

Living Smart

creating sustainable communities



Week 5

Health Smart Home

Living Simply

Community Smart

RPH Course Outline



<i>Wk1: 3/3</i>	<i>Thinking Smart, Climate Change</i>
<i>Wk 2: 10/3</i>	<i>Power Smart Move Smart</i>
<i>Wk 3: 17/3</i>	<i>Healthy You Waste Smart</i>
<i>Wk 4: 24/3</i>	<i>Water Smart Gardening for Biodiversity</i>
Wk 5: 31/3	Healthy Home Community Smart Living Simply
<i>Field Trip: Sat 28/3</i>	<i>Gardening for Productivity 9:30am to 11:30am</i>

Tonight's Program

5:00-5:15	Start-up, review goal achievement
5:15-6:00	Healthy Home – Andrea Gildersleeve
6:00-6:15	<i>Break</i>
6:15-6:50	Living Simply
6:50-7:15	Community Smart
7:15-7:30	Goal Setting Feedback



Veggie Garden Workshop



Veggie Garden Workshop



What Have You Done Since Last Week?

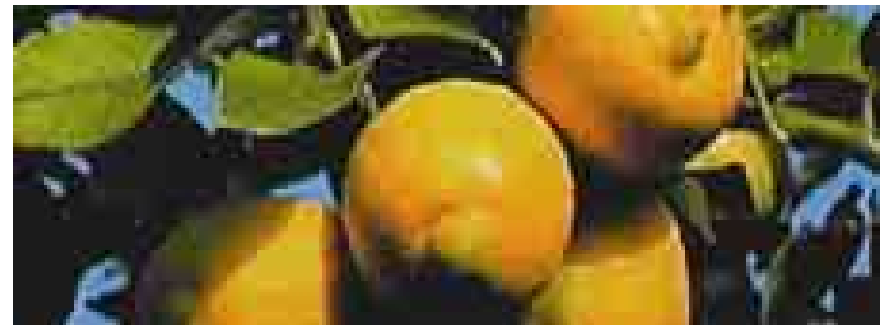
- In Table Teams:
 - Discuss what you have done since last week;
 - Select the person/household that has achieved the most;
 - Prepare to report back to main group;
- Time: 5 minutes



Health Smart Home

Creating a healthy, chemical-free home

Andrea Gildersleeve



What comes to mind with “the term Healthy Home”?



A personal reflection



List of chemicals in a Healthy Home

- Washing soda (sodium carbonate)
- Biodegradable, phosphate-free washing powder (without active enzymes)
- Spray bottle of vinegar
- Shaker of baking soda (sodium bicarbonate)
- Spray bottle of water
- Cake of pure soap or liquid soap
- Borax (sodium borate)
- Lemon juice
- Olive oil
- Essential oils



What to look out for in products

- Life cycle;
 - Packaging;
 - Stability;
 - Storage;
 - Disposal;
- Ingredients



What to look out for in products

- Who is behind the product;
- Country of origin;
- Fair trade;
- Animal Testing;
- Formulation;



“What you get
is what you
believe”

“Results often
harsh, always
fair”



Alternatives to cleaning with chemicals

- Microfibre;
- Wash Balls;
- Elbow grease;



Indoor Air Quality

- The average Australian spends >80% of their time indoors
- Indoor air is dirtier than outdoor air
 - up to 10 times dirtier
- Indoor contaminants include:
 - volatile organic compounds
 - dust and mould, bacteria, pests & dust mites
 - cleaning chemicals



Indoor Air Quality contd.

- heavy metals – eg lead, mercury, arsenic,
- Pesticides - organophosphates
- dioxins
- chlorine
- CO₂, CO, NO₂, SO₂, particles, smoke
- medicines & cosmetics



Health Consequences

- Little is known about low level exposure
- Cumulative effect
- Allergies
- Respiratory irritants - asthma
- Headaches
- Impaired Concentration



Health consequences contd.

- Dizziness/Fatigue
- Difficulty sleeping
- Skin irritation/rashes – dermatitis
- Vomiting/Diarrhoea
- Conjunctivitis
- Rhinitis
- Anaphylaxis



Improving the air quality in your home

- Use safe cleaning products
- Dry the shower out after use
- Hang wet towels out
- Vent cooking & heating to external air
- Wash new clothes and linen
- Dry out cleaning cloths



Improving Air Quality contd.

- Air & sun bedding & furnishings
- Find alternatives to aerosol sprays
- Maintain indoor plants
- Buy solid wood furniture
- Choose timber or ceramic flooring
- Use 100% cotton bed linen
- De-clutter



Can homes be too clean?



EMF Radiation

- “If you look at the science on mobile phones and the link with brain cancer, it is quite compelling”
- “We know that EMF radiation is going to take at least ten years to create brain tumours ... if you pull out the studies that have followed their patients for more than ten years it becomes really, really compelling

– Dr Charlie Teo



Planet Ark Shop



37 Cantonment Street
Fremantle

www.planetarkdirect.com.au

One Earth Outlet



7/39 Erindale Road
Balcatta

www.oneearthoutlet.com.au

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



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



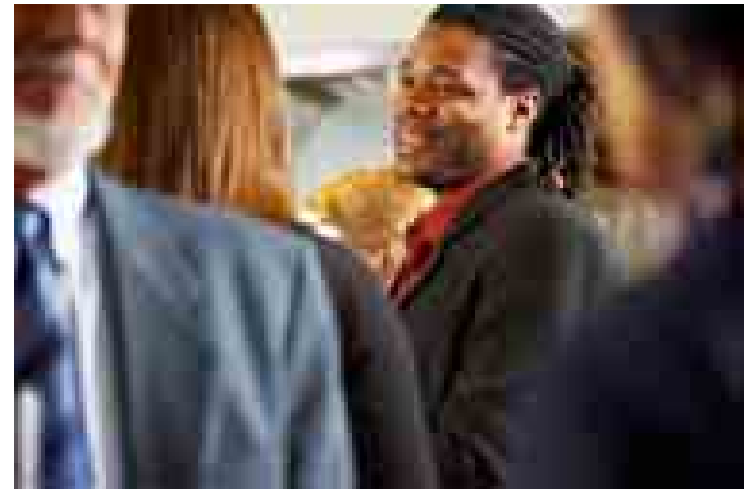
Powerful Choices

- 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



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



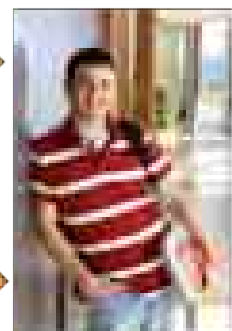
Become a Days of Change Ambassador



Family (80)



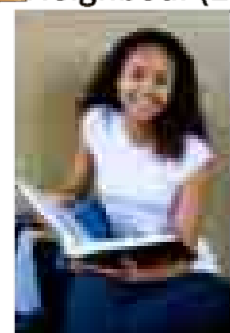
Parents (150)



Joe (830)
Ambassador



Friends (300)



Neighbour (200)



Neighbour's Friends (100)



Days of Change Pledge Card



daysofchange
Household Pledge Card

CLIMATE CHANGE ACTIONS TO CHOOSE FROM	CO2e reduction kg	\$	Other benefits	Already doing	New Action
1. Turn off all the electrical plug-in and stand-by mode using items.	144	\$ 00	\$	<input type="checkbox"/>	<input type="checkbox"/>
2. Wash clothes in COLD WATER or hand wash every day and wash clothes in the tub.	144	\$ 00	\$	<input type="checkbox"/>	<input type="checkbox"/>
3. Turn down the hot water heater setting to 50°C.	288	\$ 100		<input type="checkbox"/>	<input type="checkbox"/>
4. Wash the clothes in cold water.	200	\$ 00		<input type="checkbox"/>	<input type="checkbox"/>
5. Dry all the clothes on a clothesline rather than in electric dryer.	288	\$ 00	\$	<input type="checkbox"/>	<input type="checkbox"/>

The Days of Change Goals

- 2012:

- 16 million people worldwide



- 2011:

- 2 million people across Australia



- 2010:

- 200,000 West Australians



An Opportunity



To lead Australia
and the World

To create a bright
future for our
children



The Painted Fish Winner



And the Winner Is:

