



SUSTAINABLE ACTIONS

ISSUE 58 - APRIL 2014

Tēnā koutou e hoa mā – Hello Pollution Busters

Welcome to the first issue of 2014! BuzzBOP hopes you had a fun and safe summer break.

Daylight saving is over, it's getting dark earlier and it is definitely cooler... autumn is here and winter is coming! We are starting to think about steaming hot drinks, warm clothes, hot fires and heaters. So in this issue we are going learn about some sustainable actions we can take to be ready for winter; as well as some 'green' things we can do all year round.

We hope you have a great holiday break and remember to email BuzzBOP some photos, letters, stories and artwork as we would love to put them in our newsletter.

"Kia u, kia ngākaunui ki ngā mahi pai" Be steadfast and conscientious in all your good work.

From BuzzBOP and the team at Bay of Plenty Regional Council.

REDUCE

REUSE

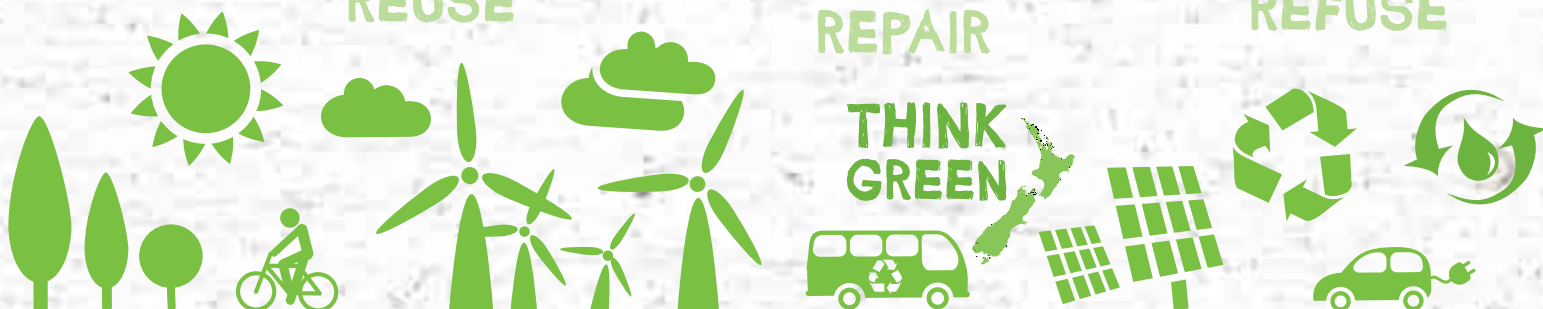
RECYCLE

RETHINK

REFUSE

REPAIR

THINK
GREEN



Bay of Plenty Regional Council's Pollution Busters Club
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What is sustainability?

like food, shelter and heating

Sustainability is about a way of life that lets people meet their needs without using up all the **natural resources**, so they are available for future generations (your kids or grandkids), to meet their needs.

Basically, it just means making sure we leave our environment no worse than we found it (and maybe even leave it better!). The Earth is in our hands!

Now we know what sustainability means we can look at some sustainable actions that can reduce our environmental impact, especially in winter.

Anything people can use which comes from nature, like water, wood and coal.



sustainable
(whakauka)
to preserve; make long lasting

action
something done; working to make a change

We are Kaitiaki - Guardians of the Earth

Māori understand that all living things are important and as kaitiaki or guardians of the Earth, it is the responsibility of people to protect and improve the ecosystems of the ātua (gods).

Māori believe that all living things are linked though Rangi-nui (sky father), and Papa-tū-ā-nuku (earth mother). Their children are each responsible for an element of Earth like Tānemahuta (the god of the forest) for the trees.

Kaitiakitanga (the job that the Kaitiaki have to do) is an idea we can all learn from. We are the only creatures on Earth that can clean up our own messes; every other creature works with the environment in a way that is maintaining and protective. It is up to us to solve any environmental problems and live in a balanced, sustainable way with our environment.

We think all you Pollution Busters are doing a great job as kaitiaki - so keep up the good work.

Papa-tū-ā-nuku and Tānemahuta images courtesy of Greenpeace

Sustainable actions for winter

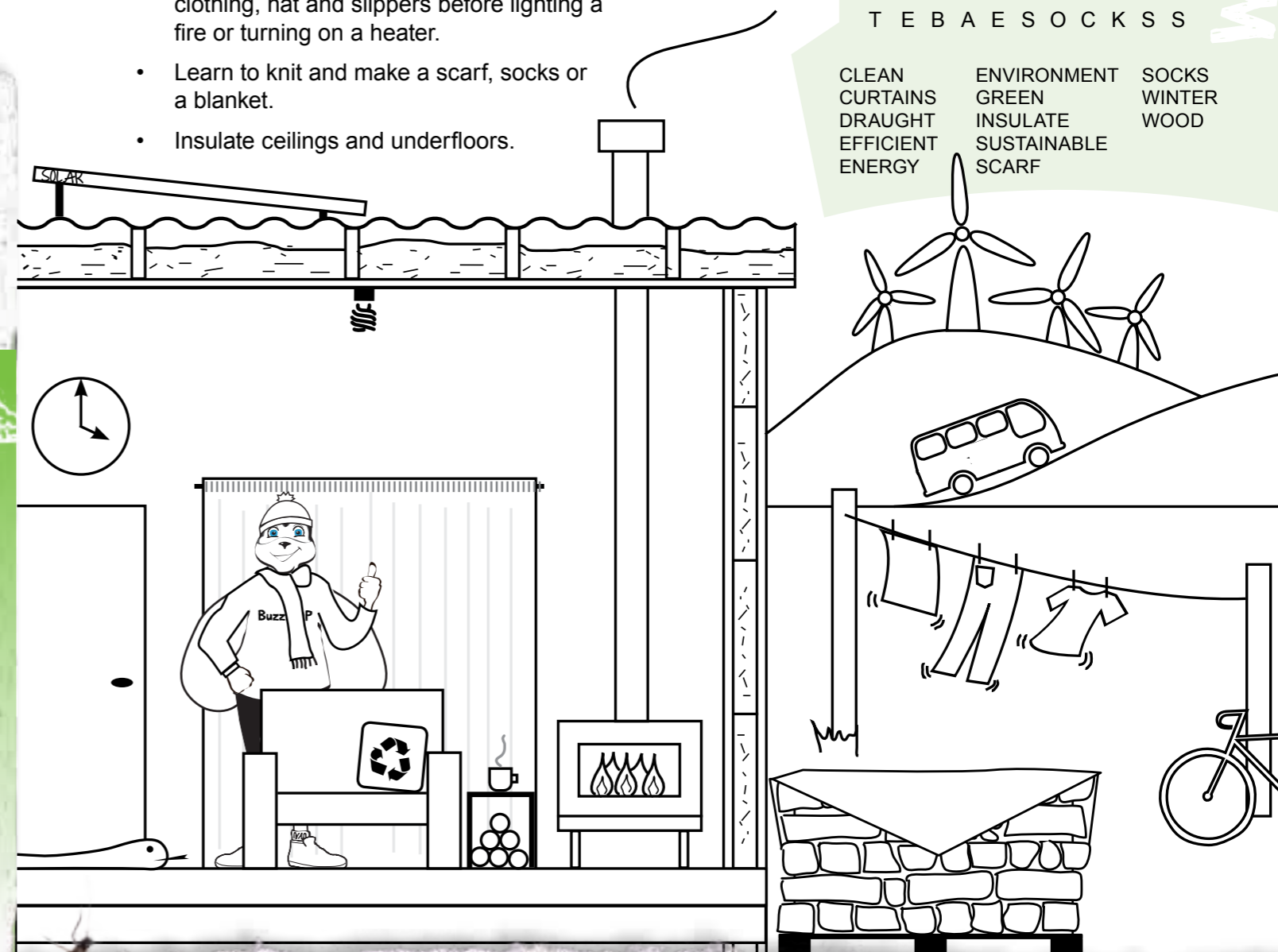
Winter brings, along with the cold, some extra environmental concerns like air pollution and energy use (from fires, heaters and cars - we use these more often in winter). Check out the insulation tips below and the cleaner burning tips on the following page that help to make your home warm and healthy. You can help your family reduce its environmental impact; it is better for your health and saves money too!

INSULATION

- Block out draughts around doors and windows (you can use door snakes, draught stoppers or draught stopping tape).
- Make a draught stopper (see page 5 for instructions).
- Shut the doors to rooms that are not being used.
- Buy or make thick curtains for windows.
- Close all curtains before it starts to cool off in the afternoon (this traps the heat in).
- Insulate yourself first! Put on an extra layer of clothing, hat and slippers before lighting a fire or turning on a heater.
- Learn to knit and make a scarf, socks or a blanket.
- Insulate ceilings and underfloors.

WORDFIND
E S I F T H G U A R D
C L N I N S U L A T E
U C B C E I G K S T Y
R L J A M D J R N Z G
T E F P N C Q E E W R
A A T Z O I I P O E E
I N O N R C A O D F N
N E H U I P D T R K E
S R K F V W N A S M I
J M F O N I C S L U Y
T E B A E S O C K S S

CLEAN CURTAINS
DRAUGHT EFFICIENT ENERGY
ENVIRONMENT GREEN INSULATE SUSTAINABLE SCARF
SOCKS WINTER WOOD



DID YOU KNOW? About half of the energy used in homes is for heating.

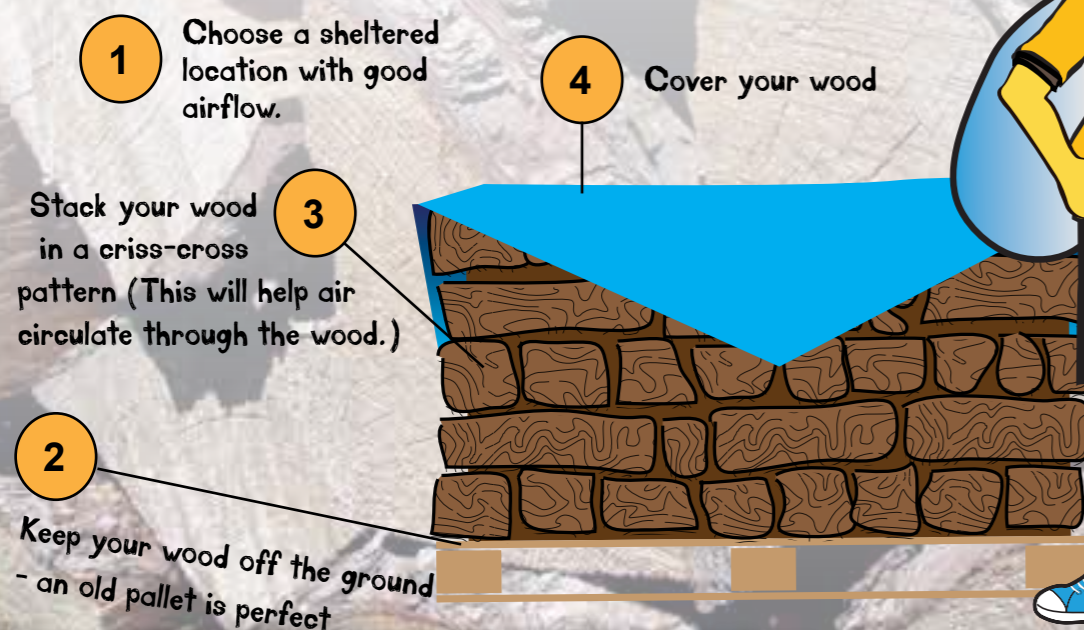
CLEANER BURNING GOOD WOOD CHECKLIST



If you and your family are going to be using a wood burner this winter make sure you can tick all of this list to ensure safe and efficient burning. This will not only help prevent air pollution but will also mean your fire will burn better and it will keep you warmer for cheaper!

- ☐ Collect your wood in summer so it has plenty of time to dry out.
- ☐ Store firewood correctly.
- ☐ Never burn driftwood, green or treated wood (treated wood is **prohibited**). not allowed/banned.
- ☐ At the start of the season make sure you have plenty of wood – double what you think you will need. That way the wood is dry when you need it. And if you don't use it you can always use it the following year.
- ☐ Start your fire off with small bits of kindling and only add big bits when the fire is burning properly.
- ☐ Stack the wood loosely in your fireplace to keep lots of room for air to circulate.
- ☐ Hire a chimney sweep to clean the flue out – this makes for more efficient burning.
- ☐ Don't burn household rubbish – plastics and paper are all better to be recycled.

**Burning clean dry wood =
less pollution into the atmosphere.**



How can you tell if your firewood is dry?

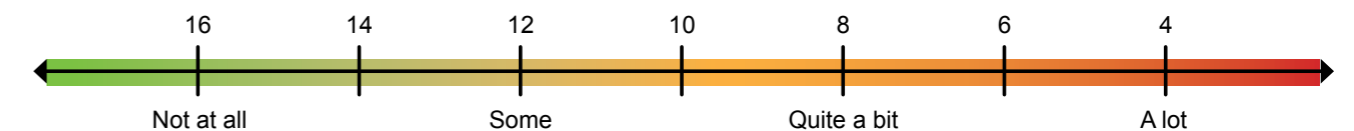
- Dry wood has cracks in the end
- It weighs less than wet wood
- When hit together, two dry pieces of wood make noise like a loud hollow crack



How much pollution does your home produce?

Add up your scores from the table below to find out how your home measures on the pollution scale.

Main method of heating	How often fire is used (in winter)	Fuel used	Insulation (ceiling, floor, windows)
Heat pump, electric/gas heaters	4	Never have a fire	4
Modern woodburner	3	Occasionally have a fire (like when it's windy)	3
Woodburner 5–15 years old	2	Have a fire about half the nights in winter	2
Open fireplace	1	Have a fire most winter nights	1



Keep out the cold! Make a double sided draught stopper

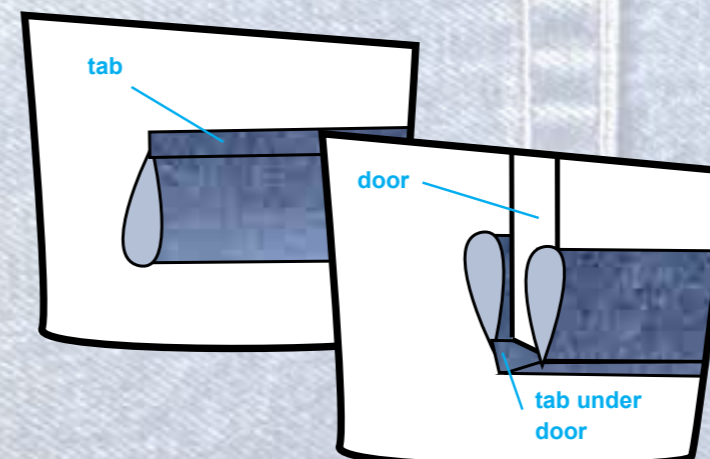
You will need:

- Fabric (twice as wide as your door – for each side)
- Measuring tape
- Scissors
- Needle and thread
- Pins
- Sewing machine
- Something to stuff the draught stopper – crunched up plastic bags, old pool noodle, dried beans, gravel stones, rice. Use what you have around! Remember: found objects are best.
- A funnel to add the stuffing

What to do:

1. Use the measuring tape to measure the width of your door. This is the length of fabric you will need for each side and about 150mm wide. You can use any kind of fabric – try something you have left over. Upcycle some old jeans, old pants or an old blanket could work well.
2. Fold the material in half lengthwise with the wrong side of the fabric facing up.
3. Sew the long edge and one of the short ends together and turn inside out.
4. Fold the top (unsewn) edge of the fabric over about 15cm towards the middle of the fabric and pin in place.
5. Use the sewing machine to sew this pinned seam. This is the tab that attaches to the door.
6. You can now stuff the tube – use your hands, or the funnel to help. Remember to make it quite full so it blocks the draft effectively.
7. If you are using something like rice or dried beans you might like to put it in plastic bags before adding to the tube so it doesn't fall out the sewn seams.
8. When the tube is as full as you would like, sew the final two edges together. Ta-da! You have made one tube!
9. Repeat steps 1-8 to make another tube for the other side of the door.
10. When you have your two identical tubes, lay one on top of the other and pin the two tabs together.
11. Sew along this pinned part to join the tubes.

To use - slide the sewn tab under the door so the filled tubes are on either side of the door. When you push the door it should push the tubes along the floor rather than rolling over.

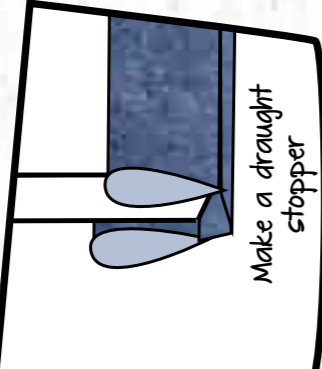


Send BuzzBOP a photo of your draught stopper!



Add your own important dates to the calendar!
Like birthdays and school events.

Think Green in 2014



MAY

SEPTEMBER

14-20

KEEP NEW ZEALAND BEAUTIFUL WEEK

POLLUTION BUSTERS NEWSLETTER COMING SOON!!!

Keep New Zealand Beautiful is a charitable trust to reduce litter, minimise waste and promote recycling and the beautification of our towns and cities. They are about inspiring, educating and providing resources for volunteers.

The Global Day of Action for the Environment

USE GREEN TRANSPORT

JUNE

5

WORLD ENVIRONMENT DAY

5

ARBOR DAY

ARBOR DAY IS ABOUT INSPIRING PEOPLE TO PLANT, NURTURE AND CELEBRATE TREES.

WORLD OCEANS DAY is for people around the planet to celebrate the body of water which links us all, and raise awareness that we need to protect it.

28 MATARIKI - MĀORI NEW YEAR

JULY

POLLUTION BUSTERS NEWSLETTER COMING SOON!!!

Matariki is the Māori name for the group of stars also known as the Pleiades star cluster, or The Seven Sisters, and is referred to as the traditional Māori New Year.

Te Kupu o te Wiki
The Word of the Week

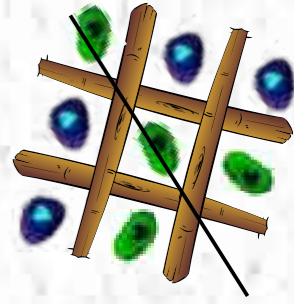
Te Kupu o te Wiki will introduce 50 new Māori words to the nation over 50 weeks.

- nau mai - welcome
- kura - school
- kaiko - teacher
- manu - bird
- ika - fish
- moana - sea
- āporo - apple

AUGUST

21-27

MĀORI LANGUAGE WEEK



DECEMBER

POLLUTION BUSTERS NEWSLETTER COMING SOON!!!

WORLD FISHERIES DAY IS CELEBRATED EVERY YEAR THROUGHOUT THE WORLD BY THE FISHERFOLK COMMUNITIES. WWW.SEAFOOD.CO.NZ

BE WATER WISE!

OCTOBER

6

WORLD HABITAT DAY

13

DISASTER REDUCTION DAY

12-18

RAINFOREST WEEK

16

WORLD FOOD DAY

Purpose: For all of us to think about the world around us and that everyone and everything should have a place to live.

Help your family, school and friends to be more ready in case of a natural disaster. www.whatstheplanstan.govt.nz

NOVEMBER

1-9

CONSERVATION WEEK

10-16

RECYCLE WEEK

21

WORLD FISHERIES DAY



FOCUS ON RECYCLING AND WASTE-FREE LIVING, RAISING AWARENESS AND REDUCING THE RISK OF FUTURE RESOURCE SHORTAGES.

Conservation Week gives Kiwis the opportunity to celebrate New Zealand's special places and native wildlife.



Shop sustainably

- follow the 6Rs

It's time to learn the Rs of sustainable products... we know you know the first three: **reduce, reuse, recycle**; but did you know there are more? **Repair, rethink** and **refuse**. These are all things you need to think about when you go shopping for food, clothes or household items.

Next time you are out shopping think about the Rs and make sure the products you are buying are as sustainable as possible.

Check out BuzzBOP's RETHINK tips and questions to ask yourselves when shopping – can you think of any others? Let us know what you come up with.

CAN YOU MATCH THE 6Rs?

1. RETHINK	a. Process that turns something old into something new.
2. REFUSE	b. Don't use a material or buy something if you don't need it or it's bad for people or the environment.
3. REDUCE	c. Using something to make something else with all or parts of it.
4. REUSE (or upcycle)	d. Ask yourself questions. Do I really need this? Is there something I already have that I could use?
5. RECYCLE	e. When something breaks or doesn't work properly try to fix it.
6. REPAIR	f. All about using less... or none.

Answers: 1d, 2b, 3f, 4c, 5a, 6e

Whenever you are going to do something just stop and think - Is there a better way?

THINK SUSTAINABLE

CLEANER EARTH

LESS RUBBISH

RECYCLE

REUSE

REDUCE

REFUSE

RETHINK

Here is a fun game with a mirror. We've flipped each word so it is back to front. Try and read it without a mirror first!

RETHINK GREEN

Can I make or buy safe cleaning products instead of ones with chemicals?

Can I walk or ride my bike instead of taking the car?

Can my apple core go into a worm farm instead of the trash?

Can I Reuse this product or its packaging?

Do I need to throw out this broken toy or can I fix it? Or can I upcycle it?

How will I use this product?

Can I make birthday cards instead of buying them?

Can I take my own shopping bag? That way I won't need to be given a plastic bag when I buy something.

Choose products with less packaging

When you go shopping ask yourself 'what do I need?' and not 'what do I want?'

Does my lunch need to be wrapped in plastic wrap?



This lunchbox uses reusable containers.

This lunchbox has six things in non-recyclable packaging.

Litter-less Lunchboxes

A good sustainable action to reduce the amount of rubbish at school is to take a litter-less lunchbox. It doesn't only save rubbish, it saves money too.

You can even make a lunchbox out of a milk container! Check out the instructions below, you could also use these to store other things!

MILK BOTTLE SNACK BOX

- You will need:
- Empty milk bottle
 - Sharpie or marker
 - Scissors
 - Button
 - Needle and thread
 - Hair-tie (or a small piece of elastic)

What to do:



- Clean out the milk bottle with soap and warm water. Peel off the label.
- To make the flaps, use a sharpie pen to draw four half circles (or rounded rectangles), one on each side of the jug.

Make one side as tall as possible (this will be the lid).
- Cut along the inside of the lines and dispose of the remaining pieces (there are some cool crafts online that you can make with these leftovers like jewellery and mobiles).
- Bend down all four flaps so it starts to look more like a container. If it doesn't fold properly, try making the slits longer on each corner of the milk bottle.
- To make the closer, sew a button on the top lid and directly underneath on the bottom base of the milk bottle, make a hole with your scissors or a knife. Put a hair-tie or elastic halfway through, tying a knot on the inside of the container to hold it in place.

You could now decorate your new upcycled container.

Try different sized bottles or use a milk carton instead.

EVERYDAY SUSTAINABLE ACTIONS

Follow the 6Rs

Take only photos, leave nothing but footprints in our natural environment

Use products made of recyclable materials

Save water! Have shorter showers – use a shower timer. Turn the tap off while you're brushing your teeth.

Make safe household cleaners that put less dangerous chemicals into the environment. Saves money too.



MAKE COMPOST
- it will help create better soil and less landfill waste



Switch from paper and plastic bags to reusable bags

When using a computer only print if you really need it – otherwise it's just wasting paper

Use both sides of the paper

Pick up rubbish

Get your groceries in bulk; it reduces packaging, saves money and the number of trips you have to make to the supermarket

Tell mum and dad they could use internet banking, and get paperless statements to reduce your paper usage and trips to town

Buy items that use less packaging

Purchase locally produced food at farmer's markets, or even better have fun growing your own!



Make a worm farm

Save old or stained clothing to use as rags for dusting and cleaning

MAKE A POSTER AND WIN!

What others can you think of? Choose a sustainable action and make a poster to go up beside the activity as a reminder. Like 'Turn the tap off while you're brushing your teeth' – beside bathroom mirror. Email or post a photo of your poster to BuzzBOP and go in the draw for a prize!



Have your own drink bottle that you can reuse instead of buying drinks when out



Recycle – mobile phones, paper, plastic bags if you can't reuse it then think recycle

End

Start



There are some cool prizes up for grabs!

Get your entries in by 30 May 2014

COMPETITION

DESIGN BuzzBOP's SUSTAINABLE ACTION JERSEY



Name: _____

Address: _____

Age: _____

Send entries to:

Pollution Busters Club
Bay of Plenty Regional Council
Freepost 122076
PO Box 364
Whakatāne 3158

Recently BuzzBOP got a really cool email from a grown up Pollution Buster and we thought they would make the perfect friend for this issue!

BuzzBOP's Friend: SAPPHIRE PEAKE

When did you join the Pollution Busters Club?

When I was 7 or 8 (about 10 years ago), living in Pongakawa.

What did you like about Pollution Busters Club?

The Pollution Busters Club was a big part of my childhood. All the activities in it that taught me something about wastes and recycling. It instilled in me from this young age a need to protect the environment. I am glad that such a thing as the PBC exists, so that other children like me can be exposed to the importance of being educated about the environment and value it as much as I did, and do even more now.

What actions did you take?

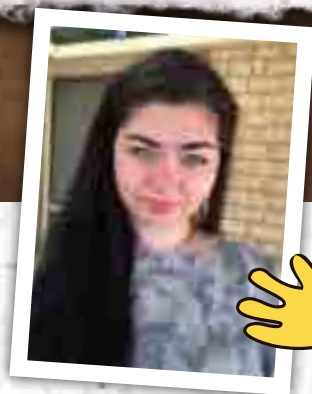
I installed recycling bins in my home (even though in Pongakawa there is no recycling and you would have to drive all the way to Tauranga to recycle goods), helped my parents with the compost heap and vegetable garden, topics in the newsletter allowed me to be hands on with the environment and not just "think" about doing it.

What are you doing now?

Studying to a degree in Environmental Management and Sustainability in Perth, Australia.

What is your message to Pollution Busters?

You can ALWAYS make a difference... everywhere!



In The Mail



Thanks Antalya Dougal for your letter.

BuzzBOP loves getting letters and artwork from Pollution Busters.



Jaye Sleep (age 10)



BJ Saunders (age 6)



Pollution Busters join up or change of address here...

Please have an adult check that the details are correct before you send this.

- ☐ I am a new Pollution Buster
- ☐ I am already a Pollution Buster but I have changed my address

Name _____

School _____ Birthday ____ / ____ / ____ day / month / year

Address _____

BuzzBOP and Team
Bay of Plenty Regional Council
Freepost 122076
PO Box 364
Whakatāne 3158

Email: buzzbop@boprc.govt.nz

Write your name, age and address on your letters and on the back of your artwork.

Have you moved and changed address?

If you have moved and changed address, please write or email us so we can make sure you get your newsletter.