



Householder's Options to Protect the Environment Inc.
PO Box 6118, Toowoomba West QLD 4350
(22 Vacy Street, Toowoomba 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 #33, 19 April 2010

Hello!

We are getting closer to our next event: [Gardenfest](#) in Toowoomba. It promises to be a great three days with lots of HOPE activities. Of course we welcome everyone to come and enjoy the fest. And if you could help out with things like setting up that would be great too. Just give us a call or drop us an email.

I'm sure most of you will have seen the brand new [HOPE video](#) on YouTube by now! If you haven't, please check it out. Andrew did a fabulous job. Thanks for that!

Miriam Sharp

Secretary - office@hopeaustralia.org.au

"Not everything that is faced can be changed, but nothing can be changed until it is faced"

- James Baldwin

Updates on Upcoming Events

- **Gardenfest, 1-3 May**, TAFE Toowoomba. Info at <http://www.gardenfesttoowoomba.com.au>
- **Water Conference, 20 May**, Stanthorpe, www.qldwater.com.au
- **Greenfest, 4-6 June 2010**, in the Brisbane Botanical Gardens - www.greenfest.com.au
- **Australian Irrigation Conference & Exhibition, 8-10 June**, Sydney.
www.irrigationaustralia.com.au
- **Healthy Cities Conference, 12 & 13 July**, Brisbane -
<http://www.healthycities.com.au/Default.asp>
- **Enviro 2010, 21-23 July**, Sydney - www.nccarf.edu.au/conference2010
- **2010 International Climate Change Adaptation Conference, 29 June-1 July**, Gold Coast.
Visit www.nccarf.edu.au/conference2010
- **19th World Congress on Soil Science, 1-6 Aug 2010**, Brisbane. Visit www.19wcso.org.au
- **5th Lake Eyre Basin Biennial Conference, 13-15 Sep 2010**, Alice Springs - www.lebmf.gov.au
- **Australian Forest Growers National Conference 2010, 10-13 Oct**, Mt Gambier SA -
www.afg.asn.au
- **3rd National Indigenous Land & Sea Management Conference, 19-22 Oct**, Broken Hill, NSW. Contact Mark Sutton on 0432 293 445 or email mutawintjimurdi@yahoo.com.au

2010 is the International Year of Biodiversity, visit www.cbd.int/2010/welcome

Office Hours

HOPE's office is open every Monday from 9am to 5pm; with the library resources available at the same time; or at other times by appointment.

Office news

Hello HOPE members and friends,

Before I give a summary report on the last few weeks of office, management committee and project activity, I want to restate some points about HOPE.

HOPE is a community-based not-for-profit organisation managed entirely by volunteers.

HOPE's principal aim is to raise awareness of, and encourage more active participation in, sustainable living practices.

We are a national networking organisation with membership and friends in all states and territories. - with 60% of our membership based in Queensland.

HOPE does not receive operating/administrative funding. To date, we have been reliant on sponsorship, donations, fund-raising and lots of in-kind support.

Over the years we have received grant monies for equipment such as computers, display boards and a digital camera. In 2009 we received \$10,000 project funding from the Qld Government to promote their *Low Carbon Diet* program.

All in all, the volunteers and supporters have contributed greatly to the success of HOPE and we need your ongoing support to at least sustain, if not increase, our level of activities.

Now, the highlights of our activities over the past few weeks. Where to start!

We concluded another set of *Going Solar* seminars - thanks to the folk at Excel Solar and Nigel Kimball from Yarramine Environmental for their efforts with the Darling Downs Solar Neighbourhood Project.

Preparations are complete for our information display and gardening activities at *Gardenfest 2010*.

Thanks to everyone who has contributed so far.

Additional help is required with transporting equipment and materials to the site on Friday 30 April.; and to staff our display area during this 3 day event.

We also need extra potted herbs and vegetables, posters and gardening books.

Please phone Frank on 4639 2135 if you can assist with any of these.

Volunteer movement - We say farewell to Nicole Albury who assisted with media activity; and we welcome Kay Johnson who will be providing office admin support.

Additional help is required with our media and publications teams - noting that most of this work can be done online.

On Saturday 17 April, HOPE held mini information displays at the *Strengthening Rural Women's Forum* (Oakey) and the *Go Green Fair* (Ocean View). Thanks to Frank O. and Andrew N. respectively, for managing these displays.

Frank has offered his services to assist in organizing a couple of local Toowoomba events/activities:

- a) National Volunteer Week, (10-16 May) - Presentations & information displays from AON insurance, Volunteering Queensland, Toowoomba Regional Council & HOPE.
- b) Community Well-bring Expo (towards the end of the year) in partnership with TAFE Toowoomba.

An award nomination re *HOPE's overall involvement in promoting sustainable living practices* was submitted to 2010 Premier's Climate Smart Sustainability Awards. Thanks Miriam for preparing most of the application.

Andrew advised us that he was unsuccessful in his bid to gain a Churchill Fellowship. Thanks Andrew for trying. Your project results could have been very useful to HOPE and its activities re Climate Change Adaptation.

A funding application was submitted to NRMA Community Grants Program to develop and publish a householder's *Helpful Hints* booklet. Thanks to Melissa Glen for assisting with text preparation and to Kerry Kruger for taking on the publication aspects of the project. We have also submitted an application to the FAHCSIA's Volunteer Grants 2010 for the design and production of 10 HOPE promotional display banners.

HOPE video now on YouTube! - Andrew Nicholson, our Climate Educator, has produced a short [introductory film](#) about HOPE and it is now available on Youtube. Please have a look at the video and tell us what you think!

Note from our website manager - Just to let you know. HOPE ranks 5th on Google for the phrase "*protect the environment*" which is simply astounding. Well done to all, I reckon!

Lastly, HOPE has been invited to assist Condamine Alliance with its *Transition Towns for Condamine Catchment* project; and to participate in this year's Sustainable House Day event (12 September). More on these two items in later editions.

General

Everybody Needs Good Neighbours - Companion Planting

Once the realm of the hardcore, hippy, home gardener, companion planting is now an incredibly popular practice - from beginner gardeners right up to large-scale agriculture. But, despite its popularity (it's huge in Europe), companion planting is often misunderstood, misused and misrepresented as the "cure-all solution" to problems in the patch. So, what's it all about, how and why does it work, and where can I buy the SGA Companion Planting Chart? Go to <http://www.sgaonline.org.au/?p=583>

Online Gardening Forum

Got a gardening question you need answered? Want to connect with other gardeners in your neck of the woods? Want to have a yarn about the bigger issues, share some photos, and make some new friends? Well, SGA has just the thing! Check out the online discussion forum, with hundreds of members just itching to have a chat and discuss your (gardening) problems. So go on, what are you waiting for... get chatting at www.sgaonline.org.au/phpbb/

Climate Action News

Queensland

A diet of a different kind: cutting the carbon

The Queensland Murray-Darling Committee (QMDC) is going on a diet. But this isn't your everyday food diet - it's to reduce the amount of greenhouse gases emitted by the organisation. QMDC's offices in Roma, Toowoomba and Goondiwindi, as well as remote staff across the region, are taking measures to reduce their reliance on water and electricity, as well as reducing transport and waste costs. QMDC Education Officer Renee Fletcher said changes to work practices don't need to be large to make a difference. "People can make a difference to the amount of electricity they use at work and at home simply by turning appliances off at the wall and setting the air conditioner to 25 degrees in summer," Ms Fletcher said. The Low Carbon Diet challenge also extends to include the homes of staff as well.

"By including the home, people are more likely to make longer-term changes to the way they live so the carbon cuts will continue beyond the end of our 'diet' period," Ms Fletcher said. "What we're hoping to demonstrate by participating in the Low Carbon Diet is how decreasing our carbon consumption will also help slash some of the bills at home," she said. "For example, replacing five incandescent lights with compact fluorescents can save you around \$70/year in electricity costs, and avoiding using the electric clothes dryer can trim up to \$100 off your electricity bill each year," she said.

Ms Fletcher said car pooling was another great way to reduce carbon use, or better still, riding a bike or walking to work. "We really hope that our organisation can become more sustainable, and that the practices learned over the three-month Challenge will be adopted on a more permanent basis both at work and at home," Ms Fletcher said. Funded by the Queensland Government through the Low Carbon Diet Community Funding Program, the Low Carbon Diet Challenge is a ClimateSmart initiative that provides information and resources to Queenslanders to reduce their greenhouse gas emissions. For more information on the Low Carbon Diet and other ClimateSmart initiatives, visit the [ClimateSmart website](#). The Queensland Murray-Darling Committee is a natural resource management organisation that supports communities within the Queensland Murray-Darling Basin to sustainably manage their natural resources. Visit the [QMDC website](#) for more information.

[Australia's biggest rooftop solar panel at UQ](#)

The University of Queensland's Saint Lucia campus in Brisbane will be home to the country's largest rooftop solar panel.

National

Take part in the ATA/APVA feed-in tariff survey

The Alternative Technology Association is assisting the Australian Photovoltaic Association (APVA) with research into feed-in tariff customers across Australia. As part of this research, the APVA are looking to conduct a brief survey with solar photovoltaic owners to collect data and information on your feed-in tariff arrangement with your electricity retailer.

[Read more](#)



Majority of Australians say Government responsible for stopping illegal logging imports

An overwhelming majority (92%) of Australians think the government has a responsibility to ensure illegal timber is not sold in this country, according to a recent Newspoll survey commissioned by Greenpeace. Read the full article at <http://www.ecovoice.com.au/eco-news/261>

How to drive better transport decisions for your business

Australia's workplaces have a new set of tools to help them cut their contribution to the greenhouse gas emissions that cause climate change. Greenfleet and the Net Balance Foundation have published a sustainable transport guide that provides employers and their employees with simple, achievable strategies to reduce emissions associated with commuting to and from work, business meetings and freight transport.

The Guide has been developed with key industry players to help all businesses and organisations take up sustainable transport options. This is a visible and often immediate way for businesses to show their commitment to sustainability and a great start for any sustainability journey. Sustainable transport practices can also deliver significant cost savings, by reducing airfares, fleet costs, fuel costs, car parking and freight costs. Some less obvious benefits are improved employee health from walking, cycling and running to work, increased productivity and a reduction in employee absenteeism. The Guide provides detailed strategies and examples covering a broad spectrum of transport related issues for all organisations, regardless of size or industry. Your Sustainable Transport Guide, is available from http://www.greenfleet.com.au/Global/Researchers/Sustainable_Transport/index.aspx

[Australia's Solar Inverter Shortage Update](#)

Australia is used to droughts and one relating to solar power is causing headaches for consumers and solar companies throughout the country - a shortage of grid connect inverters. This is allowing other quality manufacturers such as Xantrex to gain a foot in the door in the local market - and unfortunately also some brands without such a good reputation.

Overseas

[UNEP: 'Cities get common standard for measuring greenhouse gas emissions'](#)

Rio de Janeiro (Brazil) - The world's cities now have a common method for calculating the amount of greenhouse gases produced within their boundaries. UNEP, UN-HABITAT, and the World Bank jointly launched a *Global Greenhouse Gas Standard for cities* at the World Urban Forum in Rio de Janeiro on 23 March 2010.

[Global Warming: Next Chapter](#)

For those in the American Northeast last winter was rugged and fairly cold. Yet what is the world picture? The World Meteorological Organization's latest report demonstrates that 2000-2009 is the warmest decade since modern measurements began recording temperatures around 1850. In its annual report, *WMO Statement on the Status of the Global Climate*, the WMO also found that 2009 is nominally ranked as the fifth warmest on record.

[Billions pour into wind farms](#)

China WindPower Group, Iberdrola and Duke Energy will lead development of an estimated \$US65 billion (\$71 billion) of wind-power plants this year that let utilities reduce their reliance on fossil fuels. The estimate from Bloomberg New Energy Finance assumes a 9 per cent increase in global installations of wind turbines this year, adding as much as 41 gigawatts of generation capacity. That's the equivalent of 34 new nuclear power stations.



Local News

Industry and business get behind Gardenfest

Business and civic leaders turned out to celebrate the launch of 2010 Heritage Building Society Gardenfest - The Gardening and Gourmet Weekend. The event also saw the debut of the May Planting Dance which will be a focal point of the event held over the first weekend of May. Toowoomba Regional councillor Joe Ramia officially launched the first event on the Toowoomba Carnival of Flowers calendar with hearty support from the likes of Heritage Building Society CEO John Minz, Southern Queensland Institute of TAFE and the nursery and garden industry.

"The Heritage Building Society Gardenfest is a premier gardening and landscaping event in Toowoomba and the Darling Downs," Cr Ramia said. "Working with businesses and the community, this event celebrates people, passions, diversity and the Queensland lifestyle. "A core focus is on education and awareness of trends, industry releases, nursery and gardening and the extensive promotion of Toowoomba and Darling Downs. "My prediction is this event can only get bigger and better!"

Stalls are filling fast for Heritage Building Society Gardenfest - The Gardening and Gourmet Weekend, held at Southern Queensland Institute of TAFE, Campbell Street on May 1, 2 and 3. Food, wine, gifts, nursery and gardening products will be on display and for sale as well as local guest speakers including Colin Campbell, Annette McFarlane, Brian Sams and Justin Russell.

Registrations and more information can be obtained from event co-ordinator Emily Murphy on 0419 747 423 or at www.gardenfesttoowoomba.com.au

Heritage Building Society Gardenfest is supported by major sponsors Heritage Building Society, Toowoomba Regional Council, Toowoomba Carnival of Flowers, Nursery & Garden Industry Queensland and Southern Queensland Institute of TAFE.

Darling Downs Solar Neighbourhood Project - <http://www.excelsolar.com.au/Solar-Neighbourhood.php>

Queensland News

The Queensland Government has recently announced the commencement of a **South-East Queensland Koala Nature Refuge program**. Landholders with koala habitat in the Sunshine Coast, Moreton Bay, Brisbane, Logan, Ipswich or Gold Coast local government areas are encouraged to apply for a Nature Refuge. If successful they may be eligible for assistance with on-ground management, including: revegetation or rehabilitation of cleared or degraded land to a long-term standard suitable for koala habitat; weed control; control or exclusion of threats to koalas; and fencing or other infrastructure needed to re-establish, protect or manage koala habitat. Landholders in the target local government areas with existing Nature Refuges and koala habitat may also be eligible for assistance. For more information phone 3330 5359 or 1300 130 372 or email koala.refuges@derm.qld.gov.au.

National News

1200 Buildings project turns old buildings green.

According to the City of Melbourne website, commercial buildings are responsible for 48 per cent of greenhouse gas emissions across the city. In a bold sustainability initiative, the 1200 Buildings program will aim to retrofit 1200 existing commercial buildings within the Melbourne city centre - a transformation that could collectively decrease greenhouse gas emissions by 383, 000 tonnes over the next decade. It is also estimated that this innovative program will create 800 new green jobs and generate \$1.3 billion in economic activity.

Rather than building an energy-efficient building from scratch the energy retrofits will refurbish and install more efficient technologies and materials into existing buildings. One building that has already completed its retrofit is the Collins Street Kador building. Built in 1970, the upgrade has seen the

building become the first CBD high-rise refurbishment in Australia to earn a '5 Green Star' design rating. It now boasts energy savings of 30 per cent for air-conditioning, 15 per cent for hot water and 50 per cent for lighting. It has cut water consumption in half, doubled the amount of fresh air flowing into the building and reduced the amount of ambient noise.

The goal of any retrofit project is to improve the 'performance' of a building.

The 1200 buildings project will transform existing commercial buildings into centres of environmental innovation, showcases of engineering excellence and engines of economic growth. Buildings that meet high environmental standards have lower operating costs, improved indoor environment quality and lower environmental footprint and greenhouse gas emissions. Employers are recognizing that environmentally sustainable offices provide tangible benefits and can play a role in the attraction and retention of staff".

Many of Melbourne's older buildings will now be transformed through the innovative 1200 buildings program and through the refurbishments will meet the energy efficiency and environmental performance demands of the future. The retrofits will ensure that beautiful heritage buildings will remain in the city but that they will become as green and efficient as the new-builds going up around them.

Birds Australia

Dedicated to the study, conservation and enjoyment of native birds and their habitats.

True to our motto 'Conservation through Knowledge', since 1901, Birds Australia (Royal Australasian Ornithologists Union) has worked for the conservation of Australasia's birds and their habitats.

As a community-based, independent, not-for-profit organisation, we rely on the financial support of companies, trusts, foundations, governments and private individuals, and the involvement of thousands of volunteers in our projects.

60 Leicester Street, Carlton, Victoria 3053

Ph (03) 9347 0757 / 1300 730 075

Fax (03) 9347 9323

Email mail@birdsaustralia.com.au

Website www.birdsaustralia.com.au

Birds Australia welcomes new members, volunteers and supporters.

What you can do to help

Participation in volunteer bird Atlassing and threatened species recovery efforts is enjoyable and rewarding. By increasing understanding of how Australia's birds are faring and improving bird habitats, you can make a valuable contribution to nature conservation. We welcome new volunteers (you don't have to be a member), and you can help simply by joining Birds Australia.

GE food labeling debate heats up

All Last month's True Food newsletter described some of the serious mistakes the Government's food labeling review was making on GE food labeling - the claim that GE food was already labeled in Australia, for a start. Since then, Greenpeace campaigners and a number of True Food Network members have appeared for the Review's panel, urging the government to listen to expert evidence that shows GE food is a risk to human health.

Send an email to the Review asking for GE foods to be labeled; the public consultation will close on May 14. » **Take action**

[Commonwealth Environmental Water 2008-2009 Outcomes Report](#)

The Commonwealth Environmental Water 2008-09 Outcomes Report details the preliminary ecological outcomes observed from the 10.9 billion litres of water provided to ten wetlands and floodplains in New South Wales, South Australia and Victoria.

<http://www.environment.gov.au/water/publications/action/pubs/cewh-outcomes-report-08-09.pdf>

World News

[New Desalination Approach in Korea](#)

A new approach to desalination being developed by researchers at MIT and in Korea could lead to small, portable desalination units that could be powered by solar cells or batteries and could deliver enough fresh water to supply the needs of a family or small village. As an added bonus, the system would also remove many contaminants, viruses and bacteria at the same time.

[Oil reserves 'exaggerated by one third'](#) (*SMH*, 24 March 2010)

The world's oil reserves have been exaggerated by up to a third, according to Sir David King, Britain's former chief scientist, who has warned of shortages and price spikes within years.

[Chemical cocktail affects humans and the environment](#)

Throughout our lives we are exposed to an enormous range of man-made chemicals, from food, water, medicines, cosmetics, clothes, shoes and the air we breathe. At the request of the EU, researchers at the University of Gothenburg, Sweden, have looked at the risk of "chemical cocktails" and have proposed a number of measures that need to be implemented in the current practice of chemical risk assessment.

Earth Charter 2009 Annual Report released

The Earth Charter International Secretariat is pleased to announce the release of the Earth Charter Annual Report for 2009. This report offers an overview of activities led by the Earth Charter International (ECI) secretariat and affiliates, volunteers, and partner organizations. While it does not intend to offer a comprehensive account of all efforts carried out in 2009, it offers a glimpse into these undertakings. [Click here to see it.](#)

The Earth Charter Initiative

The Earth Charter Initiative is an extraordinarily diverse, global network of people, organisations, and institutions that participate in promoting and implementing the values and principles of the Earth Charter. The Initiative is a broad-based, voluntary, civil society effort. Participants include leading international institutions, national governments and their agencies, university associations, non-government organisations and community-based groups, city governments, faith groups, schools and businesses - as well as thousands of individuals.

[Earth Charter Initiative: 10 Years at a Glance](#)

You are invited to flip through this overview of events and activities that have taken place since the Earth Charter was launched in 2000. This is a beautiful [photo album](#) and [short video](#) capturing some of the key moments of the evolving Earth Charter Initiative in the past 10 years.

[Planetary Ecological Emergency Declared](#)

Human pressures on Earth System's nine life-support systems have reached a scale where people power revolutionary action may be necessary and warranted to stop abrupt global environmental collapse.

NRM / Landcare News

(Sourced from Queensland and national landcare newsletters)

Publications, Reports, Information

Discussion Paper for the Australian Framework for Landcare - reminder

A further stage of consultation to guide the development of the Australian Framework for Landcare is now underway to allow the broader Landcare community to comment on developments to date including the initial conclusions reached by the Reference Group.

The Discussion Paper can be accessed at www.landcarefacilitator.com.au and click on the Framework webpage. Landcarers are asked to provide any comments to landcareframework@nrm.gov.au by Friday, 9 April 2010.

Australia's Agriculture, Fisheries & Forestry at a glance 2010

The Australia's Agriculture, Fisheries & Forestry at a glance 2010 publication provides easy-to-read information on the key features of Australian agriculture, fisheries and forestry industries including size, location, contribution to the economy, export standing and major markets for the various industries. To download a PDF of the publication visit

www.daff.gov.au/about/publications/australias_agriculture_fisheries_and_forestry_at_a_glance_2010

Australia's Forest's at a glance 2010

Australia's Forests at a glance 2010 is a pocket-sized publication, updated annually, providing a snapshot of our forests and their management, including their size, location, and their contribution to the economy and export markets. To download a PDF of the publication visit

www.daff.gov.au/data/assets/pdf_file/0007/1536_253/forests-at-a-glance-2010.pdf

Free native plant guide

The Australian Native Plant Guide is ideal for home and landscape gardeners, farmers, government departments, councils, Landcare groups, students and anyone interested in Australian Native plants. The new version has over 500 photographs of native plants and includes a filter to select species that meet your requirements. You can download a free copy of the Australian Native Plant Guide from the Native Shop website. Visit <http://nativegrowth.com.au/nativeguide>

Funding opportunities

FRRR Small Grants for Rural Communities

The Small Grants for Rural Communities program benefits people in rural and remote communities. Not for profit organisations can apply for projects and activities that offer clear public benefit for communities living in small rural and remote locations in Australia, contributing to their development in social and community welfare, economic, environmental, health, education or cultural areas. Closing date 30 Sep 2010. Visit www.frrr.org.au/programsDetails.asp?ProgramID=4

Junior Landcare Grants Program

Information on the 2010 Junior Landcare Grants Program (2nd round closes Fri 14 May) can be accessed at the Junior Landcare website www.juniorlandcare.com.au

FarmReady Reimbursement Grants

FarmReady Reimbursement Grants, for courses completed prior to 30 May 2012, assist primary producers and Indigenous land managers to attend approved training courses aimed at improving their capacity to adapt to climate change and increase self reliance and preparedness. Reimbursements of up to \$1500 per year are available. Applications forms need to be lodged and approved prior to

attending approved courses, followed by submitting the claim for reimbursement (up to 30 days after the completion of the course). Managed by the department of Agriculture, Fisheries & Forestry, further information and application/claim forms can be accessed at www.farmready.gov.au OR ring 1800 087 670

Water for the Future funding

Through Water for the Future, the Australian Government is investing in a range of programs over 10 years to address four key priorities - taking action on climate change, using water wisely, securing water supplies and healthy river waterways. Further details can be accessed at www.environment.gov.au/water/programs/index.html

Grants & Funding websites

- Grantslink www.grantslink.gov.au/
- DAFF grants & assistance www.daffa.gov.au/about/grants_and_assistance
- DEWHA grants & funding www.environment.gov.au/about/programs/index.html
- FRRR grants www.frrr.org.au/currentprojects.asp
- Caring for our Country funding www.nrm.gov.au/funding/index.html

Resources

Web resources

QWESTNet (Queensland Water and Energy Sustainable Technologies Network)

This group aims to bring together sustainable technology users and retailers in an informal environment where relevant technologies, independent overviews and case studies are presented and discussed. Participants can also network with current users of sustainable technologies. To register to receive the latest information from QWESTNet or to contact the QWESTNet team, e-mail qwestnet.info@derm.qld.gov.au

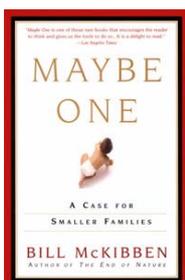
The **Southern Cross Climate Coalition** is an alliance of the [Climate Institute](#), the [Australian Conservation Foundation](#), [The Australian Council of Social Service](#), and the [Australian Council of Trade Unions](#). They have joined forces to ensure climate policy is fairly implemented and maximises opportunities for jobs and investment in Australia.

Australian Native Planting Guide

The Australian Native Plant Guide - Free copy from <http://nativegrowth.com.au/nativeguide/>

Book reviews

Maybe One, by Bill McKibben



McKibben recognizes that the transition to a stable population size won't be easy or painfree but ultimately is inevitable. Maybe One provides the basis for provocative, powerful thought and discussion that will influence our thinking for decades to come.

Helpful hints and tips

Numerous things we can do to help save our planet - part 4

Each one of us needs to reduce our 'carbon footprint' as much as we possibly can. We need to decrease it to the bare minimum. Here are numerous easy ways we can all contribute to saving our planet.

Electricity and water:

- Put minimal amounts of water in your kettle (only what you are going to use - don't fill it each time you use it).
- Wash your towels and/or bed sheets once a fortnight, not every week.
- Turn the thermostat down on your hot water.
- Use energy saving light bulbs.
- Have one fridge, not more.
- Buy an electricity metre, which can show you how much electricity you are using at any one time.
- Hob cooking - match the size of saucepan to the size of the element; this saves electricity.
- Use microwaves where possible; these do save energy.
- Turn off stove hood fans, when not being used.
- Use dishwashers on the lowest temperature. These save energy when compared to washing dishes by hand.
- Use solar-powered lights.
- Use an electricity company that is 'green'.
- Use a laptop computer - this uses less power than a desktop computer.
- Switch off all electrical appliances when not in use (don't leave them on stand-by for long periods of time); turn off lights at night, when not in use.
- Don't leave electrical gadgets on stand-by; switch them off.
- Use tumble driers only when you have to.
- Use rechargeable batteries.
- Defrost your freezer regularly - this makes it more power efficient.

This is the last instalment of this article. The full version can be found on our website at

<http://www.hopeaustralia.org.au/index.php/component/content/article/36-hope-news-category/197-how-you-can-help-save-our-planet>

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 e:news bulletin, please email 'unsubscribe e:news' to office@hopeaustralia.org.au