



Nobody made a greater mistake than he who did nothing because he could only do a little - e. burke

Welcome to **Living**
Smart

Aims of the Living Smart course



- Raise awareness of sustainability issues;
- To help you take up new, more sustainable choices in your life and at work;
- Empower you to actively participate in sustainability activities at work and in your community;
- To provide you with an enjoyable and meaningful learning experience;

www.livingsmart.org.au

Living Smart Partnership



Living Smart is the outcome of a strong partnership between

- The Meeting Place Community Centre
- City of Fremantle
- Murdoch University
- Southern Metropolitan Regional Council,

together with active participants in the early pilot programs from the Fremantle community

Some Participant Comments on Living Smart



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- My Saturday afternoons for 7 weeks have completely changed my life
- I achieved monumental changes in my way of life which I had always meant to do but never got around to.
- It increased my sense of urgency in tackling climate change.
- I thought I knew it all and was doing most of it until I went to Living Smart. Now I'm doing much more and there is still more I can do.

What is “Sustainability”?



What is sustainability?



Living in a way that meets the need of the present without compromising the ability of future generations to meet their own needs.

Finding a balance between environment, economy and society.

Sustainability Bingo



Living Smart
creating sustainable communities

Uses public transport at least once per week	Practices relaxation or meditation techniques	Uses a compost bin/heap or worm farm successfully	Has substantially reduced their meat and dairy consumption	Has a grey water system (bucket in the shower counts!)	Is active in a local community group
Donated to a local charity in the last year	Can name three native plants in their garden	Grows own vegies	Supported an environmental cause last year	Has a solar hot water system	Regularly exercises outdoors
Switches appliances and changes off at the mains	Buys locally grown fruit and veg	Has walked or cycled somewhere in the past week	Hasn't been on an aeroplane for at least 2 years	Has water saving showerhead(s)	Uses own reusable shopping bags
Grows own herbs	Planted at least 1 native tree or shrub in the last year	Uses fans and closes curtains instead of a/c in the summer	Has external shading on West-facing window	Has installed grid-connected photo-voltaics on own house	Drives a small fuel-efficient car
Purchases 100% GreenPower for the home	Invests in green and/or ethical companies	Bought organic fruit and/or vegetables last week	Reuses waste paper for notes	Goes to their own street party	Has deciduous trees/vines on North side of house
Uses bicarb soda and vinegar as cleaners	Has a rainwater tank plumbed to toilet or washing machine	Annually offsets the emissions for their car(s)	Usually eats 2 fruit and 5 veg serves per day	Buys recycled paper products when possible	Has some clothes/bedding made from bamboo or hemp

Find someone for each category and write his or her name in the square.
Only use a person's name once.

BINGO!!

Slide 7

Living Smart

Course Outline



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Wk 1: April 30	Intro to Living Smart
Wk 2: May 7	Power Smart
Wk 3: May 14	Waste Smart
Wk 4: May 21	Gardening for Food
Wk 5: May 28	Travel Smart & Peak Oil
Wk 6: Jun 4	Healthy You
Wk 7: Jun 11	Gardening for Biodiversity
Wk 8: Jun 18	Water Smart
Wk 9: Jun 25	Healthy Home/Office
Wk 10: Jul 2	Beyond Living Smart
Field Trip ?	Community Smart - Painted Fish <small>Slide 8</small>

Why Live Sustainably?



Climate Change

One Symptom of our Unsustainable Lives

What motivated me to change







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5:30 PM





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APRIL 3, 2006

www.time.com AOL Keyword: TIME

SPECIAL REPORT GLOBAL WARMING

TIME

**BE
WORRIED.
BE **VERY**
WORRIED.**

Climate change isn't some vague future problem—it's already damaging the planet at an alarming pace. Here's how it affects you, your kids and their kids as well

EARTH AT THE TIPPING POINT
HOW IT THREATENS YOUR HEALTH
HOW CHINA & INDIA CAN HELP
SAVE THE WORLD—OR DESTROY IT
THE CLIMATE CRUSADERS



The Whitechuck Glacier (USA) retreated 1900m between 1973 and 2006



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1973



2006

The Boulder Glacier retreated 450m between 1985 and 2003





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Lonnie G. Thompson

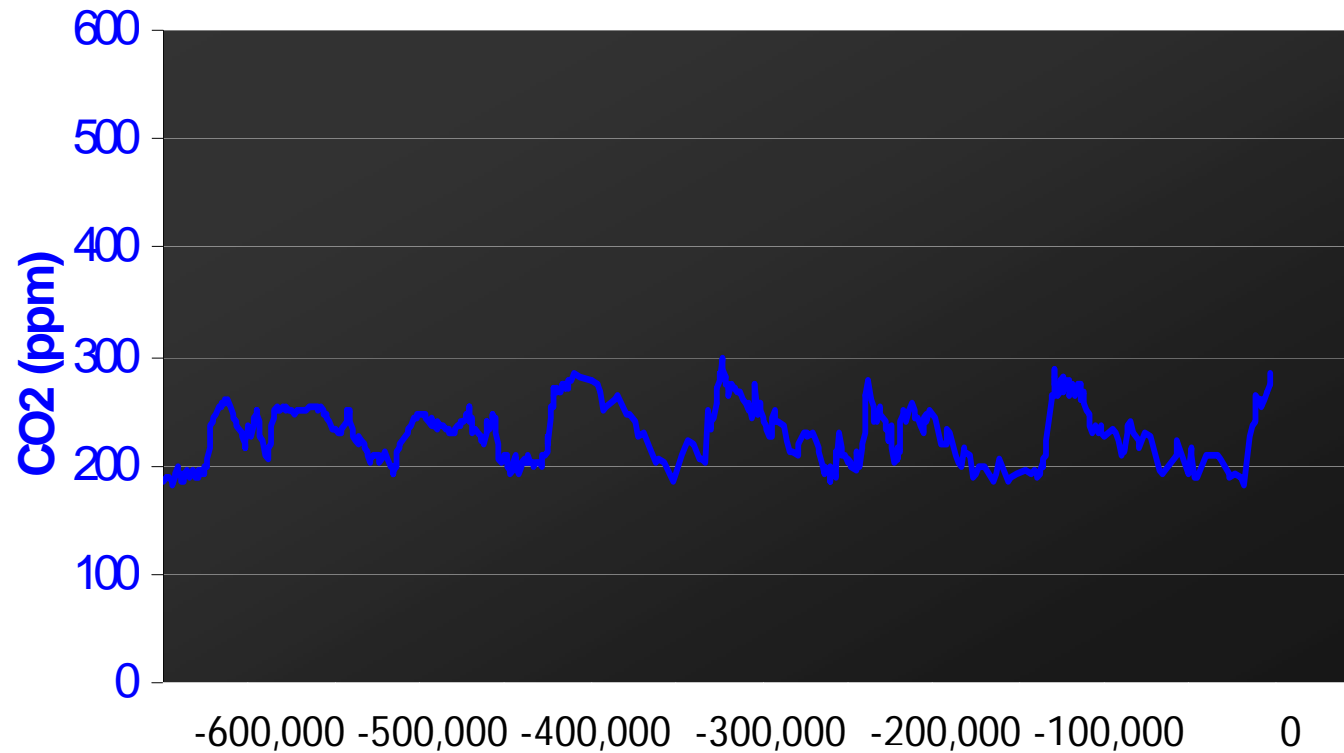


National Geophysical Data Center NOAA
<http://www.ngdc.noaa.gov/paleo/slides.html>

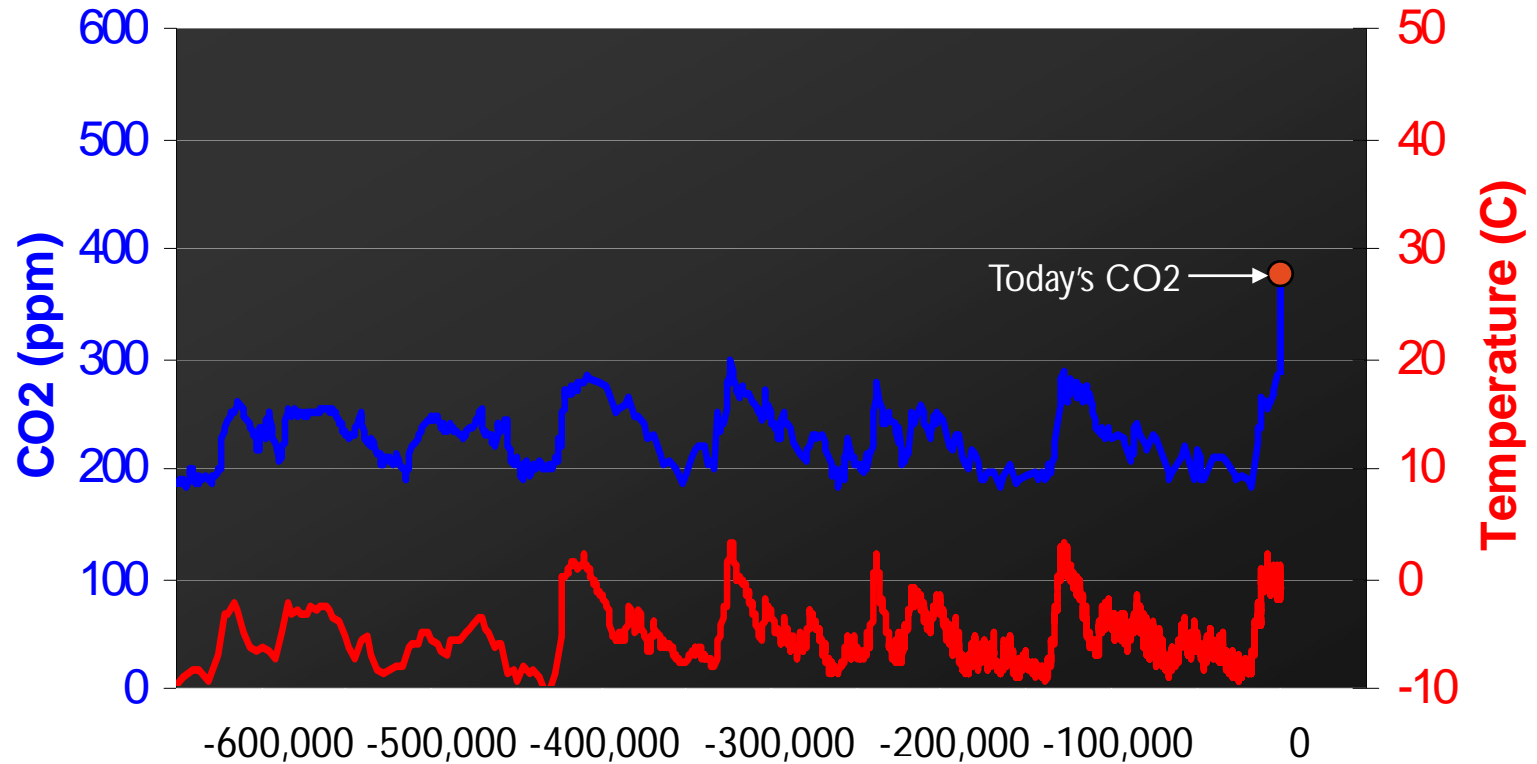
Quelccaya
Ice Cap

Peru, 1977

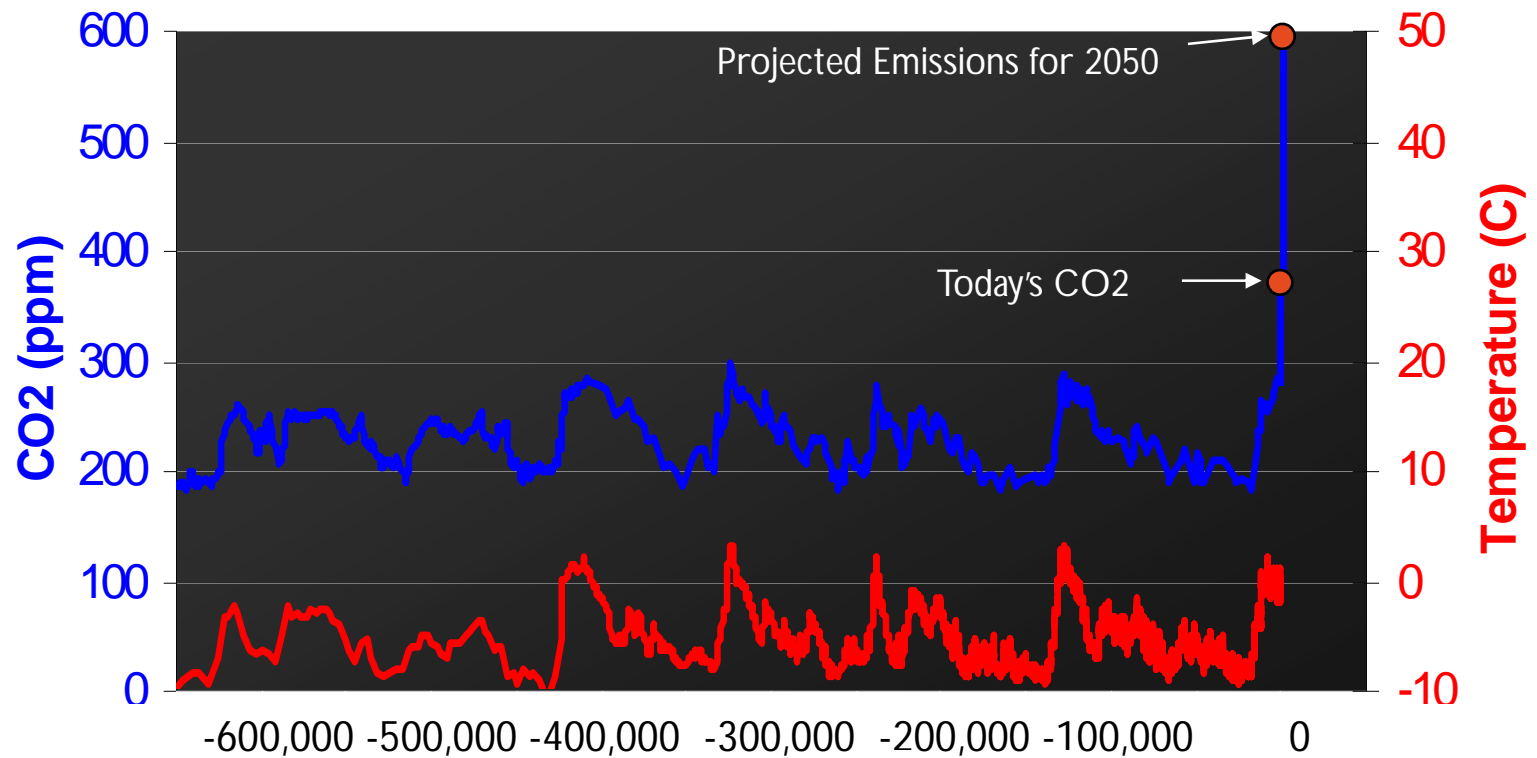
650,000 Years of CO₂ and Global Warming



650,000 Years of CO₂ and Global Warming

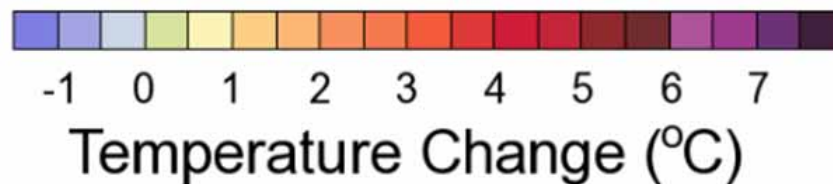
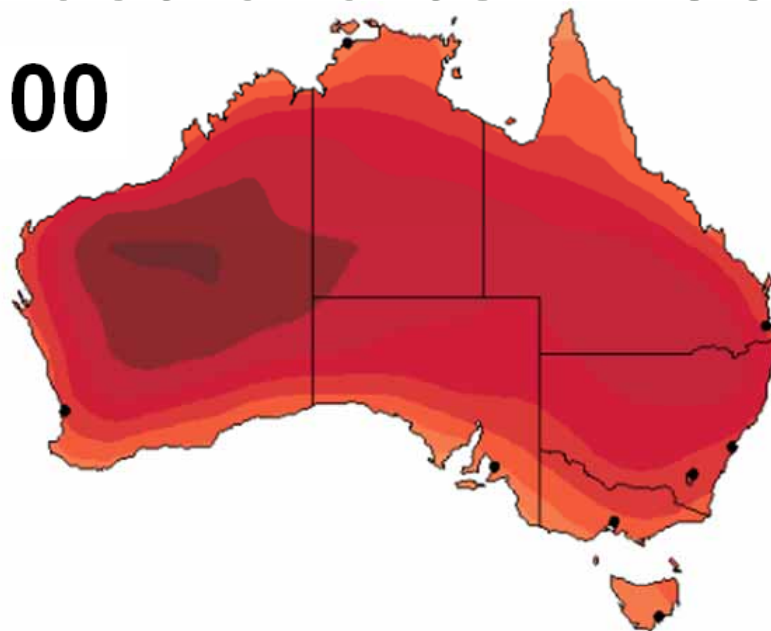


650,000 Years of CO₂ and Global Warming



Projected Temperatures in Australia to 2100

2100



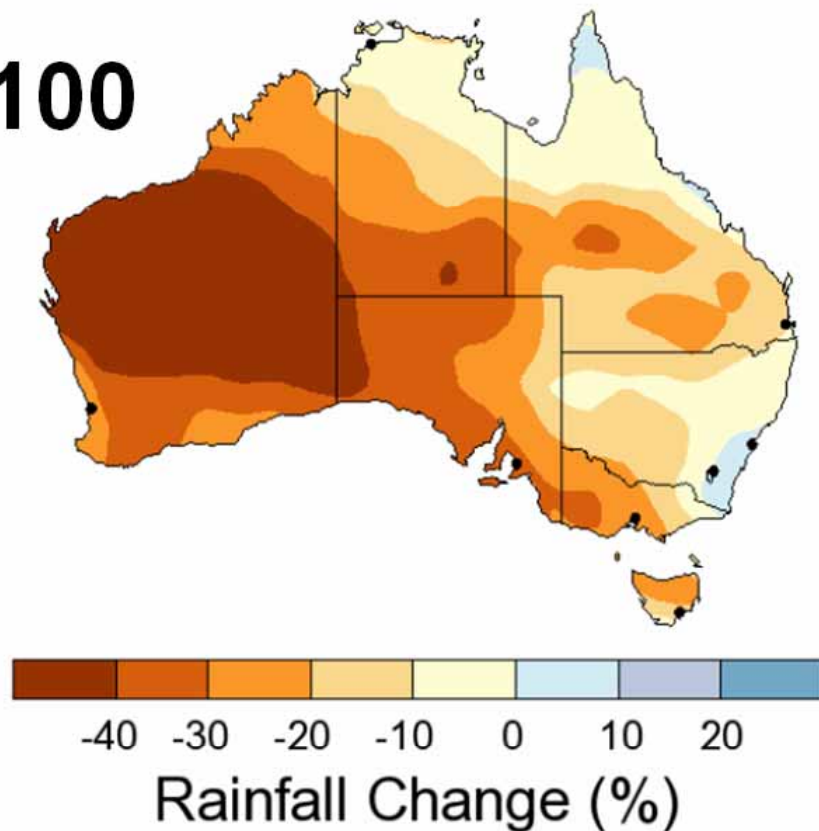
CSIRO Mark 3.5 climate model
IPCC SRES A1B emission scenario
Change relative to 1980-1999 average



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Projected Rainfall in Australia to 2100

2100



CSIRO Mark 3.5 climate model
IPCC SRES A1B emission scenario
Change relative to 1980-1999 average



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Extremes in Australia



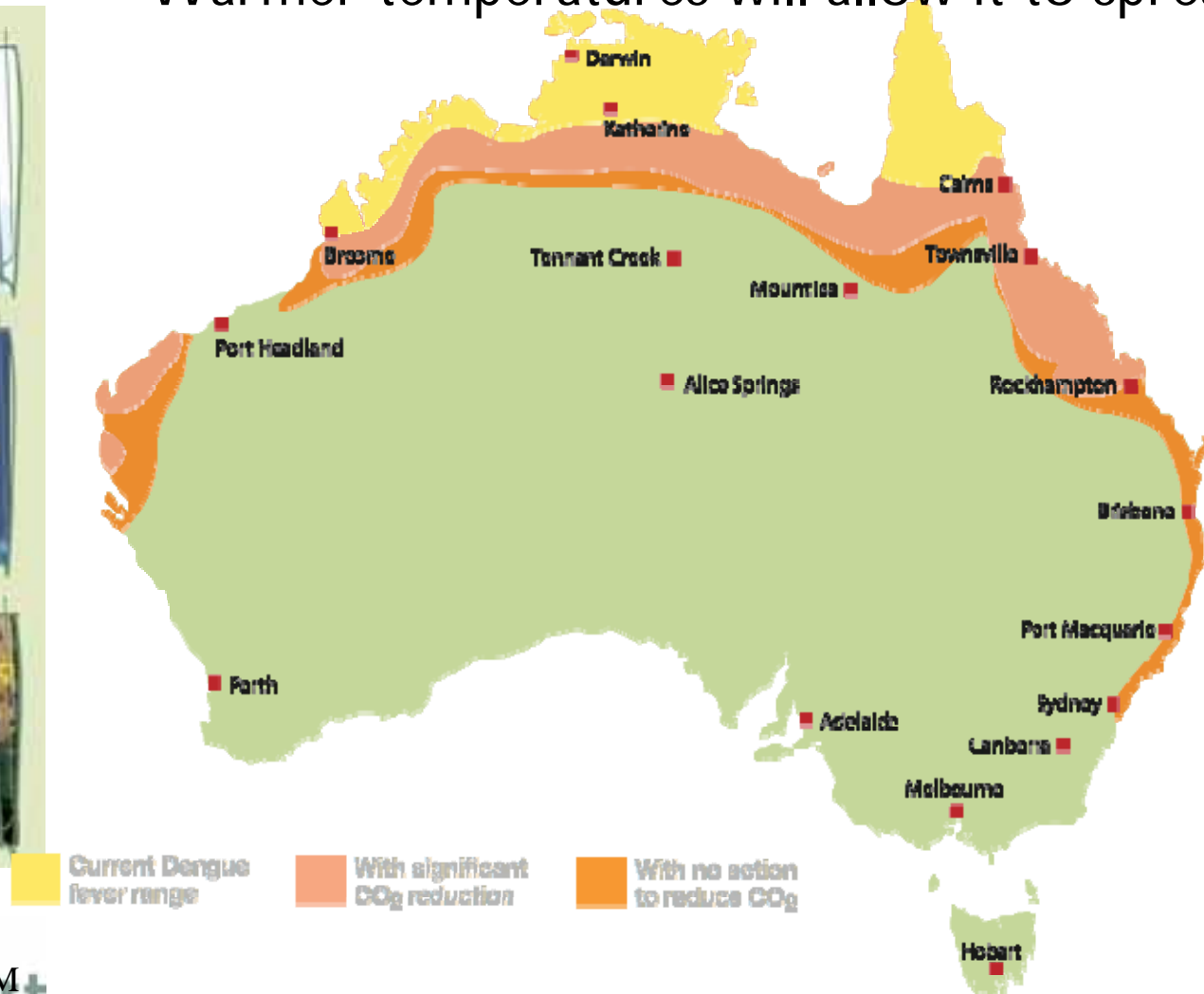
Murray Darling Basin
August 2007



Hunter Valley
June 2007

Dengue Fever in Australia

- Warmer temperatures will allow it to spread south



“In Southeastern Australia, the frequency of Catastrophic fire days will increase from 1 in 33 years to 1 in 2.5 years” - IPCC



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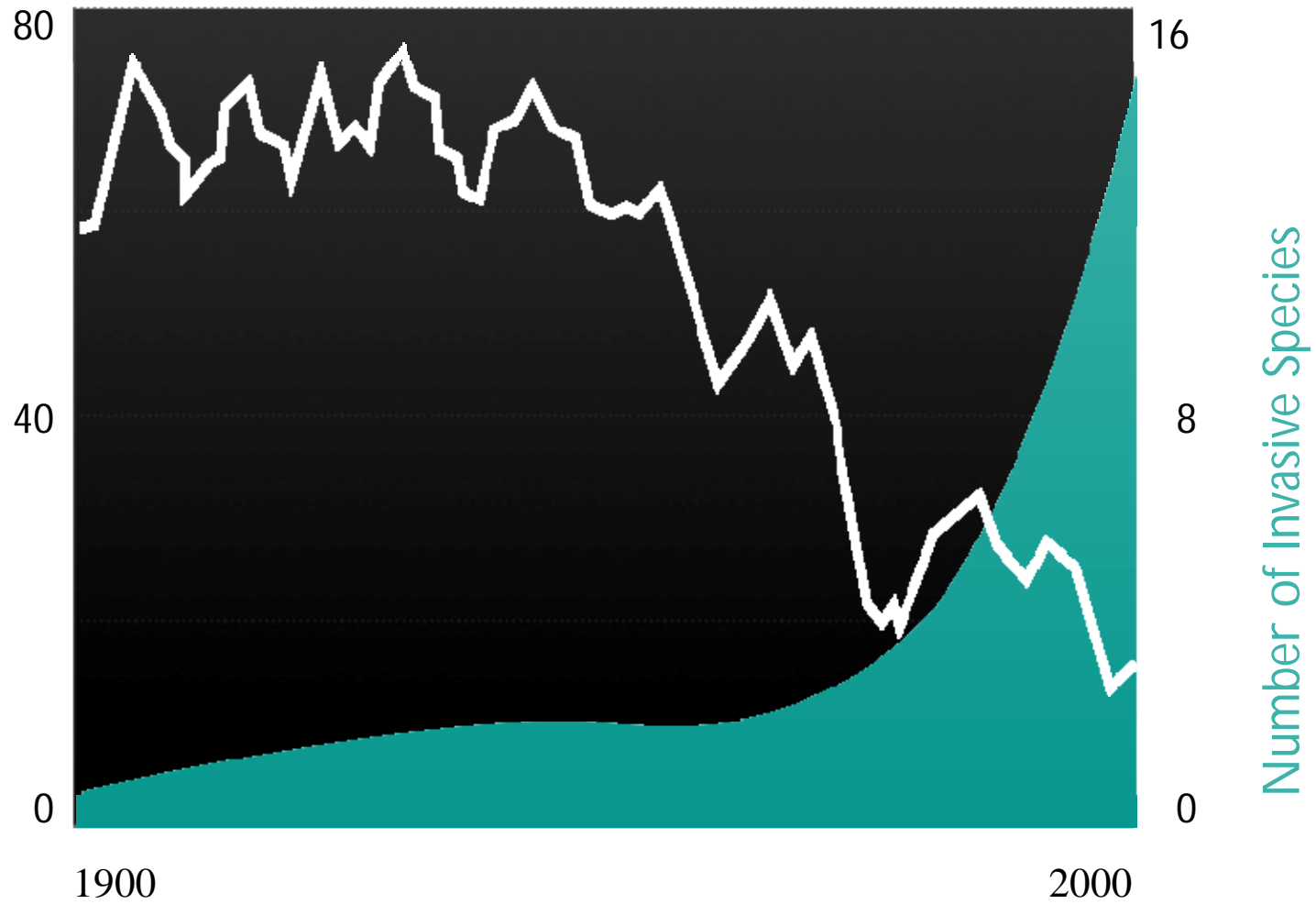
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Shifts in Seasons



Frost Days



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Source: National Geographic 4.2004

Mountain Pine Beetle Damage



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Source: Tree Hugger

100% of Acacia Species in Southwest WA will become extinct with 1-2°C of warming



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Photography by J. Flint, M. Hancock, S.D. Hopper & E. Wajon. Image used with the permission of the Western Australian Herbarium, Department of Environment and Conservation (<http://florabase.dec.wa.gov.au/help/copyright>). Accessed on Thursday, 18 October 2007.



97% of the Great Barrier Reef will be bleached every year with 2-3°C of warming



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Photo: Ove Hoegh-Guldberg



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Loss of Artic Sea Ice 1979-2007



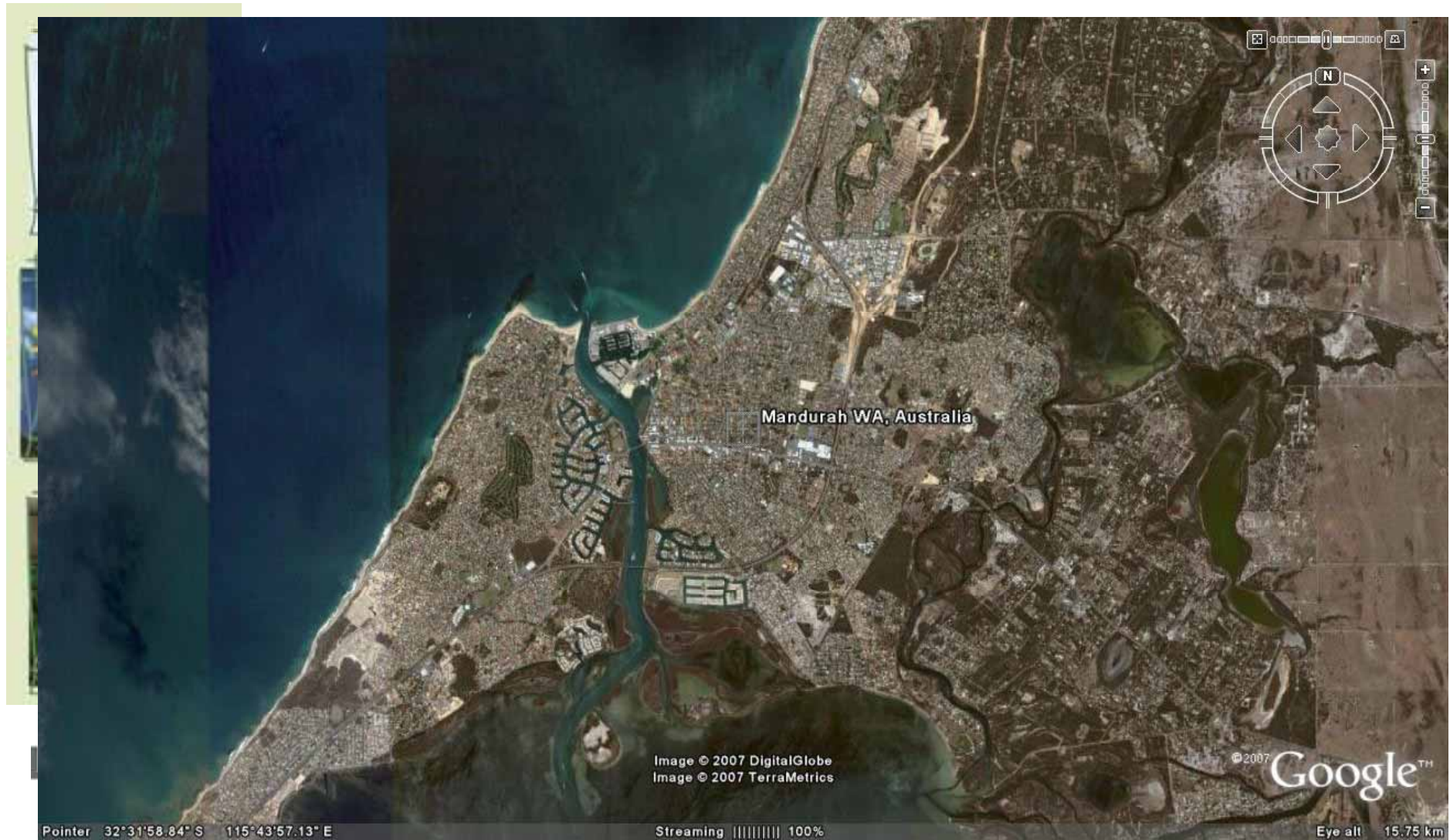


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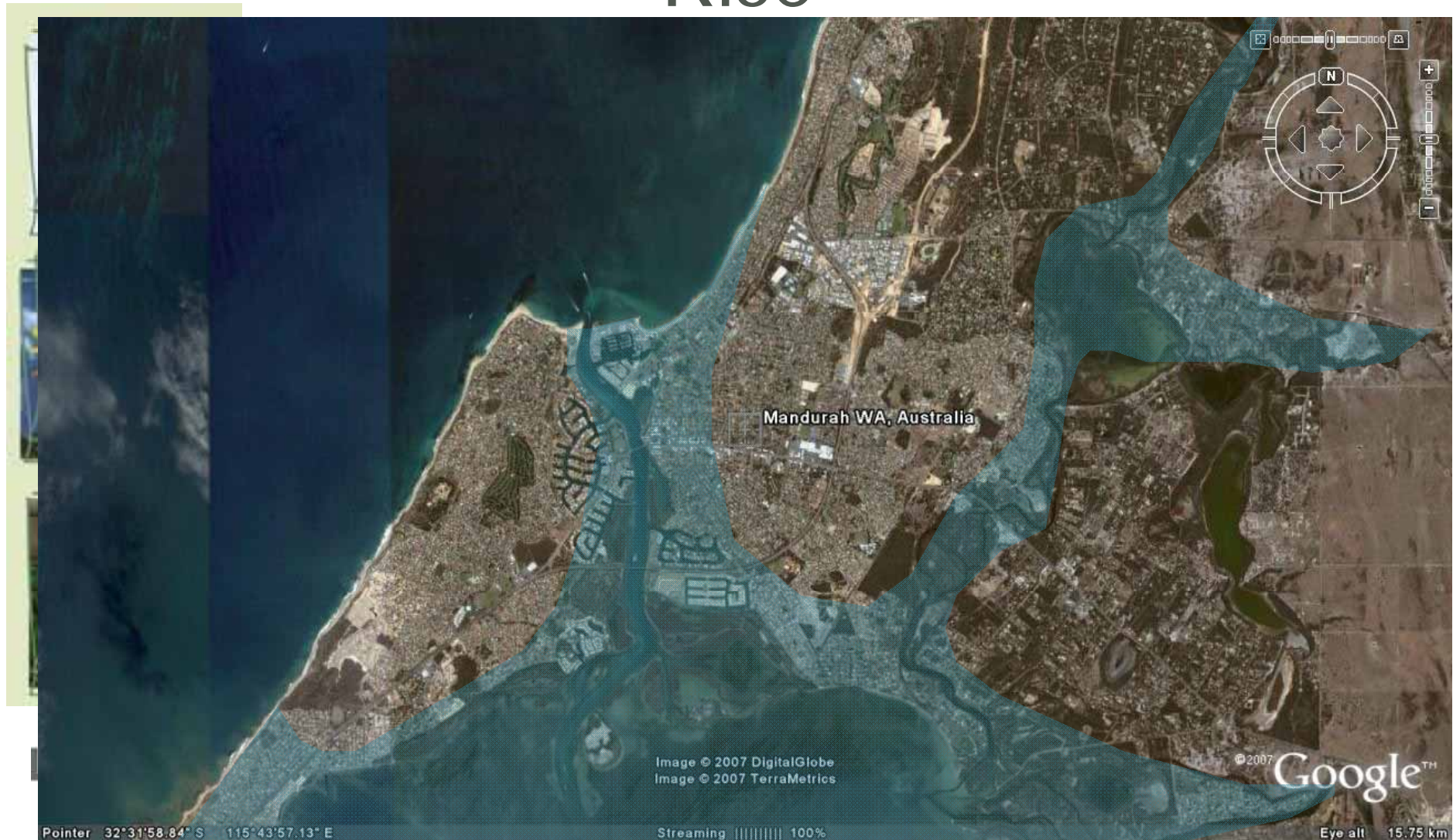


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Mandurah Today



Mandurah with a 1m Sea Level Rise



Three Simple Choices



- Continue denying it;
- Get depressed and do nothing;
- Do something.

What I did and what we all need to do to stop the projections from becoming reality

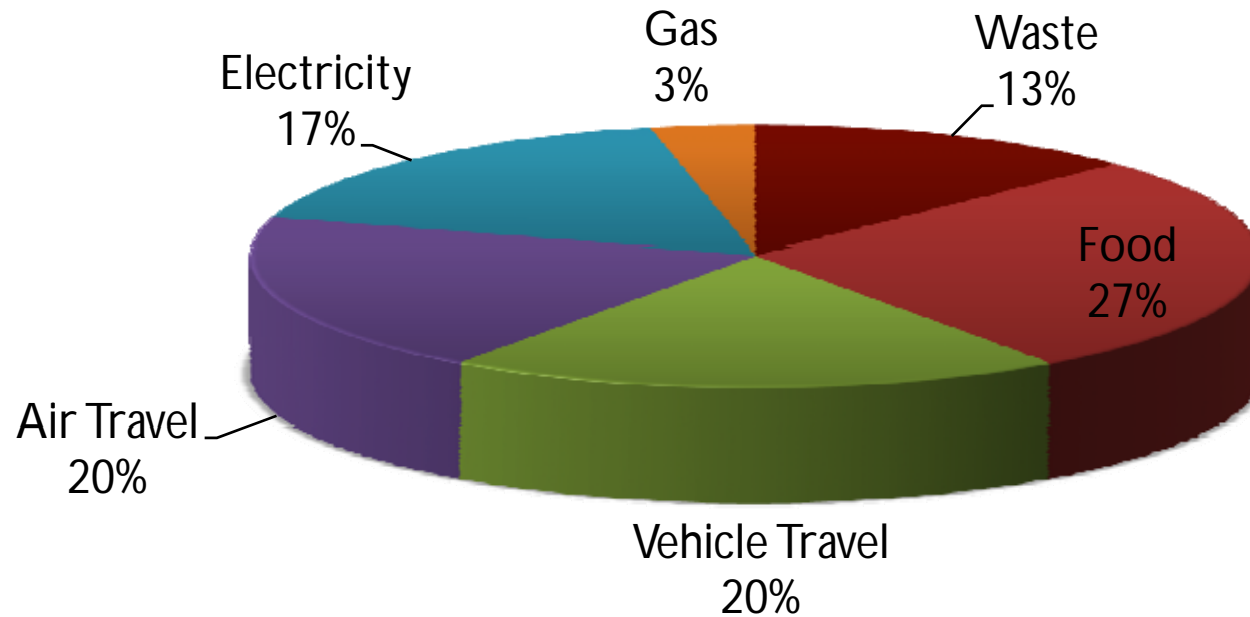


- **Measure** our carbon footprint
- **Reduce** our own emissions
- **Switch** to green power
- **Offset** the rest
- **Spread** the word

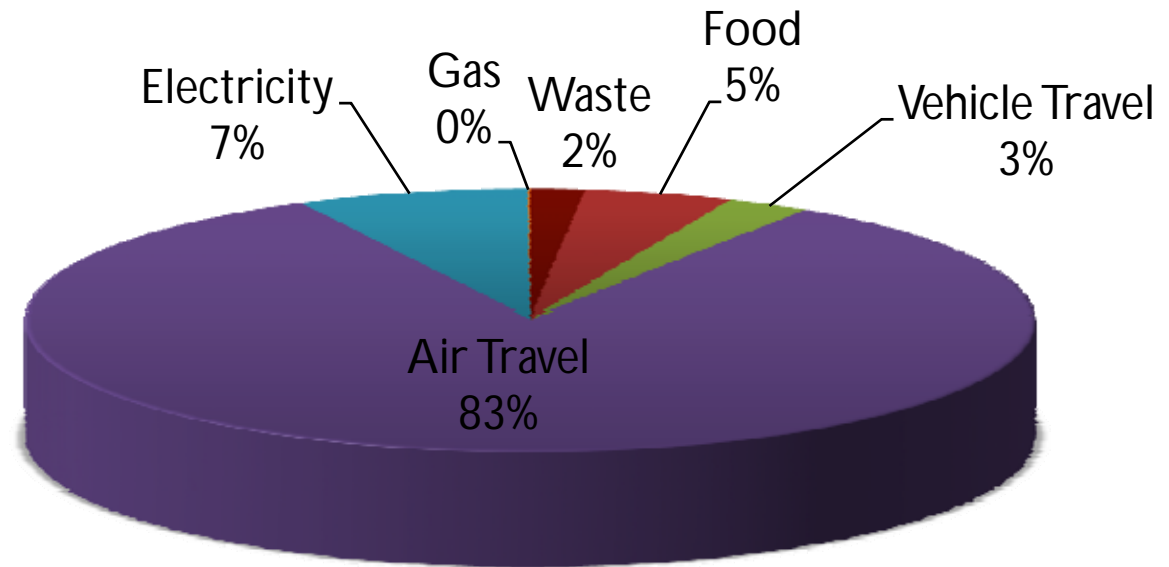
Measuring your Footprint



Source of Greenhouse Gas Emissions for a Typical Australian Household



My Sources of Greenhouse Gas Emissions 4 Years Ago





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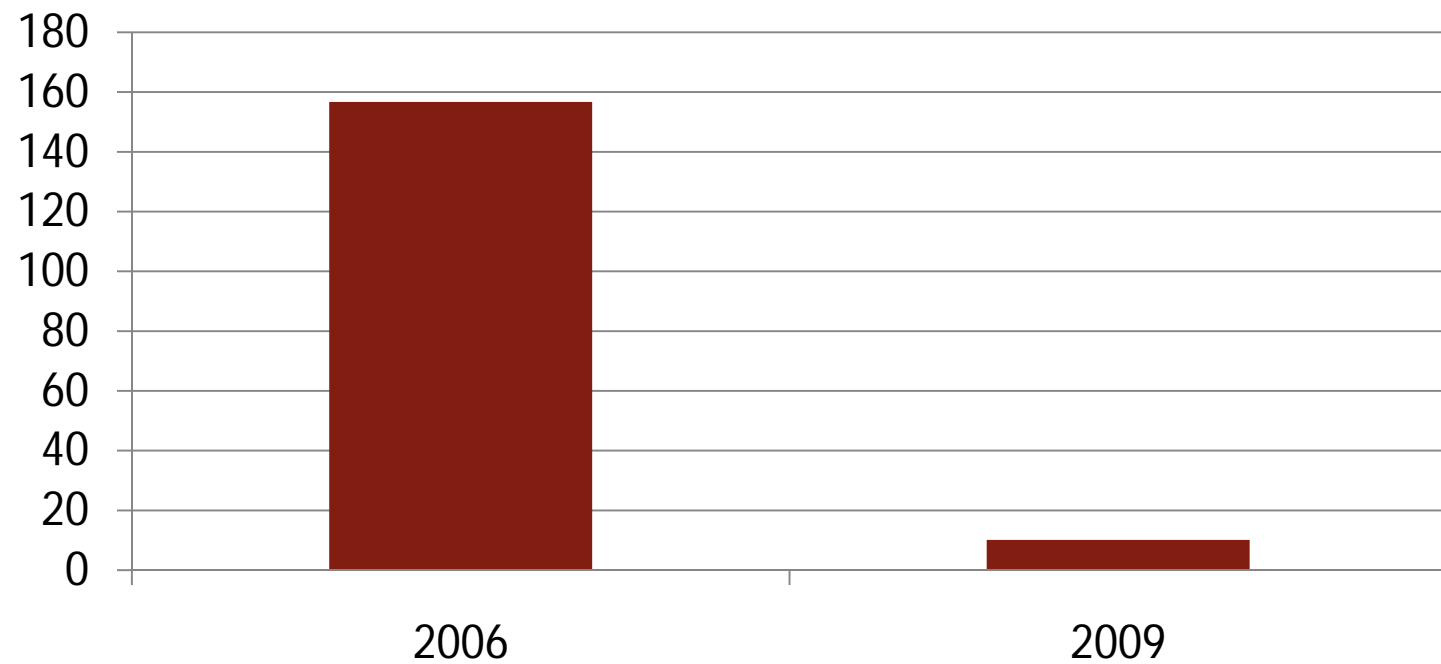


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The end Result?



**Household Greenhouse Gas Emissions
(CO₂e)**



Offset the rest



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www.carbonneutral.com.au



www.climatefriendly.com

Spread the word



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How did I achieve this?



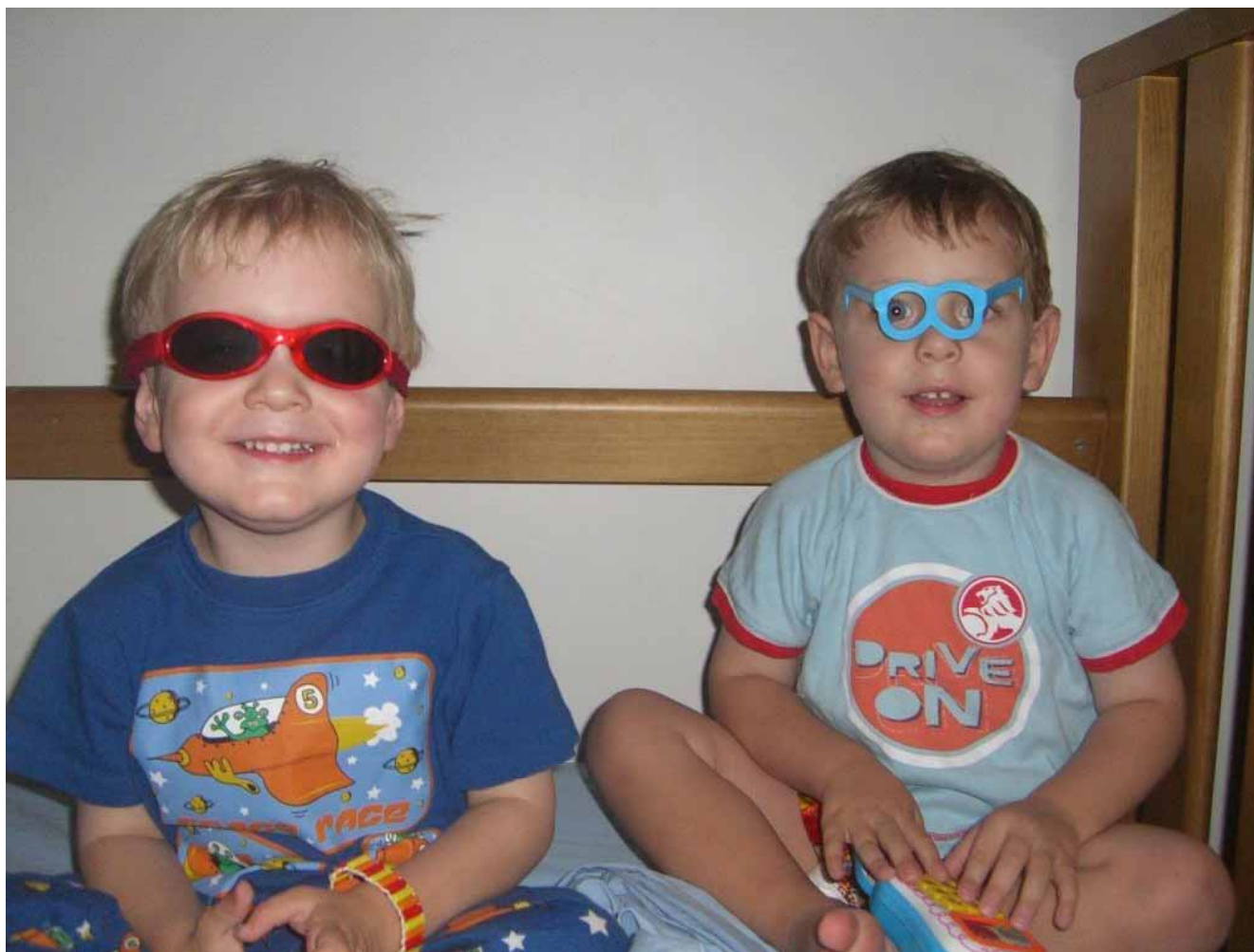
- By Establishing Goals:
 - To be a carbon neutral household;
 - To deliver the Al Gore slide show to more than 100 audiences during 2008;
 - Changing to a sustainable lifestyle and thereby demonstrate what can be achieved;
- Being Motivated to Achieve them:



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The Road Ahead



Activity: What Have You Already Done to Reduce Your Emissions?



- In Table Teams:
 - Write down the 2-3 things you're doing that you are most proud of;
 - Share what you are doing with others on your table
 - Prepare to report back to main group;
- Time: 10 minutes



Set goals – take action

Goal setting is not new...

- “Whatever you can do or dream you can do, begin it. Boldness has genius, power, magic in it. Begin it now.” – *Goethe*
- “Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals” - *Aristotle*



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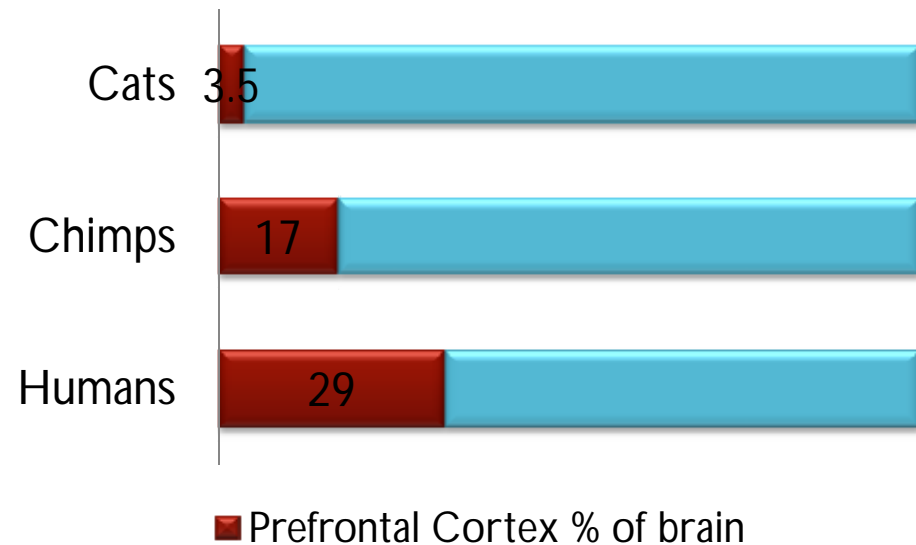


Slide 60

Brain science



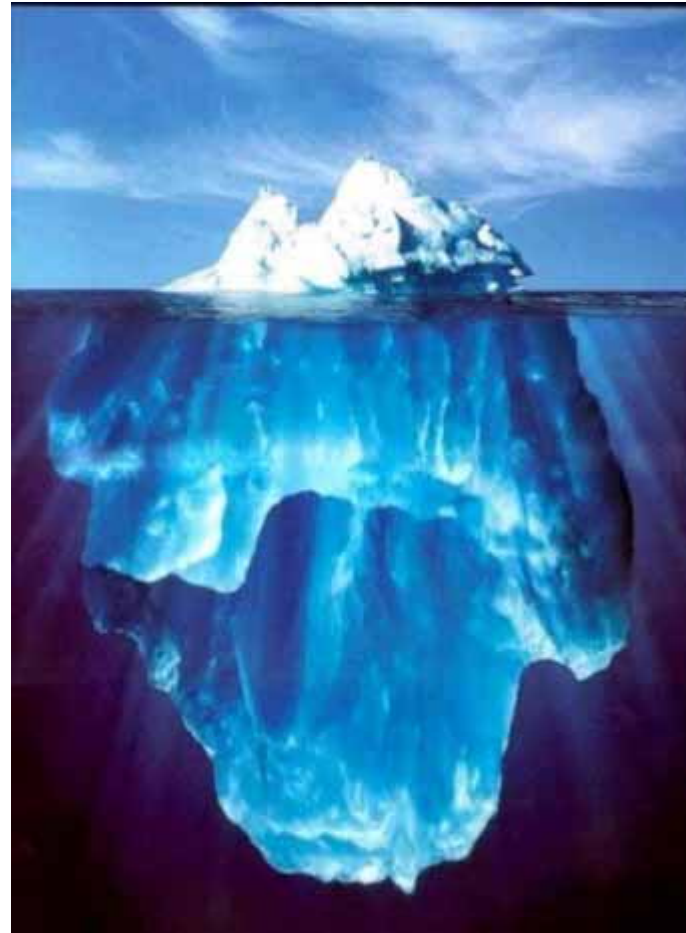
- The human mind, like no other, has the ability to create different scenarios and plot a course towards an envisioned future.
- Prefrontal cortex – reasoning and forward planning:



The Power Of The Subconscious



- Behind the scenes
- Direction from conscious mind
- Believes as fact
- Literal language
- Repetition
- Repetition



Your language feeds your subconscious



- I should
- I would
- I ought
- I must
- I can't
- I want



- I can
- I am
- I have
- I choose
- I create



Goalsetting success...



Write your goal down....

- S** Specific – so you know it's done
- M** Meaningful – and positive
- A** Achievable – but challenging
- R** Realistic – be flexible (life happens)
- T** Timebound – give it a deadline

Making it happen!

Write it

Specific
Meaningful
Achievable
Realistic
Timebound

Reward yourself!



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Two copies of a 'Smart Journey' goal-setting worksheet are shown. The top worksheet has red circles highlighting the following sections: 'My overall goal and steps to achieve this are:', 'step 1:', 'step 2:', 'step 3:', 'Why I want to achieve my goal:', and 'I will achieve my goal by:'. The bottom worksheet is identical but without the red circles. The worksheets include a header with 'Smart' and 'ustainable communities', a section for 'Smart Journey' with a yellow background, and a quote by Goethe: 'Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.' The worksheets also have a 'Topic' field on the right side.

Homework: Calculate Your Carbon Footprint



Question	Your Answer	a)	b)	c)	d)	e)	f)	g)	Your Score	Tonnes Calc	Tonnes
A	b)	1.30	2.00	2.60	3.30				2.00	A →	2.00
B	c)	0.00	0.10	0.11	0.17	0.23	0.30	0.37	0.11	BxC/D →	0.65
C	d)	2.5	7.5	12.5	17.5	22.5	27.5	35.0	17.5		
D	d)	1.0	1.5	2.0	3.0	4.0	5.0		3.0		
E	a)	0.0	0.2	1.0	2.5	5.0	12.0	25.0	0.0	E →	0.0
F	b)	2.10	4.20						4.20	FxG/N →	0.1
G	a)	0.10	0.20	0.40	0.60	0.80	1.00		0.10		
H	a)	-1.00	-0.75	-0.50	-0.25	0.00			-1.00	H/N →	-0.25
I	e)	0.0	1.0	3.0	6.0	12.0	24.0	48.0	12.0	IxJ/N →	0.0
J	f)	1.0	0.9	0.75	0.5	0.25	0.0		0.0		
K	c)	0.2	0.4	0.6	0.8				0.6	KxL/N →	0.45
L	a)	3.0	3.0	1.0	1.25	2.0	2.25		3.0		
M	c)	3.5	3.9	4.3	4.7				4.3	M/N →	1.1
N	d)	1.0	2.0	3.0	4.0	5.0	6.0	7.0	4.0		Sum ↓
Your Carbon Footprint TOTAL:											4.05
Average Aussie Footprint:											13
Sustainable World Average Footprint:											2

The powerbill challenge!

