

ISSUE 1  
2006

# green living



IN GOSFORD

NEWS NEWS NEWS NEWS NEWS

## Welcome to the first issue of Green Living News!

This newsletter will be published quarterly and will contain useful facts and practical tips for reducing energy, water and waste and protecting our environment. I hope you find the newsletter interesting and inspiring!

## WHAT'S ON IN GOSFORD IN AUGUST

### Keep your eyes out for great Green Living workshops during Spring.

Details will be included in the Spring edition of **Green Living News** or check our website for updates:

[www.gosford.nsw.gov.au](http://www.gosford.nsw.gov.au)

### Bushcare Training Calendar – bookings essential

- Sat 5 August: Introduction to Bushcare
- Sun 20 August: Native Plant Walk and Identification

Contact Geoff on 4325 8169 or Robyn on 4325 8195

### FREE Talks at the Woy Woy Environment Centre

- Sat 12 August: Chemical-free homes
- Sat 26 August: Kayaking
- Sat 9 Sept: Nature Photography

Talks start at 10.30am and last for approximately 1 hour.

Contact Zainem on 4342 6589 for more details.

Cnr Blackwall Rd & Billabong St, Woy Woy

## Gosford's Ecological Footprint

Throughout May, 470 residents calculated their ecological footprint at Green Living displays, conducted at Erina Fair, Deepwater Plaza Woy Woy, Town Centre Gosford and the Gosford Show.

You can see from the graph below that the ecological footprints ranged from 1.8ha to 12.5ha, with an average of 6.3ha. Gosford's average was 1.3ha lower than the Australian average of 7.6ha, which is a great achievement, however if everyone in the world had the same size footprint as us we would need 3.5 worlds to support the world's population.



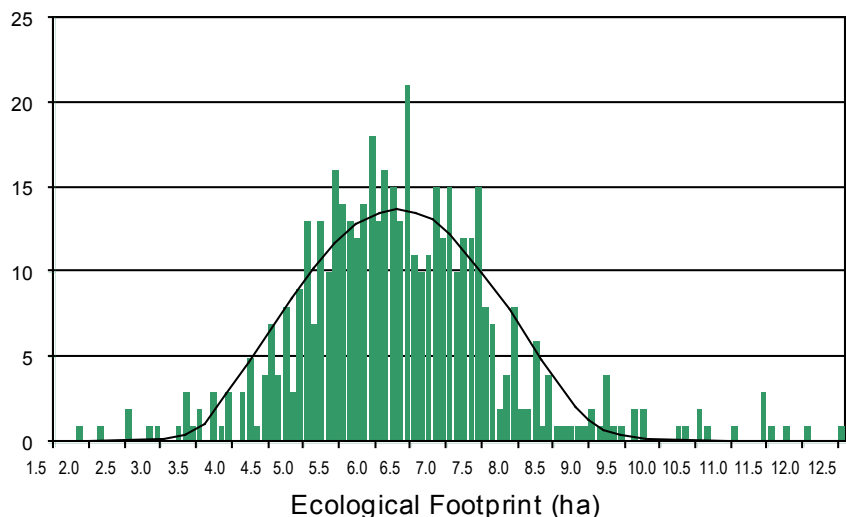
To find out what your ecological footprint is, go to [www.myfootprint.org](http://www.myfootprint.org). Activities that will have a big impact on the size of your ecological footprint include eating meat every day, living alone, large amounts of car or air travel and how much waste you generate. It can be difficult for us to change these activities, for example if you have to travel to work, but remember all of the little changes you make can make a big difference all together. So keep up the good work and keep reading for more ways to reduce that footprint.

### What is the ecological footprint?

It is a measure of the land used to produce all of the resources an individual uses to support their lifestyle.

This includes the land to produce your food, water, petrol, electricity, clothes and other goods and store all of the waste and pollution you generate.

The more resources you use the bigger your footprint will be, so in this case bigger is definitely not better!



# GREEN ACTION

At the Green Living displays participants were asked to choose five ways they could reduce energy, water and waste in the coming months.



## 1 Installing energy efficient light globes

At the displays, 1100 energy efficient light globes were given away. These globes will reduce greenhouse gas emissions by approximately 6700 tonnes.



## 2 Use reusable bags more often

200 participants said they would reduce their plastic bag use by using reusable shopping bags more often. If each of these residents reduced their plastic bag use by five bags per week, it would reduce plastic bag use by 52,000 per year and reduce CO2 emissions by 320 tonnes per year.



## 3 Recycle more

150 participants said they would recycle more. It is estimated that approximately 29% of domestic waste is recyclable. In 2005 about 21% of Gosford's domestic waste stream was recycled. If we all recycled an extra 8% of our waste, it would reduce waste to landfill by 10,000 tonnes per year.



## 4 Take shorter showers

Showers account for about 20 percent of our total indoor water use. 150 participants said they would take shorter showers to reduce their water use. If 150 people reduced their shower by one minute per day we would save up to 1.1 megalitres of water per year. This would also reduce greenhouse gas emissions as we save energy by using less hot water.



## 5 Lights off when not in the room

Electricity for lighting the average home generates about three-quarters of a tonne of greenhouse gas per year and costs about \$90. Turn off unnecessary lights, including fluorescent lights to reduce energy and save money.

It is a popularly held belief that fluorescent lights use a "lot" of energy to get started, and thus it is better not to turn them off for "short" periods. This is not the case, turning off fluorescent lights for more than 5 seconds will save more energy than will be consumed in turning them back on again.

## The top 12 actions listed by participants included:

- 1 Installing energy efficient light globes
- 2 Use reusable shopping bags more often
- 3 Recycle more
- 4 Take shorter showers
- 5 Turn lights off when not in the room
- 6 Reduce standby power use, turn appliances off at the switch instead of the remote
- 7 Walk more instead of driving
- 8 Install a water efficient shower head
- 9 Start composting
- 10 Use the heater and hot blanket less
- 11 Use grey water on the garden
- 12 Use mulch on the garden

# WATER SAVING IDEAS

Water conservation is a major issue on the Central Coast. Level 3 water restrictions are now in place, but there are a lot of extra things we can do to reduce water use in the home.

## Use a water-saving washing machine

Water efficient washing machines use about a third less water than traditional washing machines, so are a great way to save water in the home. If you buy a washing machine rated with five A's or four water stars, Gosford City Council will give you a \$200 rebate. Call Council on **4325 8222** for more details.



## Install a water-saving showerhead

Showers account for about 20% of indoor water use. A water-saving showerhead uses 9 litres per minute, which saves 11 litres of water per minute.

For one person taking a 4-minute shower this would save 16,000 litres each year.

Purchase a REFIT kit and have a water-saving showerhead installed for only \$39. The kit also includes a number of other water and energy saving devices. Call **1800 815 727** for more details.

## Green Living News Mailing and Email List

Would you like to be included in the Green Living News mailing or email list?

Would like to change to the email list and help us save paper?

Email [michelle.lindsay@gosford.nsw.gov.au](mailto:michelle.lindsay@gosford.nsw.gov.au) or phone **4325 8175**