



# GREEN *magazine*



SVN

interviews • issue summaries • how to guides  
recipes • world news • quizzes and more!

Made by the Student Voice Network

**W**

**Emissions are down, environmental awareness is increasing and despite the odds people are finding a sense of community whilst they're in isolation during the COVID 19 crisis!**

**E**

**The environmental community for years has been debating, advocating and pushing for change that protects the natural world and every life on this planet that relies on it.**

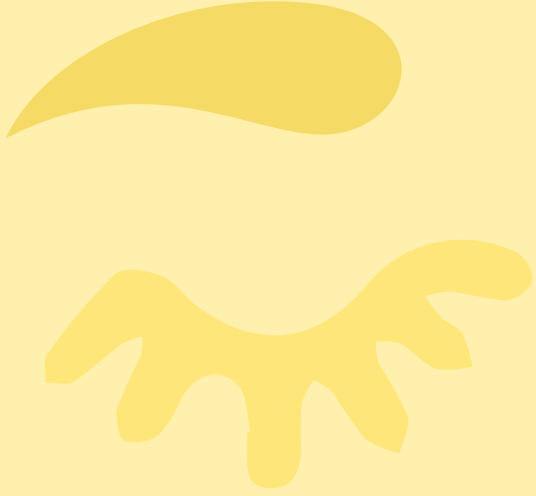
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**Green Magazine is an inter-school, quarantine project to share ideas, passions and sustainability amongst our community. Created by the Student Voice Network with schools and young people from across the globe, this edition is filled with interviews, recipes, issue summaries and so much more. Our intention is to provide a space for young people across the world to share their best pieces of advice, spread accurate information and entertain the next generation of leaders with food for thought.**

**Thank you to the students and teachers across Australia that have contributed to this edition, with special mentions to content creators in the U.S.A and Nigeria.**



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# 5 easy steps to help the earth and yourself in isolation

## 1. Grow some vegetables

Starting up a veggie patch is a great way to get outside during these days when staring at a laptop screen is something we have to do all day. Plant some seeds, get your hands dirty, and spend some time watering your plants. Not only is it the best way to get outside but you would also be saving money and food miles! Now is the best time to plant some root vegetables, leafy greens and broad beans. The most fresh, organic and delicious food you can get!

## 2. Eat vegan or vegetarian, at least once a week

Pick a day to leave the meat and dairy in the fridge. Let's face it: producing meat and dairy is unsustainable. Methane gas emissions account for 10% of Australia's greenhouse emissions, and it's because Australians just love to eat meat and dairy too much. Those crops in the cows' mouths are far better off in our own – it is better for the economy, the environment and, of course, for our health. In an ideal world, we'd all be happy vegans every day, but just going vegan once a week is definitely a brilliant start for you and your family. You will find recipe ideas right here in this magazine, so why not give it a shot?

# 3. Watch your water usage

Washing your hands for 20 seconds is more important than ever right now, but does that mean you need to leave the tap running that whole time? Of course not! Wet your hands, turn off the tap while you lather up with soap and then turn on again to rinse. Just like that, you've halved the water you use while washing your hands, and it's just as hygienic.

Also, consider whether you're taking a bath or shower. If it's a shower, keep it short. If you want to relax for a while, by all means take a bath with a nice-smelling bath bomb, take a good book with you and make the most of it!

Take some time to yourself, have a break from everything else going on, and leave your phone outside the bathroom.

# 4. Turn it off!

Have times where you completely switch off your phone. Try turning it off after 7pm every night, until 7am the next morning. Or maybe a day a week with a complete phone detox. It will stop draining your battery, and your energy too. When you're not using your devices, completely switch them off so they don't use any power at all, especially overnight.

# 5. Reuse, reduce and recycle.

It's easy to forget the simple things that we can do.

Reuse: make sure you repair rather than buy whenever a new product of whatever you can.

Reduce: don't throw out those leftovers. Avoid buying things with packaging.

Recycle: you know the drill – put those plastics, papers, glasses and cans in the recycle bin. If your council is struggling to recycle at the moment, try upcycling instead! Maybe you can turn all of those plastic bottles into a vertical herb garden, or make a piece of art with that scrap paper!

You will discover a secret talent in finding your own creative ways to recycle. It'll be great for you to take a break from the screen and do something that is fun for you and great for the Earth.

Authored by Emma  
Parfitt

# youtube channels



Welcome to my VLog!

3,197,155 views · May 30, 2017

114K

1K

SHARE

SAVE



**HSVN**  
8.3M subscribers

JOIN

SUBSCRIBED

Whether you want to watch videos for entertainment or you want to learn something new, there's always something on YouTube! Take a look at some of our top picks below!

## ASAPscience

The most fun way to learn about the world around us and the fascinating science behind it! Using creative ways to deliver science and current affairs has never been so cool.

## TED-Ed

TED-Ed will have a video for anything you want to learn about. Does time exist? Soap or hand sanitiser? What happened in the Salem Witch Trials? Any question, they will probably have a video with the answer

## TEDx Talks

Similar to TED-Ed, they will have a speech for anything. Highly motivational and engaging speakers deliver knowledge and experiences straight to you.

## CrashCourse

The fast talking, all-knowing Hank Green and co are here to help with anything you can think of. Their videos are super informative and fun to watch too!

# *liana baldwin's guide on living away from home*

Whether the concept of independent living sparks daunt or elation within you, learning to be self-sufficiently and sustainable away from home is a challenge we all must conquer. In the global fight of climate action, individual behaviours have the capacity to create change. Through the implementation of small acts of kindness towards our environment, being an independently sustainable civilian is surprisingly straightforward. Throughout my boarding experience, I have acquired daily actions that both minimise my environmental footprint, and the costs of living. I have collated a list of sustainable tips that I have learnt throughout the past four years and want to share with anyone preparing to leave home.

## ***Rework your old clothes***

Restyling your wardrobe not only promotes creativity but also promotes sustainable living.

<https://www.youtube.com/watch?v=Pekm5wGO5YITIP>

## ***Op Shopping***

Shop second hand, large warehouse sales (such as RetroStar) is a great social event and has some trendy pieces.

## ***Use a keep cup***

Don't use disposable coffee cups, invest in a reusable one.

<https://www.biome.com.au/376-keep-cup>

## ***Meat-Free Monday***

Go vegetarian for the day, since meat can be high unsustainable. Plus it's only one day out of the week!

## ***Purchase milk in glass bottles***

Re-use the glass bottles for plant potting, jars or even store homemade shampoo!

<https://www.biome.com.au/376-keep-cup>



## ***Energy efficient light bulbs***

Upgrade your lights. (LEDs or light emitting diodes) and (CFLs or compact fluorescent lamps) are more cost effective than halogen and other incandescent lights. Energy-efficient CFLs also have the ability to last up to ten times longer than traditional light bulb.

<https://www.bunnings.com.au/diy-advice/home-improvement/lighting/how-to-choose-energy-saving-light-bulbs>

## ***Use cold wash***

Use cold wash in your washing machine, and the eco-friendly option. Use a drying rack instead of a dryer.

## ***Reusable period underwear***

Purchase reusable sanitary items  
<https://www.modibodi.com/>

## ***Make your own cleaning products***

Rather than wasting plastic bottles, use glass jars to make your own cleaning products.

<https://keeperofthehome.org/homemade-all-natural-cleaning-recipes/>  
<https://trashisfortossers.com/my-zero-waste-homemade-toothpaste-recipe/>  
<https://wellnessmama.com/1523/natural-deodorant/>

## ***Say no to junk mail***

Reduce paper and plastic waste by stopping your junk-mail services.

<https://auspost.com.au/receiving/manage-your-mail/letterbox-management>

## ***Buy books second-hand or use library books on loan***

Rather than purchasing a new book and reading it once, loan it to a friend or from your local library. Buy the book second hand (this is also cheaper).



ate

climate central

**climate central**

climate central

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## The Great Barrier Reef suffers from its third mass bleaching in five years.

These bleaching events are caused by greenhouse gas emissions, including a gas that had not been recorded before 1997. The most recent bleaching (March 2020) was the most widespread bleaching ever recorded with 60% of the reefs across the three regions being affected. Coral bleaches when the water is too warm for too long, stressing the coral which then expels the algae that lives inside it.

The algae are what gives coral its colour, but it also provides it with most of the energy the coral needs to survive. If the water temperature does not recover quickly, the coral will starve and die.

Scientists do not know how much of the coral will die in this catastrophic bleaching, but they are fearing the worst, especially in the southern end of the reef.

## what can you do?

- Reduce your carbon footprint by purchasing local products
  - Limit your electricity consumption
- Avoid travelling by car if there's alternative transport available
- Reduce your meat consumption! You don't have to go vegetarian or vegan, but reducing your meat intake can have a huge impact
  - Plant a few trees, and certainly don't cut any down

# Climate change is making bushfires more dangerous and more frequent.

The fire season is lasting longer and the conditions are more severe. Record breaking droughts, dry soil, dry fuel and recorded breaking heat increase the intensity of the fires, making them harder to control. The fire season has been starting earlier each year due to these increasing conditions, meaning there is less time to conduct controlled burnings, making it harder to prepare for worsening conditions.

Since the mid 90's, southeast Australia has experienced a 25% decline in average rainfall causing drought which makes plants more flammable. **Southeast Australia is already the most bushfire-prone area in the world.** We don't need to make it worse.

In last season's bushfires across Queensland, NSW, Victoria and South Australia, more than 12.6 million hectares burned, over 1 billion animals were killed (not including bats, frogs or fish), at least 434 million tonnes of CO2 was released, and not to mention the thousands of homes lost and the 33 people who lost their lives.

**And it's only going to get worse, without urgent action towards our climate.**

## what can you do?

- Reduce your carbon footprint by purchasing local products
  - Limit your electricity consumption
- Avoid travelling by car if there's alternative transport available
- Reduce your meat consumption! You don't have to go vegetarian or vegan, but reducing your meat intake can have a huge impact
  - Plant a few trees, and certainly don't cut any down

# adani update

The Adani mine, also known as the Carmichael coal mine, is located north of the Galilee Basin in Central Queensland. Adani is an Indian company that was given approval by the Queensland Government to clear land and build Australia's biggest mine, ever!

Australians are expected to work in the mine; however, the coal will be shipped to India, and to do this, it must travel through the Great Barrier Reef where dredging has taken place. The mine site is next to wetlands and home to the endangered Black-throated Finch, endemic (only found in this place) to the building site.

Adani has broken multiple laws including lying about the mine size, the amount of land clearing, starting work on the mine before it was even approved, polluting neighbouring wetlands, and exceeding pollution levels allowed by the permit.



In February, Adani was convicted of the criminal offence of providing false and misleading information about their work on site, yet the government is letting them continue, destroying precious and scarce habitat for native and endangered wildlife right next to the Great Barrier Reef! Adani continued to clear land whilst Australia was burning in last year's bush fires.

They are clearing the limited pockets of habitat left, destroying what is left for koalas and other wildlife. Adani has also continued work on its mine whilst the whole of Australia goes into lockdown due to the coronavirus.

This concerned many people as workers were travelling across Queensland and the rest of Australia, potentially spreading the virus.

New laws based on restrictions clearly stated that only essential workers would continue working, and I don't know about you, but a billionaire's destructive coal mine certainly does not seem essential.



# waste.

Focused on re-shaping the way we think about waste management; learn about what's happening, and what we can do about it.

## what's included::

news

u-recycle initiative, with founder  
oluwaseyi peace moejoh

composting and benefits

top 14 tips to reduce waste at  
home



## **Researchers have found the highest levels of microplastic ever recorded on the seafloor, with up to 1.9 million pieces in a thin layer covering one square meter. (April 2020)**

Scientists only know where 1% of the plastic that ends up in our oceans have gone! The missing 99% is thought to be in the deep ocean but there is no certainty surrounding this. Just like the ocean garbage patches, these microplastics have been found in clusters, pulled together by ocean currents.

Plastic has become a new sediment particle in our oceans, meaning that plastic is being consumed not only by sea birds, fish and mammals, but also by filter feeders and then everything that eats those. The microplastics will make their way up through the food chain inside these animals, and eventually, those animals will end up on our plates, alongside the microplastics inside.

Australian researchers have discovered that on average, people consume about 5 grams of plastic each week. That's equivalent to a whole credit card!

It is important that plastic does not end up in our oceans as it will never truly disappear, and if we can't do it for our oceans, then we need to do it for ourselves.

### **WHAT CAN YOU DO?**

Make sure you avoid using plastic, whether the product itself is plastic or it comes wrapped

Reuse whatever plastic you cannot avoid

If you can't reuse it, always put your rubbish in the right bin

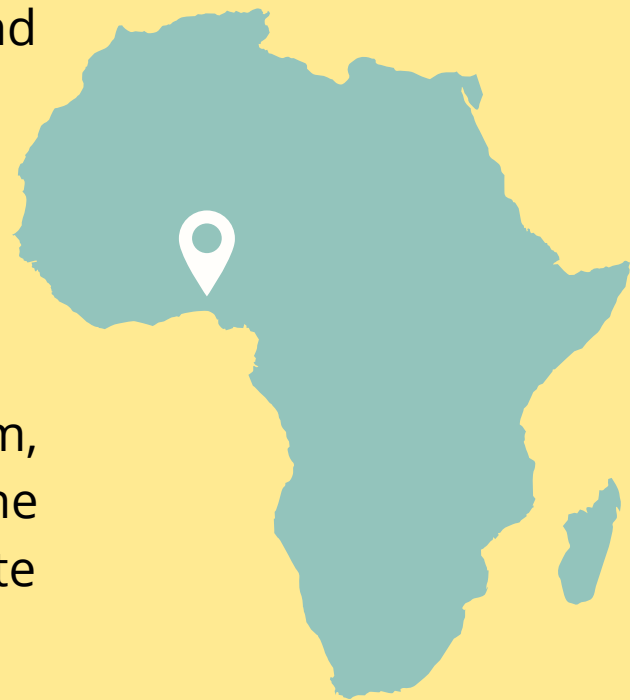
If you see rubbish lying around, no matter how big or small, pick it up and put it in the right bin

# u-Recycle Initiative

## The Problem

It was mid-afternoon in the bustling city of Lagos Nigeria, I had just alighted from a yellow commercial bus called 'Danfo' and hitting me just at my feet was a huge heap of waste, its putrid smell clinging to my nostrils. On impulse, I scrunch up my nose walking away but I know this is not the last time, for I am sure to meet other gruesome sights; drains filled to the brim with empty plastic bottles, food packs and more waste immersed in green stagnant water. Just beside me, there is a food vendor selling bread, rice and other meals with flies buzzing around.

Personal experiences like the above and reading facts on the internet have motivated me to do the needful in helping others understand that we contribute to problems such as environmental pollution and we can work together to mitigate this problem, because even little actions done consistently and collectively can create transformative change.



We generate waste everyday which ends in drains, landfills, water bodies, coastal lines leaving a negative impact on humans' health, oceans, aquatic biodiversity and our planet.

**This issue calls for sustainable solutions.**



# u-Recycle Initiative

## The Solution

U-Recycle Initiative Nigeria is a youth-led social enterprise focused on advancing a circular economy in Sub-Saharan Africa through reinforcing sustainable recycling culture across schools and communities, in order to mitigate solid waste pollution, for the benefit of humans, the environment and aquatic biodiversity.

We invest our time and resources into educating schools and communities about the value of recycling by creating programs and proffering deep-rooted solutions to make the recycling of waste more efficient and pervasive in Sub-Saharan Africa. For over a year, we have vastly researched and our findings have motivated us to proffer viable, innovative and systematic solutions towards combating the problem of waste pollution, which is eating deep into the health of our planet. By introducing sustainable and scalable innovations and measures in promoting environmental education and novel technologies to address waste pollution. Our Key activities include; promoting environmental and recycling education through school workshops, sustaining eco-friendly habits and environmental action by instituting and guiding environmental school clubs, organizing city events like awareness walks, street and coastal cleanups to mobilize mass action.

In the past 18 months we have made tremendous impacts from seven projects having over 979 beneficiaries and this is seen in how our beneficiaries are taking action in protecting the environment and raising awareness too.

This March 2020, we won a grant of \$1,000 from the Global Recycling foundation in their 2020 Recycling Heroes Competition, recognizing our contribution to promoting recycling and advancing a circular economy.

Our plans for the near future is to create more positive change by implementing our U-bin and U-hub project to recycle tons of plastic waste, engage thousands of students to recycle more and educate them better on global issues relating to the environment.

# Co-Founder of u-Recycle Initiative

**Oluwaseyi Peace Moejoh** is an action-oriented leader, social entrepreneur, environmentalist and aspiring global change-maker, who is passionately enthusiastic about environmental sustainability and protection.

She is the Co-Founder of U-recycle Initiative- a youth-led social enterprise focused on advancing a circular economy in Sub-Saharan Africa through reinforcing a sustainable recycling culture. She founded this organization in September 2018 after winning the 2018 TNCI Social Impact Award.

Prior to founding U-recycle, she was appointed as the 2017 Sustainable Development Goal Six Ambassador at The Neo Child Initiative Africa (TNCI). As an ambassador, she engaged with upwards of 2,000 girls on projects focusing on SDGS, sanitation and recycling for one year.

She has been featured on various local and international media and radio stations including BBC World Service, International Recycling Today Magazine in recognition of her work at U-recycle Initiative. She is also an Africave fellow.

Oluwaseyi is a recipient of the 2020 Youth-in-Development Fellowship by SOZO Networks and the US Embassy.



**U-recycle**  
INITIATIVE NIGERIA

She is currently pursuing a Bachelor of Law degree from the University of Lagos, Nigeria.

# I asked my mum how she goes about **composting**...

16

Q: Why did you decide to get the worm bins?

A: I wanted to reduce the amount of household waste going to landfill, it has definitely done that, especially in summer when the worms eat a lot.



Q: How did you get them?

A: I bought the 'composter worm feast in-ground tumbleweed' (\$39) and 500 worms (\$30) from Bunnings. Our landscape gardener suggested underground worm bins. Overground ones are unsightly, smelly and on hot days the temperature can kill the worms. The underground bins are designed so that the worms can stay cooler in summer, with holes so they can leave if there's not enough food or not right conditions and survive.

Q: How did you install it?

A: We paid the landscape gardener to dig holes and put them in, because they need quite big holes which would be difficult to dig yourself. I put them next to the veranda in the garden where it's easy to access even when it's raining and, in the shade, which protects them from too much sun.

# composting

Q: How do you maintain/use it? Any tips?

A: We have a bowl in our kitchen where we collect fruit and veggie scraps and I feed them every two or three days. However, the worm bins can easily get too damp, especially in winter, so we do not put in any particularly wet/soft scraps like strawberry and melon. I also take off the lids on a warm day to help it dry out, but the lids need to be on when it rains. If it gets a bit too damp adding a handful of dry soil dries it up quickly. They need to be closed at night as well to stop slugs getting in. Some of them are in direct sun so on hot days I shade them with bamboo steamer basket lids which cost \$2 from the \$2 dollar shop. The worms particularly like banana peels, apple cores and all vegetables, but they cannot eat citrus.



Q: Benefits?

The worm casing (poo) is really good for the garden. You can put one in the middle of your veggie patch to help them grow!

# composting benefits

## benefits for your rubbish:

1. Reduces the volume of your household trash by around one third.
2. Fewer plastic bin bags used too.
3. Reduces rubbish odour!
4. Discourages pests from getting into your rubbish.

## benefits from adding compost to your garden:

1. Increases nutrient content in the soil
2. Improves soil aeration by creating little air pockets
3. Helps with soil drainage
4. Improves soil texture, allowing plants to grow deeper roots
5. Helps regulate soil pH which all plants prefer



## benefits of using worms:

1. Faster and you can compost more scraps
2. Less smelly
3. Better quality compost for your garden!

# top 14 tips for reducing waste around the home

1.

Buy dried foods and foods (nuts, dried fruit, rice, oats, flour, chocolate, maple syrup) with a long shelf life in bulk. This saves you money in the long run and reduces the surface area of any plastic that your goods come in. Store in other cooler parts of your home. If you don't have enough room in the pantry; use the laundry or bathroom.

Capture all water from sinks after hand washing etc and put onto pot plants and the garden. Attach a hose from the washing machine hose and run it outside on to your lawn/garden if possible.

2.

3.

Make food from scratch as much as this is practical for you. Home-made school lunch snacks save a lot of single use plastic going to landfill and they are cheaper and healthier for your children.

Choose a few items that you and other members of the household can make from scratch.

4.

For example, I make bread for our family and the school lunch box snacks, and my husband makes muesli and hummus. In a household trying to reduce its waste, it's really important that the work load is shared between everyone, otherwise the task is too overwhelming.

# top 14 tips for reducing waste around the home

Install ceiling fans and use these instead of air conditioning. Have your home fitted with heavy canvas blinds on the outside of windows. Keeping heat off the windows helps to reduce the heat build up inside.

5.

6. Build some veggie and herb beds. Most store-bought herbs are wrapped in plastic so this will help reduce your single use.

Use shampoo and conditioning bars. These are available from stores like Lush and will save a lot of plastic bottles going to landfill. Reduce the frequency with which you wash your hair. Once a week should be fine. Tie its back if it's prone to oiliness. This will save heaps of water and electricity if you blow dry your hair.

7.

8. Buy a soda stream and make sweet drinks from cordial and home made soda water instead of buying soft drinks.

Compost, compost, compost. Dig it straight into the ground if you need to. The ShareWaste App provides heaps of options for people who live in apartments. This should not be a hindrance to composting.

9.

10. Buy local and seasonal if you can. Take your own fruit and veg bags when shopping for these foods. Stop using single use plastic bags on those rolls!

# top 14 tips for reducing waste around the home

**11.** Wash your car on your lawn.

Make your own makeup removal pads by cutting old face washers. Soak them for a few days and then put them in with the rest of the wash.

**12.**

**13.** Additionally, decant coconut oil into a small glass jar and use this as a makeup remover. Trust me, it works!

Use refillable laundry detergent like "Dirt". There are many brands out there doing this. They are completely zero waste in their business approach.

**14.**

Authored by Paula McIntosh  
**@zerowasteschoolsaustralia**







# biodiversity.

When the range of plant and animal life matters,  
so do our actions.



what's included:

news

guide to making cuppulents

wildlife during lockdown



## **Great White sharks have disappeared completely from South Africa's False Bay.**

A few years ago, scientists estimated there were between 300 and 500 great whites in South Africa's False Bay, but now they are completely gone.

Some people are blaming a pair of killer whales, or orcas, who are known to prey on the sharks, but this does not cause the long-term absence of the sharks seen in the bay.

The most likely cause of their disappearance is overfishing. Fisheries in South Africa target mainly smaller shark species, known as gummy and school sharks in Australia. The majority of the small sharks caught by South Africa's demersal (fish that live close to the sea floor) fishery are exported to Australia, where they enter the fish and chip market as "flake". According to scientists, these small sharks make up around 60% of the diet of great white sharks, so although great whites are protected themselves, their prey is not, so they are starving out of existence.

Gummy sharks are protected in Australia, so they are imported from South Africa and New Zealand, causing problems elsewhere. It is important that when you go to the fish and chip shop, you make sure you know what fish your flake is and where it came from so you can avoid gummy and school sharks along with other protected species.

### **WHAT CAN YOU DO?**

**Ask your local fish and chip shop what fish they use,  
where its from and if it's sustainably sourced  
Make sure you only purchase sustainably sourced, local  
flake**



**Lockdowns have put a number of insect-harming practices on hold, creating a friendlier world for bees.**

Bee populations are rapidly declining around the world due to habitat loss, pollution, parasites and the use of pesticides. As most people are stuck at home, our planet has seen a reduction in pollution of all kinds! This makes it easier for the bees to forage as air pollution reduces the strength and longevity of floral scents, making it much harder for bees to find flowers and with them usually flying much further than necessary. Pesticides and insecticides are also a killer of bees.

They can be poisoned just by coming in contact with a leaf or flower that has been sprayed with the pesticide. If the bee dies immediately, less damage is done than if it made it back to the hive, transporting the pesticides with it, either on its body or in the pollen.

**This can potentially wipe out an entire colony of bees.**

So, if you have a veggie garden at home, please don't use pesticides or insecticides, leave the caterpillar hunting to the birds.

## **WHAT CAN YOU DO?**

**Avoid using pesticides and insecticides in your veggie garden**

**If you have a local farmers market, buy your fresh produce from there as they are less likely to use these products (also supports local businesses)**

# *Imi's*



## **GUIDE TO MAKING CUPPULENTS:**

Instructions:

1. Find an old teacup, whether it be an old one you no longer use or a funky op shop find, anything works
2. Find a succulent, cacti, whatever you want to plant, I've gotten mine from IKEA, I stole one from school one time or once you develop your collection you can plant one of the little baby ones that grows
3. Find some potting mix and head outside because things can get messy
4. Place your plant in your cup and place a sprinkling of soil around it until the cups full and the roots are covered
5. Give the plant a good sprinkling of water and pat the soil down
6. Leave your cup somewhere sunny and make sure to not over water it, just a little every week will be fine



Why I make cuppulements. When I was on Marshmead (MLC school camp based around sustainable living) one of my teachers mentioned her mum made cuppulements, I thought it was a really cool idea so when I got home I decided I was going to make some of my own. I find the process of making them really calming and it's nice to get out and do something with your hands in nature. Having plants in my room makes me feel a lot happier and honestly, they just make my room look a lot cooler. Sustainability wise they're a lot more sustainable than other room decorations and it's a good means to re purpose old cups in a new and fun way.

## **IMI'S GUIDE TO MAKING CUPPULENTS**

# wild animals during lockdown

The coronavirus pandemic has forced many of us to stay inside as much as possible and cities that were once densely packed with people are now deserted. Wild animals have been taking advantage of this! Here are some examples of the wildlife taking over:



Herd of buffalo walking down an empty highway in New Delhi



Flamingos gather in Navi Mumbai, India

# wild animals during lockdown



Goats wander around  
the Welsh seaside  
town Llandudno

With the knowledge in mind that lockdown won't last forever, it's important to remember how much of an effect our daily routines have on the movement of the animals we share this planet with, and that we don't return to normal, as normal is not good enough.

# water.

Often overlooked, we're advocating for mindful water use and raising awareness about real impact.

## what's included:

save the planet with these short sustainable shower songs

28



# shower songs

After a long day of school, it's tempting to spend a good 20 minutes under a nice hot shower, but have you ever thought about how regularly having long showers hurts the world around you?

Taking those hour-long showers is bad for the environment, wasting litres of water and releasing large amounts of CO<sub>2</sub> into the atmosphere.

It takes energy to heat the water coming out of your showerhead, energy often generated from the use of non-renewable fossil fuels releasing CO<sub>2</sub> and other greenhouse gases into the atmosphere.

Freshwater is one of the world's most precious resources, especially in one of the driest continents on Earth.

Although it seems like water magically comes out of a tap, by wasting it you are wasting a resource that millions don't have access to.

To limit this impact, one of the easiest things you can do is take short showers. Reducing the time you spend in the shower by just 5 minutes a day can cut down almost 90 litres of water, also reducing your carbon footprint. To consciously reduce the impact you have on the planet by wasting water, it is recommended that you spend no more than 5-10 minutes in the shower. If this is not enough time to wash; turning off the tap when you shampoo, condition and use soap, and turning it back on to rinse is an easy way to maintain these short sharp showers.

Authored by Lucinda Op't Hoog, Gwyneth Op't Hoog, Ana Graham Perez, Scarlett Tucker, Grace Illingworth



# shower songs

Below is a compilation of songs that you could listen to, to keep showers around 5 minutes in length.



Wuthering Heights

Kate Bush



Bitter Sweet Symphony

The Verve



Send Me on My Way

Rusted Root



Tongue Tied


Grouplove



Cool For Cats

Squeeze



Cherry 

Harry Styles



Little Talks 

Of Monsters and Men



Bellbottoms 


The Jon Spencer Blues Explosion



One Crowded Hour

Augie March



Easily 

Bruno Major



# recipes

a range of all tips cooking, and even  
some food for thought!

## in this issue:

eat carbon neutral with u-capture  
and meet the founder

vegan flapjacks

the best bruschetta

eggless chocolate cake



# Eat carbon neutral with u-capture.

The eating habits of millions around the world are changing as we find ourselves suddenly eating every meal at home.

Restaurants are pick-up or delivery only, or are closed entirely. Grocery shopping now involves masks, gloves, sanitizer and silently thinking to yourself, "Hiss, stay away from me!" every time you pass a fellow shopper. Even farmer's markets and community gardens are off limits.

What does this mean for the eco conscious consumer? This opens a new world of decision-making, especially when it comes to how and where we get our food. Reducing our environmental impact starts with looking at the carbon footprint of the way we eat. The carbon footprint of your diet is a measurement of the greenhouse gases emitted as a result of the production, processing, transportation, storage, preparation and disposal of the foods you eat. These greenhouse gases are what cause climate change.

According to the University of Michigan, food typically accounts for 10 - 30% of a household's total carbon footprint. Eating isn't optional, so how can we improve the carbon footprint of our diets? You can reduce the carbon footprint of your diet by choosing lower-carbon foods, like replacing beef and dairy with plant-based foods.

In the average diet, beef and dairy alone make up almost 80% of the carbon footprint.

There is, however, no way to completely eliminate the carbon footprint of your diet by making more environmentally friendly food choices. If you're eating food, you still have a carbon footprint. This is why carbon offsets are a necessary part of living carbon neutral, or having a net zero carbon footprint. A carbon offset is a reduction in emissions of greenhouse gases made in order to compensate for emissions made elsewhere.

Common forms of carbon offsetting are reforestation, renewable energy, and methane capture projects. Purchasing carbon offsets makes it possible for anyone to neutralize their carbon footprint, but one challenge remains: carbon offsets aren't free!

UCapture is the solution to this challenge.

UCapture's free browser extension gets 25,000+ stores to fund carbon offset projects, at no extra cost, when you shop online. Once you've installed UCapture on Chrome, Firefox or Edge, their partner stores will automatically fund the carbon offset project of your choice, at no extra cost. It doesn't collect your personal data, but it does save you money by automatically applying coupon codes!

Visit [www.ucapture.com/svn](http://www.ucapture.com/svn) and add UCapture to join the Student Voice Network community in combating climate change.

Then, you'll be saving money and saving the planet when you shop online, including when you order groceries and meals.

Visit UCapture's Food & Drink category to find environmentally friendly grocery and meal options for pick-up or delivery.

Thanks for joining us in this climate change initiative!

# behind u-capture

Mara Soo heads UCapture's Business Development and University Programs, helping schools, companies and organizations offset their carbon footprints, for free, through community engagement.

With a background in animals and environment, she joined the team full-time after being a top Campus Ambassador at Appalachian State University.



Here are some healthy - some not so much - vegan and vegetarian, and (most importantly) yummy snacks that you can make and munch on during breaks of school work and Netflix.

Enjoy, lovelies! - Bea James

# vegan flapjacks

## **INGREDIENTS**

140g dairy free spread

140g soft light brown sugar

2tbsp golden syrup

175g rolled oats

75g chopped nuts of your choice

75g dried fruit (such as raisins, dried cranberries, chopped apricots)



## **METHOD**

Step 1: Heat the oven to 160C/140C fan/gas 4 and line a 20cm square baking tin with baking parchment.

Step 2: Melt the dairy-free spread, sugar and syrup in a saucepan over a medium heat. Remove from the heat and tip in the oats, chopped nuts and dried fruit. Transfer to the tin, packing the mix in with the back of a spoon.

Step 3: Bake for 30 - 35 mins until lightly golden and crisp around the edges. Leave to cool in the tin before slicing into squares. Keep in an airtight container for up to three days.

# the best bruschetta

This is a super simple + delicious recipe for you all to enjoy at anytime of the day. This classic Italian bruschetta is vegetarian and with a few simple alterations can be vegan too! This dish is one of my personal favourites because it's so quick to whip up and super tasty. - Renee A.



## **INGREDIENTS**

- 1 fresh tomato
- 2 small bocconcini (remove for vegans)
- 5 basil leaves (or oregano)
- Balsamic vinegar
- Olive oil
- 2 slices of crunchy bread, toasted

## **METHOD**

1. Dice tomato + bocconcini
2. Chop basil
3. Mix tomato, bocconcini + basil in a bowl
4. Drizzle olive oil + balsamic vinegar over toasted bread
5. Top bread with tomato mixture
6. Drizzle with more olive oil + balsamic vinegar and enjoy!

# egg-free chocolate cake



## **INGREDIENTS**

125g of unsalted butter

½ cup of chocolate melts (chuck a couple more to put in the end)

Approximately 9 tablespoons of sugar (but if you want less sugar, you can reduce the amount)

½ of condensed milk

2 cups of milk

2½ cups of self-rising flour

## **METHOD**

1. Pre-heat the oven to 150 degrees.
2. Melt the butter and chocolate and make sure to mix them together.
3. Add the sugar and mix.
4. Once the mixture has cooled down, add the condensed milk and milk.
5. Now add the flour.
6. Mix until there are no lumps (or at least when there are only some left).
7. If you want, you can chuck in some chocolate chips and fold them into the batter.
8. Pour the mixture into a cake pan.
9. Tap the pan on a corner of a table to get rid of any air bubbles.
10. Bake for 15 mins and check with the end of a spoon to see if it has cooked (so if the spoon comes out with the batter, then it means that it is not cooked yet, but if it comes out clean, it means it is cooked! Yay!!)
11. Remove it from the oven, and then remove from the pan and let it cool for 10 mins before cutting it. (Note: you can sprinkle some water on the cake to make it soft)



# passion pieces

share your opinions, advice and  
voice with us, we're listening.



included:  
earth.

climate change, a  
teenage perspective

the bat, the potus and  
a new opportunity?



# Earth.

Earth. Earth is the most unique planet in the Solar System, different from the others because of its abundance of life, including the environment. The nature on our planet provides us with everything we need, plus more. The environment, above all, reflects and influences us to be different and diverse, just like Earth. Nothing in nature is the same- no twig, leaf or branch. Furthermore, not only does the exquisite green colour pacify our thoughts and makes us stress-free, but the environment is a sanctuary we can escape to. Our imaginations run wild as we walk forest paths, ride down grassy hills, swim vast oceans, climb towering trees or fly through the broad, open sky. Being in nature makes us all feel connected to it, a bond that never breaks. Our planet is wild and wonderful, allowing us to be creative, to express our ideas freely, like the jungles that cover Earth. The environment is as peaceful as oasis, a brilliant place to study, read, relax and exercise. What can be more fulfilling in life than strolling through a blissful park, or walking barefoot up the dazzling coast of Port Phillip Bay? In addition, the environment's originality and importance are second to none; nothing and no one could ever be equal to it. That's why it's so important to look after our planet because if you don't, all the magnificent things that make our planet unique would be lost to mankind forever. And if that happens, where will humans be then?

**- Robyn Dunn**

# climate change: a teenage perspective

I wonder what it is like to imagine a life for your children.

Our generation is robbed from the wonders of imagination, the way in which we can dream of a world safe for our future families. Instead we live in a slowly burning world, the heat increasing as the inhabitants stand by and watch. I want to know what it is like to look at the ocean and not be consumed by its imminent death. To be able to admire the trees without dreading its future logging. To see a child and not wonder whether that generation will be the last. I also wonder why the world's cries are being ignored, and why our voices are being quietened as we speak our concerns. I refuse to be hushed by people who do not believe in caring for our world, the ones who ignore the survival of species and our home. I also see the people who care. The ones who love for the world and its inhabitants, they inspire action within me, we are a community within a burning world attempting to extinguish the fire. It takes bravery to admit the future, to accept the facts and move on to creating a cleaner world. We see the media and we continue to fight instead of conceding to the dread within us, and within our peers. In a world on fire, a dying world, I find inspiration to better myself, and limit my footprint. Alone, I can aid the world I am exposed to. Together, we can change the path of climate change.

# The Bat, the Potus and a new opportunity?

We have celebrated several momentous environmental events since person “X” allegedly ate bat “Y” at Wuhan wet market “W” that are worthy of reflecting on.

One of which is the Chinese Government’s decision to immediately shut down trade in exotic wildlife. This controversial decision was largely applauded by the international community, raising consciousness about threatened species in general, however it may not end up being the net environmental win that many assume. The sudden drop in international travel, while devastating economically, especially to people who work in the tourism industry, has seen measurable improvements in atmospheric pollution. It has been enough to make an appreciable difference in star gazing in our cities and hopefully, a change in behaviour that will last well into the future, perhaps giving us a chance to make the on-going cuts to emissions that will limit global warming to below 2 degrees Celsius.



On the flip side, people who have been stranded on their couches with hours of spare time and unlimited access to eBay, our consumer addictions have ballooned, ensuring that transport of goods around the globe have actually climbed. Australia Post has employed more people and is now working 24/7 to keep up with demand.

While we all need to find compensation for the void left by social isolation, we need to ask ourselves, does it need to come at the cost of the environment? There are many great examples of how isolated people have innovated in clever ways and managed to socially connect remotely while living more sustainably, which you will see in this edition of the Green Magazine. I'm looking forward to hearing more ways that our community is supporting each other, finding new ways to do things, and making sure they don't increase the burden on the Earth. Imagine if we could take this time as an opportunity of reflection to see what is possible for our future. Isn't that what the school strikes are asking for?



### **Other recent Environmental Milestones:**

- The 94th birthday of Sir David Attenborough: May 8th (also Mr Houghton's XXth)
- The 50th anniversary of Earth day April 22nd

And here's some uplifting news

<https://www.theguardian.com/environment/2020/may/07/world-cannot-return-to-business-as-usual-after-covid-19-say-mayors>

**Stay safe, stay sane, stay green! - Andrew Vance**

# take action

like-minded people. up-coming  
events.

## in this issue:

school strike for climate

marine champions



On May 15, **School Strike for Climate** will be holding a national online strike.

This will be a time for us to come together and reflect on what was one of the worst bushfires seasons in our history and the global pandemic we are currently experiencing. We want this to be a time where we can really talk about our experiences and hear firsthand from those living on the frontlines of the climate crisis. It will be interactive so we would love to hear your thoughts and answer your questions about climate change, us as a movement and where we are going from here. As a collective, we will plan and create and vision for the world we want to see as young people, where no one is left behind.

As always, I would like to acknowledge that this event will be taking place on stolen land across the country and pay my respects to Elders past, present and emerging.

Always was, always will be.



# Marine Champions Program

Designed for young people to share their passion for marine mammals, conservation and the environment, the Marine Champions program is an extension program that provides hands-on action opportunities and learning experiences for young people to gain a stronger understanding of marine science and sustainability.

Under the guidance of Marine Champions Leaders, participants are given the opportunity to work with the Marine Mammal Foundation core team, meet other like-minded young people, and participate in a variety of unique activities and guided MMF expeditions.

Marine Champions are also provided with the tools and support to create, develop and share their own projects with each other and their community, interacting directly with our marine mammal research and gaining leadership skills to make a difference within the environment. The program will be run during school holidays with intermittent term-based activities.

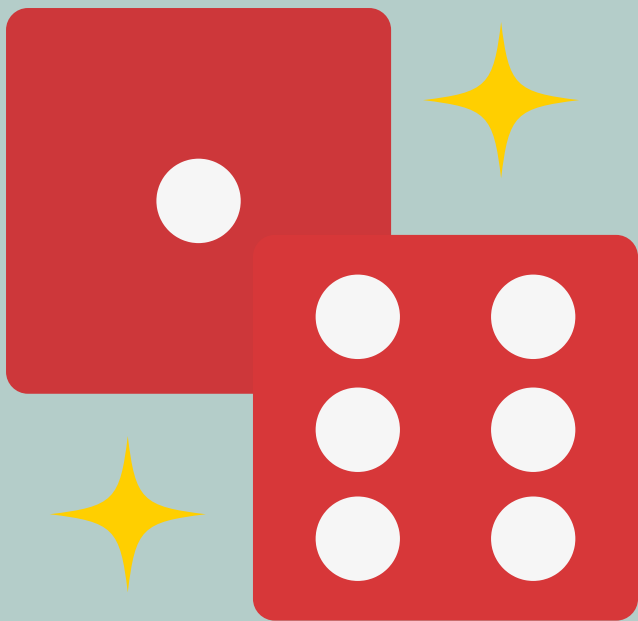
For more information, or to register, go to <https://marinemammal.org.au/marine-champions/>

Instagram: @marinemammalfoundation



# games

take some pressure off  
and let your mind wander!



**what's  
included:**

**what mythical animal  
are you?**

**endangered animal  
word search!**

# which mythical animal are you?

AUDREY JACQUES, VIEWBANK COLLEGE

## Q1. What is your favourite day of the year?

- a) Really? That's hard. They're all so good!
- b) Christmas, with all the lights and festivities and being with family.
- c) My birthday, the day all about me and the day I am surrounded by friends.
- d) April Fools!!! Pranks for all!
- e) The day does not matter, it's what you do on the day

## Q2. You find something stuck in a well. What do you do?

- a) Drive right in and help them. What else?
- b) Shout for help, then stay and make sure they're alright.
- c) Shout for help, and when they come, leave. You wouldn't be much help anyway.
- d) Cover the hole with leaves and twigs, call for help and watch as the poor person falls in, then help them out. I mean, it was too perfect!
- e) You walk straight past. Why would you waste your precious time and get your hands dirty?

## Q3. You walk into a room at a party and it's full of food with lots of kids eating. What do you do?

- a) Food! You dig in before everyone else can eat all the good stuff.
- b) You have a polite amount of food, but afterwards sneak in and get some more. Everyone has their secret weaknesses.
- c) You have a few morsels. You don't want to look like a pig.
- d) Your brain whirs. First, you'll shake all the cans of soda except one (where else would you get your energy?) and switch the labels on the mustard and ketchup bottles. This is going to be fun!
- e) You avoid the room entirely. It's dirty and gross and the food's all junk.

# which mythical animal are you?

## **Q4. It's a nice day outside, but you have some homework to do. What do you do?**

- a) Homework first then go outside. Surely the teacher won't notice that it's rushed.
- b) You do your homework well and recheck it, then go outside.
- c) Ugh. Homework. Well, I'm not sure what we need to do for it and some exercise is needed. I'll do it later.
- d) Skip the homework. You can't be cooped in here any longer. Fun's more important!
- e) The homework is pointless. So is going outside.

## **Q5. You're on a call with your class and teacher, and the teacher says put on your video. What do you do?**

- a) Ah well. Video on, though a change of background is necessary.
- b) My video was on already. I love seeing my classmates' faces, therefore they should see mine.
- c) Agh, I haven't brushed my hair in days! I'll pretend my video isn't working.
- d) Ha! You turn on your video, but only after making sure it's pointing at your dog's face.
- e) Technology is hard. I'll just stay quiet and they'll give up.

## **Q6. If you could choose one superpower what would it be?**

- a) Flying, definitely.
- b) Ooo, probably the ability to make people happy and agreeable with a snap of my fingers!
- c) The ability to look in a mirror and immediately look glamorous!
- d) Invisibility. My friends would never know what hit 'em!
- e) The power to rule the world.

# mythical answers!

## If you got mainly As...

Personally my favourite, you are a good leader, strong and smart. You could or could already be soaring above others. No matter what the stories say, you are loyal and a great friend. My advice to you is, be confident. If you think something, say it. You are a powerful master of the sky, and nothing can keep you down!

... you're a **DRAGON!**

## If you got mainly Bs...

Now if you're thinking, "No! How'd I get a pink and rainbow unicorn?"

1. Don't think that, unicorns are great and 2. That's only how the TV depicts these guys. Unicorns are powerful, mystic, mysterious things of legend, an omen of good, and yes, very nice and friendly. You are a good person, super kind, though you might be more than what the eye sees.

... you're a **UNICORN**

## If you got mainly Cs...

These majestic birds are fiery, magic and beautiful. You are an honest person, strong with your beliefs and people think you are amazing. These birds are rare and you are careful about how you look. Your friends are the fuel for your fire, so keep them close, and always be inclusive.

... you're a **PHOENIX!**

# mythical answers!

AUDREY JACQUES, VIEWBANK COLLEGE

## If you got mainly Ds...

Yes, you probably don't know what this is, well, a kitsune is a Japanese fox spirit, masters of illusion and yes, they can turn into foxes. Naturally a trickster, you love pranks, tricks and scaring your mates. You're great at sneaking around and you don't usually get caught.

**... you're a KITSUNE!**



## If you got mainly Es...

No, not the little glittery creatures that live in your garden. I'm talking about the fey, a strong court of beautiful children of angels and devils.

If you got this, you are an unbreakable pillar, not someone to mess around with.

**... you're a FAIRY!**



# word search.

Created by Zoe Elliot



Orangutan.

Tiger.

Green Turtle.

Bonobo.

Saola.

Blue Whale.

Vaquita.

Sumatran Elephant.

Red Panda.

Black Rhino.

Chimpanzee.

Sea Lion.

# word search.



Orangutan.

Tiger.

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Sumatran Elephant.

Red Panda.

Black Rhino.

Chimpanzee.

Sea Lion.

# what

is

# SVN?

The Student Voice Network is a free, virtual youth platform for students from across Australia to come together, share resources and take collective action on the issues that are important to us. That's climate change, gender equality and so much more.

We are completely student run and a volunteer based network that believes in the power of young people and our ability to create meaningful change



To get involved in next edition as a content creator, editor, formatter or part of our team please email [svn.lucy@gmail.com](mailto:svn.lucy@gmail.com)

We'd love to hear from you!



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