

## How can I help the planet?

### WHY ACT?

Western Australia is one of the most vulnerable regions in the world to climate change. Our climate is already changing and projections are that there will be:

- Warming of up to two degrees by 2030 compared to 1990;
- More hot days over 35 degrees and a reduction in the number of cooler days;
- An increase in the frequency and duration of extreme events such as heavy rains, cyclones, floods and droughts;
- A rise in sea level; and
- A further decrease in rainfall in the southwest of WA.

While a two degree change might not sound like much, Earth's climate systems are much like our bodies and a two degree increase would be like sending our planet into a fever. According to sustainability specialist Josh Byrne, this will cause a shift in climate zones which will have an effect on both natural ecosystems and agricultural production. For example iconic species such as Tingle trees are likely to be lost from our National

Parks and some wheat farming regions will become unviable. Plant flowering times will also be affected, impacting upon orchardists as well as disrupting the delicate interrelationships between native plants and the animals that depend on them.

Sustainable living expert Tanya Ha suggests that, while emissions per head of population are far higher in Australia than in almost every other country in the world, we do have the power to have a dramatic impact on reducing emissions. "We're a nation of innovators and there's so much we can do at every level of society – personal, local government, State and Federal government – to decrease our ecological footprint," she says.

The collective impact of 10,000 households participating in Living Smart is projected to lead to greenhouse gas savings of around 12,000 tonnes in one year. Further benefits include reduced pressure on energy and water supply systems, and reduced household energy and water bills.



## GETTING STARTED

Josh and Tanya's top tips for get started on a more eco-friendly lifestyle.



Tanya Ha

### Make a commitment to:

- Start thinking about what you're using and where you could make savings.
- Make sure your daily decisions are eco-friendly.

- Make a plan for the Living Smart actions you'd like to take.
- Tell your family, friends and colleagues that you've committed to a more sustainable lifestyle.
- Feel empowered to change entrenched habits – even if it hurts a bit at first!



Josh Byrne

### Get connected:

- Look for like-minded organisations and individuals that can help you to reduce your carbon footprint, such as a gardening workshop or a Living Smart course.

- Think about sharing – tools, skills and lifts to work.
- Relish the simple things – make time to spend in your garden. It can be more than a hobby...a source of exercise, relaxation, and delicious, healthy food!
- Enjoy feeling good about making a difference.

## WHAT CAN I DO?

There are a bunch of actions you can take around your home right now that won't take much time at all but will seriously lower your household's impact on our planet. By choosing to take action now you will be joining people in your neighbourhood who are acting to combat climate change. You will be part of the growing Living Smart community.

Each black balloon shown represents 50

grams of greenhouse gases emitted when using electricity each day. Over a year, even small actions save the equivalent greenhouse gas to planting several trees. Each bucket shown represents ten litres you can save everyday, and each rainwater tank represents 5,000 litres you can save over the course of a year. By making these changes, you and others in your community will have a very positive impact on our groundwater supplies and dams.

## WHAT CAN I DO NOW THAT WON'T COST ME A CENT?

WHAT CAN I DO NOW?	UP TO HOW MUCH CAN I SAVE?		
	EACH YEAR		EACH DAY
ENERGY SAVINGS	CO <sub>2</sub>	Trees (~125 kg CO <sub>2</sub> e-)	Balloons (50 gram CO <sub>2</sub> e-)
Run your pool pump for 2 hours less a day	1025 kg	 x 8	 x 51
Turn off the old second fridge sitting in your garage	842 kg	 x 6	 x 42
Cut your daily shower and someone else's from 8 to 4 minutes	702 kg	 x 5	 x 35
Switch off standby power each day	641 kg	 x 5	 x 32
Use a fan instead of the airconditioner	562 kg	 x 4	 x 28
Turn your bar fridge on only when you need it	277 kg	 x 2	 x 14
Lower your hot water system's thermostat by 20°C	147 kg	 x 1	 x 7
Adjust airconditioner/heater thermostat (for every 1°C adjustment)	56 kg	 x 0.5	 x 2
WATER SAVINGS	H <sub>2</sub> O	Water Tanks (5000 litres)	Buckets (10 litres)
Fix a leaking tap	5,500 litres	 x 1	 x 1.5

## WHAT CAN I DO NOW THAT WILL PAY FOR ITSELF OVER TIME?

	UP TO HOW MUCH CAN I SAVE?		
	EACH YEAR		EACH DAY
ENERGY SAVINGS	CO <sub>2</sub>	Trees (~125 kg CO <sub>2</sub> e-)	Balloons (50 gram CO <sub>2</sub> e-)
Replace 10 standard globes with compact fluorescents	702 kg	 x 5	 x 35
Replace 5 12V downlights with LED alternatives	273 kg	 x 2	 x 14
Replace 5 240V downlights with most energy efficient alternatives	266 kg	 x 2	 x 13
WATER SAVINGS	H <sub>2</sub> O	Water Tanks (5000 litres)	Buckets (10 litres)
Install a pool blanket	50,000 litres	 x 10	 x 13
Switch to a waterwise shower head	20,000 litres	 x 4	 x 5

## WHAT CAN I SAVE UP FOR THAT WILL PAY FOR ITSELF OVER TIME?

WHAT CAN I DO NOW?	UP TO HOW MUCH CAN I SAVE?		
	EACH YEAR		EACH DAY
<b>ENERGY SAVINGS</b>	<b>CO<sub>2</sub></b>	<b>Trees (~125 kg CO<sub>2</sub>e-)</b>	<b>Balloons (50 gram CO<sub>2</sub>e-)</b>
Replace an electric hot water system with a solar alternative	4153 kg	 x 33	 x 208
Install a 1kW photovoltaic system (solar panels) on your roof	1498 kg	 x 12	 x 75
Replace a gas hot water system with a solar alternative	834 kg	 x 7	 x 42
Install roof insulation	562 kg	 x 4	 x 28
Shade your east and west windows from the summer sun (per m <sup>2</sup> )	243 kg	 x 2	 x 12
<b>WATER SAVINGS</b>	<b>H<sub>2</sub>O</b>	<b>Water tanks (5 000 litres)</b>	<b>Buckets (10 litres)</b>
Switch 50m <sup>2</sup> of lawn to a water efficient garden	100 000 litres	 x 20	 x 27
Install a grey water system	50 000 litres	 x 10	 x 13
Install a 3500 litre rainwater tank plumbed to your toilet, washing machine and garden tap	40 000 litres	 x 8	 x 11
Switch to a water-efficient toilet	19 700 litres	 x 4	 x 5

**The collective impact of 10,000 households taking part in Living Smart:**

**Each year**



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**Or each day**



During 2010/11, Living Smart will be offered to around 10,000 households in Perth's eastern region as part of the Perth Solar City program. For more information on this Australian Government initiative, please call 1300 993 268 or visit [perthsolarcity.com.au](http://perthsolarcity.com.au). The Living Smart Ambassadors are Tanya Ha (expert in environmental living and the author of *Greeniology* and *Green Stuff for Kids*) and Josh Byrne (sustainability specialist, presenter on ABC TV's *Gardening Australia* program and author of *The Green Gardener*). The information in this brochure is provided in good faith. However the accuracy or appropriateness of the information is not guaranteed. The Living Smart brand has been developed by The Meeting Place Community Centre, the City of Fremantle, Murdoch University and Southern Metropolitan Regional Council to support a suite of programs developing capacity in community sustainability.

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