



Environmental Hope

February 2004

Edition 8

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*The Quarterly Newsletter of HOPE Toowoomba
(Householders' Options to Protect the Environment)*

Editorial

On the 17th of February, the first of HOPE's bi-monthly Information Evenings will be held at the Dr. Price Room, Little St., Toowoomba. The focus of this meeting will be *waste minimization and management*. It is also the focus of this edition. In these pages you will find articles from guest speakers, recycling websites and hints and tips on how to reduce waste, reuse and recycle.

HOPE applauds the Toowoomba City Council for its current Free Domestic Kerbside Clean Up, during which householders can place large unwanted items on the footpath for collection.

Congratulations also to Cambooya Shire Council that is currently managing a Drummuster to collect used farm chemical containers, and plans, a curbside collection to coincide with Clean Up Australia Day on the 8th March.

If your local council is involved in waste management projects of this kind, please let us know, so we can publicize it here. Email Robyn at rwhale@vtown.com.au. If your council is not involved or planning waste management projects, now is the time to apply pressure on them to do so. If you can gather the support of others in the neighborhood, you might be able to start a letter writing campaign or attend council meetings. Never underestimate the power of a small group of determined people.

While waste management is a huge problem, waste minimization is an issue that we can deal with at a household level. When purchasing goods for the household, as well as the usual considerations of quality, cost, origin of items, we also need to consider packaging. While glass, metal and some plastic can be recycled, cardboard is ideal because it can be disposed of in the compost or worm farm. We need to make a concerted effort to avoid products that are over packaged such as cheese slices individually wrapped in plastic.

As consumers, we have enormous influence on the manufacturers of household products. In some European countries, packaging is returned to the place of purchase and it then becomes the responsibility of the manufacturer to dispose of. This is a sound idea. It certainly encourages manufacturers to package with care.

Message from the Convenor

Planning is well under way for our February and March events. Saturday 14 February is the date for our Garage Sale – we look forward to seeing you there on the day. Tuesday 17 February is our Information Evening – organized in response to requests from HOPE members and supporters. Please attend if you can. Then we're ready for the Apple and Grape Harvest Festival in Stanthorpe on Saturday 6 March – get your bus tickets *early*.

Since this edition of the newsletter is dedicated to Waste Minimization and Management, I have included a copy of the Waste Hierarchy action words. Remember, the less waste you collect, the less you have to dispose of.

Frank Ondrus, Convenor

Waste Hierarchy

Avoid; Reduce

Reuse; Repair; Divert

Recycling

Recovery of energy

Treatment

Containment

Disposal

HOPE Social Bus Trip

Join us for a great day out at the *2004 Stanthorpe Apple and Grape Harvest Festival* on Saturday 6th March!

For just \$25 per person you can be assured of a very entertaining outing.

The bus will depart the Neil Street Bus Interchange at 8.30 am and arrive in Stanthorpe at 10am.

We plan to visit:

- ... Markets in the Mountain
- ... All day fruit display, Band Shell
- ... Kids in the Round-a-bout (9am-1pm)
- ... Street stalls
- ... Wine fiesta, Weeroona Park
- ... Pipe and Brass Bands (10.45am)
- ... Grand Parade, Main St (2pm)
- ... Grape Crush (4pm)

The bus will depart Stanthorpe at 4.30pm and arrive back in Toowoomba about 6.00pm

- Ring Frank on 4639 2135 or email to ondrussfj@yahoo.com.au to book your seat. Full payment is required by Wednesday, 4th March.

Cards for Planet Ark

Postage paid envelopes are available from Post Offices and Coles stores to recycle your used Christmas cards and envelopes. Don't use them just once a year. Have one on hand all the time to recycle birthday cards and envelopes that accumulate daily.

New Members

January – Dana McCarthy and Mrs. J.M. Crowley

Membership News

Just a quick reminder that membership to HOPE is FREE. We therefore encourage our regular supporters to come on board as members. This adds to the overall strength of the group.

PS. Complimentary t-shirts are available to those members who would like one.

Garage Sale!!

Lovers of a bargain can shop to their hearts content at the HOPE garage sale on Saturday 14th February.

Following the positive response to their first garage sale in November 2003, HOPE members decided to go ahead with another garage sale in early 2004.

Proceeds from these sales go towards community activities undertaken by HOPE.

The garage sale will be held at 22 Vacy Street, Toowoomba from 8am to 1pm on Saturday 14th February.

Donations of household goods, sporting equipment, furniture and the like are welcome. Please phone Frank Ondrus to arrange a convenient "drop off" time.

Bring your dreams alive!

Through the medium of glass - specializing in stained glass, copper, foil and glass mosaic techniques – I can produce a very personal creation of your choice.

I also conduct classes at my home studio at 148 Russell St., Toowoomba. I am Denise Chard, contact me at email: dencha@dodo.com.au

More Volunteers Sought

To help HOPE achieve its goals for 2004, we are seeking volunteers to help with a range of tasks related to administration, media, newsletter, projects and events.

We appreciate that volunteering your time and skills fits in with your everyday work, study and living demands. If you are to contribute in anyway whatsoever, please contact Frank Ondrus, Convenor of HOPE on phone (07) 4639 2135 or e-mail ondrusfj@yahoo.com.au.

Diary Dates

14 Feb	Garage Sale
17 Feb	Information Evening – Waste Minimization & Management
6 Mar	Bus trip to Stanthorpe's Apple & Grape Festival
7 Mar	Clean Up Australia Day
20 Apr	Information Evening – Water Conservation
1 May	Social get-together at Lazy Acres, Murphy's Creek
5 June	World Environment Day
15 June	Information Evening – Non-toxic Gardening
17 Aug	Information Evening – Cool Communities initiative
3-5 Sept	Eco Friendly Living Expo (to be confirmed)
19 Oct	Information Evening – Pest Plants & Animals
10-17 Nov	National Recycling Week
18 Dec	Christmas social get-together (venue to be advised)

Calendar

National Year of the Built Environment

February	1-29	Sustainability Month	- Visit http://www.sustainabilitymonth.org/
	2	World Wetlands Day: Water for Wetlands – water for life	- Visit www.ramsar.org/wwd2003_index.htm
	2-8	World Wetlands Week	Australian Wetlands Alliance, email: abrady@wetlands.org.au
	17	HOPE Information Evening - Waste Management and Minimization	- Visit www.ramsar.org/wwd2002_index.htm ph 07 4639 2135
	17-26	Sunrace '04	
March	2	Business Clean Up Day	- Clean Up Australia, ph 1800 024 890, www.cleanup.com.au
	4	World Sustainable Energies Day	
	5	Schools Clean Up Day	- Clean Up Australia, ph 1800 024 890, www.cleanup.com.au
	7	Clean Up Australia Day	- Clean Up Australia, ph 1800 024 890; www.cleanup.com.au or your local Council
	7-14	Sea Week: 'Discover me in the Sea'	- Visit www.mesa.edu.au/seaweek.htm
	21	World Forestry Day	- Dept. of Natural Resources & Mines, ph 07 3896 9332
	22	World Day for Water	- Visit www.unep.org
	23	World Meteorological Day	- Visit http://www.wmo.ch/indexflash.html
April	19 – 23	Coast to Coast Australia's National Coastal Conference	
	22	Earth Day	

Information Evening

Hosted by

Householders' Options to Protect the Environment
(HOPE) Toowoomba

"WASTE MINIMISATION AND MANAGEMENT"

Program:

7.30pm: Welcome and introduction

7.40pm: Guest speakers:

Tony Shadwell – Health Promotion & Education Officer, TCC
John Harper – Manager, Waste Management Centre, TCC
Owen Frost – Smart Tip Shop, Lifeline DD & SW Qld
Paul Cuskelly – Branch Manager, JJ Richards & Sons

9.00pm: Question & answer session

Close with a 'cuppa'

Where: Dr. Price Room, 6 Little Street, Toowoomba

When: Tuesday, 17th February, 7.30pm – 9.30pm
(room opened at 7pm)

RSVP: Frank Ondrus, ph 4639 2135 or e-mail:
ondrusfj@yahoo.com.au

Admission: Gold coin donation appreciated

From Tony Shadwell

Toowoomba City Council's draft solid waste management strategy 2002-2009 outlines Council's commitment to protecting and enhancing the natural and built environment. This commitment will provide ecological and economic benefits to current and future residential areas and businesses. Council is responsible for sustainable waste management services, minimizing the amount of waste deposited to landfill and maximizing the resources savings through avoidance, reuse, recycling and energy recovery. A recent waste audit showed that recycling is improving in Toowoomba City. However, recycling output using a split bin domestic waste/recycling collection system has been maximized and potential increases in recycling is limited.

2003 saw two years of planning and development of the Enviro Ed's Reduce, Reuse, Recycle Wagon,

funded by the Environment Protection Agency and industry, come to fruition. A school competition to provide a catchy name, logo and slogan for the wagon drew much interest. Sponsors of the competition were Woolworths, 7 News, The Chronicle Newspaper, Downs Office Equipment, Toner Action, Waste Management Association, EDROC, HOPE, Empire Theatre and Milne Bay Aquatic Centre. Over 2,000 school students learnt more about reducing reusing and recycling our valuable natural resources. Warwick, Cambooya and Crows Nest Shire also used the wagon.

Toowoomba City Council recently approved a three-bin system, namely the separate collection of waste, recycling and green waste. Council is due to call for tenders during February/March 2004, to change its collection method to a two-bin system (waste and recycling) with an option for a third bin for green waste collection. This will result in a weekly 240 litre waste collection and fortnightly 240 litre recycle collection for domestic services. The third 240-litre bin will be an optional green waste removal service. An important part of the new contract is the \$105,000 per annum to be used for waste minimization education.

Toowoomba City's *Total Domestic Waste Stream Analysis August 2001* reported, "waste from commercial and industrial sources is a major contributor to the landfill waste stream." Collection contractors transport most of this waste, with a high percentage being recyclable, particularly paper and cardboard. This report recommended that education programs be directed at businesses to reduce waste to landfill through implementing cardboard and paper recycling which would help to maximize resource recovery. Council has made application to the Environment Protection Agency for funding to develop a commercial and industrial waste minimization program for Toowoomba. The EcoBiz Program, which combines the waste, water, and energy elements of ecological sustainability, aims to provide traders in Toowoomba with knowledge and support to reduce their usage in one or all of these areas. Furthermore, it is Council's aim to also expand the recycling program to include public place recycling.

Water or Coke?

WATER

1. 75% of Americans are chronically dehydrated. (Likely applies to half world population).
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic maths, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of aluminium foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminium foil, and bake. Thirty minutes before the ham is finished,

remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.

8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

For Your Info.

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous Material Place cards reserved for Highly Corrosive Materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a glass of water or coke?

HOPE T-Shirts for sale

If you would like to help promote HOPE, we have T-shirts with the HOPE logo printed on them for sale.

Small & medium	crew-neck	\$12
Large & XX large	crew-neck	\$12
S -XL polo & long sleeve		\$10

Contact Frank Ondrus, PH (07) 4639 2135

Plastic Bag Recycling

Clifford Park Special School and Woolworths combined forces during the holidays in a very successful plastic bag recycling campaign. Recycling Drums were placed at the three Toowoomba Woolworths stores throughout the holidays and \$5 for every drum filled was donated to the school's recycling centre.

The Clifford Park Special School has developed a great recycling program and the money raised will help expand that program and allow more students to participate. "Reducing the number of plastic bags sent to landfill benefits everybody".



SUSTAINABILITY FOR KIDS

HOPE is pleased to support a new interactive environmental edu-tainment program called *Ollie Saves the Planet*. This program uses the medium of CD ROM and Website to encourage children, parents, teachers, and community groups to appreciate their connection to the natural world and to understand their "ecological footprint."

Its primary objective is to bring together the issues of waste, water, energy, air and biodiversity under the organizing principle of sustainability so that the user can understand how they are interconnected and how their daily actions affect a range of issues.

The *Ollie Saves the Planet* program has many hours of activities, information and challenges delivered through an animated multimedia format. It has been written using Best Practice Environmental

Education Resource Guidelines so that it can be used in the classroom or home environment. It is best suited to children between the ages of 5 – 13 years although some adults have been found playing some of the games too.

The *Ollie Saves the Planet* CD ROM retails for \$24.95.

For more information or to order copies of the *Ollie Saves the Planet* Program call Frank Ondrus on (07) 4639 2135. Further information about the program can be found at the Australian *Ollie Saves the Planet* website at www.olliesworld.com.

OLLIE CD'S FOR SALE !!!!!

Copies of the *Ollie Saves the Planet* CD ROM are now available from HOPE.
The CD ROM sells for \$24.95.

Book Reviews

The Toilet Papers – by Sim Van der Rym

This is an informative and irreverent look at how people have dealt with their waste through the centuries. Plans for a basic compost toilet and a variety of greywater systems are included. 128 pgs

\$32.00 available from www.greenharvest.com.au

1001 Greener Household Hints - by John Schluter

This easy to read edition is a great reference book to use around the home. Once you've tried one idea, you'll go looking for more. It contains literally hundreds of ideas on how to minimize and manage waste through reusing, recycling and restoring.

- Available for loan from the HOPE library.

Greeniology – by Tanya Ha

This remarkable book sets out everything you need to know about how to change your life to make it greener, and helps you to understand why those changes matter. It's the science and art of living a greener life.

It details waste minimization and management strategies that you can use every day.

- Available for loan from the HOPE library.

Save Money on Your Household Energy Bill

In The Bedrooms

- Switch off all the lights as you leave each room
- Insulate the ceiling to reduce heat gain in summer and heat loss in winter
- Use fans for cooling in summer instead of air-conditioning
- Adjust controls of heated waterbeds to the lower comfortable temperature and use a blanket or doona to cover the bed at all times
- Turn off all radios, stereos, video game machines and other electronic equipment at the power point
- Use electric blankets as bed warmers only. Switch off before going to bed and use an extra blanket instead
- Install a light dimmer to reduce the energy use of incandescent lamps

Art Exhibition: - BREACH

An exhibition by the 2003 Winner of the USQ Arts Award for Visual Arts Graduates, Sharon Schmidt, will open at 2pm Sunday 8th February 2004 at the Toowoomba Regional Art Gallery.

Admission is free and the Exhibition will continue until 29th February.

- Sharon is a member of HOPE.

Managing Waste in the Home

Organic household waste need never go into your wheelie bin. Any organic gardening book you pick up, will give you information on composting. Have you ever thought of enlisting the aid of the humble worm?

Worm farming is becoming popular in urban backyards. A worm farm takes up little space, is inexpensive to purchase and is easily managed.

Worms are not fussy eaters, they will happily munch through almost anything organic – most fruit and vegetable scraps, soaked and shredded pizza boxes, cardboard, paper and newspaper, leaves hair and eggshells.

For more information phone 02 9605 9999 or visit www.reln.com.au

Websites to Visit

Ollie Saves the Planet is a website that explores the 4R's – Reduce, Reuse, Recycle, and Rethink as they apply to the five active issues of Waste, Water Energy, Air and Biodiversity. It's full of games, puzzles and loads of information and projects.

- <http://www.olliesworld.com/planet/aus/index.htm>

Planet Ark - visit this website to find out what you can recycle in your local area. Simply enter your council name or just your postcode for a full local listing and council contact information.

- www.RecyclingNearYou.com.au

Environment Australia in conjunction with Housing Industry Australia demonstrates design and building practices that advance the ideals of environmental awareness, waste control and low energy consumption. www.greensmart.com.au

Eenee Designs – this website will show you where you can purchase biodegradable and compostable nappies. www.eenee.com.au

Close the Loop - a toner and printer cartridge recycling specialist in partnership with Planet Ark.

- www.closestheLoop.com.au

Phone recycling - visit this website to find out where you can recycle your defunct mobile phone or battery.

- www.phonerecycling.com.au

Kingfisher Recycling Centre

In conjunction with Soroptimist International, the Kingfisher Centre has for sale a Telephone and Address book. The book also contains information about Soroptimist International, Aspley Special School, along with some thoughts, sayings, and ideas that won't cost the Earth. Fund raised from the sale of these books will help replace Kingfisher Centre's 1981 'ute'. The books cost just \$13.50 plus postage and handling. Enquiries to Lea on (07) 3263 2288 or Harry on (07) 3263 2655.

HOPE Toowoomba - Membership Form

***** No membership fee *****

Name _____

Address _____

Phone _____

Email _____

What are your issues of concern?

What are your interests and experience?

What can you contribute?

- office supplies
- assistance with activities
- media skills
- cash donations
- other _____

Cut out and post to PO Box 6118, Toowoomba West QLD 4350

HOPE

All Correspondence:
PO Box 6118,
Toowoomba West QLD 4350

Telephone:
(07) 4639 2135

Email:
ondrusfj@yahoo.com.au

**Management Team
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Acting Media Coordinator:
Diane Campbell

Web Manager
Stephen Warburton

Positions Vacant
Membership Officer
Information Display Organizer
Events Display Organizer

We're on the Web!
See us at:
<http://green.net.au/hope>

