient future.

Photo: Earth Institute researchers conducting fieldwork



Source: AI-generated photo.

Main Aims

The Earth Institute's mission is grounded in four core aims:

- Advance world-class research on climate, ecosystems, energy, hazards, and sustainable development.
- Translate science into action by supporting governments, communities, and industries in making informed decisions.
- Educate the next generation of sustainability leaders through interdisciplinary programs at Columbia University.
- Build global partnerships that connect scientific knowledge with real-world implementation.

These aims reflect the Institute's belief that solving global challenges requires both rigorous science and inclusive, collaborative governance.

Major Achievements to Date

Over the years, the Earth Institute has contributed to some of the most significant advances in climate and sustainability science. Key achievements include:

1. Pioneering Climate Science and Earth Systems Research

The Institute's Lamont-Doherty Earth Observatory has produced groundbreaking research on ocean circulation, atmospheric change, paleoclimate records, and natural hazards. Its scientists have been central contributors to the Intergovernmental Panel on Climate Change (IPCC) assessments.

2. Supporting Global Sustainable Development Goals (SDGs)

Through the Centre for Sustainable Development and partnerships with the UN, EI has helped shape global frameworks for poverty reduction, climate adaptation, and sustainable urbanisation.

3. Advancing Climate Adaptation and Resilience

EI researchers have developed tools and models used by governments worldwide to plan for sea-level rise, extreme weather, water scarcity, and food security challenges.

4. Leading Public Health and Environmental Health Innovations

The Institute's Mailman School collaborations have improved understanding of climate-related health risks, air pollution impacts, and environmental justice issues.

5. Training Thousands of Sustainability Professionals

Through programs such as the Master of Public Administration in Environmental Science and Policy (MPA-ESP), the MA in Climate and Society, and undergraduate sustainability pathways, EI has educated leaders now working in government, NGOs, academia, and industry.

6. Influencing Global Climate Policy

EI experts regularly advise national governments, UN agencies, and international organisations on climate mitigation, adaptation, and sustainable development strategies.

Current Projects and Campaigns

The Earth Institute is currently engaged in a wide range of research and applied projects. Some of the most prominent include:

1. Climate Resilience and Adaptation Initiatives

Teams are working with coastal cities, Indigenous communities, and small island nations to develop adaptation plans, climate-risk assessments, and nature-based solutions.

2. Energy Transition and Decarbonisation Research

EI is leading studies on renewable energy systems, carbon capture technologies, and pathways to net-zero emissions, supporting policymakers and industries in designing effective transition strategies.

3. Water Security and Hydrological Research

Researchers are mapping global groundwater depletion, modelling river-basin changes, and supporting communities facing water scarcity and contamination.

4. Biodiversity and Ecosystem Restoration

Projects focus on forest conservation, ecological monitoring, and restoration of degraded landscapes, integrating Indigenous knowledge and community stewardship.

5. Urban Sustainability and Climate-Smart Cities

The Institute collaborates with city governments to design sustainable transport systems, green infrastructure, and climate-resilient urban planning frameworks.

6. Disaster Preparedness and Hazard Monitoring

Using advanced geospatial tools, EI scientists track earthquakes, volcanic activity, and extreme weather events, providing early-warning insights and risk-reduction strategies.

Education and Training Programs

The Earth Institute offers a suite of world-leading academic programs, including:

- MA in Climate and Society
- MPA in Environmental Science and Policy
- MS in Sustainability Management
- PhD programs in Earth and Environmental Sciences
- Undergraduate specialisations in sustainability and environmental science

These programs combine scientific training with policy, economics, and management, preparing graduates to lead in government, NGOs, and the private sector.

Events and Public Engagement

The Institute hosts a vibrant calendar of events, including:

- Public lectures on climate science and sustainability
- Workshops on climate adaptation and resilience
- Seminars featuring global experts in energy, health, and development
- Student-led conferences and research showcases
- Community engagement events in New York City and beyond

These events foster dialogue between scientists, policymakers, students, and the public.

How to Subscribe to the Earth Institute Newsletter

The Earth Institute offers a free newsletter subscription, providing updates on:

- New research findings
- Upcoming events
- Student opportunities
- Climate policy insights
- Sustainability innovations

Visitors can subscribe directly through the website's "News" section: <https://www.climate.columbia.edu/join>

Why the Earth Institute Matters Today

As the world faces accelerating climate change, biodiversity loss, and widening inequalities, the Earth Institute's integrated approach, combining science, policy, education, and community partnerships, is more essential than ever.

Its work demonstrates that sustainable development is not only possible but achievable when knowledge, collaboration, and innovation come together.

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Planning Cheat Sheets- The Square Foot Gardening Foundation

Written by Cassandra Adofo-Kissi - HOPE researcher ACT

In 1996, Mel Bartholomew, the creator of Square Foot Gardening (SFG), founded the Square Foot Gardening Foundation (The Foundation). The Square Foot Gardening Method empowers individual gardeners to thrive, while the Foundation's grant program supports both local and global organizations working to enhance food security. Together, we aim to improve the well-being of families and communities, one square foot at a time, helping them grow, thrive, and flourish.

Aims

Encourage:

- For more than two decades, the Foundation has honoured Mel's vision by welcoming and guiding new gardeners in learning the Square Foot Method.

Educate:

- Through seasonal newsletters, videos, monthly emails and SFG books that show first timers how to grow their own vegetables.

Unite:

- Unite gardeners from all backgrounds through the SFG Facebook group and online square foot gardening forum where ideas are shared.

Support:

- The Foundation makes grants to other nonprofits with aligned missions to encourage gardening, plant-based living, self-sufficiency and low impact food production.

Achievements

For decades, the Square Foot Gardening Method has flourished worldwide thriving in urban and suburban community gardens, on rooftops and vacant lots, and even in extreme climates from drought to tropical rainforest. These achievements are backed by the Foundation's grants and Certified Instructors, who teach its simple steps, the movement continues to grow. The Foundation's mission is to expand adoption of the method, strengthen community connections, and increase the production of nutritious, sustainable food.

On The Foundation's website resources there is information on mix formulas, books, courses, tips, blogs and FAQs which can be viewed her <https://squarefootgardening.org/mels-mix-resources/>. Additionally, if you want to receive square foot gardening tips and advice please visit <https://squarefootgardening.org/humanitarian-global-success/>.
