

ESsential News September 2020

E&S Committee:

Co Chairs:

Fabienne Nichola
RC Camberwell
fabes.n@bigpond.net.au

John McCaskill
RC Canterbury
john@jmcresources.com.au

David Dippie, RC Keilor

Chris Don, RC Chadstone East Malvern

Anne Frueh, RC Balwyn

Brenda Innes, RC Camberwell

Donna Martin, RC Bacchus Marsh

Lesley McCarthy, RC Flemington
Kensington

Our September ESsential News covers a theme of the Circular Economy. This theme has been supported by Rotary Clubs for decades. In the light of the new Area of Focus, it deserves greater acknowledgment for its positive contribution to the health of the environment.

[Colour your World](#) is 'blossoming' with many clubs participating – the seeds have been sown and it's now up to a combination of sun and rain before the promised burst of colour! Send your photos - it'll great to share the rewards of your efforts. (**note:** Colour your World is also being promoted by [Rotarians for Bees](#))

A Virtual Zero Food Waste demonstration took place at the last DG morning tea on 5th September. The focus of the session was a pickle recipe to use leftover vegetables that would otherwise go to landfill (one fifth of all food purchased is wasted). This is a great way to learn more about reducing food waste which contributes significantly to methane gas and compounds the greenhouse effect on the planet.

It will be presented by Open Table: <https://www.open-table.org/>

To complement this, included in this edition is an article on Sustainable Living – Food Waste and Energy Management by Peter Berg.

The enhanced Environmental Sustainability District 9800 Club Runner website page is now live and includes a number of resources such as useful links, templates to set up your Club Environmental Committee and the monthly [Newsletter](#).

The Committee is proposing a Club Enviro Award. Details soon to be available on the website.

Let us know if you find the website resources useful, other resources you'd like to see and if you wish to subscribe to the monthly newsletter (if you already receive the Newsletter, please distribute to all club members) [Contact Us](#)

Co- Chairs, Environmental Sustainability Committee
Fabienne Nichola John McCaskill

Resources:



esrag.org/sites/default/files/imce/ESRAG-Toolkit-3H.pdf

Australian Environmental Events Calendar
environment.gov.au/about-us/media-centre/events

Join ESRAG:

<https://www.esrag.org/membership-form>

US\$30 per year or
US\$125 for 5 years.
US\$15 per year for ages 17-25.



Colour your World

Spring into your Garden

- Colour your garden, balcony, patio and pots
- Attract pollinators to your patch
- Brighten the State of Victoria
- Involve your family and friends

www.rotariansforbees.org/colour-your-world

Join Rotarians for BEES and hundreds of gardeners statewide. Support the amazing District 9800 garden project.

- ◆ consider offering prizes for different categories;
- ◆ Best existing or new pollinator friendly garden;
- ◆ best balcony, patio or potted display;
- ◆ best children's garden;
- ◆ best vegetable and herb;
- ◆ most colourful;
- ◆ tallest sunflower

Dates for your calendar:

26th September

[Morning Tea with the DG](#)

ESRAG ANZPI Chapter Meeting

Oct 4, 2020 01:30 PM

<https://us02web.zoom.us/j/84902521635>

October 16

[World Food Day](#)

October 19-25

[Aussie Backyard Bird Count](#)

Rotary Clubs of Sydney

10th November

[Peace and Climate Forum](#)

Quick links:

<https://rotarydistrict9800.org.au/sitepage/environment-sustainability>

[SBS—10 Ways to Reduce Food Waste](#)

[Living Melbourne: our metropolitan urban forest](#)

[Community Gardens](#)

[The Nature Conservancy:
The Nursery & Garden Industry Victoria:](#)

[Creating a Bee-eautiful Garden](#)

[Creating a Bird Friendly Garden](#)

[Carbon Footprint Calculator:](#)

[15 Ideas for Sustainable Living](#)

[Department of Agriculture, Water & Energy Environmental Calendar](#)

Re-usable produce bags:

onyalife.com/product/reusable-produce-bag-8pack/

onyalife.com/stockists/

<https://seedspout.com.au/collections/fruit-vegetable-bags>

SUSTAINABLE LIVING

Be a friend to the environment - it helps make the world a healthier and safer place.

This is the first in a series of short articles that aims to give some practical advice on how we can all live in an environmentally sustainable way to help protect our environment. Making the world we live in a healthier and safer place, not only for ourselves, but more importantly for future generations. In this article we look at tips on cutting down on energy consumption at home and reducing food waste.

FOOD WASTE

Food waste is a major contributor in damaging our environment, because when food waste goes to landfill it decomposes and emits methane gas, a very toxic pollutant.

And it's frightening that each year:

- ◆ Australians send **5.3 million tonnes** of food waste to landfill, the equivalent of 220kgs per person.
- ◆ Victorian households throw out **250,000 tonnes of food**, enough to fill Melbourne's Eureka Tower.
- ◆ **60%** of the food we throw out is scraps.
- ◆ **29%** of Australians leave **15%** of their meal on their plate, when dining out.



We need to all work together to reduce sites like this.

Food Saving Tips

Shop smart. To avoid buying more food than you need, make frequent trips to the grocery store every few days rather than doing a bulk shopping trip once a week.

When supermarket shopping, avoid using plastic bags and wrappings.

If possible, avoid pre-packaged products and carry **reusable** bags.

Store food correctly – improper storage can lead to a massive amount of food waste.

Learn to preserve to make food last longer to **reduce waste**.

Keep your fridge, freezer, and pantry tidy: an overstocked fridge can be bad when it comes to food waste.

Eat **less meat** as beef cattle are heavy emitters of methane gas.

Try composting, turning food waste into energy, but remember in the first place it's best to reduce the waste we create.

Place food scraps in a **Green bin** for composting if the local council provides.

Leftovers:

Store leftovers in glass containers.

Consider serving **smaller** portions.

Incorporate leftovers into your next meal.

Make delicious smoothies, be creative with the ingredients used,

Making stock is an easy way to save on excess food.

Using the freezer is a good method to preserve food.

Keep track of what you throw away to prevent doing the same in the future.

Donate excess food to food banks and farms,

When dining out and not able to eat all on your plate, don't be shy, ask for a **doggy bag**.

Healthline, [20 Easy Ways to Reduce your Food Waste](#)

Documentary series [War on Waste](#) on ABC iView.

[9 Ways To Reduce Energy Usage At Home](#)

[10 Tips to save on your electricity bill](#)

[Top 10 Tips for Living sustainably](#)

Peter Berg, RC Melbourne

UN Sustainable Development Goals: un.org/sustainabledevelopment/sustainable-development-goals/

September 2020 was the 5th anniversary of the launch of the Sustainable Development Goals.

The goals were set for achievement by 2030. What is our progress?

What can WE do to help?



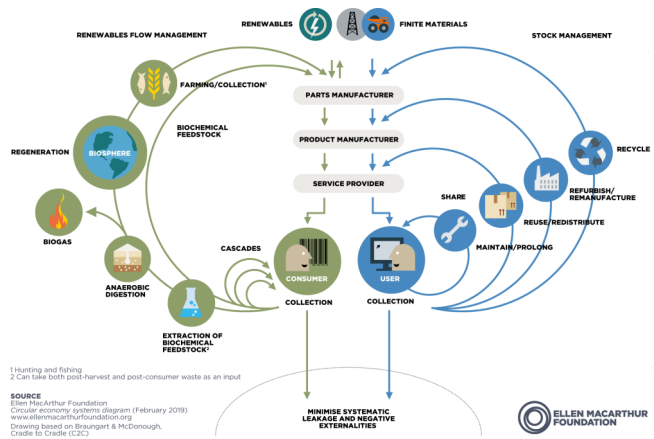
Circular economy

A circular economy is restorative and regenerative by design, and aims to keep products, components, and materials at their highest utility and value at all times.

It is not just Reduce, Reuse and Recycle but Refurbish, Remanufacture, Repurpose, Collect and Share.

Let's tell the world that **Rotary Recycling Projects are a better alternative than landfill.** We do excellent work in this area and some of the items we recycle include.

- Books — fiction, non fiction and school textbooks
- Cars
- Clothing
- Computers and accessories
- Educational equipment, school desks and chairs and supplies
- Hearing Aids
- Home Furniture
- Hospital beds, Dental chairs, Medical equipment and consumables
- Invalid and Mobility equipment
- Mobile Phones
- Playgrounds
- Rotary Op — Shop goods
- Student school uniforms
- Spectacles
- White Goods



What's already happening in our District:

Donations in Kind recycles a huge range of materials including educational and medical equipment, clothing, computers and more which clubs can access for international and local projects.

WERN collects and distributes household goods to people in need.

Recycled Sound RC Toorak <http://www.recycledsound.org.au/>

Rotary Overseas Recycled Playgrounds
rotaryflemington.org.au/sitepage/rotary-overseas-recycled-playgrounds-1

Bread Tags for Wheelchairs Rotary Glen Eira

Computers4Kids at DiK Recycled spectacles. Donated school uniforms. Mobility and aged aides.

Rob Edwards, a member of the Corrimal Rotary Club, Australia, has just launched [Sustainable Social](https://sustainablesocial.org/pages/inforotary) to help businesses such as resorts, cafés, and hotels market their green practices and services via social media, catching the eye of customers who care about the environment. <https://sustainablesocial.org/pages/inforotary>

Rotary Clubs can join and attract new members by publicizing their environmental projects. The site has a fun [video pitch](#) to inspire clubs to start an environmental project.

3 things your club can do to immediately deliver on the new area of focus:

1. Have a club member be your **sustainability representative** and give a short monthly report sharing examples of Rotary sustainability activities.
2. Sponsor a member to join **ESRAG** (Environmental Sustainability Rotary Action Group) - it's only \$US30. Their newsletter keeps your club up to date.
3. Two or more members meet at 8:00 AM on the 1st Saturday of each month and go for an hour walk to pick up some plastics. Two is a start - it will grow. Invite the community and likely you will gain new members. The key is to keep it simple and inviting. An hour is plenty and go for a coffee afterwards. Fun and great fellowship. Of course, observe local COVID practices. A small patch on the planet will have less plastic and wildlife protected because of your club. So simple for 1000s of clubs doing monthly walks keeping millions of plastics out of our waterways.

