

Welcome!

Welcome to the February edition of Action Change E-magazine. Inside there's a whole host of positive news, views, events and actions you can take this month to make the world a better place. Have a fantastic time over our last month of summer, and lots of love to you all.

Christine Butler
Editor

IN THIS ISSUE

GLOBAL CHANGE: WHY VEGETARIANS ARE GOOD FOR THE PLANET

Next time you meet a vegetarian, shake their hand. Everyday they save our planet water, land, forests, lives and health.

PERSONAL CHANGE: ORGANISATIONS OF THE FUTURE

The organizations that begin with personal change in order to create global change are the ones that can take us to the next level of transformation.

THE GOOD NEWS GLOBAL ROUND UP

China and Oz ban the plastic bag, Chile approves new forestry laws and Italy extends its tax breaks for less-polluting cars. All that and more this month in Good News.

WORLD WIDE ACTIONS

This month you take can quick cyber action by registering with the Australian Conservation Society, signing to save the saola, and signing to keep our meat animals clone free!

BITS, HITS AND TIPS

There's free stuff from Energy Australia, Discounts on lights from Neco for all Action Change readers, and tips on being energy efficient in the kitchen.

THE WIT BIT

Getting Along: Two Old Mates; The Doctor and the Lawyer

EVENTS

Everything national, international and local on the green scene

GLOBAL CHANGE: WHY VEGETARIANS ARE GOOD FOR THE PLANET

By Christine Butler

According to the UN Report, *Livestock's Long Shadow*, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” Wow! OK, well that’s a very grey statement, but the thing is there’s a great *green* thing you can do each and every day that helps keep your footprint on Planet Earth light, and something that both your body and the earth reaps many rewards from. So why not consider going vegetarian, or decide to eat vegetarian every second day just like the Dalia Llama? Oh, and next time you meet a vegetarian, shake their hand and say thanks: they’re doing amazing work for the planet.



1. Vegetarians helps protect and conserve water

Producing 1 kg of animal protein requires about 100 times more water than producing 1 kg of grain protein. It takes 55,000 litres of water to produce 1kg of beef! Plus there’s all the effluent from piggeries and animal farms that pollute the waterways. So vegetarians save us hundreds of thousands of litres of water, each, every year. Well Done!

1. Vegetarians help protect and conserve land and rainforests

A meat based diet needs seven times more land than a vegetarian one.

In order to graze cattle and other animals for food, forests need to be cleared and top-soil is degraded. Wildlife in the same area is killed or is unable to support its own food needs.

In the USA, 70 % of crops are grown to feed animals, not humans. This is a staggering number considering that worldwide a human death occurs by starvation every few seconds.

According to Greenpeace, chickens raised for KFC and other companies that “produce” chicken flesh are fed crops that are grown in the Amazon rain forest.

Often in majority world countries, local farmland is used to grow animal feed (often for dairy cows) to pay off debt to the minority world.

So vegetarians save millions of acres of land every year that can be used for gardens, parklands, forests and for growing more beautiful fruits and veggies. Vegetarians help keep the soil rich and fertile (especially when grown bio-dynamically) and safe for future generations. Vegetarians help people in the majority world grow the necessary food crops they need for survival.

2. Vegetarians help protect the air and climate

The United Nations has reported that animal agriculture accounts for 18% of greenhouse gases, which is more than automobiles. Raising animals for food is responsible for more greenhouse gases than all vehicles in the world combined. And scientists at the University of Chicago showed that a typical American meat-eater is responsible for nearly 1.5 tons more carbon dioxide a year than a vegan. So a vegetarian diet is energy efficient, cost effective and climate friendly.

3. Vegetarians help protect our animals

The abuse of animals is still a main reason why people become vegetarian. To use one example, broiler chickens are fed growth hormones, which speed their growth rate from the usual 80 days to 42 days and are fed antibiotics that in turn is having an effect on antibiotic usefulness in humans. Battery chickens are de-beaked, put in cages where they cannot nest (their first instinct) and their legs cripple from hanging onto wire cages. They obtain no sunlight, natural food or exercise.

A vegetarian diet is an immediate action to save the lives of billions of animals bred for food every year, not to mention the issue of cruelty. More than 10 billion animals are killed each year in the US alone to feed us. So veggos save 10 billion animal lives each year! They are also creating more peace on the planet by refraining from killing.

4. Vegetarians help protect human lives

“ Excluding meat from the diet might be expected to result in 15-25% reduction in the risk of coronary heart disease, with a similar beneficial effect if cheese is also excluded”.

It has been well documented that a vegetarian diet decreases the risk of many modern diseases. The recent Oxford Vegetarian Study of 11 000 people in Britain concluded that vegetarians are 20% less likely to die from any particular health related cause than meat eaters.

The number one cause of death and disease in Western Societies is atherosclerosis: heart attack from clogged arteries. The survey showed that vegetarians are 30% less likely to suffer from **heart disease** than meat eaters. The survey concluded that “ Excluding meat from the diet might be expected to result in 15-25% reduction in the risk of coronary heart disease, with a similar beneficial effect if cheese is also excluded”.

40% of people surveyed were less likely to suffer from **cancer** in the study, and this figure is backed by The British Medical Journal (25.6.94) which states that vegetarians were 40% less likely to die from cancer than meat eaters, and that the incidence of **breast cancer** could be reduced by 80% on such a diet.

Osteoporosis, a recent disease campaigned by the dairy industry, is actually not a disease of calcium deficiency, but of calcium loss. Dr Michael Klapper, Director of the Institute of Nutrition, Education and Research in California USA states in his report on osteoporosis "Calcium will be excreted by the kidneys for a number of reasons: a sedentary lifestyle, too much animal protein in the diet as well as caffeine, sugar, salt and alcohol." Dr Klapper's study states that the ethnic group with the worst incidence of osteoporosis is the Artic Eskimos, whose diet consists of fish and seal meat and concludes that they have "a steady drain of calcium from too much protein".

Other health problems such as **high blood pressure, diabetes, high cholesterol and gall and kidney stones** may also be treated with a vegetarian diet.

The main reason given for these vegetarian health advantages is that human anatomy is very different to that of carnivorous animals, who have short bowels, long teeth and claws, and a jaw that moves up and down. In contrast, the human animal is closely related to the apes and gorilla, who is mainly vegetarian. Both species exhibit a long bowel, short teeth and claws, and a jaw that is able to move sideways as well as up and down.

An example of how meat eating may not suit our anatomy is the prevalence of bowel cancer. Because our intestines and bowel are so long, meat rots in the gut before it has time to be digested, causing ammonium compounds to be produced. These toxins irritate the bowel wall and create cancerous cells.

So Vegetarians are ingesting happy plants rather than flesh that's in a state of fear anyway... and that's gotta be good for all of us. Veggos save themselves from many diseases which means we can spend our good money on much cooler things than pharmaceutical drugs, like free preventative health classes and subsidized nutritional supplements! All in all, making your diet more vegetarian - and especially vegan - is good news for all of us. There's a ton of resources out there on the web for vegetarian diets, making the change to a plant based diet, and of course great recipes. Do yourself a flavour and the planet a favour, and get stuck into your veggies today!

PERSONAL CHANGE: Personal Change Makes All the Difference: Organisations that Mix Social Change with the Personal

By Christine Butler

Who are the social change organizations taking us into the future? The ones that deal with personal change in tandem: working with the individual, with holistic change, and changing from within in order to change without.

All global change takes a shift in consciousness first. This shift can take us lifetimes, or it can happen in an instant. It's a conscious shift that doesn't happen by mere events or anything outside ourselves: it's a shift that happens within each of us. That's why we say 'charity begins at home' Unless you're willing to make the changes right where you are, nothing changes anywhere else. Now is all there is. We can blame others as much as we like - governments, countries, parents, bosses, or any one else we believe has authority over our lives - but until we decide to be the authority in our *own* lives, and decide to be a *part* of change, we tend to be at stand still.

If there is a positive about all these global 'problems' we human face, it's that it amplifies the problems within the human condition. And the more we try to blanket our personal issues by buying more 'stuff' the worse the outer problems become. So really, the world issues we face through time, are simply a reflection of what's going on within us. Poverty, isolation, natural degradation, war, are all inner states, and as we project those problems out into the world, our environments take them on.

So it stands to reason that the social change organizations that are making the most impact on global issues, are those who are dealing interpersonally, who are focusing on the inner, in order to achieve the outer.

Have you ever noticed that when you feel most at peace within yourself, you want for little else? No need to buy 'stuff' to fill the holes, no need to pry into other's lives and make judgements... and as you feel so caring of yourself, you naturally feel more love for the people and environment around you. You become conscious of the amazing beauty around you, because of course, this is just a reflection of how you're feeling about yourself. So logically, if we're all feeling good about ourselves, all feeling like beautiful, bountiful beings, our natural environment can only reflect that.



One such organization currently doing the great work mentioned above is **Alliance for a New Humanity**. Headed up by Deepak Chopra, the Alliance's mission is to '*help create global*

communities of personal and social transformation, and connect them with each other.'

The Alliance has a mantra in three parts:

1. Be the Change: Personal Transformation

2. Make a Difference: Service
3. Share Your Passion: Connection

People all around the world can participate, creating change, sharing their stories, and coming together as a global community to support and encourage each other. Local groups of the Alliance are springing up all over the place, and you can create or join one from their website. Please visit this beautiful site. There are articles about being the change you want to see in the world, you can subscribe to their free newsletter, or attend one of the global conferences they are organising this year.

<http://www.anhglobal.org/>

OTHER ORGANISATIONS WORKING ON PERSONAL AND GLOBAL CHANGE

You can find these and many more in the links page on the Alliance site.

* Resurgence Magazine: began over 40 years ago, and tackled issues such as environment, human rights, food and spirituality. Today they continue to be on the cutting edge of science with soul: bringing in the new paradigms of deep ecology, sacred architecture, local economics and small schools. Resurgence Magazine also has a charitable trust that supporters may donate to. To subscribe to Resurgence, or to find out more about what they do, go to

<http://www.resurgence.org/index.htm>

- Association for Creation Spirituality(UK): Celebrating all existence as deeply connected and sacred. This radical vision brings together the rigour of science, the freedom of creativity, the passion of social action and the wisdom of spiritual traditions of all ages. www.greenspirit.org.uk
- Consciousness in the Natural World project: Aims to bring together philosophers from the Scottish universities and beyond to allow concerted and collective progress to be made on the problem of explaining the place of conscious psychological life within the natural world. www.stir.ac.uk/philosophy/cnw/webpage1.htm
- Gaia Partnership organises events & courses exploring creative new insights in science, spirituality and the arts. Residential weekends near Hay-on-Wye, include experience of an holistic lifestyle including solar hot water an electricity, organic food, wildlife and countryside. <http://www.gaiapartnership.org>

The Gondwana Centre: An ecological adult learning centre in Australia providing unique, transformative adult learning programs focusing on ecology, sustainability, social justice and social change. www.gondwanacentre.org.au

Schumacher College is one of the few institutions exploring the fundamental problems now facing the world. Whether in science, ecology, economics, spirituality or the humanities, its intent is to explore the foundations of a more balanced and harmonious world view. <http://schumachercollege.gn.apc.org/>
<http://www.oneworld.org/schumachersoc>

Change doesn't start on the surface. It's generated from consciousness.

Deepak Chopra

The Good News Global Round Up

AUSTRALIA: AUSTRALIA TO END PLASTIC BAGS IN SUPERMARKETS

Australia has followed China in announcing it plans to end plastic bag use in supermarkets, with its new environment minister saying on Thursday he wants a phase-out to start by the end of 2008.

(Source: Reuters, via the Green Pages Newsletter)

<http://www.reuters.com/article/environmentNews/idUSSYD4136620080110>

www.greenpagesaustralia.com.au

CHINA: BAN ON PLASTIC BAGS

China has announced a ban on super-thin plastic bags in the country as well as a fee for other plastic bags, both beginning on June 1. The ban was prompted by the usual plastic-bag concerns of rampant unsightly litter and the wasted resources used to produce it all. Penalties for rule flouters, including manufacturers of plastic bags that are less than 0.025 millimeters thick, include fines and other penalties. Up to 3 billion plastic bags a day are used in China. www.grist.org



USA: ACTION CHANGE READERS HELP TO MAKE CHANGE!

In 2007, you helped us educate Congress and President Bush about HIV and AIDS, and the earmark that requires one-third of all global HIV prevention funding to be spent on abstinence-until-marriage programs. This one-size-fits-all restriction ignores the daily reality of millions of women and weakens CARE's ability to help vulnerable people avoid HIV infection.

You played an important role by drawing attention to this issue and encouraging your representatives to support legislation to overturn this flawed policy.

On December 26, President Bush approved a provision that gives the president the flexibility to support effective HIV prevention programming and to ignore the abstinence-until-marriage restriction.

This is a significant victory and we want to thank you. Your voice made a difference.

Sincerely,
Giulia McPherson Legislative Communications Coordinator CARE USA

www.care.org

CHILE: CHILE APPROVES NATIVE FOREST LAW

The Chilean parliament has unanimously approved a law to preserve the country's forests, promote their sustainable use and foster related scientific research.

The Native Forest Law has been in negotiation for 15 years — the longest any law has taken to pass in Chile — and members of the scientific community, environmental organisations and government authorities have expressed great satisfaction with its approval in December.

"This law introduces an ecosystemic vision that does not consider the forest just as a wood source, but as a benefit for the community, since it sets funds for forest recovery and for its non-lumber management," says Antonio Lara, dean of the forestry science faculty at the Austral University in Valdivia, Chile, and involved in the negotiations since 1992.

A key aspect of the law is the creation of an initial fund of US\$8 million a year for forest conservation, recovery and sustainable management projects. www.enn.com

AUSTRALIA: BONDI BEACH HONOURED AS HERITAGE ICON

On the eve of Australia Day, our nation's most recognised and cherished beach – Bondi – has been elevated to the National Heritage List, Australia's highest heritage honour. The listing recognises Bondi's key role in developing Australia's beach culture, and its central place in our world famous surf lifesaving movement. At Bondi, Australian Minister for the Environment, Heritage and the Arts, Peter Garrett, celebrated the listing with lifesavers, locals and members of the world-famous winter swimming group the Bondi Icebergs. "You can't get more Aussie than Bondi," Mr Garrett said. "This one and a half kilometres of sand and sea is the quintessential Australian beach, a symbol of Australia around the world."

For more information visit

www.environment.gov.au/heritagehttp://www.environment.gov.au/minister/garrett/2008/pubs/mr20080125.pdf

CHINA: BEIJING (REUTERS) - CHINA HAS INTRODUCED CLEANER FUEL STANDARDS

In its capital Beijing, its latest effort to curb the city's notorious pollution ahead of the Olympic Games in August. Under the new standards, retailers will be required to supply gasoline and diesel equivalent to the Euro IV standard, a move that will cut emissions of acid rain-causing sulphur dioxide by 1,840 tonnes, the China Daily said on Wednesday, citing Beijing's Environmental Protection Bureau.

www.enn.com

USA: MOJAVE FRINGE-TOED LIZARD ADVANCES TOWARD ENDANGERED SPECIES PROTECTION

In response to an April 2006 petition from the Center for Biological Diversity, the U.S. Fish and Wildlife Service announced today that the Amargosa River population of the Mojave fringe-toed lizard, *Uma scoparia*, warrants consideration for protection as an endangered species under the federal Endangered Species Act. The agency will now begin a one-year status review of the species.

www.biologicaldiversity.org

ITALY: ITALY TO EXTEND TAX BREAKS ON NEW, LESS-POLLUTING CARS

Italy's cabinet has decided to give Italians more time to take advantage of tax breaks to buy new, less-polluting cars, Infrastructure Minister Antonio Di Pietro told reporters on Friday at the end of a cabinet meeting.

No details were immediately available, but an extension to tax breaks to promote a switch to cleaner, newer cars will be a boost for Italian automaker Fiat. www.enn.com

AUSTRALIA: CITY OF SYDNEY'S STATE OF THE ENVIRONMENT IMPROVING

The City's State of the Environment report, now available on line, details environmental action during the 2006/07 financial year. While we need to accelerate work to secure a sustainable future for our City, much has been achieved.

The City's 2007/08 State of the Environment Report shows:

- * Greenhouse gas emissions from Council activities were reduced by 1,172 tonnes with citywide savings of 12,587 tonnes;
- * Water reuse systems were installed at 49 council sites, with 15 now fully operational. Work is continuing on the other 34;
- * The City is close to its target of 24 square meters open space per resident, with new parkland boosting open space to 23.2 square meters per resident; and
- * Our Waste Strategy, now being developed, is vital to meet our target to 66 per cent

of residential waste diverted from landfill by 2014, significantly above the current 29 per cent.

www.cityofsydney.nsw.gov.au/environment

USA/CANADA: COLDWELL BANKER BECOMES REAL ESTATE SPONSOR FOR HABITAT FOR HUMANITY INTERNATIONAL

Coldwell Banker Real Estate LLC announces a new multi-year partnership with Habitat for Humanity International that centers around the **Coldwell Banker Homes for Habitat** campaign. The partnership is expected to raise \$4 million by 2011, through the efforts of Coldwell Banker affiliated companies and their sales associates. The new campaign expects to raise significant dollars for Habitat for Humanity and allows more **Coldwell Banker** franchise affiliate companies to participate through a tiered sponsorship program.

VIETNAM: RESERVES FOR THE RARE SAOLA DECLARED

Two Vietnamese provinces recently signed commitments to conserve the saola, a rare animal discovered just 15 years ago by a team of scientists from WWF and the Vietnamese Ministry of Forestry.

It was the first large mammal discovered anywhere in the world since 1936 and scientists are still trying to figure out whether it is a goat, antelope or cow species.

Only 11 saola have ever been recorded alive by scientists and fewer than 250 are estimated to exist today.

(The World Wildlife Fund)

www.panda.org

(See World Wide Actions to sign a petition to help save the Saola)

World Wide 5-Minute Actions!

JOIN THE ACF IN CARING ABOUT CLIMATE CHANGE

The Australian Conservation Foundation has launched a website called Who On Earth Cares. You can join Australian celebrities like Cate Blanchett, Jamie Dury, Chris Judd, Gina Riley and Merrick and Rosso by registering. You follow 5 easy steps to say why you care, put yourself on the map, and commit to doing some actions to help cut CO2 emissions. Already, around 19,000 Aussies have already taking action on climate change, and you can also find people in your local area that have signed up.

<http://www.whoonearthcares.com/woec/home.action>

SAVE THE SAOLA

Two Vietnamese provinces recently signed commitments to conserve the saola, a rare animal discovered just 15 years ago by a team of scientists from WWF and the Vietnamese Ministry of Forestry.



In partial fulfilment of the provinces' commitments, two new reserves for the saola have been declared. The reserves are adjacent and connect to an area that was recently added to Bach Ma National Park. The benefits of these new protected areas will extend far beyond saola conservation. They will also provide almost continuous protected area coverage from the South China Sea to a protected area across the border in Laos.

The saola is threatened with extinction primarily due to hunting, which remains common throughout its range. Its survival will require the establishment of further reserves, the halting of illegal trapping, the control of illegal wildlife trade, and support for local communities in developing alternative livelihood options.

Sign the petition and urge Vietnamese officials to continue their critical efforts to ensure that the saola survives:

<http://mail.panda.org/inxmail/url?vollq00birib0bkznz3a3>

Thank you,

Tran Minh Hien
WWF Vietnam Country Director

(See The Good News Global Roundup for great news about conserving the Saola)

SIGN THE PETITION ABOUT EATING CLONED ANIMALS!

Recently, the US Food and Drug Administration (FDA) lifted a ban on selling meat and dairy products coming from cloned animals. The FDA has buckled to big biotech and agro-business despite more than 150,000 public comments opposing the lifting of the ban, and amendments to the federal Farm Bill and Omnibus Appropriations Bill calling for more research before lifting the ban.

Genetically speaking, you meat eaters could eat burgers from the same cow for years!

Friends of the Earth is collecting petition signatures from the public that we will

deliver to all the major grocery stores -- and provide copies to Congress and the FDA. The text of the petition:

I urge you to declare that your grocery stores will not sell food from cloned animals. I plan to shop only at stores that can make such a guarantee.

The FDA claims that cloned animals and their offspring are safe for us to eat, yet studies used by the FDA are incomplete.

Cloned animals have a much higher rate of genetic abnormalities than animals that reproduce naturally. Most cloned animals die immediately after birth because the intricacies of the cloning process are still not well understood.

Click here to sign the petition:

http://www.FoE.org/No_Food_From_Cloned_Animals

NEWSY BITS

FREE STUFF FROM ENERGY AUSTRALIA

For Australian customers of Energy Australia, you can now book in for an EnergySave appointment in your home, and receive energy tips, an assessment of where you can save energy and money, and a written report of the check up. You also receive up to 6 compact fluorescent globes and up to two low flow showerheads. Go to www.energy.com.au, click on your state, and follow the prompts to book online. Otherwise call on 1800 884 899.

ECO TIPPING POINTS PROJECT



This is a great, positive project for anyone involved in the environmental movement, whether you are an educator, policy maker or an ecologist, writer, story teller, or are looking for solutions to local environmental problems.

The site gives numerous examples where a small group of people have created great change in their communities just by applying the theory of the tipping point – “a lever that reverses environmental decline, setting in motion restoration and sustainability.”

Sociologists coined the phrase “tipping point” fifty years ago. Malcolm Gladwell popularized the phrase in his book *The Tipping Point*. EcoTipping Points set in

motion a cascade of effects that reverse the vicious cycles (feedback loops) responsible for environmental decline. The vicious cycles are transformed into “virtuous cycles” that propel the eco-social system toward sustainability.

Check out this great site where it’s all about positive change at <http://www.ecotippingpoints.org/>

33,000 AUSTRALIANS ISSUE INCOMING MPS WITH A ‘PEOPLE’S AGENDA FOR THE NEW PARLIAMENT’

Australia’s progressive community will be presenting every MP in the country with a positive agenda for change – proposed and voted on through a multi-stage process involving over 33,000 GetUp members.

“This unprecedented exercise in democracy is designed to embolden the new Parliament to act in the interests of progressing these issues,” said GetUp Executive Director Brett Solomon. “This Government was elected by the progressive movement to act on the bigger picture that they represented an alternative vision for, and now Australia’s progressives are telling them exactly what this country needs from them.

The Agenda’s top three goals are:

1. Becoming environmentally sustainable (e.g. climate change, water, forests, marine habitats)
2. Making high-quality primary, secondary, and tertiary public education accessible to all Australians
3. Respecting the rights and improving the living standards of Indigenous Australians

(The remaining goals rounding out the top ten can be found on www.getup.org.au)

DEEP SEA PROBE TO TRACK AUSTRALIA CLIMATE CHANGE

Australian and U.S. scientists will send an unpersoned submersible 2.5 kms deep into the ocean off Australia to track climate change by studying coral at unprecedented depths.

The joint project will film live and fossilized deep-sea coral off the coast of Australia's southern island state of Tasmania, studying coral growth rings which like tree rings can store centuries of information about the environment.

"Like tree rings, growth rings in corals indicate age. They also reflect changes over centuries and millennia in ocean chemistry and the ocean environment," Ron Thresher from the Australian government's Commonwealth Scientific & Industrial Research Organization (CSIRO) said on Thursday.

"Deep ocean corals are a litmus test of the deep ocean when it comes to identifying how temperature and salinity have changed over decades and centuries," Thresher, who will set sail on Friday, said in a statement announcing the project.

"We have a good sense of the marine ecology around seamounts (submerged volcanoes) down to about 1,500m, but to be able to see and build an understanding of life beyond is a tremendously exciting prospect," said Williams.

(Reporting by Michael Perry, editing by Sanjeev Miglani)

<http://www.enn.com/climate/article/28990>

UNI OF WESTERN SYDNEY ART FUNDRAISER NEEDS YOU!

The University of Western Sydney is organising an Art Exhibition/Sale fund-raiser and is looking for people to **donate artworks** to raise money for the Aust Literacy and Numeracy Foundation.

They need paintings, photographs, sculptures, wood work, textiles and ceramics etc for two exhibitions in May and June 2008.

The brochure is attached, with info on the Literacy Foundation, along with details of how the funds raised will be used.

If you know of anyone who may be interested to donate works, please email Stephanie Borg at:
15931476@student.uws.edu.au

They need 200 works, all styles welcomed.

Sent in by Lyn Tiralongo

PRODUCT HITS

Neco's Eco Friendly Downlights Feature

Halogen Downlights: Dangerous, Expensive, Greenhouse Gas Culprits

It has been reported that over the last 18 months in Melbourne alone, there have been 57 house fires caused by halogen downlights igniting roofing insulation – many near fatal - causing an estimated \$17 million in damage.

While many people are discussing how homes across Australia fitted with halogen downlights are potential infernos, there is another widespread problem with these lights ... they are costing the average Australian a fortune to run.

Halogen downlights are branded as low voltage but that does not mean low energy consumption. A typical single halogen downlight uses more energy than a 60 Watt lightbulb. The halogen downlights use 50 Watts and the transformers (thin black boxes laid in the roof) use 10-15 Watts.

Burning at up to 370°C, halogens are a major drain on energy, especially in summer. During the hotter months they place an enormous load on air conditioners, with home owners turning up the air to combat not just the day's temperature, but the heat generated by their halogens. This is costing families a fortune and is causing the emission of massive amounts of greenhouse gases.

The alternative: Energy Efficient Downlights: Safe, Affordable, Efficient

Although authorities are encouraging people to ensure their halogens are installed correctly, they are not highlighting that there is in fact a simple, safe and environment friendly lighting solution – switching to **energy-efficient compact fluorescent downlights** that are brightness-comparable and only generate a modest 60°C. CFL downlights are also a lot kinder on the environment, using just 1/5th of the energy of halogens. Additionally, they last up to 10 times longer and reduce lighting bills by up to 80%. Better still, energy efficient downlights reduce the risk of ceiling fires and help people save on their energy bills.



Reducing the risk of fire

Another simple and affordable way for customers to reduce the risk of fire in ceiling spaces and reduce long term heating bills is to **insulate around each downlight with temperature-resistant, flame retardant guards**. In addition to protecting homes from fire, closer insulation also saves on heating and cooling, making a significant difference to energy bills.



Towards a Sustainable Future: Neco Energy Efficient Downlights and Accessories

Product 1: The Neco Downlight Kit

Sometimes the complexity of converting from halogens to energy efficient downlights can be confusing. That's why Neco has developed the Downlight Conversion Kit, which contains everything you need to replace existing halogen fittings with compact fluorescent downlights in your home.



This all-in-one energy efficient kit includes:

- 1 x GU10 240 volt Gimble Fitting (white)
- 1 x 11 Watt GU10 240 Volt energy saving downlight globe (warm white 3000K)
- 1 x 1 metre 240 volt flex and plug

Features and benefits

- Save energy – uses 80% less energy than halogen downlights
- Save money – save up to \$15 per downlight per year
- Last 5 times longer

Customers can use our Planning and Installation Guide for a general guide on the number of downlight kits they will need. Neco's Downlight Replacement Calculator is also accessible online. This allows customers to work out how much they will save on their energy bills and the amount of greenhouse gas emissions they will abate by swapping to energy efficient downlights.

Specifications

Voltage: 220 - 240 Volts ~ 50Hz

Power factor: 0.57

Wattage: 11 Watts

Colour temperature: warm white 3000K

Fitting: gimble

Base: GU10

Dimmable? No

Price

RRP \$29.99 inc GST

Action Change Readers \$25.50 inc GST 15% off RRP

Saving \$4.50 per kit

Product 2: Neco Downlight Bulb

Lasting a staggering 10,000 hours, the Neco Downlight is an energy efficient alternative to halogen downlights.

Features and Benefits



- save energy – uses 80% less energy
- save money – save \$12 a year per lights in running costs
- lasts 5 times longer than halogen downlights

Specifications

Voltage: 220 - 240 Volts ~ 50Hz

Power factor: 0.57

Wattage: 11 Watts

Colour temperature: warm white 3000K

Average rated life: 10,000 hours

Base: GU10

Dimmable? No

Price

RRP \$12.95 inc GST

Action Change Readers \$11.00 inc GST 15% off RRP

Saving \$1.95 per globe

Promotion

Online Redemption

Promotion Offer to “Action Change Magazine” readers of 15% discount on retail price on Neco downlight Kits and Neco downlight globes purchased online @ www.neco.com.au via a voucher code system

Neco will administer terms and conditions for this promotion with the following parameters:

1. Neco to supply 15% discount code: **S-ACTIONCHANGE**
2. The Voucher code only be used once
3. The voucher code can only be used online
4. The offer applies to the specified items only
5. The offer excludes referral products such as Rainwater Tanks and Grey water systems
6. The offer is valid from 1-Feb to 30 April 2008
7. Excludes Delivery
8. Further discounts may be applicable to bulk orders exceeding 500 units

Action Change will communicate terms and conditions as detailed above.

GREEN TIPS

How can I use energy more efficiently in the kitchen?

Fridges and freezers

* Fridges account for a large portion of household energy use because they run 24 hrs/day, seven days a week. Ensuring your fridge is running efficiently can make a big difference on your bills.

* Choose an efficient refrigerator with a top star rating energy label. A top star rated fridge can save up to 4.5 tonnes of greenhouse gas and \$450 over its lifetime.

* An old inefficient fridge can use three times the energy of new one.

* Do you really need that second fridge? A rarely used second fridge, or 'beer fridge,' can cost more than \$200 a year in energy bills.

* Avoid opening the refrigerator door unnecessarily. By removing or replacing several items at a time you can protect the cold air inside the fridge and save energy.

* Choose a refrigerator that's right for your household. Refrigerators operate at peak efficiency when full.

* Locate your refrigerator in a cool spot – out of the sun and away from ovens.

* Make sure there's sufficient space around the fridge for ventilation of the coils at the back (>80 mm gap)

* Defrost chest type freezers at least once or twice a year and upright models twice or three times a year.

Test your fridge:

* Make sure your refrigerator door seals are airtight. Test them by closing the door over a piece of paper so it is half in and half out of the refrigerator. If you can pull the paper out easily, the hinge may need adjustment or the seal may need replacing.



Dishwashers

* Choose an efficient dishwasher with a top star rating energy label.

* A half-filled dishwasher uses the same amount of energy as a full load, so fill it to capacity before each wash cycle.

* Finish your dishwasher cycle before the drying cycle and leave the door open to dry dishes naturally.

* High efficiency is only obtained when items are placed in the dishwasher according to manufacturer instructions. Pack correctly and be sure there are no large items preventing the wash arms from rotating.

* Where they are available, use small load or half load options, short wash cycles or rinse-only cycles for maximum energy efficiency.

Ovens and cooktops

* Microwaves, electric frypans or pressure cookers are much more energy efficient than using the oven.

* Thaw frozen foods fully before cooking to save time and energy.

* Keep the oven door completely closed until the food is cooked. Resist the urge to open the oven door while baking. A fan forced oven uses less energy than a conventional oven and baking time is substantially reduced.

* When cooking vegetables use only enough water to create steam.

- * Using a pressure cooker will save approximately 25% of energy of a standard convection oven.
- * Select the correct pan or pot size for your hotplates and cook with the lid on.
- * Use the minimum amount of water in pots and bring liquid to boil quickly on a high setting before turning the heat down so food simmers while cooking.
- * Use your jug or kettle to boil water, rather than the stove.

Do you have a star amongst your appliances?

* Consider replacing old expensive-to-run appliances and look for new appliances with high energy star ratings. Energy efficient whitegoods can save up to \$1,400 and prevent up to 14 tonnes of greenhouse gas from being emitted into the environment over a ten-year product life span. The more star ratings, the more energy efficient the appliance and the lower the running costs and greenhouse gas emissions.

From Energy Australia's EnergySave Website

http://www.energysave.energyaustralia.com.au/questions_answers/all/room/kitchen/how_can_i_use_energy_more_efficiently_in_the_kitchen

THE WIT BIT: GETTING ALONG WITH EACH OTHER

TWO OLD MATES

Two old mates decide to have a big night out on the town for old times sake. After a few drinks, they end up at the local brothel.

The Madam takes one look at the them, very drunk by this stage and whispers to her manager 'Go up to the first two bedrooms and put an inflated doll in each bed, these two are so drunk I'm not wasting two of my girls on them, they won't know the difference. The manager does as he is told and the two men go upstairs and take care of business.



As they are staggering home the first man says 'You know, I think my girl was dead, she never moved or made a sound all the time I was with her'.

His friend says 'It could be worse, I think mine was a witch, I gave her a little love bite and she farted and flew out the window.'

THE DOCTOR AND THE LAWYER

A doctor and a lawyer were attending a cocktail party when the doctor was approached by a man who asked advice on how to handle his ulcer. The doctor mumbled some medical advice, then turned to the lawyer and asked, "How do you handle the situation when you are asked for advice during a social function?"

"Just send an account for such advice" replied the lawyer.

On the next morning the doctor arrived at his surgery and issued the ulcer-stricken man a \$50 account. That afternoon he received a \$100 account from the lawyer.

World Wide Events – February 2008

NATIONAL AND INTERNATIONAL EVENTS

1-28 February - TBC

Date: February 2008 with a particular emphasis on Feb 14th

Event: Stick on a Smile for Heartkids

Organisation: Heartkids Australia

Website: www.heartkids.org

February

Event: World Environment Day

Awards

Organisation: United Nations

Association of Australia

Website: www.unaavictoria.org.au



2 February

Event: World Wetlands Day

Organisation: Ramsar

http://www.environment.gov.au/water/environmental/wetlands/do/day/index.html

4 February

Event: World Cancer Day

Organisation: The Cancer Council Australia

Website: www.cancer.org.au

5 February

Event: National Pancake Day

Organisation: UnitingCare

Website: www.pancakeday.com.au

10-16 February

Event: International Duchenne Awareness Week

Organisation: Parent Project Australia Inc

Web Page: <http://www.parentproject.org.au>

14 February

Event: Tatts & Tiaras Day

About: The Abused Child Trust is a Queensland-based charitable organisation that works with families to help keep children safe.

Website: www.tattsandtiaras.com.au

17 February

Event: International Asperger's Day

Organisation: Asperger's Syndrome Support Network (Qld)

Website: www.asperger.asn.au

17-24 February

Event: Australian Organ Donor Awareness Week (AODAW)

Organisation: Australian Organ Donor Register

Website: www.medicareaustralia.gov.au/organ

15-17 February

Event: Sustainability Living Festival

Website: <http://www.slf.org.au/festival/>

26 February

Event: Business Clean Up Day

Organisation: Clean Up Australia

Website: www.cleanup.com.au

28 February

Event: National 'Sunnies' for Sight Day

Organisation: International Centre for Eyecare Education

Website: www.sunniesforsight.org

29 February

Event: Schools Clean Up Day

Organisation: Clean Up Australia

Website: www.cleanup.com.au

29 February

Sydney Harbour Week

www.sydneyharbourweek.com

LOCAL EVENTS February 2008**"Embracing the Primal Soul" MEN'S RETREAT**

Weekend Residential Workshop

Fri 8th February (7pm) – Sun 10th February (2pm) 2008

Gudhara Holistic Sanctuary, Southern Highlands.

For more information other workshops and events see www.gudhara.org.au or phone 02 4841 1632 / 0403 203 963.

Friends of the Earth Events....

Climate Movement Convergence

Melbourne, February 9, 2008

[_http://sustainabilityconvergence.org.au/_](http://sustainabilityconvergence.org.au/) and <http://www.foe.org.au/>

Brisbane: Wednesday 13th February 2008, 7-9pm

St Mary's Church

20 Merivale Street, South Brisbane

RSVP emma.brindal@foe.org.au 0411 084 727

Energy, Environment and Economics: Implications and Opportunities for Australia and the World

Date : Wednesday 6 February 2008

Time: 5.30pm for 6pm until 8pm

Venue: Dixson Room, Mitchell Wing

Cost: \$22, \$20 (Seniors), \$15 (Green Deal, Friends and students, includes light refreshments)

A 21st century economy does not have to be a choice between economic growth and the environment, but it does require a revolution in our thinking. Speakers: Peter Cosier, Wentworth Group of Concerned Scientists, Dr. Steve Hatfield Dodds CSIRO Sustainable Ecosystems

The Other Sea-change: impact on oceans, wetlands and water systems

Date: 12 February 2008

Time: 5.30pm for 6pm until 7.30pm

Venue: Dixson Room, Mitchell Wing

Cost: : \$22, \$20 (Seniors), \$15 (Green Deal, Friends and students, includes light refreshments)

Research scientists discuss temperature rises and other impacts on oceans, on wetlands and water systems and the subsequent effects on other ecosystems. Speakers: Professor Peter Cullen AO , Professor Bruce Thom

More info go to www.foe.org.au

This list compiled otherwise from the following source

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