

THE PLANET CALLS *magazine*

Issue 3

**Announcing the 13 Finalists in the
Sustainability Leader of the Year
Award**

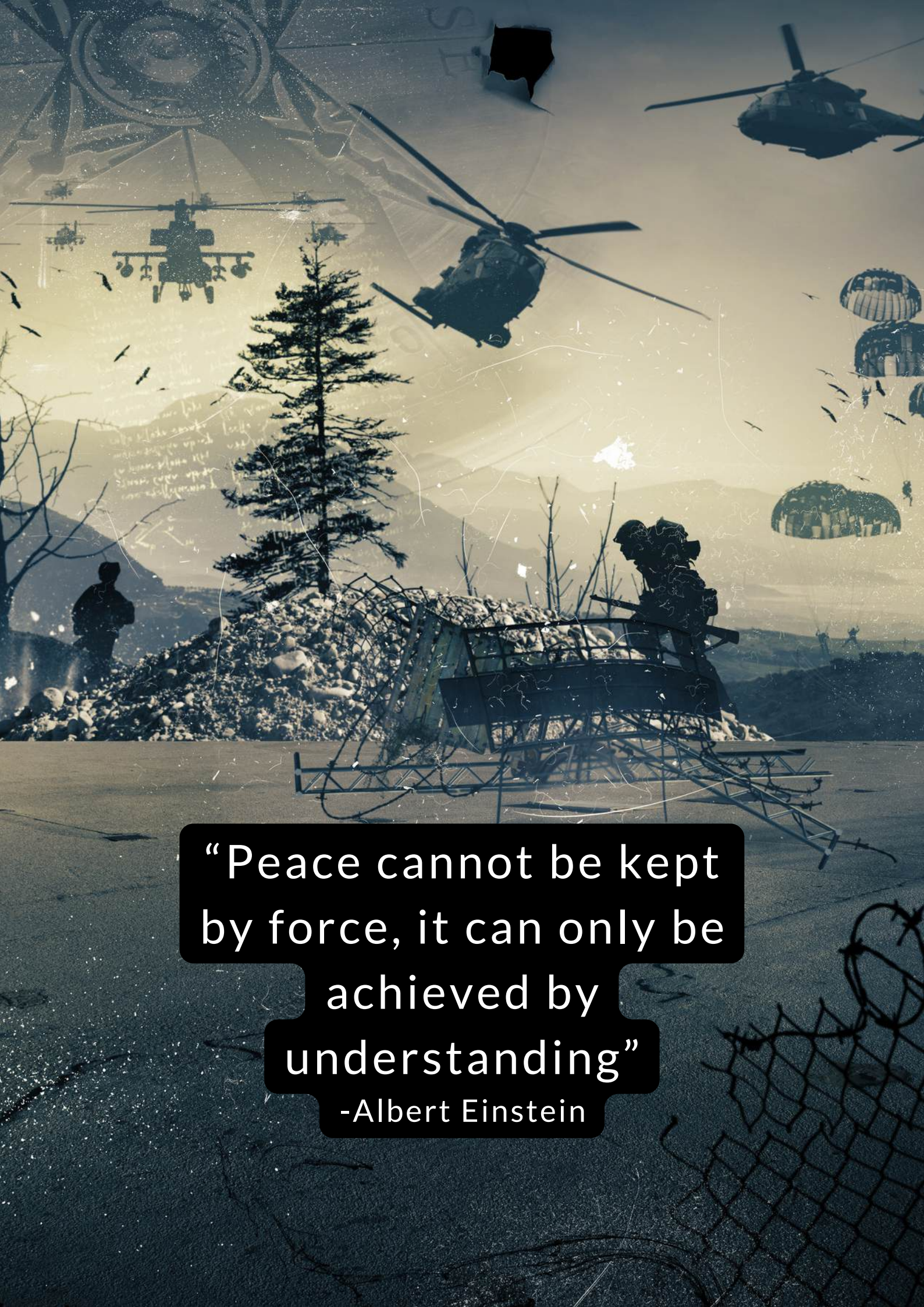
**Will sustainable products
become the norm?**

**How to plan for a global food
shortage**

**The Military has the highest
emissions - why is nobody
regulating them?**

**We fled the Ukraine War - a
pregnant mother's story**

April 2022



“Peace cannot be kept
by force, it can only be
achieved by
understanding”
-Albert Einstein

LETTER FROM THE EXECUTIVE EDITOR



Bringing our audience the third issue of The Planet Calls magazine brings me such pride. This issue is unlike any other thus far as we are announcing the shortlist for our Sustainability Leader of the Year Award. After writing and being so inspired by the great leaders in our field, we decided what better way to show our appreciation than to showcase them and spread the good work they do.

The importance of leaders in the area of sustainability cannot be understated. We saw Greta Thunberg's impact when she initiated the Fridays For Future climate strikes and climbed her way to speaking directly to politicians and campaigning for much-needed change. There are so many incredible people working in sustainability that are implementing initiatives that have a lasting impact, and they are rarely applauded for their efforts.

We are shining a spotlight on these individuals and letting them know that their work matters, and we recognise its importance. Congratulations to all who have been shortlisted, and we look forward to announcing the winner in our next issue! Flicking through this month's issue, you will still find informative, easy-to-digest articles that will help you on your way to living a sustainable lifestyle.

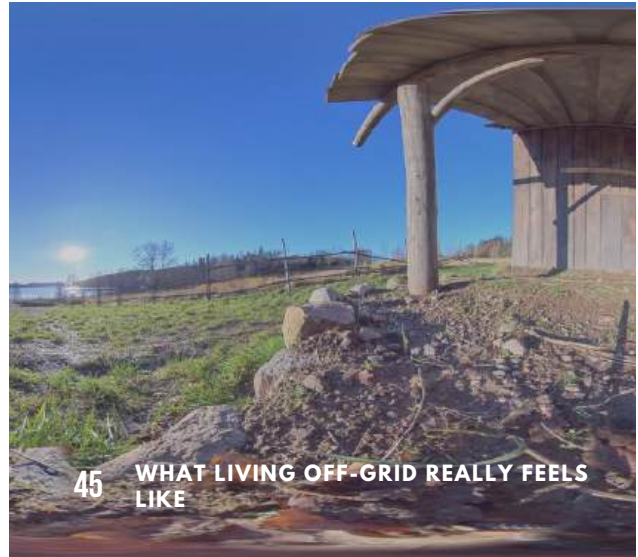
We also felt that, given the current conflict in Ukraine, we should tell you about what we are doing at The Planet Calls to help since we are not just about the planet but all living on it. You'll find an article about our Mother Love Project and also articles that may ease some of the war anxiety you are feeling, including how to prepare for a food shortage. We hope that this all comes to an end soon and that peace is instilled.

With that said, we hope you enjoy reading the April issue of our magazine! Thank you to all our incredible contributors and partners for supporting us and helping us put out this crucial content to raise awareness and take action.

Bronagh Loughlin

Executive Editor
THE PLANET CALLS

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LETTER FROM THE EDITOR-IN-CHIEF

We were looking forward to the next chapter at The Planet Calls when the Ukraine war unfolded before our horrified eyes. As if it wasn't bad enough to be trying to recover from the pandemic, but then for Ukrainians to be hit with a war was just horrendous! With the threat of nuclear and chemical warfare, food shortages and fuel price increases, it seems that once again, war only proves that suffering is inevitable and nobody wins. We firmly stand behind Ukrainian citizens and strongly oppose this war!

As usual, our mag is filled with engaging content designed to help you live your best and most sustainable life.

Our third magazine issue honours all the nominees for our Sustainability Leader of the Year Award and we encourage you to vote for your favourite leader. We are enormously proud to be associated with these fine humans. Congratulations to all the finalists!

Sincere gratitude and love to the incredible mag team: Bronagh Loughlin our Executive Editor, Matthew Apping our Project Manager, Parth Gupta our Partnership Network Coordinator and Ayo Animashaun our Social Media Manager. We have learned that volunteers come and go. But our volunteer mag team is indestructible and glued together by shared values, great work ethics and a deep passion for exciting sustainability content. You will be hard-pressed to find another team as dedicated and committed to the cause as the volunteer mag team at The Planet Calls!

We wish you all a safe Easter holiday if you are taking a vacation, and we hope you enjoy reading our magazine from cover to cover.



Amour Setter

Co-founder/Director & Mag Editor-in-Chief
THE PLANET CALLS



VOLUNTEERING



WE FLED THE UKRAINE WAR

by Marina Ckopish

On the 24th of February 2022 at the crack of dawn, trouble came to Ukraine. The war woke us up at 4:30 with loud explosions. We didn't know what was happening. There were tears, blood and death everywhere we looked.

Personally, I don't remember much of the events of that morning as I was in a state of shock. I was actually frozen to the spot. I came back to reality when my husband started to soothe me and he hurried me along to start moving. I am 7 months pregnant and was sitting on the edge of my bed with my legs tucked underneath me and my hands covering my head. When I calmed down a bit, we rushed to the bedroom where our son was asleep.

We started to gather documents and a

few personal things. Our house is near the military unit and the airport and since these were being targeted by the Russian forces, we were not safe and had to leave immediately.

For several weeks we lived in the underground. We were riddled with fear and confusion and we didn't know what to do next. My most pressing concern besides our physical safety was the imminent birth that lay ahead. Where would I give birth? How was it going to happen? I couldn't stop thinking about this.

Our town mayor announced the evacuation of women and children. People began to emerge from their basements and from the underground where we had been hiding for weeks.



L- R: Lucie who drove to fetch us, Amour (Project Director, Mother Love Project), me, my son Nikita and my mother-in-law Tatiana

We gathered together and joined the queues of people being evacuated. It was gut-wrenching. I looked around and as we left I knew I was leaving my heart behind in Boryspil. It was the longest farewell, a silent one, one that was only expressed with oceans of tears. My husband was forced to stay behind and leaving him and our home was incredibly hard. All around me I heard the children's cries. "Daddy!" That one word echoed through the air, filled with sadness, children who might never see their fathers again. It broke my heart over and over again. Would I ever see my husband again?

Together with my mother-in-law and my nine-year-old son, we were on the road with many other women and children being evacuated, escaping the devastation all around us and trying to find our way to safety. The silence was



With my son, Nikita in front of our temporary flat in Prague



Receiving my new baby clothes from the volunteers at Mother Love Project

horrendous, only interrupted by the quiet sobs of the children who didn't really understand what was happening. They were confused as to why their daddies were not coming with them. Eventually, we reached the border. We were greeted by many volunteers and we found a place to relax and recharge with some food and refreshments. We waited and waited for what felt like forever. Eventually and upon arrival in the Czech Republic, we were promised by a family "friend" that housing would be arranged for us and we would be taken care of. But that turned out to be yet another nightmare as we were scammed and the person disappeared with our money, leaving us completely stranded. We literally only had one small suitcase between us and no money, as this person had literally taken the last of the cash we had.

We ended up spending a few nights at the Prague station. I knew we had to keep going, had to keep hoping, we couldn't give up. My husband's mother and my son were counting on me to be strong, and I knew the journey ahead of us was still going to be a long struggle.

We went to the police for assistance and were taken by people, who were not indifferent to our misfortune. We ended up in a tourist settlement in the mountains 220 kilometres from Prague, 40 km from the nearest town, without a shop or transport. Very kind people took us in and gave us food and housing. But the stress of escaping the war, being on the road for several days and the added trauma of losing what little money we had left to a scammer was taking its toll on my health. I was wracked with incredible back pain and began worrying that something might be wrong with my baby.

All I could do was pray. I tried to put the bad thoughts out of my mind and put my trust in God. I posted a plea on Facebook for some help. After some time, I received a response from a woman. At first, I did not pay much attention to this, because the sender was not familiar to me and we had already been scammed so I was feeling very wary. But something compelled me and so I checked out her Facebook profile. There I saw a very beautiful woman and the information on her profile said she was the Founder and Project Director of the Mother Love Project. She immediately began making arrangements for someone to collect us from the tourist village and bring us to Prague where I could see a doctor.



My mother-in-law Tatiana on her way to her first job, arranged by Mother Love Project in Prague.

The next day a lovely lady called Lucie arrived to collect us and drove us to Prague. We were immediately taken to a beautiful apartment in the heart of the city where the Project Director met us and welcomed us warmly to Prague with a hug. As I was settling in, she took my mother-in-law shopping for groceries. About an hour later yet another lovely lady arrived and whisked us off to the hospital where I saw a doctor and was examined. It was a huge relief to hear that all was well with my baby and we were taken back to the apartment where I finally relaxed for the first time in weeks. We were safe. Everything was going to be ok. God had answered my prayers.

The days that followed seemed like a dream. We were given food, clothes, hygiene products, baby things, kitchen utensils for cooking and basically anything that we needed. Mother Love Project even found a few casual jobs for my mother-in-law and they also arranged for us to have access to the internet so we could stay in touch with my husband and other family members left behind in Ukraine.

I will always remember what the Project Director, Amour Setter told me when we arrived in Prague: "Dry your tears, you are safe now, you can trust us. In this country, you will be taken very good care of by our organisation."



On another outing with Mother Love Project. L - R: Tatiana (my mother-in-law), Amour (Project Director), me, Gelia (translator volunteer) & Miranda

A week later another family joined us at the large apartment. Miranda was also pregnant and had her mother, her 4-year-old daughter and their small dog with them. Mother Love Project also took care of all their needs.

Every day the volunteers from Mother Love Project bring fruits and vegetables, sweets for our children and maternity supplies for us. I'm getting everything ready for my baby and the future looks hopeful. I have a beautiful stroller, lots of baby clothes and diapers. We feel safe and relaxed and there is even laughter and smiles in our temporary home now, which there hasn't been for a long time. This apartment that we are staying in was only available to us for a month as it was on loan to us from the Czech government. But Mother Love Project has arranged a free flat for us for the next year, so we are deeply grateful.

Now all I ask of God is to save Ukraine. My country, my home, my people.

Thank you for everything else. Thank you for the guardian angels that God sent us. For their kind hearts. For the care, they surrounded us with. Thank you, God, for Mother Love Project!





How we started Mother Love Project helping Ukrainian refugees

By **Amour Setter**

I thought we had evolved enough as a species to be able to sit down and negotiate our way out of almost anything. But after hearing horror stories from refugees who had escaped the war in Ukraine, I realised that we have not evolved at all. We've actually devolved. Despite the evil that an entire nation was confronted with, I realised that there is also still good left in this world.

When refugees began flooding into the Czech Republic I immediately realised that we'd need to get all hands on deck and help in whatever way we could.

To date, more than 300,000 Ukrainian refugees have arrived in the Czech Republic. Half of them are children, the rest are predominantly women.

There are plenty of NGOs on the ground and their coordination with the Czech government is fantastic. But I knew that at some point NGOs would become overwhelmed and volunteers would burn out.

Sílvia Seixas Rodrigues and I quickly launched Mother Love Project (an initiative by The Planet Calls), aimed specifically at helping pregnant Ukrainian refugees entering the Czech Republic. We put out a call for local volunteers and donations in Prague. The response was incredible and we quickly began collecting maternity clothes, toys and clothes for newborn babies. My little storeroom was quickly filled with donations from our local communities. It was wonderful to see local moms in Prague digging into their closets, approaching their friends and publishing



Wonderful toys were donated to a refugee shelter in Kladno by the kind people in our local communities, organised by our volunteers.



With Mark Cichon who collected & delivered a carload of baby clothes and toys, kindly donated by Lucie in Prague

posts on Facebook calling for donations for the women we were helping. It was absolutely heartwarming to see how kind and generous people can be when the occasion calls for it!

After receiving a ton of wonderful donations, I coordinated with our local network partner, Chance4Children who was driving a truck of supplies to the Ukraine border in Poland.

One of our volunteers, Gelia Mihkelson drove me from Prague to Kladno to deliver a shipment of goods to C4C. It was a great feeling handing over the things our local moms had so diligently gathered.

Manfred Franke and Rafal Wojas, the co-founders of C4C, drove through to the Ukraine border the following morning to deliver the goods to local NGOs on the ground in Poland.

Soon after we sent the shipment of supplies to the border, we received our first pregnant mom in need. Stuck in a village 220kms from Prague with her mother and son, we arranged for one of our volunteers to collect them and bring them to a government flat that we managed to secure for one month in Prague.



With Manfred & Marketa Franke from C4C



The C4C truck being packed in preparation for the trip to the Ukraine border



Toy area at the Mother-Child dorm in Prague that we created from our local donations

Others quickly followed. We started arranging accommodation and supplies and our volunteers on the ground were just fantastic! Any need that a refugee had was quickly met by someone in our group. A very special thanks to Oksana Zhukovska, Karina Bolan, Gelia Mihkelson, Loneldia Drasnar, Kat Chaves & Alex Rae who have been helping us drive this initiative on the ground in Prague!

Prague was initially bursting with refugee centres where there were free clothes, toiletries and household goods on offer. Initially, there was an outpour of support and donations. But one month later donations are drying up and volunteers are burned out. Refugee numbers have dwindled and life for locals is getting back to normal. Now we are sitting with a huge housing and job crisis. Refugees are staying at dorms and with host families, drawing a monthly grant from the Czech government and looking for work. With fewer donations coming in, what does the future look like for these women giving birth in a foreign country? Hardship lies ahead and all they can hope for is kindness from locals and an end to the war so they can return home.

MOTHER LOVE PROJECT



We are still welcoming on-the-ground volunteers to our project in Prague, and we also welcome donations to assist.

Please get in touch if you'd like to help.

Visit our website for more info:

theplanetcalls.com/mother-love-project



PLEASE DONATE NOW

FOLLOW US ON FACEBOOK!





ACTIVISM

EARTH DAY



WHY EARTH DAY IS THE MOST IMPORTANT DAY OF THE YEAR

By Charly Stringer

Every year on April 22nd, we celebrate Earth Day - An environmental movement that brings eco-warriors together and helps to spread awareness of the problems our world is facing. It's a day that allows us to reflect on our relationship with planet Earth and ponder solutions to significant environmental issues.

Join us as we celebrate Earth Day by remembering its history and learning how to promote and encourage others to take part in this important day.

The history of Earth Day

Earth Day was born in 1970 when junior senator of Wisconsin, Gaylord Nelson, had concerns about environmental issues in the USA. Inspired by students' anti-war protests, he wanted to create a public eco-consciousness by holding on-campus teach-ins, with help from congressman Pete McCloskey and a young activist called Denis Hayes. They chose April 22nd because it fell between spring break and final exams.

The event grew and spread across the country and encouraged people to protest against 150 years of industrial development. Various groups fighting oil spills, power plants, toxic dumps, and similar issues came together on April 22nd to join forces and make their voices louder as a united front.

In 1990, Earth Day went global when 200 million people from 141 countries came together to focus on environmental issues. After this Earth Day, we saw massive progress with recycling efforts worldwide.

It's time to become an active promoter of a sustainable future!

The Millennium Earth Day brought with it a focus on global warming and eco-friendly energy. In 2010 Earth Day was challenged by climate change deniers, oil lobbyists, and stubborn politicians. But Earth Day prevailed and to this day brings billions of people together every year to voice world issues and challenge local and national policies.

Promoting Earth Day

Earth Day became well-known over the years due to more and more people getting involved. To push the success of Earth Day and, in turn, the success of a more sustainable future, we need to continue to spread its importance. You can do this by:

- Establishing a Green Team task force at work: A team that can research ways for the company to be more eco-friendly, get employees involved in sustainable goals and develop green initiatives that suit your budget.



- **Launching a recycling programme at work:** This can include incentives and rewards for employees, placing easy-to-find recycling bins around the workplace, designated enforcers to ensure the rules are followed.
- **Throwing an Earth Day party:** This can be eco-themed where employees or friends can come wearing recycled clothes and play games, you could organise a clothes swap to spread awareness of the issues surrounding the fashion industry, or if you're based near a bed of water you can schedule a raft race where the rafts are made from recyclable materials.
- **Hosting a fundraiser:** There are many ways to raise money for charities that are connected to Earth Day. You can do a fun run, a bake sale, or a raffle, to name a few.
- **Holding a clean-up:** Get people together to litter pick at your local park or beach this April 22nd. [Earthday.org](https://www.earthday.org) has a page that can help you find clean-up events near you. You can also check out [Moving Water Alliance](#) (an initiative by The Planet Calls) to see if there are any cleanups near you.



- **Talking about it:** This is one that everyone can easily do, Earth Day is coming up soon, and you can let people know! Write a post on social media or bring it up with your friends over coffee. Tell them why the day is noteworthy and ask them to do something to participate this year, even if it's something small.

Charities you can consider donating to this Earth Day

If you're thinking about raising money this Earth Day or want to donate to a worthy cause, there are plenty of wonderful charities to choose from. But if you're not sure which to go for, we've put together a shortlist of six charities we recommend that do important work in sustainability:

- **Trees For The Future:** This charity's mission is to teach African farmers how to regenerate their land to end hunger and poverty.
- **The Conservation Fund:** A non-profit organisation that strives to protect seven million acres of land in the USA. They have an initiative to plant trees to offset climate change.
- **Earth Day Network:** You can donate directly to Earthday.org and support efforts to educate the world on sustainability.

- **Oceana:** With a mission to protect the world's oceans, Oceana has campaigns that include putting an end to shark finning and reducing bycatch in the commercial fishing trade.
- **The Rainforest Alliance:** A charity that wants to conserve biodiversity and transform land-use practices.
- **The Planet Calls:** our foundation drives awareness around sustainability and circular economy and is completely manned by volunteers from around the world. Donating to our foundation allows us to reach more people with our messages, educational content and allows us to expand our projects. You can donate [here](#).

The world needs a helping hand. Earth Day helps us to bring focus to environmental issues and highlight what needs to be improved on to secure a healthy planet for future generations. Spread the word, get involved in fundraisers, and speak up when something's not right. When everyone comes together and demands change, amazing things can happen.





HOW TO GET INVOLVED IN THE

16 DAYS CAMPAIGN

By Vani Bhardwaj

Every year for 16 days, from November 25 to December 10, all stakeholders across geographies come together to register their resistance, voice and agency against Gender Based Violence.

Starting in 1991, 16 Days Campaign - the global advocacy campaign against Gender-Based Violence - has been spearheaded by the Center for Women's Global Leadership (CWGL). The 16 Days Campaign is bridging movements at the local, national, regional and international levels working with crosscutting intersectional identities such as women of African descent, migrant women, Dalit women, poor women in informal economies, women and girls with disabilities besides campaign activists at transnational level.

Sexual and Gender-based Violence (SGBV) is violence against a person's agency and will, based on socially performative gender roles. Typologies of Gender-Based Violence encompass sexual, physical, psycho-social and economic domains, blurring the public and private spheres. Men can also be SGBV survivors. Nonetheless, women and girls are at risk of lifecycle-based SGBV. From pre-birth, the looming danger of femicide, child marriage and genital mutilation in girlhood, sexual abuse in households, within relationships, against widows and elderly women and human trafficking hovers.

45 per cent of women report that they or a woman they know has experienced a form of Violence Against Women (VAW). 1 in 2 women with children experienced violence. With the advent of the Covid-19 pandemic the situation has become grim. In their Shadow Pandemic public awareness campaign, UN Women highlighted the sinister impact that Covid 19 had in aggravating intimate partner violence and other forms of GBV.

More than 2 in 5 women witnessed deterioration in their emotional and mental health during the Covid-19 pandemic. 1 in 4 women says that household conflicts became more frequent with the breakout of Covid-19.

As the 16 Days Campaign seeks to enlarge its scope via sector focus initiatives covering journalists, women in politics, female health workers, agricultural workers, and garment workers, as non-professionals we need to be sensitive to how we interact with SGBV survivors.

It was a watershed moment when the demand of the 16 Days Campaign in 2019 was affirmed by ILO as the latter adopted a legally binding resolution to eradicate gender-based violence at work. The campaign has eventually realised the necessity for the campaign to transition from not just 16 days but to 365 days. Thus, the campaign requires a contiguous process of intensive contribution, awareness and involvement.

For coalition building and becoming part of the 16 Days Campaign, yearly advocacy guides are of substantive help. Gender collectives can come together and submit their local 16-day event they wish to hold. The campaign remains open to continuously evolving GBV related resources by independent advocates and researchers as well. You could sign a petition that enables tackling femicide in the long term or download and share a global feminist app that provides knowledge sources and accessible support, and information on medical and legal services.

Country-wise per cent of women who reported ever having experienced a form of Violence Against Women (VAW) or knowing another woman who experienced it (April–September 2021):

- Bangladesh - 93%
- Kenya - 80%
- Morocco - 78%
- Nigeria - 68%
- Jordan - 66%
- Colombia - 62%
- Albania - 53%
- Côte d'Ivoire - 52%
- Paraguay - 51%
- Kyrgyzstan - 47%
- Cameroon - 37%
- Ukraine - 34%
- Thailand - 27%

(Source: adapted from UN Women)

If you are a GBV survivor yourself or are in contact with one, you can contact International Rescue Committee, International Domestic Workers Federation, Diotima; also commit to ally building with Care International, Breakthrough, UN Free & Equal.





THE PLANET CALLS

Add more meaning to your life & join our **VOLUNTEER PROGRAM**

VISIT OUR WEBSITE FOR DETAILS

[THEPLANETCALLS.COM/VOLUNTEER](https://theplanetcalls.com/volunteer)

WATCH OUR VIDEO TO LEARN MORE



A hand wearing a white latex glove holds the blue handles of a plastic bag. Inside this bag is a yellow plastic bag, which in turn contains a colorful world map. The map shows continents in various colors like green, red, and yellow, and oceans in blue. The word 'AMERICA' is visible on the map. The background is a plain, light-colored wall.

POLLUTION

The military has the highest emissions - why is nobody regulating them?

By Eurico Borges



"Global military activity is liable for up to 6% of all global CO2 emissions."

The 23 largest military powers on the earth are accountable for 67.1% of the world's CO2 emissions. These superpowers represent only 35% of the world's population and account for 82% of the world's military spending. They are countries located in the northern hemisphere whose investments and exports of military material have severe consequences for the environment and human rights.

In addition to having large armies to defend their interests, these countries are also liable for 97% of arms exports and manage the company headquarters for some 63,000 multinationals with varied interests.

The climate crisis is beginning to provoke episodes of scarcity in numerous regions of the South, which increases the chances of armed conflicts or civil wars.

Indeed, the eleven countries most in danger of a humanitarian crisis are Somalia, Central African Republic, South Sudan, Afghanistan, the Democratic Republic of Congo, Chad, Yemen, Nigeria, Burundi, Cameroon, and Burkina Faso - which are all immersed in armed conflicts.

Global military activity is liable for up to 6% of all global CO2 emissions. This is often happening due to spending on energy, transport mobilisation, generation of toxic industrial waste, and resources mobilised to rebuild the infrastructure damaged by the war. However, the military sector's emissions are far more than the gases that a carrier or helicopter can produce since the present financial system, supported by fossil resources, is backed by armies.

This logic of militarised extractivism has led to an escalation of violence against land defenders who oppose oil, mining, gas, and even renewable energy generation projects.

It is also possible to ascertain the militarisation of environmental problems within the increase in migratory movements related to global climate change. The scarcity caused by global climate change has favoured the emergence of the latest refugees who, upon leaving their countries, face the securitisation of borders.

To achieve the ecological transition, we must shift the national security paradigm towards the human security paradigm, which involves reorienting investments aimed toward armies and military companies developing tools that prevent and mitigate the results of the climate crisis.

With 10% of annual military spending, the eleven most vulnerable countries could develop infrastructure and invest in resilience within the face of utmost weather and global climate change.

Among the military superpowers appear names like Spain, among the most significant arms exporters, but the one that stands out above all is the United States. This country invests the most in defence, with a budget of \$732 billion. This amount represents 38% of the world's military spending and is double the sum spent by China (261 billion) and Russia (65 billion) combined.

The US has the most polluting soldiers on earth. If the US Department of Defence were rustic, it might be the world's 47th largest emitter of CO2 before economic powers like Belgium.

US military emissions have been, over the past decades, higher than several countries, despite being a small part of the total US emissions. Their total greenhouse emissions have been more significant than the ones of entire industrialised countries like Denmark, Sweden, and Belgium.

The United States' armed force includes 2 million people and 11 nuclear aircraft carriers, making them the most advanced military aircraft in the world. They are not just capable of projecting power anywhere in the world but have proven to do so in the past.

Furthermore, the US has been continuously at war since late 2001, with the US military and the US State Department currently involved in over 80 countries in counter-terror operations. All this capability and use of military units require tons of energy, mainly fuel. Global warming is the most specific and immediate of all the threats the US will face within the coming decades. Warming has started already, causing drought, fire, floods, and temperature extremes that will cause displacement and death.

The effects of global climate change, including mighty storms, famine, and reduced access to water, are likely to make world regions unstable, fuelling political tensions and mass migrations and refugee crises.

In response, the military added the national security implications of global climate change to its long list of national security concerns. These emissions result from warfare, ongoing non-war operations, exercises, wargames, and therefore the maintenance of military installations.

Efforts to scale back energy consumption at the facilities include the gradual replacement of some non-tactical fleet vehicles with hybrid vehicles, taking over hybrid and alternative fuel, reducing the engine to idle, developing solar installations in some forts and bases, and therefore the conclusion of wind and solar power purchase agreements.

These efforts have paid off, as discussed, but the US military has room for further reductions. While the military consumes the most energy in its facilities, the energy consumption within the facilities is comparatively shared equally by the service branches.

At the height of petroleum fuel purchases, total annual petroleum products purchases averaged 134.3 million barrels. Purchases have slowed in recent years because the US scaled back its operations in Iraq and Afghanistan.

The International Criminal Court (ICC), in July 2020, authorized the opening of an investigation against the United States military for alleged war crimes and crimes against humanity committed in Afghanistan. The investigation also covers the acts of the Taliban and Afghan security forces.

The unanimous decision by the court, set up to punish individuals who have committed war crimes, was made on appeal. In 2019, the ICC had, in the first instance, denied opening an inquiry into Afghanistan because it would not be possible to investigate because the parties cooperated.

Judge Piotr Hofmanski gave prosecutor Fatou Bensouda the task of carrying out the investigation. Bensouda, who had already been collecting information on crimes against humanity committed by the Taliban and Afghan security forces since 2006, has expressed her intention to investigate the US military in 2018.

In retaliation, Washington, which considers the court illegitimate, revoked the prosecutor's visa because the inquiry went "against American interests." The White House has also vowed to punish anyone investigating US troops and allies, such as Israel.

During the trial, the prosecution said there is sufficient information to prove that the United States "committed acts of torture, cruel treatment, outrages on personal dignity, rape and sexual violence" in Afghanistan in 2003 and 2004.

Subsequently, the CIA has committed the same crimes at secret bases in Poland, Romania, and Lithuania.

We must invest our efforts into passing laws to make public and limit military government emissions to act and hold them accountable for the harm they are doing to our planet.





**ZERO
WASTE**

ZERO-WASTE WORKSHOP



HOSTED BY
MOVING WATER ALLIANCE

With Amour Setter & Hana Hrdlickova



Thurs 26th May 2022,
16:00 CET

[REGISTER](#)

Join us for a FREE 1-hour online workshop where you will learn how to minimise your daily waste & reduce your carbon footprint!



HOW GREENER PACKAGING UNWRAPS A CLEANER FUTURE

By Charly Stringer

Covid-19 has created a surge in online shopping. A survey in 2020 showed that online sales increased by 32.4% since the pandemic began the year before.

All these goodies being sent from warehouses to homes worldwide, of course, have to be packaged. Most packaging comprises plastic bags, plastic wrapping, sticky plastic tape, and polystyrene. That's a lot of extra single-use plastics making their way to landfills and our oceans.

So let's look at alternative packaging that can be used to unwrap a cleaner future and allow you to shop with a clear conscience.



What is green packaging?

Green packaging is any eco-friendly and sustainable packaging, either reusable, compostable, or biodegradable.

Here are our seven favourite types of green packaging:

Compostable

Compostable material decomposes back into the earth. Plant materials such as sugar cane, corn, or bamboo can be used as compostable packaging. For a material to be genuinely compostable, it should break down within 180 days in a home compost or 90 days in a commercial compost system.

Corrugated

This refers to box fibres made from old containers. These containers can be recycled up to ten times to make new ones.

Recycled

Recycled packaging reduces the amount of waste that ends up in landfills and prevents the need to make new products. Plastic is usually the packaging material that gets recycled.

Glassline

Glassline is a smooth, glossy paper that can be used to pack things like candles. It is made from wood pulp and is completely biodegradable and recyclable.

Cornstarch

Yes, green packaging can be made from cornstarch! It serves as a great alternative to bubble wrap and polystyrene peanuts. It doesn't contain harmful toxins and is biodegradable.

Cellulose

Made from natural materials such as cotton, wool, or hemp, cellulose is great for the packaging of foods as it is moisture-resistant and biodegradable.

Mushroom

They're not just delicious; they're also a great plastic packaging alternative! The fungus in mushrooms can create sturdy, eco-friendly packaging.

Green packaging tends to be more expensive than other types of packaging, mainly because there is less demand for it, meaning less is being made. But as people learn more and more about green alternatives and push up the demand for them, the price should be reduced due to more competition in the market. This is one reason to make the switch and to spread the word!

It's important to check all aspects of the packaging being used when you're ordering something to be delivered. Some companies can "greenwash" to make themselves out to be more eco-conscious than they actually are. They might claim to use sustainable packaging but only use it for the outer packaging. You may open the box to discover your item inside wrapped in plastic or surrounded by polystyrene peanuts.

Why is green packaging safer for the environment?

Recycled green packaging means that fewer new items are being produced, which reduces the amount of waste of natural resources needed to manufacture new packaging. It also ensures fewer items end up in landfills.

In addition to this, the manufacturing process for green packaging tends to be much more efficient, further reducing the waste of resources used for production and creating fewer carbon emissions that add to the climate change crisis.

Compostable green packaging is made from natural materials, and so when it goes back into the earth, no (or much less) toxins are going with it.

What you can do to demand green packaging from suppliers

The more people who reach out to companies to be more eco-conscious with their packaging, the sooner they listen, and the more available green packaging will become. You can do things like:

- Reach out to companies that you like to buy from and ask about their stance on green packaging
- Start an online petition to demand certain companies to be more eco-conscious
- Comment or Tweet to suppliers asking why they aren't using green packaging
- Encourage others also to do these things

We realise that green packaging isn't widely available, and it's a lot of effort to search the web trying to find eco-conscious suppliers. But if everyone reaches out to companies, speaks up, and tries to push for green packaging, the demand will grow, and it will become much more widely available.





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AN INITIATIVE BY THE PLANET CALLS



FOOD

How to plan for a global food shortage

By Vani Bhardwaj



Imagine having to survive on eating locusts and cactus leaves as adaptive coping mechanisms. In southern Madagascar, this is what people are consuming even as cactus dies out due to the paucity of rainfall. In 2021, the UN declared that the severe drought in Madagascar could be the 'first climate change famine' in the world. Ecological Threat Report, 2021 determined 30 per cent of the global population is food insecure; a quantum jump as compared to 23 per cent in 2014.

How has the global food shortage intensified?

No doubt, Covid-19 has revealed that behavioural nudges change consumption and production attitudes. A zero-waste lifestyle is fast becoming popular and people are appreciating that a plant-based diet is not only healthier but also kinder for the environment.

The on-going war on Ukraine (the Breadbasket of Europe) is already fuelling energy and grain shortage in global supply chains.

This is particularly impacting countries in the Horn of Africa as most of their grain supplies are sourced from Black Sea trade routes. The World Food Programme (WFP) insists that reduced access to resources results in conflicts, which becomes the biggest driver of food and nutrition insecurity. Climate change intersects with conflict settings, thus compounding the food crisis. As crude oil prices skyrocket, the high food inflation is taking a grip globally. Ukraine exports of the following

items have dried up, causing a spike in their prices

- Palm oil - used in Fast Moving Consumer Goods
- Sunflower, cottonseed, safflower oil - your base ingredient for cooking
- Barley, wheat- used for baking, noodles, pasta
- Oats, Corn chips, cereals, also used in baking items and salads

Environmental Impacts of Fast-food

While globally the poor undergo malnutrition, the economically better off are sliding into sedentary lifestyles of overconsumption. The livestock farming-based burger ingredients make the burgers a heavy contributor to greenhouse gas emissions.

Takeaway food containers, usually made from polystyrene, are further impacting the environment as these are not biodegradable.

Furthermore, running on portable generators, the mobility of food trucks can have a high ecological footprint. The ubiquitous nature of fast-food outlets in localities ruins the dietary patterns of the population. Resultantly, water-efficient crops such as millets and cereals find a smaller market even though they are more prudent from ecological and health vantage points.

If you drink one glass of milk a day, how much are you contributing to global greenhouse gas emissions? It would be equivalent to driving a car for 585 miles!

Immediate and long-term measures to mitigate the global food shortage

With global food shortages already being felt on the heels of the Ukraine conflict, we need to look at ways to mitigate this. Tackling what you eat is a good start. The more veggies you consume, the lighter it is on your wallet as meat is expensive. Not just in your pockets, but it's also costly to the environment in terms of water usage and emissions. Buying in bulk from local farmers' markets is a healthier practice than stocking from supermarkets, but be aware that some so-called farmers' markets are not selling local produce so be sure to check. Also, remember to ask if their produce is organic if that is what you are looking for. It shouldn't be assumed.

Healthy edible oils exported largely by Ukraine and Russia are becoming pricey in the global market. You can cut back on cooking food in oil and opt for steaming instead. You could also do lightly fried dishes using olive oil which, if you're living in Europe, comes mainly from the Mediterranean, and a little goes a long way if you are using it sparingly.

We all know that processed meat is carcinogenic and should be avoided at all costs. Plant-based meals are healthy and nutritious and a dish like kidney beans with chopped onions and sprouts is a tasty alternative to meats and provides ample protein.

Bread is another daily staple that will see price increases. While the average household may not feel the pinch too badly on this one item, when spread across all afflicted sectors it is sure to be felt.

Following healthy alternatives to bread you can fill your plate instead with:

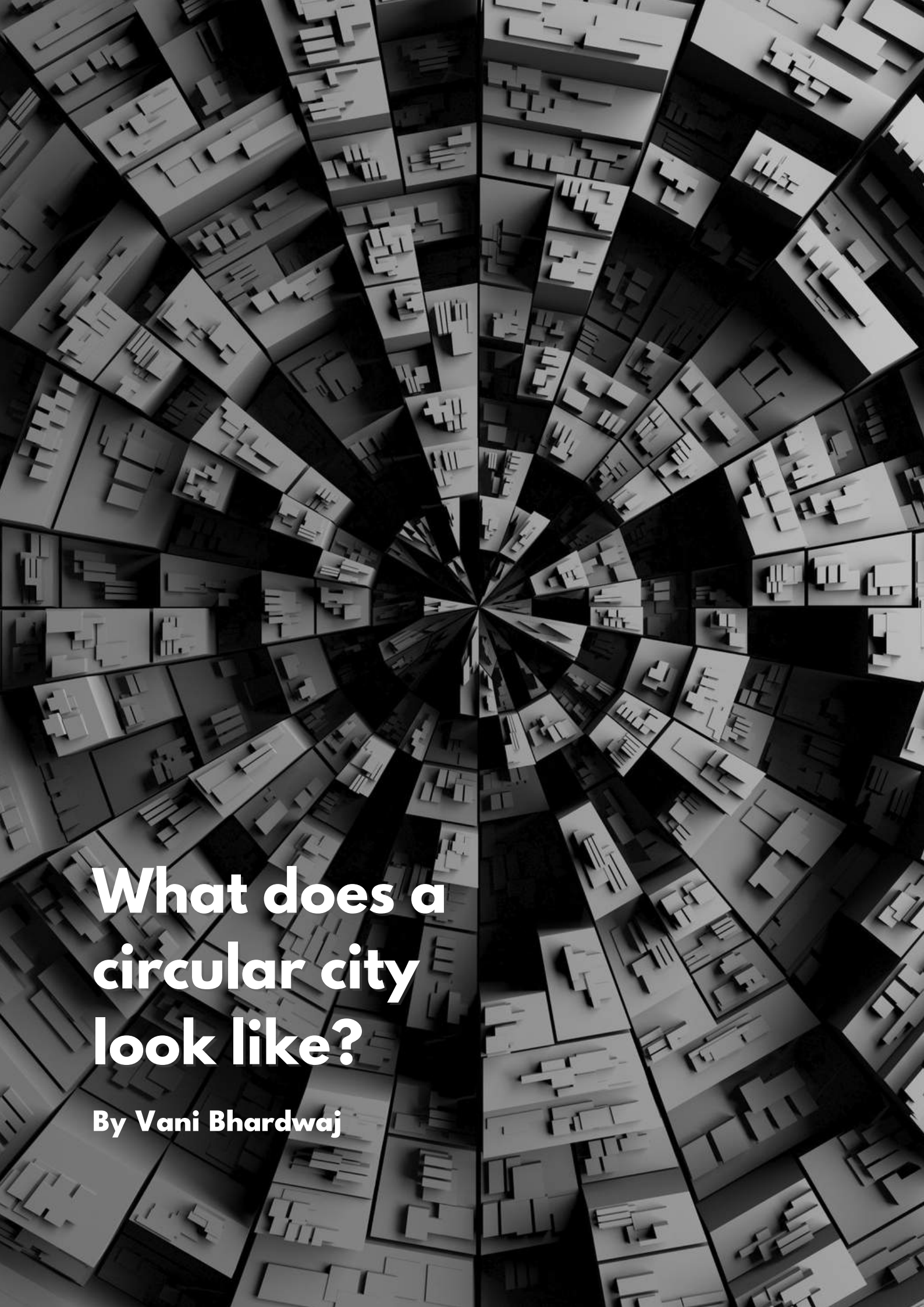
- Lettuce and cabbage leaves
- Sweet Potato
- Zucchini
- Finger Millet
- Beetroot

While you are transforming your long-term dietary patterns and accustoming them to the havoc created by conflict, climate change and inflation, why not commit to contributing a meal or free rice for those undergoing acute starvation. Or [donate to help stranded Ukrainian refugees with no food!](#)



CIRCULAR ECONOMY





What does a circular city look like?

By Vani Bhardwaj

From China to Copenhagen, the concept of a circular city has really taken off but what exactly does this look like?

Creating an urban ecosystem on principles of reduce, reuse, recycle, regenerate and recover is no easy feat; rapid urbanisation requires a life cycle continuum approach for urban planning and policy frameworks to create circular cities. Circular material flows get conflated with energy efficiency in the urban ecosystems of a circular city. Embedded in systems thinking, a circular city requires national, regional and local policy nexus at all levels. A circular city reproduces socio-economic and energy resilience.

Case Studies of Circular Cities across Continents

Latin America

In Curitiba, Brazil 70% of refuse gets recycled. Sorting through waste gets the local people paid in bus or fresh tokens. As a result, entire families have become involved in segregating the refuse. Urban community gardens have enhanced nutritive value in circular food ecosystems in Mexico City. Through Power Purchase Agreements, solar power is supplied to Mexico City that has accrued savings on household electricity billing by up to 50%.

Africa

Unreliable grids fuelled by exhaustive and polluting fuels affect healthcare across numerous nations in Africa, such as Zimbabwe, Namibia, Liberia, Zambia and

Malawi. UNDP's project Solar for Health seeks to make health facilities more reliable for patients with the continued green supply of electricity. The programme is a stellar example of circular health under processes of urbanisation.

Asia

Creating 'sponge cities' in China involves absorption of rainwater and its reuse of 70% of this absorbed rainwater across 30 cities in China. This absorption would be facilitated by bioswales, green rooftops, wetlands and semi-permeable pavements.

Europe

Abandoned infrastructure from Lolland (in rural Denmark) is being dismantled to reuse construction materials for residential housing in Copenhagen. Adequate municipality support to entrepreneurs has amounted to an exclusive shopping mall – ReTuna - for repairing, refurbishing and reusing products in Eskilstuna, Sweden. Every entrepreneur has an item-wise shop within the mall. RE-USE local points across Prague constitute a waste collection system for discarded consumer products besides construction and demolition waste. Implementing Circular Innovation Programmes across municipalities in the agri-food and construction sectors, Amsterdam executed 70 circular projects to bridge the circularity gap since 2016.

Circular skilling and employment have found their own niche in Amsterdam. The city works in congruence with the national government's vision of expanding the circular economy within the country. Urban renewal of the Nikiszowiec district under the Local Revitalisation Program in Katowice has secured the heritage of the city by constructing a museum thus transforming the abandoned district into a cultural hub for tourism. This highlights the cultural, socio-historical flows within the circular city. Climate change and carbon neutrality converge in Turku's roadmap for becoming completely circular by 2029. Turku emphasises the nexus of water-food-energy and waste management by comprehending waste as part of a system. Discouraging extraction and instituting a life cycle of reusing, recycling, recovery and remanufacturing, Turku involves all regional stakeholders.

How to build a circular city?

Consumption of material flows has consistently increased while the circularity gap has widened with only 8.6% of the world being circular by 2020, according to the Fifth Circularity Gap Report, 2022.

Flexible and adaptable building concepts such as re-designing interior floor plans, disassembling design templates, offsite and prefabricated construction enhance circularity. Circular Architecture and circular urban design would transform unused public and industrial spaces to regenerate into active mixed-use sites or recreation zones.



Synthesising circularity in manufacturing and construction segments of the economy owing to circular procurement by re-using vehicle scrappage, improving designs and durability of vehicles, reusing plastic waste and transitioning to zero-waste supply chains. Closed-loop scaffolding of urban consumerism - consumables becoming circular, minimising travel, balanced healthy diet - requires circular business models such that traditional knowledge gets conflated with technology to accelerate energy-efficient circularity. Therefore, we have seen how circular economies across cities will sustain a climate-resilient ecosystem of urbanisation.

Transmuting linear economic models into circular urban ecosystems has been arduous due to meagre producer and consumer awareness. Non-material flows of culture and politics further complicate and cause different challenges faced when transitioning a city into principles of circularity. The main focus should be on minimising transition costs from linear to circular systems based on life cycle impact assessments. We have seen that to achieve SDG 11, macro, micro and intermediate level policies will have to be enmeshed in circularity across all Sustainable Development goals.

To know more about how to adopt neighbourhood, city-wise and regional policies and action plans for transitioning to circular cities, one can explore the enlisted platforms: ICLEI - Local Governments for Sustainability, Ellen McArthur Foundation, Urban Transitions Alliance, BASE, Reflow, Circular Economy Coalition for Latin America and the Caribbean.

SUSTAINABILITY



A black pot with a lid is hanging from a metal tripod over a campfire. The fire is burning brightly in a metal fire pit. The background shows a blurred outdoor setting with trees and grass.

What living off-grid really feels like

By Anneke Andrews



Since going off-grid on the 9th of February, my life changed completely, albeit in a good way! The best decision we made was to prepare ourselves mentally before the big “switch off.”

While we were waiting for our solar installation, plans had to be made to get by. Luckily we all know of the wide variety of solar light charging devices for phones, tablets, and laptops available on the market.

We found quite a few local supermarkets selling good-quality solar lights. The cheaper brands obviously don't last that long so it pays to invest in decent solar lighting. We ended up buying two solar lights for use indoors and complemented that with a few nice candles. A one-plate gas stove meets all our needs from boiling water and bathing, to cooking. On a weekend when weather permits, we make a fire outdoors where we will cook food that usually takes longer on the gas, like boiled potatoes and rice. Luckily we eat simple dishes that don't take hours to prepare.

Working on and off in the city, we charge our appliances at a friend's house during the day to have charged phones for use at home. This is only temporary while waiting for our 1000 w solar installation. Clothes washing at this stage is also temporarily happening at a family member's house. We are mindful of water usage and therefore don't throw worn clothes in the wash after only one wear (unless it's really dirty, of course!) Otherwise, we do washing in the bathtub at home.

Fortunately, we have borehole water on the farm. However, since going off-grid, we have not been able to pump any water. We have a small generator that will help with that need, and the water should last up to 2 weeks before pumping again. For now, we get water in town and have a 200-litre drum in the garden to catch rainwater that we use for the toilet, bathing, and giving to our animals.

It's been quite a learning curve with the water situation. But, after a month, we've put together a system that works for now. Here's how much daily water we use at home for three adults (myself, my husband and our disabled daughter):

- 20 litres - bathing, brushing teeth, washing
- 30 litres - toilet (#2)
- 20 litres - extra for the bathroom due to ladies menstrual cycles
- 10 litres - washing dishes
- 15 litres - drinking, coffee, cooking food, etc.
- 40 litres - Animals (two horses, several chickens, feral cats, etc) every three days. But obviously we must always have fresh water for animals available daily.
- 60 litres - Veggie garden- depending on weather



Our glorious pumpkin patch

Luckily February/March is our rainy season in South Africa, and so far, we have had about 120 mm. If you want to keep a track of your rainfall, I would suggest getting a rain metre for the garden; they are pretty cheap and good to keep track of the year's rainfall.

February is also our warmest month, and as such, reptiles are never far away. One day we had quite a dramatic episode with a snake. The chickens are always nearby, so it was great to get a big announcement from them to say we have a snake near the house. Luckily it was a harmless snake called a "Rat eater" by the locals. Never a dull moment on our off-grid farm!



On to the garden. The compost is doing fantastically well (in the last issue I wrote about how to create a compost bin), and a single pumpkin plant started growing there, already giving us two beautiful pumpkins! We also have a tomato plant growing in the greenhouse, and so far I've counted 54 tomatoes! The rest of the veggie garden is producing fabulous spinach, a couple of corn cobs (for the horses), green peppers, and herbs.

Currently, we also have a 9-month-old pet rooster with a bad eye infection. Stevie was not born blind, but we noticed quite early that he was struggling outside with the rest of the flock. So, for now, he is sleeping in the house, getting fed, and spending his days in the veggie patch. Because his eyesight is not 100%, he luckily leaves no damage with the veggies! His eyes get cleaned every morning, and then with our help, he eats from a container. Hopefully, he will fully recover soon.



Living completely off-grid is not easy, especially in the beginning when you're getting used to it. It's been a challenge every day. It's hard work. It's wonderful. It's rewarding. Not all of us can go off-grid, but with small changes, we can decrease our carbon footprint. Our next step is our solar system that we are extremely excited about... but that is a story for next time!

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How the Care Economy is shaping sustainability

By Anthony Levin

When most people imagine a genuinely sustainable society, they probably think of electric cars, zero waste, and wind farms in a faraway land. But this is only part of the story. Sure, we can do some serious heavy lifting for the planet by changing how we get from A to B and eating less meat. However, few people imagine the care economy could drive sustainability as we strive to overcome the harmful impacts of climate change. So what exactly is it?

The care economy refers to that sector of economic activity that delivers care services to people who need support to look after themselves. That includes the elderly, children, and people with disabilities. It also looks somewhat different depending on whether the work performed is in rural or urban areas, low-income or high-income countries. Over the last two years, the pandemic has tended to magnify those differences. But one feature of the care economy remains constant: caring is highly gendered, being performed primarily by women and girls.



Historically, these activities have gone largely unrecognised and unpaid (or underpaid), while workers themselves are often exploited and marginalised. COVID-19 has also forced women, far more than men, to leave the labour force to care for children and elderly relatives –two-thirds more often than men, according to a UK estimate.

The pandemic has placed untold pressure on paid carers of all declensions, especially on nurses in the hospital and aged care settings. Media reports of burn-out and mental health issues among workers have become sadly normalised. And the bad news doesn't stop there. According to the World Economic Forum, "the world is experiencing a seismic demographic shift," and no nation is immune. Declining birth rates and increased life expectancy mean a rapidly ageing global population and smaller workforces, which will slow down economies and raise healthcare costs. Women will carry the burden of caring in most societies as we age out of the workforce borders on truistic. But it doesn't have to be. It's also an opportunity to address glaring inequities while placing nature at the centre of how we live.

As authors of the Anthropocene, we have the power to rethink what a sustainable society looks like. Put simply; natural resources are essential to any functional market economy. If we fail to protect them, there might be no society to speak of. As we approach the two °C climate cliff-face - a point of no return whereby irreversible changes spell the end of civilisation [gulp] - tackling decarbonisation from an interconnected and relational perspective is essential.

The problem is that most existing economic models are gender-blind, emphasising green innovation and market mechanisms but relying on underpaid care work, disproportionately performed by women of colour and immigrants. While most governments are yet to build a conceptual bridge between 'care' and 'climate,' the nexus is there in plain sight: caring work could supercharge our path to net zero.

In the coming decades, you can safely assume that we will need to electrify everything as we decarbonise. Whether it's our homes, offices, or devices, most things will need a socket. This has enormous implications for the energy grid, but suffice to say, scaling up clean energy is only part of the solution. The other is the economic and social transformation which is only possible with care infrastructure. For one, care work is touted as 'climate work' with good cause: it is generally low-carbon, making it an attractive sector for investment. Suppose the transition is truly equitable and jobs are redistributed and adequately paid. It could also help mobilise women to enter new, green energy industries like battery storage technologies, transmission infrastructure, or supply chain ecosystems.

Of course, it's not all beer and skittles. There will undoubtedly be losers as we begin the transition. So-called 'brownier' industries - those heavily dependent on fossil fuels - and other carbon-intensive sectors are likely to contract significantly, leading to many workers losing their livelihoods.

Despite existing remedial efforts, climate change will also increase demands on the health system, as heatwaves, future pandemics, and poor air quality generate new patients.

The World Health Organisation anticipates a staggering 250,000 deaths per year between 2030 and 2050. The resulting social dislocation arising from these structural changes and health risks demands careful and compassionate social programs to reskill those who wish to remain in the labour market and support those who cannot. Some argue the most important elements of a just transition are strong health infrastructure and net job creation.

Fortunately, the care economy can achieve both, with enormous jobs growth potential. The International Labour Organisation predicts that the care sector will balloon as childcare and aged care demand increases in all regions. Substantial investment in gender-equal leave, universal childcare, and long-term care services could generate almost 300 million jobs by 2035. The ILO estimates we'll need about \$5.4 trillion. That's Japan's GDP plus change - a worthy investment to help preserve life as we know it.

Beyond the stark economism of jobs creation, care work is humanising, shifting focus away from profits and towards human dignity. Rebalancing caregiving equitably draws our attention to human relationships and the kind of spaces we want to be in to enjoy the quality of life, whether we're healthy, convalescing, or dying with dignity. Care infrastructure can form part of broader social infrastructure that will become critical, especially as we face increasingly extreme weather, natural disasters, and the health impacts of climate change.

Social spaces like libraries, community centres, and even indoor playgrounds function to accommodate people temporarily displaced from their homes and embed climate resilience into local communities. During major floods like those recently affecting the East Coast of Australia, they offer a clean, safe space to stay dry and avoid water-borne diseases. If temperatures spike during a heatwave, they double as cooling centres. Such infrastructure could save lives during climate crises, especially among vulnerable populations like the elderly. Critically, they also afford space to begin disaster recovery, a place where essential services like healthcare, legal, and housing support can convene and connect with people who need immediate help.

With climate anxiety rising, it's no longer Pollyanna to talk about developing a culture of care. Instead, caring is an ethos that should inform our relationships in the marketplace and the biosphere. The green revolution is our chance to design economic processes which revitalise ecosystems and recognise our interdependence and vulnerabilities. Maybe then we will all begin to see ourselves as both caregivers and caretakers.



A pair of hands is shown from a top-down perspective, gently cupping a glowing green globe. The globe has a grid of latitude and longitude lines and is illuminated from within, giving it a bright, ethereal glow. A single, vibrant green leaf is positioned behind the globe, its veins clearly visible. The hands are set against a dark, textured wooden background. The overall composition is centered and balanced, emphasizing the theme of environmental care and sustainability.

Will sustainable products become the norm?

By Breffni O'Brien

"Luckily for us, sustainable living isn't just another fad, like fidget spinners or last year's banana bread craze."



Sustainable and eco-friendly products eased their way into our homes and hearts, and they are certainly here to stay.

But why are sustainable products becoming more popular these days?

They're readily available

The main reason sustainable products are fast becoming the norm is that they have become so readily available. Cast your mind back five years or so - would you have known where to go to buy eco-friendly floss or pick up compostable cloths? Probably not. My guess is that you can name more than a few places to pick them up now, though!

Sustainable household products are no longer limited to niche online stores; many towns are seeing minimal waste grocery stores and conscious fashion boutiques popping up all over the place. Over the last couple of years, the selection of accessible, affordable eco-friendly products has increased, making it easier for us to adjust our lifestyles accordingly.

Not only have physical products become more available, but information about sustainable living has too. There are so many online resources to teach us how to swap everyday items for more environmentally-friendly versions. For instance, there are dozens of blogs that will show you how to ditch harmful chemical cleaners in favour of homemade cleaning solutions that will leave your house sparkling without damaging the environment.

If homemade cleaning agents are not your thing, some larger supermarkets are starting to get on board by providing plastic-free refill stations for eco-friendly laundry and cleaning products. You can simply bring your own container and fill it up. While you're there, you may also notice many household brands have ditched their plastic packaging in favour of paper. These small changes in major grocery stores show how sustainability is becoming the norm, and this is just the beginning.

They make life easier

Another reason why sustainable products are becoming the norm is convenience. Not only is it quite convenient to find such products, but they make our lives easier once we've made the swap. For instance, many sustainable products are reusable, thus cutting down on waste. This also means that we don't have to keep buying them. Opting for reusable cotton buds means that you don't need to add them to your shopping list (or forget to pick them up!) Likewise, choosing soy wax wraps and reusable sandwiches bags means you can forget about running out of clingfilm.

Reusable and eco-friendly menstrual products are fast becoming the norm for the same reason. Buying tampons or sanitary towels every month works out to be quite expensive, but it's also a pain if you're caught off-guard. By contrast, if you have invested in reusable cloth pads, menstrual underwear, or a menstrual cup, you'll always have products at hand. The same can be said for reusable wet wipes and cloth nappies!

They're more economical

Sustainable products aren't just cost-effective because many are reusable; they also tend to last longer than alternatives. For example, fast fashion might seem like the cheaper option, but these clothes are often made with poor quality materials, and they're not well made. This means that they don't last as long as higher quality, sustainably-made clothes.

By opting for cheaper, fast fashion items, you're not only contributing to an industry that has a massive environmental footprint, but you're also contributing to one that doesn't pay workers fair wages. It also means that you'll need to replace your clothes more often, as cheap materials tear and seams come undone. Investing in higher quality, conscious fashion means your clothes will last longer, costing less in the long run. This is one of the reasons why conscious fashion brands are becoming far more popular in recent years, and fast fashion giants are attempting to keep up by offering thinly-veiled green-washed product lines.

Conclusion

With sustainable products more readily available than ever, many people who may never have considered coming over to the "green side" before are slowly adjusting their lifestyles. It also helps that information about the consequences of an unsustainable lifestyle has become far more accessible, giving many people a gentle nudge toward a more sustainable way of life. The demand for plant-based, ethically-sourced, and reusable products is at an all-time high, and this "trend" is well on its way to becoming the norm.



CLIMATE CHANGE



IS CARBON-OFFSETTING GOING MAINSTREAM?

By Erryl Ho

In 2021, China, India, and the USA took up to 50% of global CO₂ emissions, as reported by the United Nations Conference on Trade and Development. China alone produced over 10,000 million tons of CO₂ in 2019 alone. The release of CO₂ emissions and other contaminants contribute to the obstructive greenhouse effect – commonly known as climate change.

There is an obvious problem regarding CO₂ emissions globally, and we must put a stop to this. Enter carbon offsetting; a potential solution.

"Carbon offsetting is a practical and effective way to address climate change and encourage the growth of renewable energy," explains the sustainability company, Native.

In simpler terms, it refers to replacing carbon-emitting activities with projects that save our environment. Some examples include replacing coal-fired power plants with wind farms, reducing heat loss in buildings through increasing insulation, and eliminating industrial greenhouse gases. These are just some ways that carbon offsetting can move us toward a more sustainable future.

Carbon offsetting provides businesses with the opportunity to minimise their carbon footprint and benefits environmental projects that have difficulty securing funding by themselves. For businesses to get started with carbon offsetting, they need to uncover how much carbon they strive to offset and their reasoning behind them.

There are several goals businesses could implement in their sustainability targets. These include:

- Setting an offsetting budget matched to CO₂ amount before procuring carbon credits.
- Setting Carbon Neutrality or Net Zero Carbon Projects.

Assessing carbon footprint measurements should comply with acknowledged footprint standards. Notable footprint standards are ISO 14067:2018, PAS 2050, EN 15804, EN 15978, UKGBC Net Zero Carbon Framework Definition, and World Resources Institute GHG Protocol for Products.

In recent years, carbon offsets have been a brand new lucrative market in the US, Europe, Australia, and Canada.

A paragon of carbon offsets would be the EU, with aims to reduce emissions by 2030 – which can solely be accomplished with the support of humongous carbon offset sales.

There are several methods for buying and selling carbon credits to businesses and individuals in need. Internationally, there is a myriad of online carbon exchange programs, identical to how stock and commodity exchanges work.

The US owns three of the biggest voluntary carbon registries for manufacturing carbon offsets.

The enrollment process requires individuals to provide proof of land ownership, legal description of the land, management practices, and a signed contract of the individual and related parties for buying the carbon credits. It's essential for purchasers to ensure what is required through company research and knowing the appropriate paid amount.

Individuals such as farmers, ranchers, and landowners are also eligible to sell carbon offsets through storing emissions. Through the carbon sequestration processes and carbon farming, they are able to convert gas into organic matter, which in time goes into plants.



Some common practices for individuals that are eligible as offsetting projects include nutrient management and precision farming, replacing surface irrigation systems with flood irrigation systems, altering manure management and changing feeding schedules, and utilising conservation tillage or no-tillage practices that improve the quality of water and the air by increasing nutrients and soil structure.

To sum everything up, carbon offsetting is an effective method to reduce greenhouse gas emissions by implementing companies' and individuals' sustainable practices. Carbon offsetting is potentially a lucrative market that multiple businesses can thrive from, which overall benefits the economy and the world as we know it.

However, we shouldn't solely rely on carbon offsetting; we should work to reduce our carbon footprint too. Carbon offsetting can be a great solution to offsetting the carbon we cannot reduce; however, it should not be seen as an alibi or a way to avoid making any changes to the current unsustainable way we live.





Let's be One (poem)

By Omar Rashid

As we are preoccupied in our lives, with our daily chores
And are oblivious, climatic catastrophes are no folklores
The frankenstein of global warming is causing water levels to rise
And the earth as we know it, is heading toward its demise

Are we ready for floods? Are we ready for submerged lands?
Are we ready for mass migrations? On deck we need all hands
Climate change needs attention; the planet needs Thunbergs
We have to join hands to cure the melting icebergs

Global warming is not a concoction; the threat is very real
After we go past a threshold the planet will not be able to heal
We need to wake up now; can't live in a denial state
Let's fight this menace before our time is up, before it gets too late

Let's play our part and reduce carbon footprints and emissions
We have to make part of our lives, renewable energy applications
We have to plant more trees and say no to plastic bags
Let the world be one nation, let's combine all the flags



LIFESTYLE

THE TINY HOUSE REVOLUTION

BY JELENA GRUJIC



As people become more aware of the impact of their consumption on their mental wellbeing and the planet, they are finding more ways to draw back. One way is through purchasing tiny houses where they have everything they need to live, without any excess. But what exactly is a tiny home, what are its benefits, and how can you get involved?

What is a tiny house?

Tiny houses are small homes for singles or couples who want to enjoy the positive effects of basic living. They are 85 to 400sqm in size, whether mobile or stationary. These homes consist of spaces of the standard size like kitchen and bathroom, plus there is a multi-living space designed to suit the owner's desires and needs.

Quite a few companies are responding to the demand for tiny houses, and they are offering their customers pre-fabricated kits and build-to-order homes. Tiny homes are partly self-built and almost resemble a caravan.



They represent a modern housing alternative. They offer a budget-friendly option for those who can commit to a new, modern, focused, compact, nomadic lifestyle.

Where did the tiny house movement come from?

The tiny house movement started in the 1970s when Allan Wexler started researching the concept of living in a small or more compact space. Jay Shafer is considered to be the father of the tiny house movement. In the same year that he published his first article about the importance of simple living, he founded the Tumbleweed Tiny House Company in Sonoma, California. Therefore, it was the first US company that sold tiny mobile houses on the market. Designers later came to the scene and took the tiny house movement concept to its full fruition.

Why are people opting for tiny homes?

The four factors that make the movement so popular are affordability, efficiency, eco-friendliness, and minimalism. It is more than a movement; it is a new lifestyle concept. So, it is not surprising that the importance of the modest economic aspect was listed by 65% of those surveyed as the most attractive factor of tiny living.

For those who are not experienced in decorating, here are some tips on how to make a small house look pretty:

- Use steps for storage
- Decorate with plants
- Embrace neutral colours
- Opt for natural accents
- Include small patterns and pops of colour
- Rearrange your bookshelves
- Install French doors

In Summary

Tiny houses aren't just super small builds; they're part of a movement you could join. The Tiny House Movement is a trendy way of life in the US. However, with trends moving over to the UK, you can decide if the tiny house movement is the right fit for you. "When you live 'tiny,' you strip back what you need, live minimally, but not poorly - quite the opposite," explains Dane Smith-Burchnell, Director of the Tiny Housing Co. She says: "you have everything that works for you, rather than living with a house which isn't well designed, insulated, or suitable for your needs. Tiny living allows you to live freer, to move about if you wish, and to save more money for things that matter."

The tiny house movement started from a need to simplify life and become more environmentally friendly. The concept behind taking up residence in a tiny house is to limit financial and environmental impacts while creating less waste and reducing your carbon footprint. Historically, it seems that we made the move from big traditional homes to small, which may seem that we made a full circle: it is possible that the tiny house movement is simply an ending of a long historical line which proves that society doesn't need more and is realising now that the basic resources that we have are more than enough.





MENTAL HEALTH

THE PLANET CALLS TEAM SHARE THEIR SELF-CARE ROUTINES FOR ENHANCED MENTAL HEALTH



*"Life should be touched, not
strangled. You've got to relax, let it
happen at times, and at others move
forward with it."
Ray Bradbury*



**Jeannine Matthews -
Senior Bookkeeper
at The Planet Calls**

"If I had to choose just one, then it would be a long hot bath with aromatherapy oils, soft instrumental music and scented candles. With just this one activity -not only does it allow my mind to totally relax & rejuvenate, soothe the aches & pains in my body, open all my senses, but allows my mind, body and soul to become one. Water has always been no 1 for mental & body health."



**Vani Bhardwaj -
Writer at
The Planet Calls**

"Thirty minutes of walking along with regular yoga every day keeps my batteries charged. It facilitates mindfulness in my everyday activities."



**Jennifer Damian -
Chairperson -
Moving Water
Alliance**

"I spend a lot of time working with families with disabilities in the education, mental health, and medical fields and often feel the need to take myself out of the intense and intimate atmosphere to recharge my being. One of my favourite things that I do to centre myself is to cook and experiment with fresh ingredients from our garden and from the neighbourhood walks that I take with my friends and our dogs."



**Ayoola Idris-
Animashaun -
Social Media
Manager at
The Planet Calls**

"My one self-care activity is having a good night's sleep after long hours of activity. It helps my mental health by keeping me refreshed and renewed. I tend to spend many hours online involved in creating and solving challenges. Sleep is just perfect to enable me to reset my mind and regain focus."



**Tahsin Ahmed -
Frontend
Developer at The
Planet Calls**

"As a web developer, I have to spend an awful amount of time in front of the computer and that creates a decent amount of mental pressure. Self-care is necessary for keeping my productivity on point. For self-care, I always try to jog every day. Morning fresh air cleanses my mind and a little workout keeps my body fit for the day. Nothing beats a long run then a warm cup of black coffee. I believe mental well-being is as important as physical health, So for that, I love to read or listen to audio books."



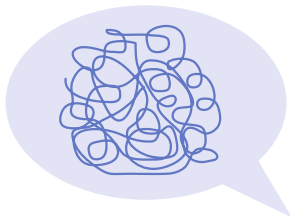
**Andrew Dickinson-
Senior Virtual Asst
at The Planet Calls**

"A daily hike in nature with my 2 dogs helps keep any stress and anxiety from building up. Admiring the beauty of nature keeps the mind fresh and opens a different perspective on life."

What high- functioning anxiety looks like

By Amour Setter

We're surrounded by high achievers who appear well put-together and organised, who never miss a deadline and who tend to be helpful and accommodating in every way possible. But would you guess that many of them are chronic anxiety sufferers? You see, anxiety is a silent enemy that sufferers have learned to accept and live with. After all, it isn't something that just goes away, no matter how often they take medication or how many deep breathing exercises they do every day.



Anxiety-sufferers who can function “normally” at work have learned tricks and coping skills that make them appear calm and collected. And many times they are. But anxiety is always there in the background, gnawing away quietly, and threatening to jump out at any stage and make its ugly presence known.

Anyone who suffers from any kind of mental health issue knows that plenty of sleep, regular exercise and a disciplined daily routine does wonders for one's sense of stability. But for anxiety sufferers, that just isn't enough.

They have to implement coping strategies that help them in their day-to-day lives in order to get through the day.

Some anxiety sufferers have their entire workday planned out for themselves, including a to-do list of tasks that they wish to accomplish on any given day. Now before you accuse them of being militant control freaks, let me explain why this is so helpful. Anxiety sufferers can become easily “flooded” by anxiety, which can cause panic and can result in a quick loss of focus. A to-do list can help them stay the course and stick to their daily agenda. Accomplishing a task despite how wobbly they feel also helps to release endorphins in the brain that make them feel good. It also helps them to focus on the actual task and not on what's going on inside their anxious minds, essentially grounding them to the here and now.





Anxiety-sufferers also generally like to arrive at meetings early as it gives them an opportunity to relax in their surroundings and ground themselves. Besides, rushing is one activity that can easily trigger sufferers to feel flooded and panicky, making the anxiety much worse.

Anxiety may make them seem like overachievers, as many high-functioning people are labelled as. But people often fail to realise the daily struggles they face to actually achieve anything.

On days when the anxiety levels are extremely high, it can be difficult just to get out of bed and get dressed. And that's where a daily routine is very helpful.

I've even met sufferers who have a tick list pinned to their walls and they literally have to force themselves to shower, get dressed, make their beds and eat a nutritious breakfast on bad days. When they tick off the activities they feel like they've accomplished something, which essentially they have.

Another drawback of high-functioning anxiety is that sufferers often don't seek treatment.

This is primarily due to the fact that they either think their issues are normal or they don't think they actually have a problem due to how well put together and under control, their lives seem to be. At least to the outside world. High-functioning anxiety sufferers will often be complimented for their successes or achieve awards or recognition in the workplace. This in itself presents a double-edged sword as they may be afraid of being stigmatised for suffering from a mental health issue. Or they may convince themselves that there isn't a problem.

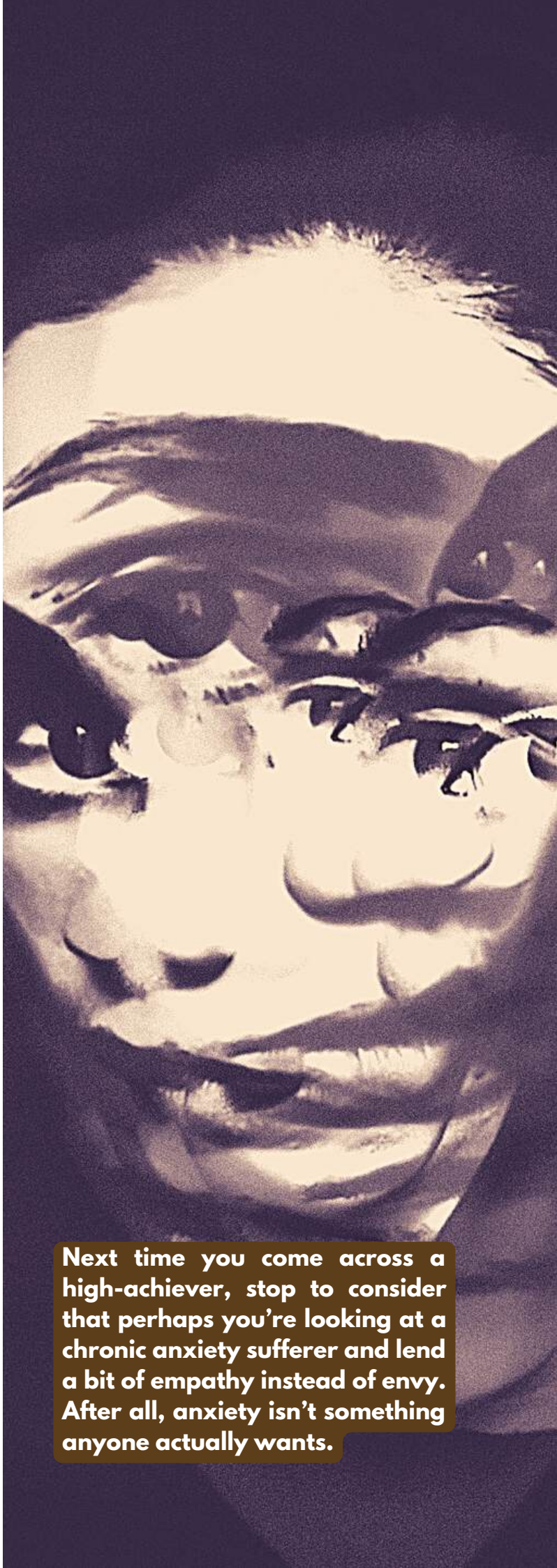


How do you know if you are suffering from an anxiety disorder? Here are some common symptoms:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

People with high-functioning anxiety are often able to control some of their anxiety at work and may be able to prioritise tasks to the point where they are able to shut out some of their anxiety for a short period of time. But things like giving a presentation, chairing a meeting or even having a meeting with their boss can feel daunting, often triggering an anxiety attack.

To the outside world, things might look perfectly normal, but that's because anxiety sufferers have learned to cope with their condition.



Next time you come across a high-achiever, stop to consider that perhaps you're looking at a chronic anxiety sufferer and lend a bit of empathy instead of envy. After all, anxiety isn't something anyone actually wants.

A fashion photograph of a person standing in a corner, wearing a denim jacket, denim jeans, and black boots. They are holding a large bouquet of flowers in a glass vase. The word "FASHION" is overlaid in large white letters across the center of the image.

FASHION

5 WAYS TO FALL BACK IN LOVE WITH YOUR OLD CLOTHES

By Bronagh Loughlin

When it comes to clothing, we all buy too much of it and unfortunately, a lot of the time, we don't wear our clothes enough. Whether we fall out of love with them or they suddenly no longer fit, we regularly do spring cleans and donate our goods to the local charity shop.



While there is nothing wrong with this as it promotes the circular economy, it is better if we find ways to fall back in love with our old clothes. After all, we spent good money on them, and a lot of the time, there is a lack of transparency around where they could end up.

Although we donate to the charity shop, it is impossible to know who will buy them and what they will do with them next. According to Oxfam, in Ireland, half a tonne of clothing is thrown into a landfill each minute of the day.

For this very reason, we need to figure out ways to fall back in love with our old clothes, so we can cherish them and keep them for longer. What is the perfect way to do that, you might ask? Upcycling! Continue reading for ways to upcycle your old clothes and transform them into items you never want to part ways with.

1. Acrylic Paint

The most 'fun' way to upcycle your clothing is by using acrylic paint on them. You can grab the paint and brushes and go to town on your plain old jeans or a denim jacket or even take out those Nike Air Force you don't wear quite as much anymore and paint a cool design.

Depending on how artistic you are, you can paint splatters or stripes or something artsier like butterflies. You can also purchase stencils to help you get the perfect design if you are uncomfortable about free handing it. A great place to get some inspiration for designs is Pinterest too!

2. Tie-Dye

Tie-dye is one of my favourite ways to spice up an old piece of clothing. This is because it is pretty fool-proof! All you need are some white clothes, best if they are cotton, and some vegetable dyes and rubber bands.

Below are some vegetables you can use and the colour they achieve:

- Carrots - orange
- Cherries - pink
- Purple grapes - blue
- Spinach - green
- Tumeric and paprika - yellow
- Pomegranates - red-brown
- Huckleberries - red-purple

Once you have decided on your colour scheme, grab your clothing item and create your design using the rubber bands. Many videos on YouTube show how to get different designs, the most popular being the spiral. Next, go to town with your dyes and leave them to sit for a while. Return, wash it out, and dry it, and you have a transformed article of clothing that you will likely fall head over heels for!

3. Iron-On Patches

You can find iron-on patches in a range of physical stores and online. There are so many fun ones out there that you can add to jeans, denim jackets, and other various articles of clothing. You can also get inspiration on Pinterest for patches you should look out for. This is a really fun way to jazz up an old item of clothing and make it feel brand new. It is so simple to do - all you need is an iron and a tiny bit of patience.

4. Printing T-Shirts

Do you remember when everyone used to be obsessed with heading to the local t-shirt printing shop to spice up their old white t-shirt with their favourite catchphrase or TV show? This is an awesome way to fall back in love with your old clothes.

Beyond going to physical T-Shirt printing stores, videos on YouTube show people using the likes of parchment and transfer paper to print their designs on shirts. If you can master this trick, you can create almost any T-Shirt or hoodie of your dreams.

5. Shorten Clothing

This one is not the most exciting, but you can completely transform a clothing item by simply shortening it. I had a hoodie that was far too long, and while I loved it, I didn't wear it as often for this very reason. I decided to crop it at home, and now I wear it at least once a week.

All you need is a pair of sharp scissors and a steady hand. Be aware, though; this does give a rough hem look. If you prefer a neater style or would rather be safe than sorry, you can also visit your local dressmaker and provide them with some business. Alternatively, if you sew yourself, you can do it yourself. Above are just five ways to upcycle your old clothes to fall back in love. There are tonnes of other ways you can get creative and transform your clothing to look brand new and give off a different vibe. The impact of fast fashion is significant. We must reduce our consumption and become conscious consumers, buying from those that do not negatively harm the environment, people, or animals.

These are just five ways to upcycle your old clothes to fall back in love. There are tonnes of other ways you can get creative and transform your clothing to look brand new and give off a different vibe. The impact of fast fashion is significant. We must reduce our consumption and become conscious consumers, buying from those that do not negatively harm the environment, people, or animals.

Wearing what is in your wardrobe is the most sustainable thing you can do, but sometimes it is not that easy. After all, our clothes showcase our personality. You can still have it all but upcycling your clothing items to look not only brand new but entirely reflective of whom you are without negatively impacting the planet.





LEADERSHIP

War stories of Change-makers

By Szilvia Szabo



Meeting with leaders from all walks of life is one of my favourite parts of being the editor of an online news site and the Profit with Purpose Magazine as I get to understand better why and how people are making change happen.

Sometimes I even get butterflies when I first meet with leaders from well-known organisations doing fantastic work, changing people's lives on a large scale. Although, without exception, after a few minutes, when we ease into the conversation, the warm feeling of talking with another human being kicks in, melting away fancy or daunting titles and leaving me in discussion with a person.

The myth of a hero embodying all the characteristics needed to save the world, going through challenges but eventually changing the course of history, has been the picture we associated leaders with for so long. Especially when it comes to sustainability, social enterprises, and making a positive impact, we tend to look for the one leader who turns evil into good.

So are these leaders one in a million heroes or everyday people like any of us?

One thought that stuck with me from an interview with Suzanne Wisse-Huiskes, CEO of Euclid, the European Network for social enterprises and impact-driven leaders, reflects on this question too: "I see most often that social innovators are ordinary people brave enough to do extraordinary things."

Historically we needed heroic tales to engage people and inspire action. However, it also creates a void for inaction as you expect these heroes to be the chosen ones solving problems, not you, so you can stay comfortable and wait for change.

The more I talk with leaders actively dealing with sustainability and social issues, the more I have the impression that the narrative of one outstanding person fighting against all odds is no longer the case.

In his iconic book 'The Hero With A Thousand Faces' Joseph Campbell accurately analyses the creation of heroes in different cultures. His work has inspired authors worldwide since it was first published in 1949, including George Lucas in writing the story of Star Wars. But would it be possible that Campbell might have added another chapter that redefines heroes if he was still alive today?

Talking with Gabriela Gandel, former Executive Director of Impact Hub Network, the most influential global network of changemaker entrepreneurs, I learned that for her, 'leadership is definitely not about heroism but building teams and connection amongst stakeholders.' With over ten years under her belt leading this worldwide organisation, she believes that bridge builders are needed the most in key leadership roles with the ability to bring very different people together and get them to collaborate.

While looking at leaders in influential roles seems obvious, I always find it fascinating to learn from small business owners and people working in a rather traditional environment.

An innovative approach I came across is a unique course at the Management Program of the Vienna University of Economics and Business, where master students can choose to write comedy scripts on sustainability issues as part of their studies.

Dr. André Martinuzzi, creator and leader of this award-winning trailblazer course, experimented with the idea to use the power of humour to help students better understand and deal with complex sustainability topics. In his view, social responsibility and sustainable development are often perceived as killjoys, and young people typically feel pessimistic about their future.

Dealing with negative emotions associated with sustainability is a genuine concern for many leaders when they want to raise awareness or mobilise people.

“I believe that our pleasure-seeking self and responsible self shouldn’t be in conflict when it comes to sustainability,” said Orsolya Lelkes, author of the Sustainable Hedonism book, when we worked on an article together. By putting sustainability and hedonism together, she wanted to provoke a conversation around how we can enjoy life and change the narrative on restrictions and limitations we should endure if we choose to live a sustainable life. Feeling powerless is another barrier leaders tend to deal with regularly.

Justine Looney, owner of the Cork Flower Studio in Ireland, had the same dilemma about her shop until she started with a simple but impactful change. She has done a seamless transformation by breaking up with the tradition of wrapping bouquets into plastic layers and using glass vases instead while introducing a return scheme to keep the vases in circulation.

“Sometimes I feel that many things around sustainability are out of my control,” she recalled in an interview about her initiative. She explained that implementing this simple thing reassured her that even small things have a positive ripple effect.

Looking beyond the iconic figure of a hero leader, I found that it is no longer the journey of a single warrior that we should tell but the story of people embracing their ideas, building communities, and changing the world along the way.

From international organisations to flower shops and universities, I see people adding essential pieces to the collective story of humanity to make positive change happen. This constantly inspires me to add my bit and raise the question as often as I can, ‘What is your piece to add to that?’





MEET OUR FINALISTS

**SUSTAINABILITY
LEADER OF THE YEAR
AWARD 2022**

When we were planning our April issue we were thinking of ways we could honour and celebrate the wonderful leaders in our communities. It dawned on us that issuing an award might just be the best way to do that. Our team worked hard to nominate the right leaders and we were thrilled when they accepted their nominations.

Each and every one of these finalists has made contributions to their communities and cities, and in so doing, has made a difference to the world. Now more than ever we need strong leaders to pave the way forward by encouraging people to live a more sustainable life. The Planet Calls exists to drive change and we are thrilled to be associated with these incredible humans.

We proudly present the 13 finalists in this year's Sustainability Leader of the Year Award! Please go and cast your vote, it would mean the world to us. You, the reader, get to choose the winner this year, so don't hesitate to vote. Thanks for being part of this wonderful process of recognising and honouring our wonderful leaders!

Sincere thanks must go to our wonderful sponsors, who have provided prizes for our winner.



THANKS TO OUR SPONSORS



Binchio is 100% natural, cheap and flexible way of filtration and domestic water mineralization. Binchio coal absorbs chlorine, chemicals, small impurities and also heavy metals from the water. Binchio activated carbon changes the taste of your tap water so much that it can easily withstand comparisons with Evian, for example. Unlike reverse osmosis plants, Binchio does not cause water demineralization. On the contrary, it gradually releases various useful minerals into the water, such as magnesium or potassium, thus enriching the water and giving it a great taste. binchio.com/

köhöutek

Kohoutek shop is a zero-waste store in Prague selling personal care items, laundry, household cleaners and organic cosmetics. All their products are sourced locally and from Slovakia, making the carbon footprint of their products very low. Customers can bring their empty containers into the store to be filled with products. Their online store lists all their items. www.kohoutek.shop/



The mission of the 'Profit with Purpose Magazine' is to use the power of communication to raise awareness, inspire action and empower innovators to create a sustainable and just economy.

This seasonal publication is published twice a year and dedicated to leaders from business, research and policy sectors, addressing pressing social and environmental issues. Each issue covers a central theme, such as carbon management or building back better from the pandemic.

The magazine features easy-to-digest content related to value-driven business and innovation, circular economy, climate change, sustainable development and everything at the intersection of People, Planet, and Profit.

<https://business-spirit.news/profit-with-purpose-magazine>





VOTE

ALICE SCHMIDT (AUSTRIA)

Alice Schmidt is a global sustainability advisor and business consultant who has spent 22+ years engaging at the intersection of social, environmental and economic affairs. She has worked in 30 countries on 4 continents with 70+ organisations, including UN agencies, the European Commission, the World Bank, many NGOs as well as businesses of all sizes across industries.

Alice regularly writes about sustainability, including in her latest book: 'The Sustainability Puzzle: How Systems Thinking, Circularity, Climate Action and Social Transformation Can Improve Health, Wealth and Wellbeing for All.'

ELISA GIUDICI (UK)

Elisa serves as a non-exec ESG director, a trustee of the Impact in Tech Foundation, co-founder of Impact Investing In Tech Newsletter & Podcast, and founder of Expanse, the global summit for impact investing in tech.

She's a serial entrepreneur, an investor in 20+ startups, and a mentor for aspiring businesswomen.



VOTE



[VOTE](#)

IFEOMA MALO (NIGERIA)

Ifeoma Malo is the CEO of the Clean Technology Hub Energy Innovation Center in Nigeria.

She has held Senior Policy Advisory positions on Energy Policies, Regulations and Partnerships at the Ministry of Power in Nigeria. Her focus area lies with Global Policy; Project Design and Strategy and Stakeholder partnerships initiatives.

She is an African Leadership Initiative PIA Fellow (2012); A Desmond Tutu Fellow (2013); a Crans Montana New Leaders for Tomorrow Fellow (2014); A Dwight Eisenhower Fellow (2015); and Global Leadership Academy Fellow (2017).

BERNARD MERKX (NETHERLANDS)

Bernard Merkx is a renowned plastics recycling, waste management and marine litter expert. In 2011 he established The Netherlands based consultancy company Green Wave Plastics which aims to assist companies in the international plastics & other industries in the transition to improve sustainability and profitability. He is co-founder of Waste Free Oceans Foundation, the Brussels based not-for-profit organisation that is actively working on solutions to marine litter challenges: identifying sources, working on prevention, organising and supporting active clean-ups in various parts of the world & turning retrieved marine litter plastic waste streams into valuable products.



[VOTE](#)



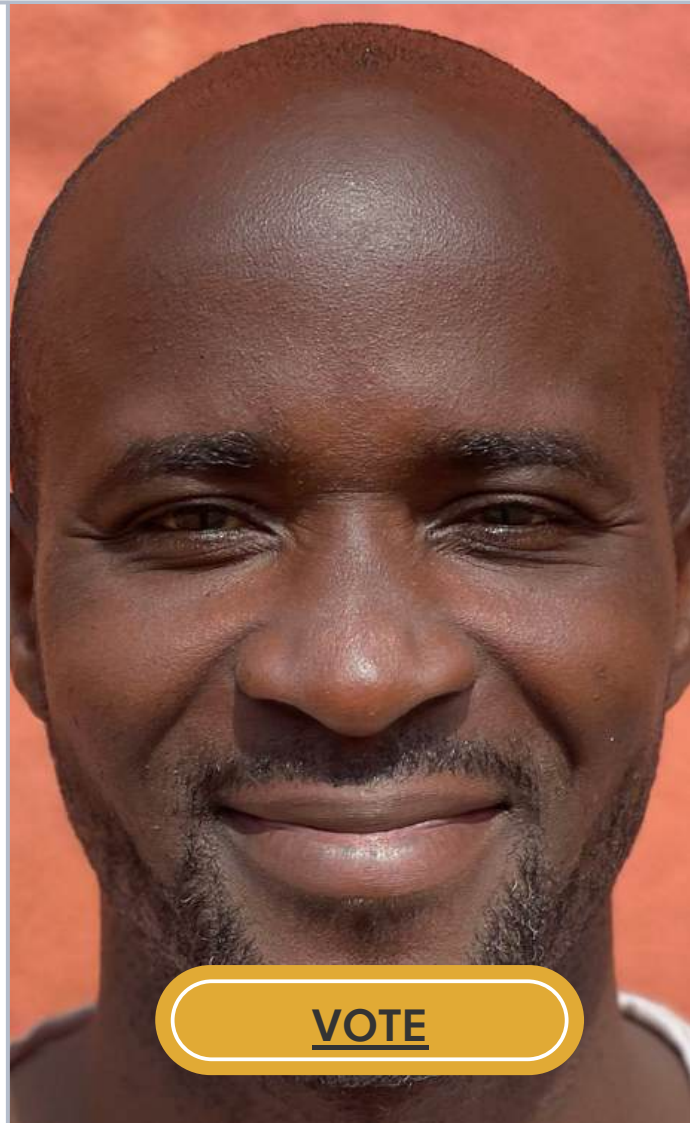
DR TARA SHINE (IRELAND)

Dr Tara Shine is Director and co-founder of Change by Degrees, an award-winning sustainability business. Prior to setting up Change by Degrees in 2018, she spent 20 years as an international climate change negotiator and adviser to governments & world leaders on environmental policy. (She was Special Adviser to the Mary Robinson Foundation-Climate Justice and The Elders). She is Chair of the Board of the International Institute of Environment and Development (IIED) and a member of the faculty of Homeward Bound, a global leadership programme for women in science. She is co-facilitator of the Structured Expert Dialogue (SED) of the 2nd Periodic Review under the United Nations Framework Convention on Climate Change. She is a science communicator and TV presenter (BBC, RTE, Channel 4) and author of 'How to Save Your Planet One Object At A Time' published in April 2020 by Simon and Schuster.

VOTE

GODFREY MCHUNGUZI OYEMA (TANZANIA)

Godfrey has over 10 years implementing successful sustainability programmes in tourism, science and technology, environmental services, agriculture, construction, and humanitarian sectors. Presently he is an Assistant Environment Officer for the UNHCR, the UN Refugee Agency. Godfrey is working on sustainability initiatives for providing refugees with sustainable and clean cooking solutions, also and works on sustainable environment initiatives including tree planting and soil conservation. Godfrey's long-term career objective is to become a recognized Global Sustainability Leader with influence in designing economic development policies that put sustainable and resilient nature and societies central to their business operations.



VOTE



LUBOMILA JORDANOVA **(GERMANY)**

Lubomila Jordanova is the co-founder and CEO of Plan A, a leading corporate carbon accounting and decarbonisation software solutions provider. She is also co-founder of the Greentech Alliance, a community of more than 1,000 startups connected to more than 350 advisors from VC, media, and business. Prior to Plan A, Lubomila worked in investment banking and venture capital as well as the fintech industry in Asia and Europe. She was an official speaker at COP26 and serves as an Obama Foundation Europe Leader 2022.

Lubomila has been recognised as a Marshall Fund Fellow 2021, Top 50 Women in Tech in Germany 2021 (Handelsblatt) and 30 under 30 (Forbes), among others.

VOTE

NATASCHA KOOIMAN **(NETHERLANDS)**

Natascha Kooiman is the founder of Smaackmakers, co-founder of the Transition Coalition Food, seated at the Food Table of the Dutch Climate Agreement, and ambassador of the sustainable soil initiative 'Aardpeer'. Natascha inspires and encourages to accelerate the sustainability of our food environment, as well as the path to more plant-based diets. With the Transition Coalition Food, a front runner network organization, she works on lobby, projects and cooperation to accelerate the necessary turnaround towards a sustainable, healthy and more plant-based food system. She is one of the Sustainable Youth 100, one of the Food100, TED speaker and twice appointed by VIVA400 as 'Young Woman with Influence'. She is also the initiator of the campaign 'A little less meat advertising'



VOTE



BELÉN GALLEGO (SPAIN)

As the CEO of ATA Insights, Belén works to accelerate the deployment of renewable energy, hydrogen and decarbonization projects worldwide, by democratizing access to high level technical and strategic information and connecting key players to undertake strategic projects.

As well as spreading information through ATA insights' programs, Belén works with international institutions such as the World Bank, the Climate Investment Funds and ESMAP, among others, to disseminate policy and technical information to companies, government officials and financial institutions in Latin America, USA, Europe, Africa, Middle East and India.

VOTE

SHAR OLIVIER (USA)

With over 20 years of experience in sustainability, conservation, environmental management, and climate mitigation strategy, Shar is a seasoned professional, who fosters change, impact and success for teams and organizations. She is a contributing author for Circular Economy (2021), as well as publishing her own work More Hogs than Humans (2019).

She has been a featured speaker for PlanitGreener, Sustainable Brands, Greenbiz, The Sustainability Consortium, Climate Reality Project, PMI and other professional organizations. She has worked on impactful feature films & documentaries alike, such as "Watermelon Woman" and "Clashing with Titans," and most recently she spoke on a panel at the Turks and Caicos International Film Festival, and is a documentary jurist for the Socially Relevant Film Festival in New York City.



VOTE



[VOTE](#)

METTE LYKKE (DENMARK)

Mette is CEO of Too Good To Go, where she is guiding the Social Impact company through a time of hyper-growth, and maintaining scalable impact on the global food waste issue.

Too Good To Go's free app is now the world's largest marketplace for surplus food. It is available in 17 markets across Europe and North America, and has more than 50 million users who have saved more than 110 million meals.

A founder in her own right, Mette co-founded fitness and training community Endomondo in 2007, selling to Under Armour in 2015, and staying on as VP Connected Fitness for two years. In 2017 she joined Too Good To Go, returning to purpose-led tech to lead her second company.

MARLOES CADUFF (USA)

Marloes Caduff studied and received her Ph.D. at the ETH Zurich, Switzerland, in Environmental Engineering. She has a long career in the energy and sustainability sector. Marloes has been awarded the Angels for Ladies Award and was listed in Switzerland's Top 100 Digital Shapers. She is a regular speaker at Sustainability, Energy, EdTech, Blockchain, and entrepreneur events.

Marloes grew up in Europe and recently moved with her family to Seattle, WA. She currently pursues projects connecting Blockchain, IoT, AI, and NFTs to Sustainability and Edtech.



[VOTE](#)



LAUREN CROMARTY **(AUSTRALIA)**

Lauren is all about people, planet and purpose. She is committed to social impact. She understands that we are responsible for our actions and attitude towards the world. She is focused on maximising impact and positive change. Lauren enjoys creating new paths for unknown outcomes.

VOTE

The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant.

— Max DePree



APRIL & MAY 2022

WHATS ON

EVENTS
BY ROISIN CARTER



As we settle into spring in the Northern Hemisphere, it's time to celebrate Earth Day (April 22nd). It's time to get involved with the climate community and further educate ourselves on how we can help our planet. Here's what's coming up on the climate calendar for the next two months.

21 April *Climate Tech: A Green Future, Virtual Panel Discussion*

A virtual panel discussion from experts working to provide solutions to damaging climate change in a modern world. Panelists will include climate researcher Thomas Remke, who has been working to help companies grow sustainably. In addition, Greentech start-up co-founder Liza Altena focused on climate adaptation for large corporations and is a champion for developing female leaders within the business world. The final panelist will be Ana Rosa de Lima, an Amazonian podcaster who applies lessons learned in the fight for the rainforest and its effect on the indigenous community to help other international environmental struggles. Register here: [Climate Tech: A Green Future](#)

22 April Upcycling for your Home with Joanne Condon, Webinar

Reduce your waste and renovate your home through upcycling! This webinar will help you channel your creative energy and passion for climate action into transforming how you view broken or old furniture around your home. Running through the processes and materials needed to create the exact look and style to suit your aesthetic. Author Joanne Condon will host the webinar.

Register here: [Upcycling for your Home with Joanne Condon](#)

26 April Climate Change: Impacts and Opportunities, Online Webinar

TAn online webinar for those working in the energy industry. The world is quickly changing its focus and investments toward sustainable energy. This webinar will cover the history of the energy industry's reaction to climate change and the current challenges companies face. It will be hosted by Peter Clutterbuck, who has been working in the industry for over 30 years. He will cover new advancements in sustainable energy, the UK's plan of action, and opportunities for newcomers who are ready to innovate for a cleaner future.

Register here: [Climate Change: Impacts and Opportunities](#)

4 May LSA Workshop: Turn the tide on climate anxiety

The workshop we all need. The constant influx of destructive climate events reported in the news and filling up our social media feed is hard to avoid. It causes anxiety for many of us. Dr. Patrick Kennedy Williams leads this workshop to help us understand what psychological factors cause this reaction to our changing environment and why it's so difficult to shake. This workshop will teach you how to handle your anxiety and continue helping the environment without climate stress keeping you up at night.

Register here: [LSA Workshop: Turn the tide on climate anxiety](#)

26 May Online Zero Waste Workshop - hosted by Moving Water Alliance

A 1-hour workshop hosted by Amour Setter & Hana Hrlickova that will teach you how to embrace a zero-waste lifestyle in only a few easy steps.

Register here: [Zero Waste Workshop](#)

THE LAST WORD

By Sally Brown

As Putin was advancing on Ukraine with his child soldiers, bombing the cities to smithereens and threatening nuclear war, I was reminded of an angry little petulant child that was becoming increasingly nasty due to losing the game. The psychopath was clearly trying to manipulate the world with fear as his bloated ego continued to expand. Never mind that young children were being arrested in Russia for protesting the war, we haven't seen such blatant evil since Hitler. So it was no surprise that a Russian millionaire living in the USA took to Twitter offering a reward of one million dollars for the capture of Putin for war crimes.

While we were intently glued to our news channels as hourly news unfolded of Russia's descent upon the cities of Ukraine amidst fierce resistance, humanitarian aid was pouring in for Ukrainian refugees spilling into neighbouring countries. The world cared and it cared deeply. Food, clothes and blanket donations poured in for humanitarian stations supporting the Ukrainian refugees. People all around the world took to the streets to protest the invasion. NATO members donated military weapons and supplies and the world literally rallied around Ukraine in support and solidarity.

Nobody wants a war. At least not the general public. And yet, the war profiteers continue to make money.

Despite the Covid recession, arms sales continued to climb. In fact, according to a recent Wall Street article, the 100 largest military contractors sold \$531 billion in arms and military services, a 1.3% increase compared to 2019. And that was before the Ukraine war that no doubt created orders probably unseen in recent years. Ever heard of the publicly traded US company, Lockheed Martin Corp? Well, if you didn't know, they have retained the number one position for the highest sales in weapons worldwide since 2009. Their stock price rose recently from USD 386 to USD 458.

Some regular commercial companies are also dirty culprits. According to Wiki, Opel and IBM have been labelled war profiteers for their involvement with the Third Reich. "In the case of IBM, they developed technologies that were used to count, catalogue, and select Jewish people who could then be targeted for efficient asset confiscation, consolidation in ghettos, deportation, enslaved labour, and, ultimately, annihilation." This makes you think, some of our favourite brands could be profiteering from the Ukraine war right now. How would you know?

War has and never will benefit people and the planet. It only benefits war profiteers and power-hungry politicians. When will politicians realise that our resources are not infinite and that when we bomb the shit out of cities, we also harm the sensitive natural eco-systems?

#PutinMustFall

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A blue wooden background decorated with speckled Easter eggs, white cherry blossoms, and a ladybug. The eggs are scattered across the surface, with some showing dark spots and others showing lighter patterns. The cherry blossoms are in various stages of bloom, with some fully open and others as buds. A small red ladybug is visible in the upper left corner.

Happy Easter

FROM THE
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TEAM