



Householder's Options to Protect the Environment Inc.

PO Box 6118, Toowoomba West QLD 4350
Ph 07 4639 2135; Email: office@hopeaustralia.org.au
Website: <http://www.hopeaustralia.org.au>
ABN 48 036 173 161

HOPE E-news Bulletin, 1 February 2009

Hello HOPE members and supporters,
Welcome to 2009. This is the first e-news edition of the year, and soon you will receive our newsletter as well. We have just had our start-of-the-year meeting to discuss what we will be doing this year. The minutes are available from the office. We are hoping to be able to partake in the Low Carbon Diet program initiated by the State Government (more info on the program can be found on http://www.climatesmart.qld.gov.au/get_involved/low_carbon_diet). Once we get funding we will need some extra volunteers for this great project, so if you can spare a few hours please contact the HOPE office. We are looking forward to hearing from you!

Miriam Sharp - Secretary, office@hopeaustralia.org.au

Office news

HOPE meeting - Saturday, 24 January 2009

Seven people were in attendance at our first HOPE meeting for the year.

Items discussed included:

- Low Carbon Diet (LCD) project proposal; funding application status; and proposed Agenda for first sub-committee meeting;
- Andrew Nicholson volunteered to be our Climate Campaigner;
- Marie Scott is available to help with funding submission to catalogue library resources; and
- Invitations have been received to have displays at events both in Toowoomba and elsewhere.

A full copy of the minutes is available from the HOPE office.

General

The True Food Guide is your shopping list for healthy, GE-free food

In 2008, the first genetically engineered crops were introduced in Australia, with GE canola now grown in NSW and Victoria. Canola is found in a range of foods from margarines and vegetable oils to ice creams, breads and sauces. The majority of Australians do not want to eat GE food. Food companies are increasingly responding to consumer demands by removing GE ingredients from their products. The True Food Guide is your shopping list for GE-free shopping in the absence of Australian labelling laws for GE foods. The pocket-sized guide rates companies either Green (GE-free) or

Red (may contain GE). Buy Green. Avoid Red. Download or order your copy of the True Food Guide from www.truefood.org.au

Experience Volunteering campaign

Volunteering Queensland is running 'The Experience Volunteering campaign'. It aims to encourage people, in particular youth to volunteer; it outlines benefits such as 'make new friends, develop new skills, get job-ready, etc.' and directs people to go to the website www.getinvolved.qld.gov.au to read more about volunteering, volunteer stories, etc. It also directs people to Volunteering Queensland so that they can be assisted to find volunteer positions. See www.volunteeringqueensland.org.au for more information.

Recycle your old mobile phone

Aussie Recycling Program (ARP) is Australia's first Mobile Phone Recycling program that provides a solution to help clean up the environment while at the same time helping raise much needed funds for charities. Do you have a spare mobile phone sitting around on a shelf or in a drawer? You can now recycle it in an environmentally and socially responsible manner, the ARP way. By recycling your spare mobile phone, you are helping:

- Raise funds for a charity of your choice
- Preserve the environment by keeping your unused mobile phone out of landfill
- Bring affordable communication to developing countries to people who would otherwise not be able to afford it.

For more information visit www.arp.net.au.

Updates on upcoming events

World Wetlands Day

World Wetlands Day will be on **2 February** this year. For more info go to www.ramsar.org/wwd/wwd_index.htm

Clean Up Australia Day 2009

Business Clean Up Day - Tuesday, **24 February**

Schools Clean Up Day - Friday, **27 February**

Clean Up Australia Day - Sunday, **1 March**

To register your interest go to <http://events.cleanup.org.au/>

Queensland Coastal Conference

The Gold Coast will host this year's Queensland Coastal Conference 'Waves of Change' from **13-15 May**. More information on <http://www.iceaustralia.com/qldcoast09/>

11-17 May 2009 is National Volunteer Week 2009. "Volunteers: Everyday People, Extraordinary Contribution" Make sure you recognise your volunteers for their contribution.

Media items

Earth Hour call for lights out in Poznan

As one of the many peripheral side shows at the climate change conference held in Poland recently, Earth Hour 2009 launched its movement to call on one billion people around the world to turn off their lights for one hour on Saturday March 28, 2009.

In 2008, around 37 million people participated in the activity, which started in Sydney, Australia, three years ago. While the amount of electricity saved in that hour is relatively small, it demonstrates the inefficiency of current lighting regimes and reminds people how easy it is to turn off the switch. The Australian agency Austrade promoted the Earth Hour as a leading example of Australia's green innovation. (Sourced from the Ebono Institute, www.ebono.org, January 2009)

MSP news

WWF: 'Climate Change: Solutions for Australia'

This first report from the Australian Climate Group recommends a 60 per cent cut in emissions by 2050 and represents an unprecedented alliance between scientific and commercial experts with an aim to guide public opinion and government policy. To download the document go to http://wwf.org.au/publications/acg_solutions

Sign up for Futuremakers, WWF's regular email bulletin:

<http://wwf.org.au/act/emallist/>

Make Poverty History

Make Poverty History campaign is about halving global poverty by 2015 and achieving the [Millennium Development Goals](#) by:

- [Giving more and better aid](#)
- [Dropping poor country debt](#)
- [Making trade fair](#)
- [Helping poor communities keep their governments accountable](#)
- [Tackling climate change](#)

A child dies every three seconds as a result of extreme poverty. More than 1 billion people around the world live in abject poverty on less than \$1 a day. About 800 million people go to bed hungry every night and more than 6000 people die from HIV/AIDS every day.

It doesn't have to be this way

Make Poverty History is part of the [Global Call to Action against Poverty](#) involving about 80 countries that aims to end the injustice of poverty. It is the largest anti-poverty movement in history.

In Australia, Make Poverty History is a coalition of more than 60 aid agencies, community groups and religious organisations. The coalition seeks to ensure the Australian Government creates policies that: guarantee more and better aid, debt relief, fairer trade, help poor communities keep their governments accountable, tackle climate change and honour commitments made to the Millennium Development Goals (MDGs), a global plan to halve poverty by 2015.

For further information go to www.makepovertyhistory.com.au

Assistance / positions vacant

We have vacancies for the following positions:

- Admin assistant; Librarian; Newsletter editor/team; Media advisor and Membership officer

If you would like to help out, please contact the HOPE office.

Library resources going online

We are looking into funding options to catalogue our library resources; and to provide an online library service which will be easily accessible for anyone in the community. There is a wealth of information available on key environment-related topics. There are books, journals, magazines, videos and CDs - a full list of titles is available by emailing the HOPE office at office@hopeaustralia.org.au

A tip / helpful hint

Using natural insect repellents

Hot, dry weather is with us again - albeit interspersed with some storms which give temperature relief and some rain! But, in the main, it's the season when the bugs bug us!!

Short of continually shooting insects with doses of spray from commercial products (which often irritate the nose and the environment!), what else can be done to reduce insects that pester?

A clean environment inside the home, will not be as attractive to insect pests, so make sure that all the corners, nooks and crannies are dusted or vacuumed on a regular basis; wipe up spills quickly and thoroughly and don't have food scrapes or crumbs as invitations for insects/pests to feast!!

Check possible entry points. Windows - are the screens effective or in need of repair?
Doorways - look at the space between the floor and the door, perhaps a draught extruder would also help keep pests out!

Use herb repellents - either planted in pots near doorways or under windows, or the oils wiped onto the surfaces within the house. A selection of herbs to seek out include lavender, pennyroyal, tansy, basil, rue, peppermint and fennel.

But, for those pesky ants which march all over the place, try this:

- Sprinkle a combination of baking soda and black pepper wherever ants gather - it will soon make them vanish.
- Slices of lemon strewn in their paths is said to deter ants if they can't find an easy way around them!
- Bone meal (from a garden supplier) sprinkled around the outside walls of the house & throughout the garden, will drive ants away.

And those cockroaches:

- A 50/50 mix of sugar and borax sprinkled under the sink, at the backs of cupboards and drawers etc will repel them.

A cockroach trap.

To work effectively, there must not be any other easily accessible food around. Smear the inside top third of an empty jam jar, with petroleum jelly (this stops them getting out!). Pour in a little cooking oil (just enough to cover the bottom) and add a piece of banana or cake.

Place traps in cupboards near the fridge by the rubbish bin or wherever cockroaches gather. In the morning, pour boiling water into traps to kill cockroaches. Dispose of them!!

The "recipes" are taken from: Reclaim Recycle Reuse by Alan B. Hayes (p. 164, 166 & 167)

Remember, you CAN make a difference!

Think before you print! 1 ream of paper = 6% of a tree and 5.4 kg CO₂ in the atmosphere; 3 sheets of A4 paper = 1 litre of water

If you do not wish to receive this fortnightly bulletin please email 'unsubscribe e:news' to office@hopeaustralia.org.au