

From the Chairman's Desk

Summer of Year Twenty Thirteen



'Concrete Forests' is the term used to describe the sprawling and climbing residential and commercial buildings that now are part of our urban culture. The rural communities abandon the 'real forest', now shrinking and dwarfing, to take shelter in the shadow of the concrete forest. Forests directly provide shelter, food, jobs, water, medicine and security to more than 1.6 billion people, as well as regulate our global climate. Indirectly each of us depends on Forests that are the lungs of the Earth. Such services provided by the forest come to us at insignificant costs as compared to cost of the services provided by the Concrete Forests. The beginning of the summer of 2013 (8-19 April), a global gathering called UN Forum on Forest will be held to focus the attention that forests are still being destroyed at an alarming rate 13 million hectares annually, often for limited private and short-term gains-one of them is to build the concrete jungle. Once we start understanding

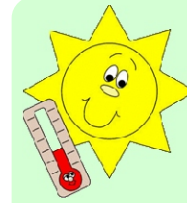
Rajendra Shende
Chairman, TERRE

that, for example, that most of the clean potable water of the world results from forests then we start appreciating the value of forests in national economy. The hills where I live in India away from cities- I see women every day collecting and carrying the wood for the cooking. The harsh summer is making their job strenuous. But women continue to work- dry wood burns quickly for quick meal. Forests are like local grocery shop for them where they go to collect their daily needs. Only difference is that they do not pay to buy that grocery. It is free. But is it? 100 years back in year nineteen thirteen Rabindranath Tagore of India became first Asian to win the Nobel Prize for literature. He wrote a poem that showered heartfelt praise for the trees! Today it sounds like homage to the falling and disappearing forests. That poem was highlighted by United Nations as message to promote Green practices. Part of its lines said:

*Thus in the sky, with mixed magic,
blue with green*

*You flung the song of the Earth's
spirit at the heaven*

We in the summer of Twenty Thirteen are yet to hear that song, which Tagore heard 100 years back!



If it's zero
degrees today
and it's going to
be twice as
warm tomorrow,
how warm will it be?

Good question!

Green Tips for Inside Your Home

By making simple changes in our everyday lives, we can improve the planet we all share. Terre offers cool shades this summer by sharing some tips to beat the heat.

Try them to breathe cool around the house.

1. Use windows and window coverings to your advantage :

If you're not home during the day, close all windows, curtains, and blinds to keep your house cool for as long as possible. If you're home during the day and don't want all the windows covered, cover them when needed. Remember that south-facing windows get a lot of sun. East-facing windows get sun in the morning and west-facing ones get the hotter and stronger sun in the afternoon and evening. Dark-colored curtains, roman shades, and even dime-store roller shades can be very effective. "Roller shades can block up to 80% of solar heat," Do remember, If the air cools down enough in the evening, open the windows to

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Promote as much air circulation as possible.

2. Don't add to the heat inside : Use appliances such as irons, washers, and dryers at night or early morning. "A big source of heat is your stove, "So if you can, Cook outdoors or microwave meals." (Microwaves use two-thirds less energy than stoves.) Turn off computers and other appliances when not in use. Left running, these can also generate unnecessary heat. You can also unplug these appliances when not in use to ensure you reduce your electric bill as well, because the small amount of power these pull while plugged in can add up on your bill over time.

3. Consider changing your bulbs : Incandescent light bulbs are heat generators, so many experts suggest switching them for energy-efficient compact fluorescent light bulbs or halogen infrareds. Fluorescent "corkscrew" bulbs contain mercury, so consider the safety risks before putting them in children's bedrooms, playrooms, or other places where they may be likely to break.

4. Use fans than air conditioners : When it cools down outside, place inexpensive portable fans in front of open windows to bring the cool air inside.

5. Keep your refrigerator well stocked : Refrigerators that are full of food don't warm up as quickly when the door is opened, so they require less energy to stay cool.



While Arctic ice shrinks to record lows, Antarctic ice has been increasing in winter. Is this climate paradox?

Global warming is expanding the extent of sea ice around Antarctica in winter in a paradoxical shift caused by cold plumes of summer melt water that re-freeze fast when temperatures drop, a study released last week has showed. An increasing summer thaw of ice on the edges of Antarctica, twinned with less than expected snowfall on the frozen continent, is also adding slightly to sea level rise in a threat to low-lying areas around the world, it said. Climate scientists have been struggling to explain why sea ice around Antarctica has been growing, reaching a record extent in the winter of 2010, when ice on the Arctic Ocean at the other end of the planet shrank to a record low in 2012.

"Sea ice around Antarctica is increasing despite the warming global climate," said Richard Bintanja, lead author of the study at

the Royal Netherlands Meteorological Institute. "This is caused by melting of the ice sheets from below," he told Reuters of the findings in the journal Nature Geoscience. Ice is made of fresh water and, when ice shelves on the fringes of Antarctica thaw in summer because of up-wellings of warming sea water, the meltwater forms a cool layer that floats on the denser, warmer salty sea water below, the study said. In winter, the melt water readily turns to ice because it freezes at zero degrees Celsius, above sea water at -2C (28.4F). At a winter maximum in September (when it is summer in northern hemisphere, it is winter in Antarctica), ice on the sea around Antarctica covers about 19 million sqkms (7.3 million sq miles), bigger than Antarctica's land area. It then melts away into the ocean as summer approaches.

Source :

[Http://www.bbc.co.uk/news/science-environment-21991487](http://www.bbc.co.uk/news/science-environment-21991487)



5 Tips to Reduce Body Heat

Wear clothes in natural fabrics

“Fabrics such as cotton, hemp, and linen 'breathe' better than synthetic fibers and naturally wick moisture away from the body,”

1

Eat cool

Dine on salads and sandwiches instead of large, protein-rich meals when the weather is hot, as these can warm your body up. Oven- or stove-top cooking heats up your house as well

2



Stay hydrated

Avoid Alcohol and caffeine in the heat, as these can promote dehydration. Drink more water than usual or consider an electrolyte replacement drink if you're sweating a lot.

3



Find the cooler side of the House

When your home is at its hottest, remember that the basement is the coolest place in the house. Also people who are blessed with terrace apartments can sleep there at nights which will save the energy by not using the air conditioner all nights as well as keep your body cool.

4

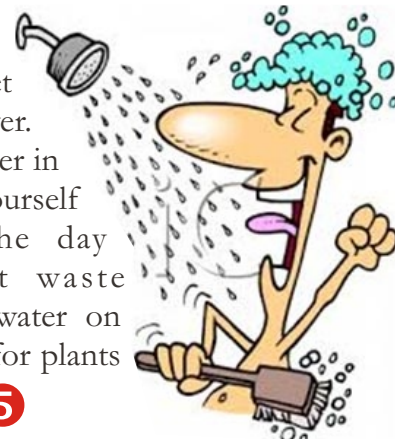


Cool off with water

Soak your feet in a tub of cold water, put on a wet bandana, or take a cool shower.

Keep a spray bottle of water in the refrigerator and spritz yourself regularly throughout the day provided you do not waste unnecessary amounts of water on self, re use the wastewater for plants or cleaning your vehicle.

5



Quick Question

In India and elsewhere, biomass can be obtained from?

- ☐ Groundnut shell
- ☐ Sugarcane bagasse
- ☐ Rice husk
- ☐ All of above



Last Issue's Answer

Less than 0.3 %
water on earth is available for human use.

Quick Answer

Riya Rathore (India)



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