

Householders' Options to Protect the Environment Inc.

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HOPE E-news Bulletin 2023 #07 --- July 2023

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

Dear HOPE readers,

As we dive into the heart of winter, July brings with it two noteworthy environmental initiatives: Plastic-Free July (1-31st) and National Tree Day (30th). These campaigns offer us a chance to reflect on our impact on the planet and take decisive actions toward a greener future.

Plastic-Free July encourages us to reevaluate our relationship with single-use plastics. With every passing day, our oceans and landfills are being burdened with plastic waste, causing immense harm to our delicate ecosystems. It is time for us to break free from the convenience-driven culture and adopt sustainable alternatives. By reducing our plastic consumption, reusing items, and recycling diligently, we can collectively make a substantial difference. Let us commit to saying "no" to single-use plastics and actively seek out eco-friendly alternatives.

This month we also celebrate National Tree Day—an occasion to recognize the vital role that trees play in combating climate change and preserving biodiversity. Trees are true superheroes of the natural world, absorbing carbon dioxide and providing us with clean air, shade, and habitat for countless species. This year, let us roll up our sleeves and participate in tree-planting activities across the nation. Whether it is joining a community planting event or nurturing a sapling in your backyard, each tree planted brings us closer to a sustainable future.

Please enjoy our articles and contribute your thoughts.

Stay warm,

Daniela Dal'Castel, Newsletter Editor – HOPE Inc.

2023 Environmental Observances

July

- 1-31 [Plastic Free July](#)
- 26 [World Mangrove Day](#)
- 28 [Schools Tree Day](#)
- 31 [World Ranger Day](#)
- 30 [National Tree Day](#)

August

- 1-7 [Landcare Week](#) (TBC)
- 7-13 [Keep Australia Beautiful Week](#)
- 12-20 [National Science Week](#)
- 19 [World Humanitarian Day](#)
- 20-24 [World Water Week](#)

September

- 1-31 [National Biodiversity Month](#)
- 1 [National Wattle Day](#)
- [National Walk to Work Day](#) (TBC)
- 7 [National Threatened Species Day](#)
- 9 **HOPE quarterly Ordinary Meeting**
- 10 [National Bilby Day](#) (Charleville Bilby Festival)
- 18-24 [National Organic Week](#)
- 16 [International Day for the Preservation of the Ozone Layer](#)
- 22 [World Car-Free Day](#)
- 24 [World Rivers Day](#)
- 28 [World Maritime Day](#)
- 29 [International Day of Awareness on Food Loss and Waste Reduction](#)

Feature Article

What sustainability can look like by 2050 through the eyes of the SDGs (Sustainable Development Goals)

By Shivang Ambasht, Masters in Sustainable Development Goals specializing in Environmental sustainability (student). Massey University (NZ)

From a general perspective, since World War II nothing has ever been done in the collective favour of all mankind, rather the neoliberal approach has led countries worldwide to consist of divisive income levels among its population i.e., low, middle, and high-income earners and those living below the poverty line. (Sachs, 2012). This not only has implications that are far beyond repair but it has also allowed powerful people of society to exploit the income gap in a somewhat inhumane manner such as alienating those from low SES (socioeconomic status) to be somewhat of an inferior race that deserves to be ruled upon with unfair legislations and laws that basically keep them poor for the long run. (Sachs, 2012).



In recent times, the bush fires in Australia that claimed the lives of over 3 billion animals has shown the intensity of climatic events humans have brought upon themselves, furthermore the ruthless exploitation of animal life for the sole purpose of satisfying one's hunger was the very foundation for covid-19 as the seafood market in Wuhan was known to be the origin of first transmission. (Stuart, 2018).

In the Pacific, we are told about staying resilient during dangerous climatic events such as cyclones, earthquakes and volcanic eruptions and that such resilience is a testament to what makes a human a conscious warrior at all times (Corntassel, 2012). The rather bothersome aspect of such a view is that it is imposed mainly on PICs (Pacific Island countries) and is seen as a means to deviate the blame away from the developed nations which are responsible for the havoc that is going on in the world, especially in the past 22 years.

It is considered integral to making sure that minorities make progress in today's society and that small wins are not considered as the main fixation point and that even for the purpose of economic growth everyone must be pushed above the poverty line as lost GDP is already impacting the world enough. (Stuart, 2018). The most recent event is the pandemic which has allowed for a setback globally and a means for humanity to change their course of development into doughnut economics.

According to Stuart et al, 2016 leaving no one behind means any individual who has been discriminated against for any reason and living in marginalized conditions will be included in any development that occurs from 2015. In short, every individual will have to be given the right amount of support (equity) to achieve a standard way of living that is sustainable for the years to come. (Stuart et al, 2016).



According to Scheyvens et al, 2017 in a sustainable world, accountability also needs to be shown so that history is not repeated and that the younger generation can know about the mistakes that we have made that have unfortunately settled their fate. The focus should also allow for the constitution of new global rules. (Scheyvens et al, 2017).



For private businesses, corporate shared values should be the main framework that must be put in practice so that all economic, social, and environmental domains are covered and such a triple bottom approach is far better than the usual CSR (corporate social responsibility) view which is mostly used to create a positive image in society and can be manipulated to greenwash the consumers into thinking that the right action has always been taken. Such practices are common in the tourism and corporate industry. (Scheyvens et al, 2017).

According to (Raworth, 2017) leaving no one behind must also incorporate the means to shift toward doughnut economics where inclusive and sustainable development must occur in the safe space so that the environmental carrying capacity is not exceeded. It should further be noted that economic growth is a mere tool that can contribute toward happiness for humanity but it is the composition of social, mental, environmental, and spiritual factors that bring about absolute happiness. (Raworth, 2017).

Indigenous knowledge can be explained in its purest form and with no pre-dominating assumptions being present in the listener's mind. Moreover, indigenous knowledge can be an alternative pathway to look at modern day problems that have stemmed from modernization times where science is seen as the norm of all knowledge and anything else is seen as the 'other'. For thousands of years, indigenous people have trodden their paths with unity of all that exists and that treading forward together is the only legitimate option for Earth's sustenance. (Briggs & Sharp, 2004).

According to Corn tassel, 2012 peoplehood is a concept that allows individuals worldwide to be connected via social and spiritual practices such as religious praying or paying respects to ancestors e.g., ANZAC day. Such practices allow for community resurgence and will further boost human morality in making sure that there is oneness/ inclusiveness when we talk about development.



Building upon the theme of peoplehood comes the need for the SDGs (sustainable development goals) to challenge the issue of discrimination. The main point is that the targets and indicators do not pinpoint the real problems women face - such as reproductive health rights or even social protection. According to Ryder & Boone, 2019 intersectionality is challenging the power relations that exist within society hence it is crucial to give women a safe environment to work and live in, therefore, there should be more case studies being done to analyse the experiences of women from a different race and class as not all women face the same treatment.



Another way of looking at this is the analogy of choosing the book that is topmost mainly because it is the least boring in a pile of stacked books. (Ryder & Boone, 2019). To put it simply, intersectionality is a complex concept as individuals all over the world have different experiences such that none can be put in the spotlight and examined at gunpoint. Social exclusion occurs when certain groups of society are deemed as inferior compared to others solely based on human constructs such as caste or race hence disallow the full participation of individuals in society. (Ryder & Boone, 2019).



SUSTAINABLE DEVELOPMENT GOALS



The SDGs do have what it takes to intersect the inequalities that cause persistent poverty in that there is a need for stronger policy formulation that targets the marginalised communities. Furthermore, indigenous knowledge can be used to provide a different viewpoint which should be taken into practical consideration as it provides an alternative context for any future policy making targeted towards communities and can help provide more empathy towards those from low SES. The many decades of neo-liberal approach has corrupted our only home and its environmental effects are evident on small island developing states. In just 2015 the SDGs became established with the main slogan being "leaving no one behind" - but this has become somewhat of a framework itself where proper understanding of psychologies is required to even make the first step.

The SDGs provide a good contextual framework in that the 17 goals can be used as reference when intersecting the inequalities that are present within achieving each goal. By proper policy formulation, countries can then learn to minimise the power relations that prohibit progress towards eradicating poverty or any other goal. Proper mapping is required which show the intertwined rooted relationships that need to be broken off for the betterment of those living in marginalised communities. It should be clear by now that, breaking away the parasites that are present within the organism is the only way forward to sustainability rather than mere survival; furthermore, cleaning the environment that the organism is in will also provide the means to achieve environmental sustainability. As the great Dr. B.M Hegde once said there is no gene present within the body, an environmental stimulus is always needed; in the same way poverty is not a gene, an environment was built for it to thrive for so long.

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Queensland News

Weed Spotters Network Queensland (WSNQ)

www.qld.gov.au/environment/plants-animals/plants/herbarium/weeds/weed-spotters

Written by Samy Leyton, HOPE volunteer NT

Main Aims

The Weed Spotters Network Queensland (WSNQ) is a group of dedicated volunteers who help to identify and report weeds in their local area. These volunteers play a crucial role in the efforts to control and manage the spread of weeds in Queensland, which can have a significant impact on the state's environment, agriculture, and economy.

The WSNQ was established in 2004 by the Queensland Government's Department of Agriculture and Fisheries (DAF) in response to the growing problem of weeds in the state. The network is made up of trained volunteers who work in collaboration with the DAF and other government agencies to identify and report weeds in their local area.

The WSNQ has been highly successful in its efforts to control and manage weeds in Queensland. The network currently has over 700 active members, who have reported over 25,000 weed sightings in the state. These efforts have contributed significantly to the successful management of weeds in Queensland and have helped to protect the state's environment, agriculture, and economy.

WSNQ has several strategic priorities in place that seek to achieve its aims. These include developing educational resources for both practitioners and the public; promoting best practice weed control techniques; and establishing a state-wide weed database.



Major Achievements

Weed Spotting across Queensland

In addition to its weed identification and reporting activities, the WSNQ also carries out practical work to control and manage weeds in the field. This can include activities such as removing weeds from bushland, planting native species to help restore damaged areas, and participating in seed collection programs.

In 2022, 51 high-priority weed species were reported, including 12 records of six prohibited species:

- *Opuntia gosseliniana* var. *santa-rita* (purple prickly pear)
- *Opuntia puberula* (prickly pear) and
- *Opuntia rufida* (blind cactus)
- *Acaciella angustissima* (white ball Acacia)
- *Senegalia insuavis* (cha-om)
- *Solanum viarum* (tropical soda apple)

and 15 records of six priority restricted (category 2,3,4,5) species:

- *Cylindropuntia prolifera* (jumping cholla cactus)
- *Opuntia microdasys* (bunny ears cactus)
- *Limnocharis flava* (Limnocharis)
- *Mikania micrantha* (Mikania vine)
- *Neptunia plena* (water Mimosa)
- *Cecropia peltata* (Mexican bean tree)

Current Projects/Campaigns

Weed Spotters Network Queensland eLearning

Becoming a member of the WSNQ is simple and requires no previous experience or knowledge of weeds. All that is required is an interest in the environment and a willingness to learn. Training is provided to all new members, which includes information on how to identify different weed species, the impacts of weeds on the environment, and how to report them.

Once trained, members of the WSNQ are equipped with the skills and knowledge to spot and report weeds in their local area. This information is then passed on to the DAF, who use it to track the spread of weeds and develop strategies to control and manage them.

The WSNQ also plays a key role in educating the community about the impacts of weeds and the importance of controlling and managing them. Members of the network often give presentations and talks to local groups and schools and participate in community events to raise awareness about the issue.



Access the online course: <https://360.articulate.com/review/content/f4938129-401c-4f1f-aeba-b890f872f6ba/review>

Overall, the Weed Spotters Network Queensland is a vital part of the efforts to control and manage weeds in the state. The dedication and hard work of its members have had a significant impact in the fight against weeds, and the network continues to play a crucial role in protecting Queensland's environment and economy.

To find out more about WSNQ and how you can get involved, visit their website at <http://www.weedspottersnetwork.org.au/queensland>

Birdlife Southern Queensland Darling Downs - bsqdd.com.au

Written by Cassandra Adofo-Kissi - HOPE researcher ACT



Birdlife Southern Queensland Darling Downs (BSQDD) Local Branch is a group of amateur and professional ornithologists and bird enthusiasts located on the Darling Downs in Queensland, Australia.

BSQDD conducts fortnightly bird walks and surveys in the Darling Downs area and other areas within southern and southwestern Queensland. The data obtained from these surveys is later entered into a database for scientific analysis.

BSQDD's achievements include undertaking a yearlong study into the birdlife of Central Redwood Park which helped save the park from development plans. They are also the key biodiversity area guardians for the Bunya mountains and Yarraman area.

National News

Climate Action Network Australia (CANA) - www.cana.net.au

Written by Cassandra Adofo-Kissi - HOPE researcher ACT



Climate Action Network Australia (CANA) is an essential part of the Australian climate movement. It is a network of organisations working together to protect people from Climate Change and its impacts, to safeguard our natural environment, and build a fairer and healthier Australia for all Australians.

Climate Action Network Australia (CANA) aims to ensure a fairer Australia, free of pollution, and protected from dangerous climate change. CANA is supported by a Board and a Network Support Team, whose purpose is to support

CANA members by facilitating collaboration and providing strategic governance and resources to and specific team members.

CANA offers the opportunity for members to build relationships, collaborate on strategy and campaigns, develop, and share resources with the capacity to build a stronger, more effective social movement that advocates for action on climate change.

Resources:

<https://www.cana.net.au/ourwork>

<https://www.cana.net.au/ourpeople>

<https://www.cana.net.au/ourmembers>

<https://www.cana.net.au/power-through-collaboration>

CHOICE - www.choice.com.au

Written by Cassandra Adofo-Kissi - HOPE researcher ACT



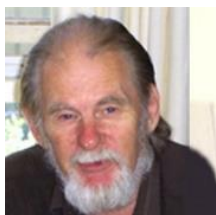
CHOICE is the leading Consumer Advocacy Group in Australia. Their goal is to ensure that the Consumer's voice is heard loudly and clearly when it comes to anything consumer-related, from saving money to choosing the best products and services for your family. CHOICE is Independent and member-funded, and here to ensure that Australian consumers get a fair go.

CHOICE provides consumers with the option to fact check, knowledge on consumer rights and advice, product reviews and information on shonky businesses. CHOICE also encourages the consumer to act, including providing consumers with information on campaigns, product safety laws, current investigations, product testing and the CHOICE Recommended program.

International News

The Tbilisi Declaration 1977 - Then and Now

An Opinion Piece by Rod Pitcher, HOPE researcher ACT



Note that this paper is my personal view of the matters discussed. I am what might be kindly referred to as 'a man (or person, if you prefer) in the street' in my hometown of Canberra, Australia. Although well educated, I mostly base my knowledge of environmental matters on what I see in the media or read in books. I am concerned about environmental matters and their impact on people now and in the future, but because of my own situation, I am not actively involved with any activist group, except that I often write about environmental and other social matters for publication on the internet and other places.

In this paper I look at the progress, or otherwise, of The Tbilisi Declaration (1977), focusing on the original aims and implications, and the results and outcomes since its adoption.

Then

The United Nations Education, Scientific, and Cultural Organization (UNESCO) conference in 1977 in Tbilisi, Georgia, was especially notable because it was probably the first ever such conference in which all the delegates, representing 66 member states, unanimously agreed to adopt a motion. The 265 delegates agreed to adopt **The Tbilisi Declaration (1977)** by universal acclaim. (1) Acceptance of the Declaration on such a scale was a major step forward in environmental cooperation and management, and was of vital importance to the whole world.



The main issues taken up in the Declaration were:

- The instruments whereby people may understand and make better use of natural resources in satisfying their needs.
- Environmental education's role in making individuals and communities understand the complex nature of the natural and the built environments.
- Attention should be paid to understanding the complex relations between socio-economic development and the improvement of the environment.
- Full advantage must be taken of all public and private facilities available to society for the education of the population in relation to the environment
- To foster clear awareness of, and concern about, economic, social, political, and ecological interdependence of urban and rural areas.
- To provide every person with opportunities to acquire the knowledge, values, attitudes, commitment, and skills needed to protect and improve the environment.
- To create new patterns of behaviour of individuals, groups, and society towards the environment. (1)

This conference drew attention particularly to the essential role of education in understanding and caring for the environment. This role comprised more than just including ecology as a subject, but included assuring development and awareness of the needed concerns about economic, social, political, and ecological interdependence of rural and urban areas. (3) This vital role of education has been endorsed and reiterated by later UN resolutions following up on the progress of the Declaration. (2)

Now

One of the biggest, probably **THE** biggest, environmental issue and concern today is global warming and climate change. No-one can ignore the signs that something is going wrong and that our world does not like the way we are treating it. Daily weather patterns and media reports of natural disasters worldwide, make this plain, but many people claim these to be minor, or unimportant matters, often for their own purposes.

There are many people, politicians, industrialists, even ordinary people, who scoff at reports of global warming and climate change. Some of these people think all the public furor is part of a major, international conspiracy to frighten people into conforming with restrictive laws and proscriptions. Others just reject all the arguments for religious, political, ethnic, or other reasons, often very personal and selfish ones. While I accept that everyone has a right to their own opinion, I believe that opinion should be based on an intelligent appraisal of the available information, not on a selection that supports only a previously held point of view. Teaching people how to sort the worthwhile, true information from the erroneous rubbish, would be a good start in negating this problem. Critical thinking should be part of everyone's education, particularly as it applies to information about matters that are important and vital to a person's understanding of the world in which they must live and develop.

Many of the people in the group above, reject all scientific information as biased, part of the conspiracy or just plain wrong. This is largely because they have no concept of the scientific method which tends to nullify these reasons and provide scientific results with a very high, though not absolute, standard of accuracy. Since there is ample scientific data to support concerns about climate change and global warming, it behoves any thinking person to take notice. People need to be better educated, in the widest sense, about science and its methods and results, particularly as environmental matters are vital to our future survival as humans.



The Future?

If you are still with me, you will know by now that I see the long-term results of the Declaration to be very patchy. Certainly, there is a lot more environmental concern, interest, and activity than there was 46 years ago (at the time of writing this in 2023). But there is also a lot of ignorance about these important issues, much of it generated by misinformation, propaganda, and willful intention. There are many people in this world who would like to keep most people in ignorance about the world situation for their own purposes or gains. To overcome the influence and false arguments of these people, the resolutions in the Declaration regarding the importance of education become of urgent concern and require immediate action.

On the other hand, I think there are grounds for some optimism. The environment has become a popular and acceptable dinner-table discussion topic. More people are supporting more environmental groups, either actively or financial, however they can. Any search of the internet will find a virtually endless supply of reading about the environment. Social media swarms with environmental chatter, tweets and #hashtags, some of it is of dubious quality, some is outright propaganda for hidden causes, but at least people are talking about the environment and social matters, making their opinions known and arguing important points for and against. *Vox populi* has a very loud voice when it speaks out about what it values, but to stress the point made all through this paper again, it needs to be based on solid, relevant education, which forms a proper defence against the lies and misleading talk.

Young people are becoming more active and speaking out about environmental issues. After all, they are the ones who are going to have to live in the future world we are creating now. They are making it plain that they want a better world to live in, environmentally, socially, and politically, and are making their desires known to anyone who will listen. Perhaps it is time we all listened harder.

References:

- (1) Tbilisi Declaration (1977) <https://files.nc.gov>
 - (2) UN Resolution <https://leap.unep.org/content/unea-resolution/>
 - (3) Wikipedia https://en.wikipedia.org/wiki/Environmental_education
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GreenFacts is a non-profit organisation founded in 2001 in Brussels, Belgium, with the aim of providing clear and credible scientific information to non-specialists on specific topics related to health, the environment, and sustainable development. They publish peer-reviewed, factual summaries of high-level scientific

consensus reports, such as those created by the UN, making up-to-date scientific knowledge accessible and understandable for people who may require it. In this way, GreenFacts aims to contribute to informed decision-making and provide a basis for fruitful debates, by providing unbiased facts.



Activities and Achievements

GreenFacts has published summaries of hundreds of scientific-consensus reports. These fall into two main kinds of publications: GreenFacts Digests and Co-Publications. Independently published, GreenFacts Digests are summaries of recent reports, such as those from UN bodies, the European Union, or other highly-reputable organisations. The Co-Publications on the other hand are summaries of scientific reports from European Union Committees, but published by the European Commission. Examples of report summaries include the IPCC Climate Change Technical Report 2022: Impacts, Adaptation and Vulnerability, or the International Atomic Energy Agency Safety Standards for Protecting People and the Environment report 2015.

GreenFacts report summaries are structured in a question-and-answer format at three increasing levels of depth, to provide readers with easy access to the information at the level of detail required. To ensure credibility, all publications are peer-reviewed by three independent experts in the field of the topic, who are approved by the GreenFacts Scientific Board. The organisation also has a non-advocacy policy.

In addition, GreenFacts also publishes a complementary glossary of scientific terms for non-specialists, Report Highlights of recent major scientific reports, and free printable leaflet summaries of major relevant topics. They receive millions of visits to their website each year, from academics, professionals, and students.



Current projects

Whilst continuing to produce Digests, Co-Publications and Report Highlights, GreenFacts is currently planning to produce monthly explainer videos on health and sustainability-related topics, to further their scientific communication.

GreenFacts publishes a free fortnightly newsletter, which can be subscribed to here:
<https://www.greenfacts.org/en/subscribe.htm>

Further information and access to their publications is through their website, where there is also an option to donate towards the continuation of their activities - www.greenfacts.org/en/index.htm



Plastic Pollution of our Waterways - Pacific Gyre

By Julie Mammitzsch, HOPE researcher NSW

Plastic pollution has developed to be one of the most critical environmental problems of the modern world. The amount of plastic produced since the 1950's has almost doubled every ten years since. Single used plastic is the biggest issue- only in use for a few hours or even minutes but it takes up to 400 years to break down.

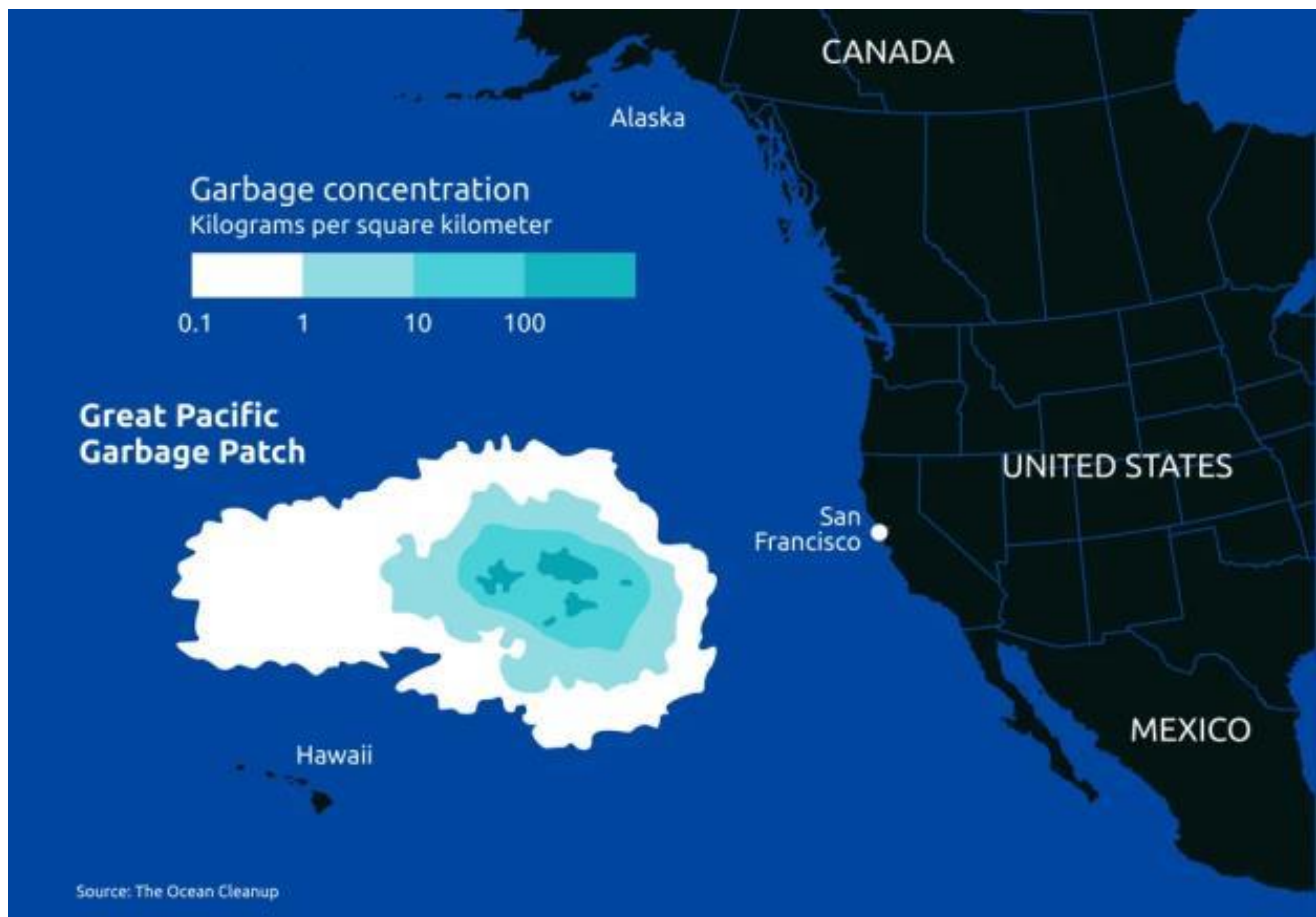
About 11 million metric tons of produced plastic ends up in the ocean every year. The biggest accumulation of trash is in the North Pacific Ocean and known as the **Great Pacific Garbage Patch** or **Pacific Gyre**. It stretches from Japan to the West Coast of North America and acts like a highway for trash. Warm and cold-water movements of different ocean streams trap the waste which leads to rubbish getting stuck in these areas.

The strong impact of sun and salt water, leads to a large portion of these plastics breaking down into microplastics. Those small particles are constantly decreasing in size and therefore difficult to catch and clean up.

The influence on plastic, and especially microplastics floating in our oceans on marine life is severe. Animals such as turtles and albatrosses might mistake it for food and suffer a painful death from starvation. Seals included are at high risk of getting caught in plastic fishing nets and other waste.

The Great Pacific Garbage Patch was discovered in 1997. It is a very complex project to attempt to clean up, mainly due to its size, distance from any shorelines, and financial costs involved. The Dutch Non-Profit Organisation *The Ocean Clean Up*, has successfully trialled and implemented a system that contributes to partially cleaning up the GPGP. They have been able to clear a total of 200,000kg of plastic waste to date.

For further information on *The Ocean Clean Up* please see: <https://theoceancleanup.com/>



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Resources



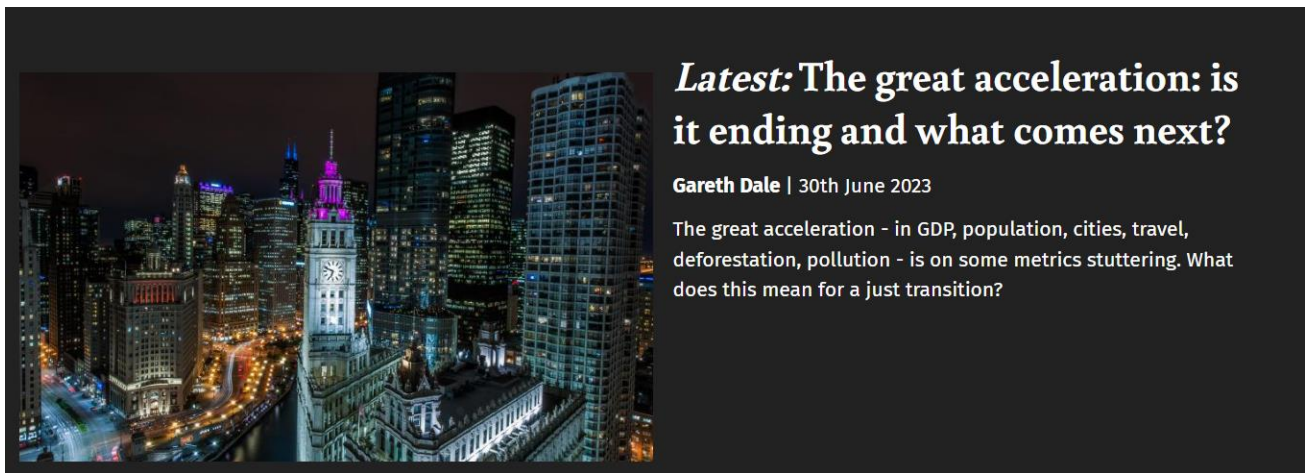
The Ecologist - theecologist.org

Who is The Ecologist

In operation since 1970, The Ecologist online is an environmental news and analysis website that plays a key role in identifying environmental crisis and focuses on finding solutions to that crisis. It is focused on social, ecological, and economic justice, is published daily, and seeks to inform and educate about methods we can take to manage this crisis.

The Ecologist online also known as the Ecologist, began as a print magazine before transitioning to online in 2005. It is owned and published by The Resurgence Trust, an educational charity working across the fields of environment, social justice, activism, spirituality, and the arts. By collaborating with contributors and readers, The Ecologist seeks to ensure that understanding and respecting ecology becomes second nature in the half-century to come.

Through daily publications, the Ecologist raises awareness of a broad range of environmental and social justice concerns and amplifies the voices of environmental campaigners and advocates. These include those representing or from marginalised communities.



Aims

The Ecologist aims to educate the public about environmental crises and the need for a radical transformation of our global economies.

In particular, the Ecologist seeks to educate the public about the following:

1. The successes of the frontline activism, advocacy and campaigns currently taking place to stop the direct harms from the fossil fuel economy.
2. The visions and proposals moving us towards a “post-fossil fuel economy.”
3. The impacts of the fossil fuel economy on our societies and the global biosphere.
4. The different economic theories that exist, and how the adoption or neglect of these theories determines our social impact on the natural environment.
5. Systems theory as a useful analytical tool for understanding a wide variety of environmental concerns.
6. The history of the evolution of the current global fossil fuel economy.

The Ecologist aims to serve the entire environmentalist community, by adding value through providing free educational materials about systems theory, thermodynamic economics, the fossil fuel economy, and regenerative alternatives from degrowth to the Green New Deal.

The environment movement has gradually become aware of and concerned about the impacts of the fossil fuel economy globally on society and nature. *The Ecologist* provides information that is essential to and supports the campaigns attempting to end the fossil fuel economy and bring in an era of renewable energy, regenerative economies, and happier lives.



Building Ukrainian cities back better

Victoria Yakusha | 27th June 2023

Ukrainian cities aim at building back better - undertaking a total re-evaluation of all spatial elements and devising an environmentally sustainable reconstruction.



'Maladministration and a terrible precedent'

Catherine Early | 26th June 2023

Firm continues to mine coal at the UK's largest open pit weeks after being refused planning permission for the activity.



El Niño accelerates climate breakdown: it's time for action

Gareth Dale | 26th June 2023

The extreme heat of the upcoming El Niño years should compel us to subordinate profit motives to urgent climate goals. This article first appeared at Truthout.

Achievements

- Since its inception in 2005, Over 13 million people have visited The Ecologist website.
- There has been twenty-seven million hits and more than 10,000 articles accessed. The Ecologist's most popular article - Ten Alternatives to Cow's Milk, received more than 357,000 hits.
- Through effective advocacy and dedication to enabling systemic change, The Ecologist has earned brand recognition. This can be attributed to their commitment to delivering hard hitting journalism and bringing awareness of environmental crises to the public.

The Ecologist online, continues to reach and appeal to audiences globally providing a mix of in-depth analysis, environmental news, and practical advice to growing communities of individuals committed to social and environmental change.

In addition, underpinned by a commitment to ecological systems thinking, *the Ecologist* endeavours to point out the linkages between issues such as war, pharmaceuticals, corporate fraud, and the power of mass media. The Ecologist hopes to encourage its readers to challenge conventional thinking, while tackling global issues at a local level.



Sustainable Living Guide- Buy local and seasonal food

Review by Anna Kula, HOPE Researcher Qld

In 2005 Paul Reman, ex- Products Manager at Lonely Planet Publications, founded the Natural Strategies Group who now develops and maintains the Sustainable Living Guide. Their motto "Less stuff, more life" is a call to slow consumerism and look at ways we can create, conserve, and repurpose with the aim to lessen our impact on the environment.

The guide promotes sustainable living in these ten areas:

- garden
- house and home
- food and drink
- products
- services
- community
- waste
- work
- transport
- recreation

In the 'food and drink' section the guide looks at ways in which consumers may encourage local sustainable production, manufacturing, and delivery of food. Some of the approaches include eating organically; consuming less meat and dairy; avoiding eating genetically modified foods; endangered fish; and buying less bottled water; as well



look to adopt a vegetarian diet. While opting for a vegetarian or vegan diet in lieu of an omnivorous one is not for all, evaluating where our food is grown and how far it travels to our plates is a good starting point.

It might seem like a 'no brainer' but locally produced food grown in season is generally fresher and requires less energy to produce and transport to your plate.

Eating locally supports smaller scale farming which produces crops that are not only more appropriate to the local environment but also use farming methods that are less destructive to soil and local ecosystems. Local produce reduces the reliance on long-distance transport - burning fewer fossil fuels in delivery and energy in refrigeration.

Farmers' markets are a great place to buy locally produced food and a directory is available from the Australian Farmers' Markets Association- <https://farmersmarkets.org.au/find-a-market/>.

Another option can be to grow your own food! The Sustainable Living Guide offers tips to start your own veggie patch in the smallest of spaces. Alternatively, you could give growing a go at a nearby community garden which can be found via <https://communitygarden.org.au/find-a-garden/>.

Tracing our food back to its 'roots' is a simple exercise which helps us be more mindful of our consumer behaviour and its effect on the environment. Buying from local farmers not only supports small business but also less intensive farming techniques which are better for the soil, wildlife, biodiversity, and ecosystems. Seasonal crops are more likely to work with local wildlife and ecosystems minimising the requirement for pesticides, glasshouses, etc. Creating short food delivery routes means less energy is used in transportation as well as fresher produce!



Choosing food that is in season, pesticide free and locally grown is ultimately better for our bodies, as we consume food that is more nutrient rich. The types of food which are in season are linked by state below:

- Queensland - seasonalfoodguide.com/qlld
- Northern Territory - nt.gov.au/traditional-vegetables
- ACT - <https://www.fyshwickmarkets.com.au/news/whats-in-season>
- Victoria - seasonalfoodguide.com/melbourne-victoria
- South Australia - seasonalfoodguide.com/adelaide-sa
- Western Australia - seasonalfoodguide.com/perth-wa
- NSW - seasonalfoodguide.com/sydney-nsw
- Tasmania - seasonalfoodguide.com/hobart-tas

For more information about sustainable living visit <https://www.sustainablelivingguide.com.au/buy-local-and-seasonal-food>.

