



# *Community Smart* *Beyond Living Smart (ctd)* *Week 10*



# Course Outline



Living  
Smart

<i>Wk 1: May 27</i>	<i>Intro to Living Smart</i>
<i>Wk 2: June 3</i>	<i>Power Smart</i>
<i>Wk 3: June 10</i>	<i>Waste Smart</i>
<i>Wk 4: June 17</i>	<i>Gardening for Food</i>
<i>Wk 5: June 24</i>	<i>Travel Smart &amp; Peak Oil</i>
<i>Wk 6: July 1</i>	<i>Gardening for Biodiversity - Fieldtrip</i>
<i>Wk 7: July 8</i>	<i>Healthy You, Home, Office</i>
<i>Wk 8: July 15</i>	<i>Water Smart</i>
<i>Wk 9: July 22</i>	<i>Simple Living &amp; Beyond LS</i>
<b>Wk 10: July 29</b>	<b>Community (with guest speaker)</b>
TBA	Follow up

Slide 2

# Today's Program

11:00-11:15	Start-up, review goal achievement
11:15-11:40	Diana Collingridge's story about community
11:40-12:00	Beyond LS contd
12:00-12:30	Eat!



# What Have You Done Since Last Week?



- In Table Teams:
  - Discuss what you have done since last week;
  - Prepare to report back to main group;
- Time: 5 minutes

# Community





"Never doubt that a small group of thoughtful,  
committed citizens can change the world.  
Indeed it is the only thing that ever has."

*Margaret Mead*

"From what we get, we can make a living;  
what we give, however, makes a life"

*Arthur Ashe/Winston Churchill*

Over to you Diana...

# Activity



- As a table team:
  - Talk about the things you are already doing to participate in the community;
  - Identify those things you could do to help create a stronger community;
  - Prepare to report-back;
- Time: 5 min

# days of change




Living Smart

Household Pledge Card

Climate Change Action to Choose From	Annual CO2e Reduction	Annual \$ Saving	Other Benefits	Already Doing	New Pledge
Turn off all appliances at the end of the day (washing machine, dryer, etc.)	100	\$ 50		<input type="checkbox"/>	<input type="checkbox"/>
Wash an extra load of clothes each week (instead of dry clean)	100	\$ 50		<input type="checkbox"/>	<input type="checkbox"/>
Turn down the hot water heater setting to 40°C	100	\$ 100		<input type="checkbox"/>	<input type="checkbox"/>
Wash my clothes in cold water	100	\$ 50		<input type="checkbox"/>	<input type="checkbox"/>
Wash all my clothes on a dedicated water heater or clothes dryer	100	\$ 100		<input type="checkbox"/>	<input type="checkbox"/>
Reduce my showering time (hot water use) to 4 minutes	240	\$ 120		<input checked="" type="checkbox"/>	<input type="checkbox"/>
Install a water efficient shower head if I have a storage or continuous flow hot water system (save hot water).	240	\$ 160	\$ 💧	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Replace one beef or lamb meal with a vegetarian meal per week	260	\$ 125	❤️ +	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Reduce my lawn area by 25m <sup>2</sup> and plant with a native or water wise garden.	300	\$ 200	💧 🏠	<input type="checkbox"/>	<input type="checkbox"/>

	Annual CO2e Reduction	Annual \$ Saving	Other Benefits (eg Green Economy, Water Savings, Healthy, Home Comfort)	Already Doing	New Pledge
6 Reduce my showering time (hot water use) to 4 minutes	240	\$ 120		<input checked="" type="checkbox"/>	<input type="checkbox"/>
7 Install a water efficient shower head if I have a storage or continuous flow hot water system (save hot water).	240	\$ 160	\$ 💧	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8 Replace one beef or lamb meal with a vegetarian meal per week	260	\$ 125	❤️ +	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9 Reduce my lawn area by 25m <sup>2</sup> and plant with a native or water wise garden.	300	\$ 200	💧 🏠	<input type="checkbox"/>	<input type="checkbox"/>

Summary

Category	CO2e Reduction	\$ Saving	Other Benefits	Already Doing	New Pledge
Water Conservation	100	\$ 100		<input checked="" type="checkbox"/>	<input type="checkbox"/>
Energy Efficiency	100	\$ 100		<input type="checkbox"/>	<input type="checkbox"/>
Waste Reduction	100	\$ 100		<input type="checkbox"/>	<input type="checkbox"/>
Green Living	100	\$ 100		<input type="checkbox"/>	<input type="checkbox"/>
<b>TOTAL CO2e</b>	<b>400</b>	<b>\$ 400</b>		<input type="checkbox"/>	<input type="checkbox"/>

Already Doing      New Pledge



# How You Can Help



- Get involved directly
- Join e-newsletter list
- Suggest board members or champions
- Support us with a donation
- Visit <http://daysofchange.org>

# Beyond Living Smart

So what will you do next?





# OVERALL GOAL CHECKLIST



N/A	To Do	Done	Topic	What to Do	How to Do It	Resources
			Power Smart	Measure the electricity consumption of your appliances;	Buy or borrow a power meter. Meters available from JayCar, Altronics or The Alternative Technology Association (online) measure power used by individual appliances. Meters such as Efergy available from Bunnings measure power usage of entire house.	<a href="http://www.altronics.com.au/index.asp?area=item&amp;id=P8133">http://www.altronics.com.au/index.asp?area=item&amp;id=P8133</a> <a href="http://www.efergy.com.au/">http://www.efergy.com.au/</a> <a href="http://shop.ata.org.au/cart.php?target=product&amp;product_id=16518&amp;category_id=255">http://shop.ata.org.au/cart.php?target=product&amp;product_id=16518&amp;category_id=255</a>
			Power Smart	Replace your electric or gas storage hot water system with a solar hot water system;	Check out the DPI Living Smart Fact Sheet.	<a href="http://www.dpi.wa.gov.au/mediaFiles/ls_SolarHotWater.pdf">http://www.dpi.wa.gov.au/mediaFiles/ls_SolarHotWater.pdf</a>
			Power Smart	Reduce the amount of energy consumed by your existing hot	Insulate any exposed hot water pipes. Consider wrapping your storage tank in insulation. Lower the temperature of the	<a href="http://www.dpi.wa.gov.au/mediaFiles/ls_StorageWaterHeater.pdf">http://www.dpi.wa.gov.au/mediaFiles/ls_StorageWaterHeater.pdf</a> <a href="http://www.dpi.wa.gov.au/mediaFiles/ls_InstantWaterHeater.pdf">http://www.dpi.wa.gov.au/mediaFiles/ls_InstantWaterHeater.pdf</a>



# Living Smarties August Meeting - Body Care Wednesday August 5th 2009 7:00pm at Beaconsfield Primary School Library



Please bring along some supper to share, a mug to drink your cuppa and your own "body care tips" for a more sustainable bathroom

Shani 0417 941 991

Tim 0466 210 590

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# Living Smart

**City of Cockburn  
May-July 2009**

Thank you for being part of this great group  
This is a beginning not an end. We're looking  
forward to your feedback!

Gary

Libby