



# ECO-NEWSLETTER

## Green Section



Issue 2  
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## INTRODUCTION

**Welcome to the second edition of the Green Section of the Amicale's Eco-Newsletter!**

Following the positive feedback of the debut edition, many contributions were sent in, and so this issue will be longer than the previous- though we have tried to keep the content as concise and reader-friendly as possible. We hope you enjoy it!

**For new readers**, here is a background of the Eco-Newsletter and the Green Section:

The Eco-Newsletter aims to function on a bi-monthly basis, and has the intention of educating staff members of the Council of Europe on environmentally-friendly and sustainable initiatives and good habits which can be adopted both at work and in general. It will also inform readers on past and upcoming events and activities, whether organised by the Green Section in the context of the CoE, in Strasbourg / Alsace, and in the wider world. Relevant local and international news will also be

summarised here.

The Green Section of the Amicale was re-launched at the end of 2016, and several successful activities were initiated throughout 2017.

Now, in 2018, we have ambitious plans, and hope to organise many wide-ranging, thought-provoking activities, participate in progressive events in Strasbourg, and encourage colleagues and the Administration to adopt sustainable practices. You will see below some of the past and planned activities.



*"Climate change is one of the great dangers we face, and it's one we can prevent, " "[W]e must ... continue to go into space for the future of humanity... I don't think we will survive another 1,000 years without escaping beyond our fragile planet. "*

**Stephen Hawking** (8 January 1942 - 14 March 2018) was a strong advocate for the environment.



**Lilo:** as an alternative to Google, use this search engine, where you get drops per search and then can choose projects you want to invest in! Install it on your PC/phone/device!



**WORLD ENVIRONMENT DAY**



**United Nations Environment Programme (UNEP): India will host World Environment Day 2018, on 5<sup>th</sup> June:** The theme this year is "Beat Plastic Pollution" with the world coming together to combat single-use plastic pollution. More info [here](#).

The Green Section supports this important initiative and will be organising an activity on this occasion, so keep an eye on the website!

## GREEN SECTION PAST EVENTS

Last month, the Green Section organised its inaugural **CoE ECO Week**, 5-9 March. The initiative was highly successful, receiving positive feedback from many colleagues. Green Section volunteers informed colleagues on the Section's activities, on good practices at work and at home, and gave away some goodies like flower seeds, potted fruit plants, and organic snacks and drinks. We also promoted WORK GREEN's report to the Administration, and the "I Switch off mon bureau" campaign (see page 3).

The highlights of the week were the following: On Monday, [Zero Déchet Strasbourg](#) came to the



### Suggestions box

- Awareness campaign against buying big cars, promotion of cycling and bikes
- Collection of Nespresso capsules (see page 5)
- Paper cups available only for experts, not for staff
- Use the same approach for paper cups as for plastic bags in the shops by asking if a person has a mug with them; charge for paper cups instead of discount for using personal mug
- Hampers of goodies bio/eco-responsible (vegetables, fruits etc) delivered to CoE to be picked up by interested staff
- More initiatives to reduce printing
- "Too good to go" app for smartphones
- Raise awareness on possibility to see in the system how many pages you printed and environmental impact; a possible "challenge"?
- Improve heating system (too cold, too hot)
- Install bee-hives
- Film projections at the lunch area of Agora

Palais and held a stand where they informed staff on the dangers of waste to our environment, and ways to reduce it, recycle, and reuse certain products. Zéro Déchet are a group of young, motivated volunteers who try to implement practical, no waste solutions in Strasbourg, e.g. they managed to convince La Laiterie to no longer use disposable plastic cups. We intend to collaborate with them again in the future.

On Tuesday, we held a second **screening of "Emptying the skies"**, a documentary on illegal bird killing. Meanwhile, at the stands in Palais and Agora, the highly popular win a mug eco-quiz was taking place. 5 people at each stand succeeded in correctly answering the 5 environment-related questions and are now the proud owners of ECO week mugs which they can use in the cafes instead of disposable cups!



- Collect one-side printed sheets and use them to make notes (avoid using confidential documents)
- Suggest to cafeterias not to give paper bags (only on demand)
- Use jugs instead of plastic water bottles during meetings
- Reduce use of water in the toilets
- Stop watering the lawns in daylight hours - do this only at night when absolutely necessary
- Glass containers for meals (deposit)
- Install water fountains and introduce eco-cup
- Develop the Green section :)
- Welcome kit for new colleagues: eco-cup CoE, reusable cutlery
- Jar with sugar + spoon instead of sugar in "sachets"

On Wednesday, we held a **conference on "Ma santé, ma budget, ma planète"**, presented by Clemence Pouclet of "l'Avis en vert". It was a very interesting session on the statistics of health problems related to environmental pollution, and on practical solutions which can help reduce these risks. It was attended by some 25 colleagues, with a Q&A, and several of the presenter's books on this issue were ordered. We hope to collaborate with "l'Avis en vert" again.

On Friday, we concluded the ECO week with an **ECOncert** held in the Parliamentarians Bar, with the presence of [Alsace Nature](#) who introduced their association and collected donations. 12 environment-related songs were performed by colleagues to a great reception from the audience of over 50 people! I take the opportunity to thank all volunteers and helpers during the week, as well as musicians from Friday, and everyone who took part in our events and subscribed to the Eco-Newsletter. See below some suggestions made by colleagues.



### **NEW CRAZE!**

"**Plogging**" is a Swedish activity which involves jogging and collecting rubbish along the way!

## GREEN SECTION UPCOMING EVENTS

**April 18- [Papuan Chief](#)** (Palais de l'Europe, Room 1- 6pm): This charismatic advocate for the environment especially on anti-deforestation campaigns will be present during the screening of his documentary on "Brothers of the trees" to exchange views with colleagues.



**April 22- [Cleaning of the river](#):** In cooperation with the Kayak Club, we are organising a cleaning operation near the CoE. Volunteers will be on canoes. No previous experience is required although participants should be able to swim. A lunch will also take place. Contact the Section for further details and to register.

**May (tbc)- Veggie lunch and workshop on healthy eating:** with Clemence Pouclet of "L'avis en vert". Check the website for future info.

**May 22- International Day for Biological Diversity:** In cooperation with the Bern Convention, we will be organising a relevant activity. Keep an eye on the website for further info!

**May 28 – June 1- "Au Palais à Pied":** First annual **walk to work challenge!** The idea is that colleagues should walk as much as possible from Monday to Friday (to and from work, as well as other leisure walks), while recording the kilometres walked on an application. The top 3 walkers will win a prize! However the main goal of the challenge is to encourage staff to walk as much as possible and leave the car at home.

**June 5- UNEP World Environment Day:** We will be organising an activity on this important occasion, most likely a movie screening. Keep an eye on the website!



**June 11-22- "Au Boulot à Vélo":** The annual **cycle to work challenge** resumes during this fortnight. Last year the CoE came in a respectable 3<sup>rd</sup> place out of large public organisations in Strasbourg. Let's try to beat that this year!

**Possible future projects:** Field-visit to Ungersheim and the Eco-Museum of Alsace. Field-visit to a recycling factory.

### STAFF INITIATIVE!



*Little staff initiatives like the office bulbs recycling box below can make all the difference! See if you can have a "LIGHTBULB"*

## Work Green

The **Work Green initiative** has been busy over the last few months. As a recap, this team of colleagues has been meeting informally since last year and discussing ways to improve the ecological footprint of our organisation. In March, we submitted to the DGA a multi-faceted report on relevant ideas and recommendations in areas such as paper/ supplies/ transport/ energy/ canteens, etc. The DGA has been very receptive to the report and has met several times with Work Green representatives to discuss it in detail. Cooperation with the DGA, as well as with the Green Section and the Staff Committee has been very fruitful.

As well as this, Work Green

participated in the ECO week, in particular launching the "I switch off mon Bureau" campaign.

The next step in terms of the report is to meet in focus groups to narrow down the recommendations and come up with concrete solutions which the DGA could be persuaded to implement. **Work Green is looking for more volunteers so contact us to find out more. Work Green [Report and Campaign](#).**



### LE CAFÉ POTAGER

A new concept which combines the best ingredients of a traditional café, fast food, and home-cooked, quality meals using locally sourced organic produce. All of these aspects are combined in this small, laid-back, garden-like café: "Le Café Potager", which welcomes you from 9am-9.30pm at 5 rue des Francs bourgeois (across from Galeries Lafayette).

# Feature Article: THINK.EAT.SAVE

**During our ECOncert** on 9 March, amongst the drinks on offer was a local, artisanal beer which had passed its recommended sell-by date! We assured the participants that the beer was perfectly safe to drink, with the only possible side effect being a potential shift in the taste. In fact, the beer was considered by all to be very good, and we sold out quickly! This brings us to the issue of food waste.

An estimated **1.3 billion tonnes of food is lost or wasted each year**. And the statistics only get worse: the 1 billion malnourished people in the world could be fed by less than a quarter of the food wasted in the US and Europe; if we could plant trees on land currently used to grow unnecessary surplus and wasted food, this would offset a theoretical maximum of 100% of greenhouse gas emissions from fossil fuel combustion; 40 -60% of all fish caught in Europe is discarded – either because they are the wrong size, species, or because of the ill-governed European quota system; the list goes on...

Despite the massive global scale of this problem, and the need for high-level actors to find sustainable solutions, →

1. **Shop Smart**— plan meals, use shopping lists and avoid impulse buys. Cook in large quantities and freeze the leftovers.
2. **Buy Funny food**- fruit and veg which does not look “right” is often thrown away and wasted.

And here are some tips related to the above question of expiry dates:



**we as consumers can help reverse the trend with some simple gestures:**

3. **Compost**- this is very important as food waste which goes directly to the landfill produces more methane gas.
4. **FIFO (first in first out)**- store newly bought products at the back of the cabinet, so as to firstly cook and eat what you bought before.

- **Most dried goods** (e.g. pasta), **and canned goods**, once kept in a cool, dry place, should last for several years.
- **Most frozen goods** can still be consumed long after the expiration date due to the ice-cold temperatures preventing the food from going bad.
- **Bread**: as long as you don't see mould growing, it should still be ok to eat. To extend its shelf life, you can store it in the fridge (up to 2 weeks), or longer in the freezer.
- **Eggs**: Here's a trick to check if eggs have gone bad without cracking them open: place in a bowl of water to check its buoyancy. If it sinks, it's still safe to eat; if it floats, throw it in the compost bin.
- **Hard cheese**: generally, this is still ok to eat even after mould has appeared. Just cut off the mouldy parts first!
- **Salad leaves and other vegetables**: When they have begun to wilt, they are still generally good to eat once you cut off the wilted areas. However, once mushy and rotten, it's better to throw away.
- **Alcohol**: generally lasts longer than the expiry date, once kept in a cool, dry place.

**BUT**, it would generally be safer to trust the expiry date for perishable products such as fresh meat, fish, and dairy products.

When in doubt, use your senses. If something smells bad or looks off-colour, throw it away!

Check out the “[Think.Eat.Save. Reduce Your Footprint](#)” [Campaign](#) of the United Nations Environment Programme and its partners, which provides much information and practical tips on reducing food waste, saving money, and reducing our carbon footprint.



**LACOSTE** recently dropped its iconic crocodile logo in a bid to **save endangered species** with a limited edition range of polo shirts.

In partnership with the **International Union for Conservation of Nature (IUCN)**, the French tennis brand released 10 different shirts embroidered with animals who are currently at risk of extinction such as the Kakapo parrot and the Sumatran tiger.

Just 1,775 polo shirts were made available in total, in a move that saw the fashion label replace its signature crocodile icon for the first time in its 85-year history. Availability of each shirt corresponded to how many of that species remain i.e. there are just 231 California condors in the world, meaning that just 231 polo shirts with this logo were released.

The shirts sold out in less than a month.

## FOR THE DIARY – EVENTS IN STRASBOURG

There are many eco-related events going on in Strasbourg, and it seems like there are more and more associations, companies, and people organising and getting involved in important initiatives. You can check out some events of specific associations such as:

- [Alsace nature](#)
- [Alternatiba Strasbourg](#)
- [Campus vert](#)
- [Colibris 67 Strasbourg](#)
- [Plan Climat Strasbourg 2030](#) (also see page 6)
- [Zéro déchet](#),

And see below some of our recommendations for the coming months:

- “**Les 48H de l’Agriculture Urbaine à [Strasbourg](#)**” 20-22 April
- [Workshop-debate for citizens on the climate](#)- 21 April (Plan Climat)
- [Foire Eco Bio Colmar](#)- 10-13 May
- [Salon Bio & Co Strasbourg](#)- 18-21 May
- [Festival Zéro Déchet Strasbourg!](#), 26-27 May

### STAFF INITIATIVE #2



### Collective Office Recycling!



BONJOUR  
VOUS POUVEZ DÉPOSER  
VOS CAPSULES USÉES  
ICI. JE ME CHARGERAI  
DU RECYCLAGE.  
MERCI

### CAR SHARING: The fight against solo car use and air pollution

The carpool [website](#) has seen a sharp increase in its use since the beginning of the SNCF strikes, allowing drivers to share their ride with others.

Let us show our involvement in the fight against air pollution by adopting these good practices in a sustainable way, and not only when we are constrained by external events. [More info.](#)

## STRASBOURG PLAN CLIMAT 2030

Following the Paris Agreement of 2015, the **city of Strasbourg is currently developing a plan** adjusted to the local context to reduce the city's CO2 emissions, elaborate on solutions to improve air quality, save energy, develop renewable energies, adapt to climate change, and in general to improve the quality of life of the Strasbourgeois. The goals set out in the plan are to be reached by 2030.

There are different local actors involved in the climate plan: the citizens of Strasbourg, private companies, and the local government. A number of activities already took



place between December 2017 and today (screenings, debates, conferences, meetings) to promote the plan and to raise awareness on global warming and its

consequences. The plan should be finalised in the coming months.

The Council of Europe will be looking into possibilities to get involved in this important initiative.

### MALALA YOUSAFZAI

*"I have travelled the world and met people in many countries. I've seen firsthand many of the problems we are facing today — war, economic instability, climate change and health crises. And I can tell you that the answer is girls."*

12<sup>th</sup> April 2017,  
[Canadian Parliament](#)



## For animal lovers!

The **"Société Protectrice des Animaux" (SPA)** is calling for aid. The animal shelter is almost at its capacity and is looking for people to adopt one of their abandoned animals.

The SPA is located at 7 rue de l'Enteloch, Strasbourg 67200: just behind the IKEA at Cronembourg. If you would like to adopt, you can go there during the afternoon to see the cats, dogs, rabbits and other small pets. Volunteering at the shelter would also be very much appreciated.

**Adopting an animal** from the SPA shelter instead of from a pet shop or "leboncoin" can help prevent animal trafficking, and gives a second chance to these abandoned or mistreated pets who were unlucky to

have had bad owners- and they will pay you back for the rest of their lives.

**Upcoming event: Open Doors of Spring, 9-10 June 2018** at the Shelter. [Website](#) of the SPA; [Facebook](#).



## CONTACTS & FINAL WORD

If you have enjoyed this Eco-Newsletter and wish to stay informed about Green Section activities, please visit our [webpage](#), and do not hesitate to contact us:

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[Link](#) to previous Eco-Newsletters.

### Finally, many thanks to the Contributors!

Tania Braulio, Stephanie Denton, Veronique Freund, Anny Hutt, Natalia Kobylarz, Anastasiia Nohovitsyna, Ismail Rabie, Kelly Sipp, Olivia Stasi, Anne Van Es and **Merci** to Carla Riquelme for the excellent French translation!

We are always looking for new contributions, and also for any "green tips" you may do at home or work. We strongly encourage you to share your experiences!