



ecosan – newsletter - 2nd issue, September 2001, english

This is a regular electronic news bulletin from the ecosan-project of GTZ, Germany, to a network of friends and professionals interested in ecological sanitation. We are sending this to people whom we believe are involved in ecosan-related subjects and initiatives. But of course you are free to unsubscribe. If you wish to do so, just scroll down to the bottom of this page.

Dear Friends and Colleagues!

Since the appearance of our first newsletter in June of this year, more than 2800 interested parties have subscribed to our mailing list. We have received lots of positive, constructive and, yes, some critical feedback items. Many readers asked about a German version of the newsletter, and we have decided to fulfill that wish from this issue on. Several inquiries referred to the newsletter's format and layout. We have opted for this no-frills, text-only format because of its universal readability. We beg your understanding. As mentioned above - if, however, you would prefer a more attractive layout, you'll find a downloadable PDF version in English, German, French and Spanish on our homepage.

Columns

In the interest of maximum clarity, we have subdivided this issue into the following sections, which we will adapt to future topics as necessary:

- in-house news
- topical publications of relevance to ecosan
- events - information on coming and recent events
- reader inquires
- general information of relevance
- links of interest

Their contributions

Naturally, this newsletter will thrive best on lots of feedback and user contributions. Our thanks to all past and future contributors! Please keep up your good work in the form of suggestions, theme recommendations, inquiries, etc.

We hope you find this newsletter interesting.

The ecosan-team

In-house-news

ecosan proceedings

The proceedings of the GTZ symposium "ecosan - closing the loop in wastewater management and sanitation", held in Bonn last October were recently mailed out to the participants.

Anyone interested in a free hard copy can pursue one of the following routes:

e-mail: "horst-dieter.herda@universum.de", order no. H-215-e.

Or as a download from our home page:

<http://www.gtz.de/ecosan/docs/ecosan~1.pdf>

international network "ecosanet"

As a consequence of the ecosan symposium in Bonn, work is to be intensified on the establishment of a global ecosan network. Among other activities, the ecosan-project is now applying with several European partners to the EU for funding a so-called "concerted action", by way of which international cooperation between working groups devoted to the joint management of knowledge can be supported..

Current publications

This column is intended to provide our readers with information on topical literature of pertinence. Some of the publications mentioned will in future be available as downloads from our homepage.

New UNDP - Sida publication on ecological sanitation

Esrey, Steven A.; Andersson, Ingvar; Hillers, Astrid; Sawyer, Ron:

Closing the Loop - Ecological Sanitation for Food Security,

SIDA publications on Water Resources No. 18, 1st edition 2001, ISBN No. 91-586-8935-4

A new publication on ecological sanitation has come out just recently:

"Closing the Loop - Ecological Sanitation for Food Security" captures experiences from Mexico, other parts of Latin America and Southern Africa. Individuals and institutions in the South can obtain copies free of charge by contacting Ingvar Andersson at:

Ingvar.andersson@undp.org.

or

rsawyer@laneta.apc.org (copies of the Spanish-language edition)

Article on ecological sanitation in Urban Agriculture Magazine

The March issue of Urban Agriculture Magazine includes an article by Steven A. Esrey and Ingvar Andersson:

"Ecological sanitation - Closing the Loop"

!!! Download: <http://www.ruaf.org/1-3/35-37.PDF>

IWA-publication: Decentralized Sanitation and Reuse

Lens, Piet; Zeeman, Grietje; Lettinga, Gatzke (2001), Department of Environmental Technology, University of Wageningen, The Netherlands:

Decentralized Sanitation and Reuse, Concepts, Systems and Implantation; IWA-Publishing, Integrated environmental technology series, 650 pages, ISBN: 1- 900 222- 47-7

Adopting a multi-disciplinary approach, "Decentralized Sanitation and Reuse" places public sanitation in a global context and provides a definitive discussion of current state-of-the-art sanitation technologies. It shows how these technologies can be implemented to integrate domestic waste and wastewater treatment in order to maximize resource recycling in domestic practice.

"Decentralized Sanitation and Reuse" presents technical solutions for on-site collection and transport of concentrated waste streams, and focuses on the compromise between reliability and minimal water wastage. A whole range of available sustainable technologies, both low and high-tech, to treat concentrated (black water) and diluted (grey water) streams are addressed in detail from the fundamental scientific and engineering points of view.

Sociological, economic and, particularly, environmental and public health aspects are essential issues within this book. The necessity of new-infrastructure implementation and the resulting challenges for a good number of economic branches are illustrated with examples from architecture and town planning.

"Decentralized Sanitation and Reuse" will be a valuable resource for a wide academic and professional readership active in the fields of

environmental protection and public sanitation.

!!! Download table of contents:

<http://www.iwapublishing.com/pdf/desar%20contents.pdf>

!!! order: <http://www.iwapublishing.com>

New Well Study: Health Aspects of Dry Sanitation with Waste Reuse

Peasey, Anne (2000): Health Aspects of Dry Sanitation with Waste Reuse, Well, Great

In this literature study, the author investigates a number of dry toilet systems. She separately analyzes the alternative processes dehydration and composting. In addition to technical descriptions, this study also depicts a broad range of practical experience, particularly with regard to such health aspects as pathogen reduction and the risks / hazards of improper use and handling. The prerequisites for successful long-term application of the subject systems are formulated.

!!! Download: <http://www.lboro.ac.uk/orgs/well/studies/t324.htm>

Water Aid: ecosan at work in Niassa Province, Mozambique

**Ned Breslin, Water Aid Country Representative,
ecosan in Niassa, 1st Report, September 2000:**

In this initial report Ned Breslin describes efforts on the part of Water Aid to revive a sanitation program for Niassa Province. The first step was to arouse the interest of private-sector enterprises in ecosan concepts by way of workshops. Diverse ecological sanitation systems were tested, and the test scope is to be expanded over time, depending on the reactions encountered. The idea is to give families and communities a chance to experiment with various appropriate systems with the aim of improving the existing traditional systems and, ultimately, their hygiene situation in general.

Ned Breslin, Water Aid Country Representative, ecosan in Niassa, 2nd Report, February 2001

This second report by Ned Breslin summarizes the results of work done by Water Aid and various partners in their efforts to introduce ecosan concepts.

By the end of May 2001, more than 100 ecosan latrines will, it is hoped, have been built. This report includes a series of checklists that were tested out as part of the program. Under the heading "Lessons and Questions", the reader will find a delineation of the reasons why people in Niassa Province opt for ecosan systems and of the factors they allow for in doing so, e.g., costs, aesthetics, water conservation and the agricultural value of the recyclates.

!!! Download: <http://www.gtz.de/ecosan/docs/NB1.pdf>

<http://www.gtz.de/ecosan/docs/NB2.pdf>

<http://www.gtz.de/ecosan/docs/NB3.pdf>

Proceedings of an international conference in Calcutta, 1998

Authors: Jana, B. B.; Banerjee, R. D.; Guterstam, B. and Heeb, J. (2000):

Waste Recycling and Resource Management in the Developing World Ecological Engineering Approach;

Published by the University of Kalyani, India, and the International Ecological Engineering Society, Switzerland; 738 pages with 239 figures, 252 tables, 24 x 18 cm, hardbound; ISBN 81-901208-0-8; US \$ 75.00

One of the authors called our attention to the continuing availability of this publication. Unfortunately, we can not yet offer any more detailed information.

Dates and Events - recently .

Sweden: Stockholm Water Symposium, August 12-18, 2001

Organizer: Stockholm International Water Institute, Sveavaegen 59, SE-113 59 Stockholm

The aim of the 2001 Stockholm Water Symposium was to contribute actively in building bridges between different groups involved in societal planning and in economic decision making on the one hand, and between the experts involved in water resources development and management, in food production and in protection of ecological services, on the other. The symposium promoted an integration of water professionals in strategic decision making in political and business communities, thereby actively placing water at the center of the sustainability debate.

On Wednesday 15 August there was an all-day workshop: Challenges of Expanding Ecological Sanitation into Urban Areas. This workshop sought to bridge between established, centralized systems of water and waste water service provision and the emerging thinking of ecological sanitation methods. Focus on long-term system approaches for sanitation solutions, on technologies needed to convert excreta and organic household waste to valuable resources, on methods for application in agriculture and food security, on efforts to secure socio-economic development and education, and on legislation and institutional development.

!!! For information about the symposium:

<http://www.sivi.org/pdf/2001 WWW Program.pdf>

Dates and events - coming soon...

Germany: Rainwater International 2001 in Mannheim, September 10 - 14, 2001

Organizers:

Fachvereinigung Betriebs- und Regenwassernutzung e.V (fbr), Havelstrasse 7a, D-64295 Darmstadt, Germany

Fakt Consult für Management Training und Technologie GmbH, Gaensheidestrasse 43, D-70184 Stuttgart, Germany

The event is being sponsored by:

International Rainwater Catchment Systems Association IRCSA

Deutsche Bundesstiftung Umwelt, Osnabrück

MVV Energie AG, Mannheim

The European Union

The German state of Baden-Württemberg

Oestereichische Entwicklungszusammenarbeit, Austria

UNEP-DTIE - International Environmental Technology Centre (IETC)

Deutsche Gesellschaft für Technische Zusammenarbeit (GTZ) GmbH

Rainwater International 2001 meets growing interest and demand for rainwater harvesting and greywater recycling.

It will serve as a forum for the exchange of experiences and will offer European and German manufacturers and service providers a platform to present their products and services. The event is directed at manufacturers and representatives of industry and at planners, professional artisans, experts from science and research, civil servants, specialized journalists as well as all international personnel interested in the current state of the technology and the importance of rainwater harvesting at the international level.

Elements of the event:

Forum: Rainwater Harvesting in Practice

The Forum, with approximately 500 participants, will inform in 6 half-day sessions on rainwater utilization, grey water recycling, rainwater management and marketing in the international context in sessions, workshops and presentations.

The 10th International Conference on Rainwater Catchment Systems

The conference will reflect on the growing realization that rainwater harvesting offers great potential in solving domestic and agricultural water problems in humid and semi-arid areas and will address many critical urban-related water issues. It will also provide a global platform and an exchange forum for technologies and concepts across countries and continents.

Scientific Meeting: Rainwater harvesting in the future

The scientific meeting focuses on the transfer of knowledge between manufacturers, the industry and the academic world. Research projects are presented, and future demand in research will be identified.

International Rainwater Fair

More than 100 exhibitors will present current solutions in rainwater use on a 2000 sqm area. Manufacturer and project workshops will provide an opportunity to communicate and exchange the latest developments within the sector.

A session devoted to "Ecological Sanitation Concepts" (G1-G3) headed by Dr.-Ing. Harald Hiessl (ISI - Fraunhofer Institut Karlsruhe) will take place on Thursday, September 13, 2001.

!!! Further information: <http://www.rainwaterconference.org>

Germany: IWA-2001 Berlin World Water Congress, October 15 - 19, 2001

Organizer: International Water Association, Alliance House, 12 Caxton Street, London SW1H 0QS, UK.

From the 15th through the 19th of October 2001, World Water Congress will take place in the German capital. The major event is expected to attract over 3000 participants from around the world. Under the general slogan "Water - Mirror of the World" the actual issues of water economics and water politics will be discussed at the International Congress Centre ICC Berlin.

Central to the discussion will be the Congress motto "Efficient Water Management - Making it Happen".

!!! Further information: <http://www.iwa-berlin.de>

China: First International Conference on Ecological Sanitation; 5.-8. November 2001, Nanning

Organizer:

Jiu San Society in cooperation with the Swedish International Development Cooperation Agency(Sida)and UNICEF.

The event is being sponsored by:

UNDP, the World Bank (Water and Sanitation Program), GTZ, the Ecological Society of China, and the Chinese Society for Agricultural Engineering

The aims of the conference are to explore possibilities and limitations of ecological sanitation, to demonstrate how the concept can be applied in rural as well as urban environments, and to serve as a link between researchers, practitioners, and municipal authorities. The conference will cover all aspects of ecological sanitation, including environmental protection, disease prevention, soil fertility, design, equipment, costs, and municipal economy, as well as issues related to legislation, acceptability, promotion and training/education.

The expected output is a better understanding of ecological sanitation, greater commitment on the part of policy makers and a reconsideration of public policies towards the management of human excreta, soil and water.

!!! For more information see: <http://www.wkab.se>

Singapore: World Toilet Summit; 19. - 21. Nov. 2001, Singapore Expo

Organizer: Asia-Pacific Toilet Associations

Host: The Restroom Association of

Support: Ministry of the Environment, Singapore

Japan Toilet Association, Singapore Exhibition & Convention Bureau, Society for Continence, Singapore, Sulabh International of India and the United Nations Environment Programme.

Theme: "Our Toilets - The Past, The Present and The Future".

The Summit will have an interesting mix of plenary lectures by world-renowned speakers and institutions as well as parallel tracks covering Design, Education, Health and Maintenance.

The event will attract some 500 toilet professionals, government officials, NGOs, companies and individuals from all over the world.

"The Restroom Asia 2001 Exhibition"

scheduled from 20 to 23 November 2001 and to be held concurrently with World Toilet Summit 2001, it is expected to attract some 4000 trade visitors from the Asia Pacific region. Restroom Asia 2001 is the only International Trade Fair for Sanitaryware, Restroom Technology and Fittings in Southeast Asia.

Restroom Asia 2001 is organised by Conference & Exhibition Management Services Pte Ltd and Messe München GmbH and is endorsed by Restroom Association (Singapore) and Japan Toilet Association.

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!!! Informations: <http://www.toinet.org>

New Zealand: International Conference Ecological Engineering; November 25 - 29, 2001, Christchurch

Organizer: International Ecological Engineering Society, IEES

This is one of a series of international meetings for members and supporters of the International Ecological Engineering Society, IEES, (refer to webpage - <http://www.iees.ch>)

Ecological Engineering encourages and supports research, development, education and functional applications that aim to achieve ecological, social and economic harmony through transdisciplinary processes. It draws on appropriate, innovative, traditional, (and indigenous) and modern technologies, techniques and systems to achieve sustainability in human endeavour.

Various primary themes will guide the workshops of this conference and the case study - conference tour:

1. Ecological engineering for products and services
 - Technical services and infrastructure
 - Land and marinescape services
 - Land and marinescape products
2. Ecological engineering education
3. Ecological engineering and sustainability
 - Community processes
 - Economics and marketing
 - Value systems
 - Indigenous part

!!! Infos: <http://www.lincoln.ac.nz/pdg/iees>

Australia: 3rd IWA - World Water Congress, in Melbourne, April 7 - 12, 2002

Organizer: International Water Association, Alliance House, 12 Caxton Street, London SW1H 0QS, UK.

Unfortunately, no information is yet available on the contents of the event, but is expected to become available around October.

!!! General advance information: <http://www.enviroaust.net>

China: 12th International Soil Conservation Organization Conference, May 26 - 31, 2002, Beijing

Title of the event:

"Sustainable Utilization of Global Soil and Water Resources"

Organizer: ISCO - International Soil Conservation Organization

The following key topics are on the agenda:

- soil and water conservation, regional policies and actions
- process of soil erosion and its environmental effects
- technology and methods of soil and water conservation
- dynamic monitoring, forecasting and evaluation of soil erosion

!!! Further information: <http://www.swcc.org.cn/isco2002>

Reader inquiries

An engineering outfit in Northern Germany is planning a urine separating facility for rural application with a model character and needs reliable information concerning potentially hazardous residues in urine (hormones, antibiotics, etc.), process management matters, and hygienic / administrative requirements for the agricultural use of urine.

What are the latest findings, and where can they be accessed?

We will evaluate all information received and then forward it as appropriate.

**Please send pertinent information and suggestions to:
christine.werner@gtz.de**

General information of relevance

Germany: The German Federal Environmental Agency's New German Environmental Information Network

GEIN - an acronym standing for German Environmental Information Network - gathers and distills from all over the Web information from numerous public institutions, e.g., federal and state ministries and diverse environmental authorities. GEIN sees itself as a portal for environmental information in Germany.

Through GEIN, Germany's federal and state governments use the Internet to disseminate knowledge and data of environmental relevance from 48 federal and state authorities. The new thing is that GEIN gives the user access to dynamic Web offerings that normally remain undetectable for conventional search engines. This functionality is particularly important in that such databases tend to contain mainly sector-specific data that GEIN can easily query together with other data.

GEIN users have a range of options for gathering information:

- portal pages devoted to different environmental topics
- basic text searches
- searches via specialized vocabulary (thesaurus)
- special areas with in-depth access to special topics
- searches with the help of a scout

!!! Address: <http://www.gein.de>

Germany: Another new UBA Internet

Under www.cleaner-production.de, the German Federal Environmental Agency (German acronym: UBA) has opened up an Internet portal where users can access information on the capabilities of German environmental technologies and services. Here, potential appliers of environmental technologies find profferings by the German research community and environmental protection industry. Cleaner Production Germany also facilitates the establishment of context between German and foreign agents of environmental technologies to prepare the ground for joint ventures and business relations.

<http://www.cleaner-production.de>

Germany: New Information Kiosk of The World

A World Bank Information Kiosk has recently been established at the German Foundation for International Development (DSE) in Bonn in co-operation with ZEF. The kiosk provides interested visitors with all new printed World Bank publications, provides access to over 3,000 World Bank titles since 1963 as CD-ROMs, and offers free guidance in literature research and utilization of the World Bank Internet site. The kiosk will enjoy the support of the Paris-based World Bank Public Information Center in Europe and is the first and only kiosk of its kind in Germany.

Information via: <http://www.dse.de/zd/biblio/wbik.htm>

Germany: New BMBF (Federal Ministry for Education and Research) call for tenders:

Promotion of research & development projects in the field of "noncentralized water supply and disposal systems"

The purpose of this call for tenders by the German Federal Ministry of Education and Research (German acronym: BMBF) is to promote innovative research & development projects leading to comprehensive concepts for the noncentralized supply and disposal of water to and from communities of diverse structure and manners of use at home and abroad.

Both research & development approaches geared to industrialized countries in which new supply and disposal inputs can be comparatively expensive in the technical sense and solutions appropriate to threshold and developing countries, with allowance for local infrastructure, environmental protection laws, quality requirements, climatic conditions, resource situation, etc. will be promoted.

Express attention is called to the eligibility for promotion of research projects with a complementary character to that of the GTZ sector program ecosan. Indeed, many of the people working on the ecosan project are very interested in participating in the competition.

A two-stage procedure has been adopted. The first step is to submit project sketches to the project executing institution (Karlsruhe Research Center - FZK) by September 30, 2001. Research and demonstration projects with international involvement are afforded an extended submittal deadline of November 30, 2001. The tendering text recently appeared in the Bundesanzeiger and is also available via our home page or that of the Karlsruhe Research Center.

!!! Download: <http://www.gtz.de/ecosan/docs/ausschreibung.pdf>

Links of interest

Constructed wetlands

A broad range of baseline information and pertinent-literature references concerning constructed wetlands can be found at:

<http://www.bodenfilter.de>

The March 2001 issue of Wasser & Boden devoted several pages to this subject.

GTZ

ecosan- ecologically and economically sustainable wastewater and sanitation systems

<http://www.gtz.de/ecosan>

BASIN - Building Advisory Service and Information Network

<http://www.gtz.de/basin>

GATE - German Appropriate Technology Exchange

<http://www.gtz.de/gate>

URSDOK - documentation on environmental protection and natural resource conservation

<http://www.gtz.de/uvp>

German organisations:

BMBF - - Federal Ministry for Education and Research

<http://www.bmbf.de>

BMU - Federal Ministry for the Environment, Nature Conservation and Nuclear Safety

<http://www.bmu.de>

BMZ - Bundesministerium für wirtschaftliche Zusammenarbeit und Entwicklung

<http://www.bmz.de>

TUHH - Technical University Hamburg Harburg (TUHH), Institute of Municipal and Industrial Wastewater Management

<http://www.tuhh.de/aww>

UBA - German Federal Environmental Agency

<http://www.umweltbundesamt.de>

GEIN - German Environmental Information Network

<http://www.gein.de>

Cleaner Production Germany

<http://www.cleaner-production.de>

International Organisations:

Center for Ecological Pollution Prevention

<http://www.cepp.cc/index.html>

Cityfarmer

<http://www.cityfarmer.org/comptoilet64.html>

CSE - Center for Science and Environment India

<http://www.cseindia.org>

Ecological Sanitation for Children, CSE, India

<http://www.oneworld.org/cse/html/dte/gobertimes/may1999/gtimes.htm>

Department of Water and Environmental Studies

<http://www.tema.liu.se/tema-v>

Ecological Engineering Group

<http://www.ecological-engineering.net>

IEES - International Ecological Engineering Society

<http://www.iees.ch>

ISW - International Secretariat for Water

<http://www.i-s-w.org>

LANETA - Latin American Network on Ecological Sanitation

<http://www.laneta.apc.org/redseco>

Mvula Trust

<http://www.mvula.co.za>

Resource - Institute for Low Entropy Systems

<http://www.riles.org>

SANDEC - Water and Sanitation in Developing Countries

<http://www.sandec.ch>

SaniCon - Sanitation Connection

<http://www.sanicon.net>

SanPlat - Sanitation Platform

<http://www.sanplat.com/Default.htm>

SIDA - Swedish International Development Cooperation Agency

<http://www.sida.se>

SIWI - Stockholm International Water Institute

<http://www.sivi.org>

SKAT - Swiss Centre for Development Cooperation in Technology and Management.

<http://www.skat.ch>

SSHE - School sanitation and hygiene Education

<http://www.irc.nl/sshe/nn/index.html>

SUDEA Ethiopia

<http://user.tninet.se/~gyt516c/ECOSAN.html>

The Ecological Engineering Group

<http://www.ecological-engineering.com>

UNDP- United Nations Development Programme

<http://www.undp.org/seed/water>

Unicef - United Nations Children's Fund

<http://www.unicef.org>

WASTE

<http://www.waste.nl>

WEDC - Water Engineering and Development Centre

<http://www.lboro.ac.uk/departments/cv/wedc/>

WHO - World Health Organization

<http://www.who.int>

wkab - Ecological Sanitation Notes

<http://www.wkab.se>

Worldbank

<http://www.worldbank.org>

WSP - Water and Sanitation Programm (UNDP-WB)

<http://www.wsp.org/English/index.html>

WSSCC - Water Supply and Sanitation Collaborative Council

<http://www.wsscc.org>

Regional Ressource Centers

ITN - International Training Network Eastern Africa

<http://www.nbnet.co.ke/netwas> (Currently not available)

ITN - International Training Network Southern Africa

<http://www.icon.co.zw/iwsd>

ITN - International Training Network West Africa

<http://www.dgr.epfl.ch/GS/cooperation/erepa/erepa.html>

ITN - International Training Network The Philippines

<http://www.itnphil.org.ph>

Events

International Conference on Freshwater

<http://www.water-2001.de>

Strategic approaches to urban sanitation provision

<http://www.oneworld.org/thinktank /water/ssacon.htm>

You'll find these same links on our home page at:

<http://www.gtz.de/ecosan/links.html>

If you have some good advices of your own about any interesting links, please let us know. (<http://www.gtz.de/ecosan>).

homepage

If you would like to find out more about the GTZ sector project ecosan or about the subject matter in general, just go see our home page (which is constantly being expanded and updated):

<http://www.gtz.de/ecosan>

newsletter

If you would like to get in touch with the administrators of this newsletter, just send an e-mail to:

owner-ecosan@mailserv.gtz.de

Please do not hesitate to send us any pertinent information, question, piece of criticism, etc. that you would like to see published in this newsletter!

contact

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mailing-list, newsletter user information

How can you use the ecosan mailing list?

ou can interact with the majordomo software of the mailing list server by sending commands inside the body of a mail message addressed to majordomo@mailserv.gtz.de

Please note that commands must be written in the body of the message, because majordomo does not process commands in the subject line!

You may place multiple commands in the same message. Place each command on a line by itself.

If you use a signature block at the end of your mail, it may be mistaken as a command and you will receive spurious error messages. To avoid this, please enter a line with the word "end" below the last command.

Useful commands for the mailing list are:

subscribe ecosan

to subscribe yourself to the ecosan mailing list

subscribe ecosan your.name@xy.org

to subscribe yourself to the ecosan mailing list, if for some reason you wish to have the mails sent to a different address (a friend's address, a specific other system on which you have an account, or an address which is more correct than the one that automatically appears in the "From:" header on the mail you send). Then you would add that address to the command. For instance, you might be sending a request from your work account, but wish to receive ecosan mail at your personal account (for which we will use "your.name@xy.org", as an example).

unsubscribe ecosan

to unsubscribe yourself from the ecosan mailing list

unsubscribe ecosan your.name@xy.org

to remove an address other than the one from which you are sending the request.

info ecosan

to retrieve the general introductory information for the ecosan mailing list.

index ecosan

to obtain a list of any files associated with this list (in particular the archive of the list).

get ecosan <filename>

to obtain a specific file associated with this list (in particular of the archive of the list)

help

to retrieve an informational message

end

to stop the processing commands (useful if your mailer adds a signature)