



# Community Smart Living Simply



Living  
Smart



# Kalamunda Course Outline

<i>Wk1: 11/11</i>	<i>Thinking Smart, Climate Change</i>
<i>Wk 2: 17/11</i>	<i>Power Smart</i>
<i>Wk 3: 25/11</i>	<i>Healthy You</i> <i>Healthy Home</i>
<i>Wk 4: 2/12</i>	<i>Water Smart</i> <i>Gardening for Biodiversity</i>
<i>Wk 5: 9/12</i>	<i>Waste Smart</i> <i>Travelling Smart</i>
<b>Wk 6: 16/12</b>	<b>Community Smart</b> <b>Living Simply</b>
Field Trip: Sat 6/12	Gardening for Productivity 2:00pm to 4:00pm



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# What Have You Done Since Last Week?

- In Table Teams:
  - Discuss what you have done since last week;
  - Select the person/household that has achieved the most;
  - Prepare to report back to main group;
- Time: 5 minutes



# Community Smart



- 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



# Stay Aware

- Stay aware of the local issues
  - Read your local newspaper
  - Attend Council meetings
  - Keep an eye out for community consultation/information sessions



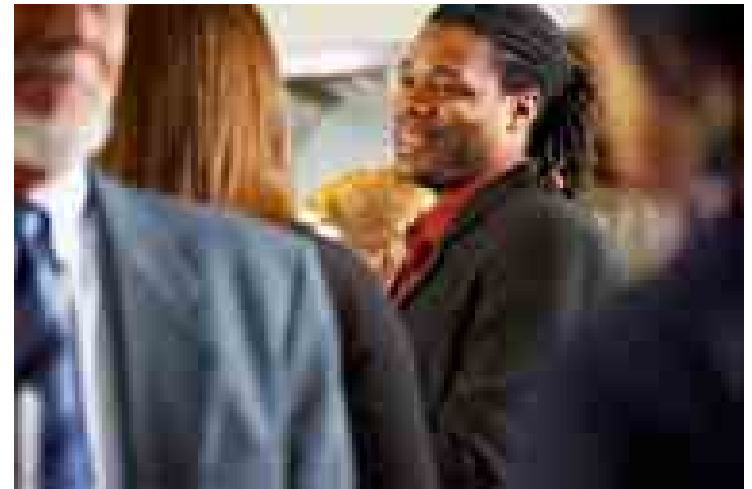
# Powerful Choices

- Let your \$ do the talking
- Consumer choices influence the market economy
- So make choices based on sustainability considerations and tell others



# The Power of Networking

- Information travels fast and far
- Better than an advertising campaign – people believe the words of someone they know





# The Power of the Pen

- Making your voice heard by:
  - Letter writing
  - Making a submission



# Join an Environmental Group

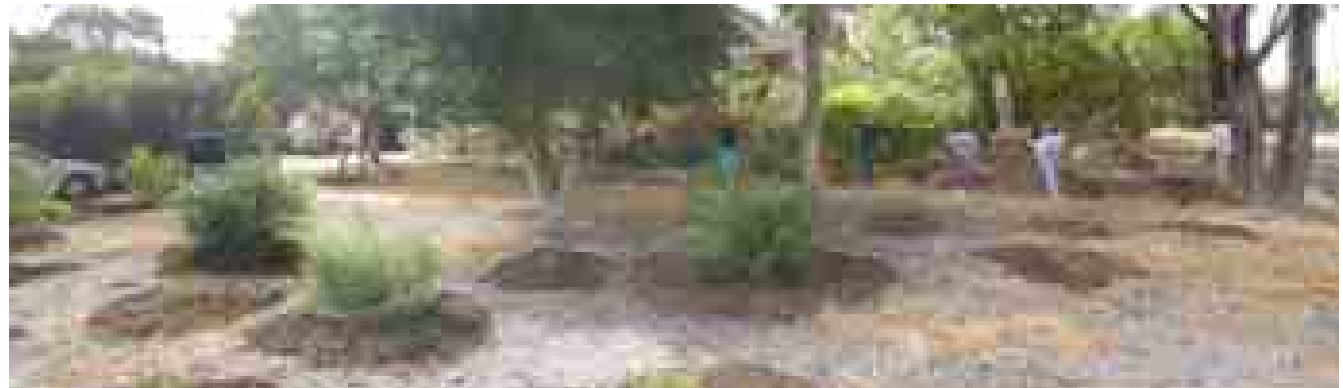
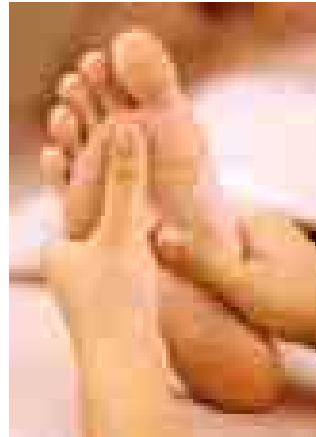
- Groups form in response to an issue or crisis
- Global – Greenpeace/WWF
- National – Australian Conservation Foundation
- State – Conservation Council of WA, Wilderness Society
- Local – friends groups, coast care groups, local environment centre



# Nature Reserves Preservation Group (NRPG)



# Join LETS (Local Exchange Trading System)



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[www.swanhillslets.org](http://www.swanhillslets.org)

# Organise Your Own Local Group

- Local groups can make a difference
- Start your own group if no one is taking action on an issue that is important to you
- How?



# Start Your Own Living Smart Group

- Set up a Living Smart group with:
  - Family group
  - Living Smart street
  - Your workplace
  - A community group that you already belong to
  - Past living smart participants

For guidance and materials visit the Living Smart website

[www.livingsmart.org.au](http://www.livingsmart.org.au)

# Living Smart Coming Back to Kalamunda

- Wednesdays from February 18;
- 12:45pm to 2:45pm
- Kalamunda Community Learning Centre – Jorgenson Park



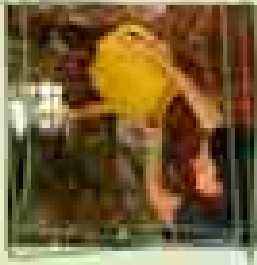
# What else can we do to Increase our sense of community

- In Table Teams:
  - Discuss what other things you think could be done to increase our sense of community;
  - Choose the top 2-3 ideas;
  - Prepare to report back to main group;
- Time: 10 minutes





# Living Simply



# Activity

- On a piece of paper, make a note of the following:
  - Your happiest memory
  - Your most cherished possession;
  - One thing you'd change if you could;
- Share your thoughts in groups of three;
- Identify similar themes onto sticky notes



# Why live simply?

- More time to do things that you really want to do
- To be more in control of your life
- To have greater freedom
- Less dependent on material things
- Less impact on the environment



# What is simple living?

**Simplifying**

**Streamlining your life**

**Wanting less**



# The Story of Stuff



# Feedback & Evaluation



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## Living smart

*(making your lifestyle count)*

### FEEDBACK & EVALUATION

Complete this section to let us know how you liked the program and how we can improve it. Your responses are confidential.

1. How satisfied are you with your experience in the Living Smart program?  
 very satisfied \_\_\_\_\_ satisfied \_\_\_\_\_ not satisfied \_\_\_\_\_

2. How much time do you spend on the program?  
 \_\_\_\_\_

3. How much time do you spend on the program?  
 \_\_\_\_\_

4. How would you rate the following aspects of the program in terms of your enjoyment/participation with them over the past 6 months? (1 = not at all, 5 = very much)

	1	2	3	4	5
Program content					
Program delivery					
Program location					
Program cost					
Program staff					
Program facilities					

5. Do you have any comments about any other aspect of the program?  
 (e.g. any special events, where you would like to see the program, any other comments, any other comments, any other comments)

6. How satisfied are you with the program's timing? (e.g. how often you attend, how long each session is, how long the program runs for)

very satisfied \_\_\_\_\_ satisfied \_\_\_\_\_ not satisfied \_\_\_\_\_

7. How do you think the program's timing affects your ability to attend?  
 \_\_\_\_\_

# Goal Setting



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**Living Smart**  
creating fun/affordable communities!



**MY SIMPLE LIVING goal**

My overall goal and steps to achieve this are:

Goal: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

\_\_\_\_\_

Why I want to achieve my goal:

\_\_\_\_\_

\_\_\_\_\_

How I will achieve my goal by:

\_\_\_\_\_

\_\_\_\_\_

**"The difference between a dream and a goal is the written word"**  
Abraham Lincoln

# Some Smart New Year's Resolutions

- Halve the frequency with which you put out your green-top bin;
- Don't buy any new clothes (second-hand okay)
- Create a vegetable garden;
- Reduce your household electricity usage by 50%;
- Reduce your daily water usage by 25%
- Reduce the number of meals at which you eat red meat by one per week;





# Some Smart New Year's Resolutions (cont)

- Spend more time with the family;
- Join a local community group or friends group for a local reserve;
- Purchase Solar Panels to generate your own electricity;
- Subscribe to 100% Natural Power;
- Donate Blood or Plasma at least 6 times;

