

## Caring for Our Community



Wickham Pack is the co-ordinator of Kapiti Horowhenua Amnesty. She says people can support Amnesty by doing simple things like becoming a member, or making marmalade to sell at market stalls, or writing to governments of countries who breach human rights. She says "it's about putting yourself in other people's shoes and asking, how would I feel?"

Below: This quilt was made by the Kapiti Embroidery Guild for Amnesty Kapiti Horowhenua's 40<sup>th</sup> birthday. The barbed wire stands for the darkness and the candle represents hope - based on an old Chinese phrase - better to light a candle than curse the darkness.



Alive. Safe. Free. Whole. Justly treated. This is what Amnesty International believes all humans have the right to be.

## You Can't Save the World. But You Can Write a Letter

July 30 was the start of Freedom Week. The local branch of Amnesty International is extremely grateful for all the support received for people whose freedoms are far less than ours.

Imagine... imagine if you couldn't go to school, write to the editor of your local newspaper, speak your language, say your prayers, use the internet. Amnesty Kapiti Horowhenua urges people to imagine being in someone else's shoes.

If you would like more information, contact Wickham on 04 904 0409.



You may say I'm a dreamer / But I'm not the only one / I hope some day you'll join us / And the world will live as one. These lyrics to John Lennon's song are part of Amnesty International's Imagine campaign.

## Energy Saving Tips for the Living Room

- Use heaters with a thermostat and position away from a window.
- Set heating thermostats to a comfortable low setting. (Not above 20 degrees C).
- Consider installing a heat pump. They can be over 300% efficient - meaning that for every kilowatt of electricity used to power the machine, more than 3 kilowatts of heat are transferred into your room - and that means low running costs.
- If you have a fireplace you are not using, block it off. They create draughts if left open and heat can be lost up the chimney.
- Draw your curtains just before the sun goes down to keep in the heat\*.
- Fit a pelmet where possible as the gap above the curtain rail can suck warm air down past your cold window.
- Turn off all equipment (stereo, video, computer) when not in use.
- Turn off TVs at the socket if not being used for a long period.
- Keep doors closed to stop draughts and to keep heat in.
- In cold weather, consider using simple draught stoppers at the bottom of the door and around windows.
- Consider using energy efficient light bulbs.

\* Ideally curtains should be full length and lined to make the most of their insulating qualities.