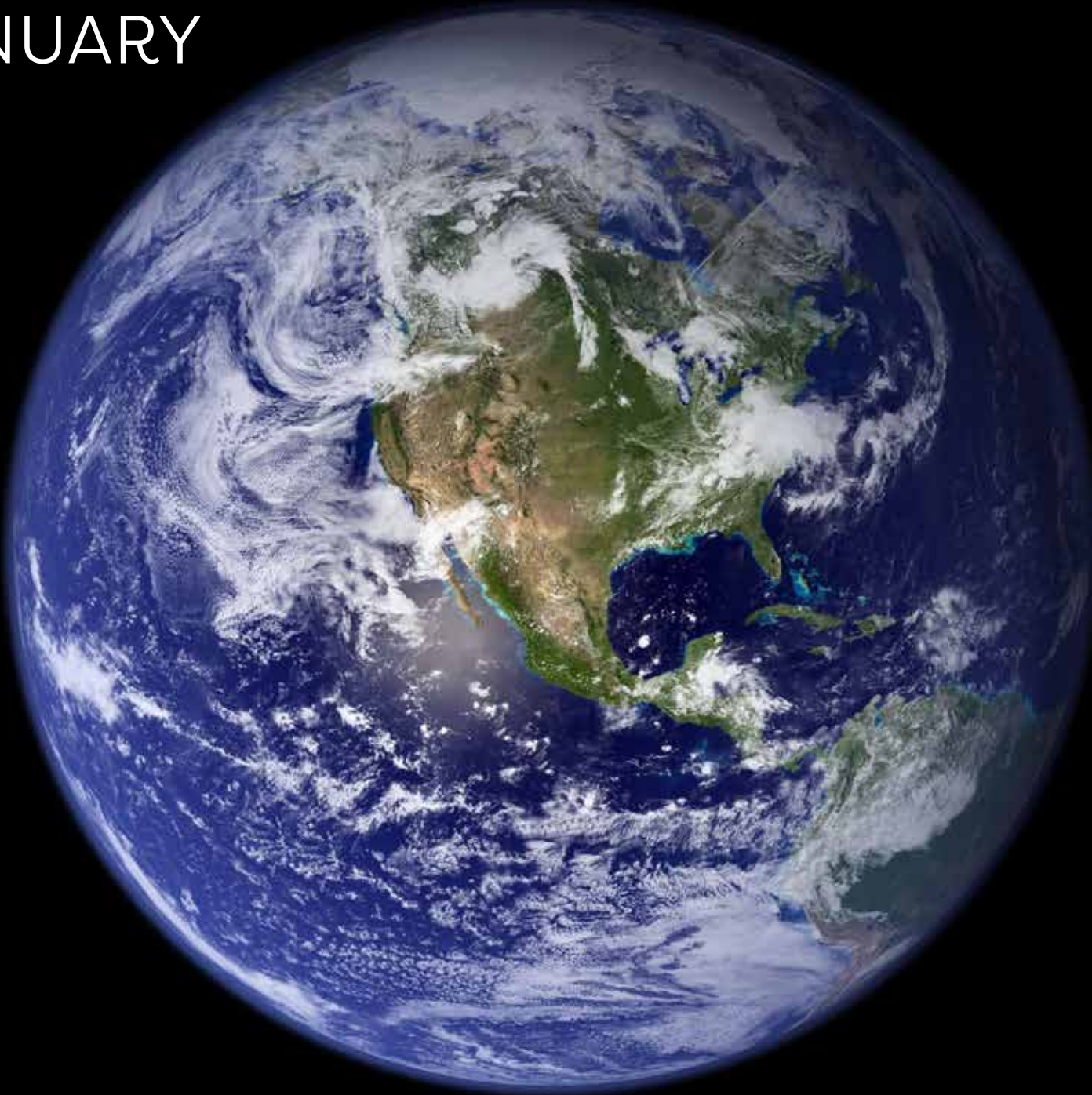




Calendar 2024



JANUARY



1

Global Warming From Fossil Fuels

Undoubtedly one of the biggest environmental problems of our lifetime. As greenhouse gas emissions blanket the Earth, they trap the sun's heat, leading to global warming.

How You Can Help Reduce Greenhouse Gas Emissions at Home

1. Get a home energy audit.
2. Use renewable energy.
3. Purchase solar panels.
4. Buy green tags.
5. Purchase carbon offsets.
6. Adjust your thermostat.
7. Install solar lights.
8. Use energy-saving light bulbs.



JANUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 New Year's Day	2	3	4 PENSION	5	6	7
8	9	10	11 PAYROLL Hilary sittings begin	12	13	14
15	16	17	18 PENSION	19	20	21
22	23	24	25 PAYROLL	26	27	28
29	30	31			Glass: Melt it, Shape it, Resuse it: No Problem!	

FEBRUARY

2

Food Waste

A third of the food intended for human consumption (around 1.3 billion tonnes) is wasted or lost. This is enough to feed 3 billion people. Food waste accounts for a third of greenhouse gas emissions annually. When we waste food, we also waste all the energy and water it takes to grow, harvest, transport, and package it. And if food goes to the landfill and rots, it produces methane—a greenhouse gas even more potent than carbon dioxide.

Ways to reduce food waste

1. *Make a meal plan. Getting into the habit of planning your meals is a sure-fire way to avoid unintended food waste.*
2. *Check your stocks before you go shopping.*
3. *Write a shopping list.*
4. *Store and freeze!*



FEBRUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<i>Waste is a terrible thing: Recycle.</i>	1 PENSION	2	3	4
5 St Brigid's Day	6	7	8 PAYROLL	9	10	11
12	13	14 Valentine's Day	15 PENSION	16	17	18
19	20	21	22 PAYROLL	23	24	25
26	27	28	29 PENSION			

MARCH

3

Biodiversity Loss

The past 50 years have seen a rapid growth of human consumption, population, global trade and urbanisation, resulting in humanity using more of the Earth's resources than it can replenish naturally. Biodiversity is all the different kinds of life you'll find in one area—the variety of animals, plants, fungi, and even microorganisms like bacteria that make up our natural world. Each of these species and organisms work together in ecosystems, like an intricate web, to maintain balance and support life.

Ways to Help Biodiversity

1. Cease or Limit the Use of Pesticides.
2. Create a Wetland.
3. Leave Grassland Unfertilised.
4. Plant Native Trees and Shrubs.
5. Don't Cut Raised Bogs.
6. Let Dandelions Grow.
7. Maintain Winter Stubble.
8. Introduce Biodiversity Friendly Mowing.



MARCH 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<i>Never refuse to reuse</i>		1	2	3
4	5	6	7 PAYROLL	8	9	10 Mother's Day
11	12	13	14 PENSION	15	16	17 St Patrick's Day
18 St Patrick's Day Observed	19	20	21 PAYROLL	22 AH Qtr. 1 end	23 AH Qtr. 2 begin	24
25	26	27 Hilary sittings end	28 PENSION	29 Good Friday	30	31 Easter Sunday

APRIL

4

Plastic Pollution

In 1950, the world produced more than 2 million tonnes of plastic per year, by 2015 this had increased to over 419 million tonnes, exacerbating plastic waste in the environment. Roughly 14 million tonnes of plastic makes it's way into the oceans every year, harming wildlife habitats and animals that live near them.

Approximately 91% of all plastic that has ever been made is not recycled. Considering that plastic takes 400 years to decompose, there is no telling what irreversible effects it will have on the environment in the years to come.

There are many small ways you can have a big impact

1. *Wean yourself off disposable plastics.*
2. *Stop buying water.*
3. *Boycott microbeads.*
4. *Cook more.*
5. *Purchase items secondhand.*
6. *Recycle.*
7. *Support a bag tax or ban.*
8. *Buy in bulk.*



APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Easter Monday	2	3	4 PAYROLL	5	6	7
8	9 Easter sittings begin 	10	11 PENSION	12	13	14
15	16	17	18 PAYROLL	19	20	21
22	23	24	25 PENSION	26	27	28
29	30			Got pollution? Be the solution!... RECYCLE		

MAY

5

Deforestation

Forests store large amounts of carbon. Trees and other plants absorb carbon dioxide from the atmosphere as they grow. This is converted into carbon and stored in the plant's branches, leaves, trunks, roots and in the soil. When forests are cleared or burnt, stored carbon is released into the atmosphere, mainly as carbon dioxide. Averaged over 2015—2017, global loss of tropical forests contributed about 4.8 billion tonnes of carbon dioxide per year (or about 8-10% of annual human emissions of carbon dioxide).

Practical Ways to Stop Deforestation

1. *Plant More Trees.* Engage in tree-planting initiatives in your community or through global organizations.
2. *Go Paperless.*
3. *Support Responsible Companies.*
4. *Buy Certified Wood Products.*
5. *Buy and Use Responsibly.*
6. *Avoid Palm Oil.*
7. *Recycle and Buy Recycled Products.*
8. *Educate Others.*



MAY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 PAYROLL	3	4	5
6 May Bank Holiday	7	8	9 PENSION	10	11	12
13	14	15	16 PAYROLL	17	18	19
20	21	22	23 PENSION	24 Easter sittings end	25	26
27	28	29	30 PAYROLL	31	Go Green!	

JUNE

6

Air Pollution

One of the biggest environmental problems today is outdoor air pollution. Causes of air pollution mostly come from industrial sources and motor vehicles, as well as emissions from burning biomass and poor air quality due to dust storms.

What you can do about air pollution

1. Drive your car less.
2. Keep your car in good repair.
3. Turn off your engine.
4. Don't burn your household rubbish.
5. Limit backyard fires in the city.
6. Plant and care for trees.
7. Switch to electric or hand-powered lawn equipment.
8. Use less energy.



JUNE 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<i>Recycling is reincarnation for rubbish</i>			1	2
3 June Bank Holiday	4 Trinity sittings begin	5	6 PENSION	7	8	9
10	11	12	13 PAYROLL	14	15	16 Father's Day
17	18	19	20 PENSION	21 AH Qtr. 2 end	22 AH Qtr. 3 begin	23
24	25	26	27 PAYROLL	28	29	30

JULY

7

Melting Ice Caps & Sea Level Rise

The climate crisis is warming the Arctic more than twice as fast as anywhere else on the planet, resulting in sea levels rising more than twice as quickly as they did for most of the 20th century as a direct result of increasing temperatures on Earth.

Sea level rise will have a devastating impact on those living in coastal regions, which is currently home to between 240 million and 480 million people.

What Are the Solutions to Climate Change?

1. *Ending Our Reliance on Fossil Fuels.*
2. *Greater Energy Efficiency.*
3. *Renewable Energy.*
4. *Sustainable Transportation.*
5. *Sustainable Buildings.*
6. *Better Forestry Management and Sustainable Agriculture.*
7. *Conservation-Based Solutions.*
8. *Industrial Solutions.*



JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4 PENSION	5	6	7
8	9	10	11 PAYROLL	12	13	14
15	16	17	18 PENSION	19	20	21
22	23	24	25 PAYROLL	26	27	28
29	30	31  Trinity sittings end		<i>Save paper, save trees, save the planet</i>		

AUGUST

8

Fast Fashion & Textile Waste

Global demand for fashion and clothing has risen at an unprecedented rate that the fashion industry now accounts for 10% of global carbon emissions, becoming one of the biggest environmental problems of our time. Fashion alone produces more greenhouse gas emissions than both the aviation and shipping sectors combined, and nearly 20% of global wastewater, or around 93 billion cubic metres from textile dyeing, according to the UN Environment Programme. The world at least generated an estimated 92 million tonnes of textiles waste every year and that number is expected to soar up to 134 million tonnes a year by 2030. Discarded clothing and textile waste ends up in landfills, most of which is non-biodegradable.

4 Ways to Reduce Textile Waste

1. *Donate your clothes.*
2. *Upcycle your clothing.*
3. *Repair (or have someone repair) your clothing.*
4. *Resell your clothes to consignment stores.*



AUGUST 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<i>Don't bin it, upcycle it!™</i>	1 PENSION	2	3	4
5 August Bank Holiday	6	7	8 PAYROLL	9	10	11
12	13	14	15 + PENSION	16	17	18
19	20	21	22 PAYROLL	23	24	25
26	27	28	29 PENSION	30	31	<i>Think Green</i>

SEPTEMBER

9

Ocean Acidification

Global temperature rise has not only affected the surface, but it is the main cause of ocean acidification. Our oceans absorb about 30% of carbon dioxide that is released into the Earth's atmosphere. As higher concentrations of carbon emissions are released thanks to human activities such as burning fossil fuels as well as effects of global climate change such as increased rates of wildfires, so do the amount of carbon dioxide that is absorbed back into the sea. The smallest change in the pH scale can have a significant impact on the acidity of the ocean. Ocean acidification has devastating impacts on marine ecosystems and species, its food webs, and provoke irreversible changes in habitat quality. Once pH levels reach too low, marine organisms such as oysters, their shells and skeleton could even start to dissolve.

What Can I do?

The most effective way to limit ocean acidification is to act on climate change, implementing solutions to dramatically reduce the use of fossil fuels. If we dramatically cut our global warming emissions, and we limit future warming, we can significantly reduce the harm to marine ecosystems.



SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30			Recycle it, don't trash it			1
2	3	4	5 PAYROLL	6	7	8
9	10	11	12 PENSION	13	14	15
16	17	18	19 PAYROLL	20 AH Qtr. 3 end	21 AH Qtr. 4 begin	22
23	24	25	26 PENSION	27	28	29

OCTOBER

10

Soil Degradation

Organic matter is a crucial component of soil as it allows it to absorb carbon from the atmosphere. Plants absorb CO₂ from the air naturally and effectively through photosynthesis and part of this carbon is stored in the soil as soil organic carbon (SOC). Healthy soil has a minimum of 3-6% organic matter. However, almost everywhere in the world, the content is much lower than that.

According to the United Nations, about 40% of the planet's soil is degraded. Soil degradation refers to the loss of organic matter, changes in its structural condition and/or decline in soil fertility and it is often the result of human activities, such as traditional farming practices including the use of toxic chemicals and pollutants.

What Can I do?

*Here are some solutions: Practicing **crop rotation** allows different plants to grow in an area of soil every year. This allows the soil to replenish itself of nutrients that are lacking after the growth of one type of plant. **Agroforestry** is a land use management system in which combinations of trees or shrubs are grown around or among crops or pastureland. Agroforestry combines agricultural and forestry technologies to create more diverse, productive, profitable, healthy, and sustainable land-use systems. .*



OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Michaelmas sittings begin	2	3 PAYROLL	4	5	6 Grandparents Day
7	8	9	10 PENSION	11	12	13
14	15	16	17 PAYROLL	18	19	20
21	22	23	24 PENSION	25	26	27
28 October Bank Holiday	29	30	31 Halloween PAYROLL		<i>Think globally, act locally!</i>	

NOVEMBER

11

Overfishing

Over three billion people around the world rely on fish as their primary source of protein.

Most people consume approximately twice as much food as they did 50 years ago and there are four times as many people on earth as there were at the close of the 1960s. This is one driver of the 30% of commercially fished waters being classified as being 'overfished'. This means that the stock of available fishing waters is being depleted faster than it can be replaced.

Overfishing comes with detrimental effects on the environment, including increased algae in the water, destruction of fishing communities, ocean littering as well as extremely high rates of biodiversity loss.

Overfishing solutions

1. *Choose certified sustainable seafood.*
2. *Reduce food waste and learn better ways to cook and store seafood.*
3. *Encourage the next generation to think and act sustainably.*



NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<i>Reduce, reuse, recycle</i>		1 ⁺	2	3
4	5	6	7 PENSION	8	9	10
11	12	13	14 PAYROLL	15	16	17
18	19	20	21 PENSION	22	23	24
25	26	27	28 PAYROLL	29	30	

DECEMBER

12

Public Health Issues

Lack of clean water is one of the leading environmental problems currently. Pollutants in the air also cause issues such as respiratory disease and cardiovascular disease.

Top Ten Tips for Good Health and Wellbeing

1. Learn new skills.
2. Value yourself and others.
3. Use food to boost your mood.
4. Keep in touch with friends and loved ones.
5. Keep physically active.
6. Care for yourself.
7. Get involved and make a contribution.
8. Take a break.
9. Do something creative
10. Ask for help and share feelings



DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31			Better planet for future generations		1
2	3	4	5 PENSION	6	7	8
9 ⁺	10	11	12 PAYROLL	13	14	15
16	17	18	19 PENSION	20 Michaelmas sittings end AH Qtr. 4 end	21 AH Qtr. 1 begin	22
23	24	25 Christmas Day	26 St. Stephens Day PAYROLL	27	28	29

Who's your nomination?

Members are encouraged to nominate the proceeds of your account in the event of your passing.

For your peace of mind and that of your family complete your Nomination today.

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