

Autumn
2008

green living



IN GOSFORD
NEWSNEWSNEWSNEWSNEWS

Welcome to the Autumn 2008 Issue of Green Living News!

This issue of the Green Living news will give you ideas on keeping warm this Winter without warming the earth, why we should say NO to JUNK MAIL and why we should eat food that's in season.

The newsletter also includes a survey. We are asking for your input to make the newsletter better. Everyone who responds to the survey will receive a 'Little Green Guide' packed full of ideas to make your home and lifestyle greener.

Michelle



"We have forgotten how to walk lightly on the earth as it's other creatures do."

Barbara Ward - Only One Earth
1972

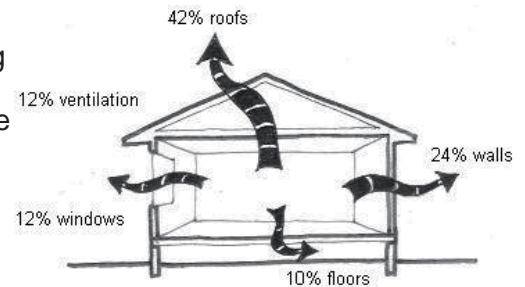
Is your house naked?

Keeping warm without warming the Earth!

With Winter well on it's way, now is a great time to get ready for the cold. Because we live in a relatively warm climate many of our homes have not been designed to be comfortable in Winter without turning on the heater. Heating can lead to high electricity bills and greenhouse gas emissions.

Insulation is the best way to keep your home warm and reduce heating needs. It keeps the cold out and the heat in. A well insulated home can be 10^o warmer in Winter.

As much as 35% of heat loss from a house is through an uninsulated ceiling. For most homes insulating the ceiling is relatively easy and cost effective, particularly with the NSW Government rebate of up to \$300 for ceiling insulation. Visit www.environment.nsw.gov.au/rebates or call 1300 361 967 or to find out more.



Insulating floors can reduce heat loss by up to 20% and can reduce cold draughts. While insulating external walls can reduce heat loss by an additional 25%, however can be difficult to install in existing homes.

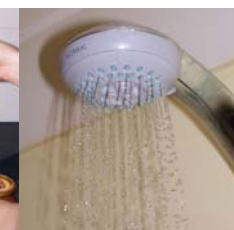
When choosing insulation it's important to consider the R-value (thermal resistance). In Gosford it is recommended that insulation be installed with a minimum R-value of 3 for ceilings and 1.5 for walls.



Insulation must be correctly installed to be efficient, as a 5% gap can reduce efficiency by 50%. It's also important to leave a space around exhaust fans or downlights.

Sealing draughts with draught excluders or a door 'snake', and installing thick close fitting curtains to windows will also help keep your home warm.

Throwing on an extra jumper or curling up with a blanket will also reduce your need for heating.



JUNK MAIL - do you read it!

By putting a **NO JUNK MAIL** sticker on your letter box you can reduce paper waste, energy use and greenhouse gas emissions.

Australians receive on average 7 billion unaddressed flyers, leaflets and catalogues in their letterboxes every year. If your household said no to junk mail that could save almost 1000 pieces of unwanted junk each year! For every catalogue that's produced water and energy is used and greenhouse gas emissions are generated.

What if I like receiving junk mail?

If you take delight in looking through the catalogue to find this weeks specials that fine because it's being used. Consider sharing with neighbours or friends and make sure you recycle it when finished. Another alternative if you are internet savvy is looking at catalogues online, most major chains have a copy on their website, but don't print it out.

Where can I get a 'no junk mail' sticker?

You can get a sticker by contacting Council on 4325 8175. Alternatively a range of stickers and plaques are available at hardware stores.



What if I already have a sticker and still receive junk mail?

Putting advertising material in a letterbox marked 'no junk mail', or similar, is not against the law. However it is against the Distribution Industry's Code of Practice. If you have a sign and are still receiving junk mail make a complaint to the Distribution Standards Board on 1800 676 136. The Board self-regulates it's members who distribute about 90% of all unaddressed mail in Australia. Newspapers are exempt from this code.

How should junk mail be placed?

In NSW it is illegal for distributors to place junk mail where it may become litter. That includes placing advertising material under car windscreen wipers, on property gates or fences or open private places. Junk mail should only be placed directly into letterboxes, newspaper receptacles or under doors. Newspapers, telephone books and other large items that wont fit in the mail box are exempt. If you have a litter complaint please contact Council on 4325 8222.

What about addressed advertising mail?

No junk mail only applies to unaddressed mail. If you would like to reduce the amount of addressed junk mail you receive contact the Direct Marketing Association and register for the **Do Not Mail Service**. Go to www.adma.com.au/asp/index.asp?pgid=1999 to find out more or to register.

What's in Season - Autumn



Buying fruit and vegetables that are in season can reduce your 'food miles' (how far the food has travelled from paddock to plate) as they are more likely to be grown locally. This reduces greenhouse gas emissions from transport and helps support local farmers.

What's best in April

Fruit - apples, bananas, kiwifruit, limes, mandarins, pears and passionfruit.

Vegetables - avocados, beans, cabbage, mushrooms, peas, potatoes, pumpkin and spinach.

What's best in May

Fruit - apples, kiwifruit, lemons, manadrins, navel oranges and pears

Vegetables - broccoli, cabbage, carrot, cauliflower, celery, mushrooms, spinach and sweet potatoes.

Eco Myth Buster

Myth: Recycling causes more harm than good.

Fact: Each year NSW households are saving 2,654 Olympic sized swimming pools of water, the annual electricity requirement of almost 334,000 households and the greenhouse gas emissions of taking 55,000 cars off the road permanently by recycling.

Help make Gosford a Butt Free City

Over 7 billion cigarette butts are littered in Australia each year.



1600 smokers in Gosford CBD committed to helping make Gosford a Butt Free City by correctly disposing of their cigarette butts during Butt Free City Week from 17 to 20 March.

Do your bit by correctly disposing of cigarette butts in bins provided or picking up a personal ash tray from your local library.

What's on!

Bushcare Workshops and Activities Contact Bushcare Officers on 4325 8195 or 4325 8169 for details.

Rock Pool Ramble. Monday 21 April, 1.30 to 3.30pm at Forresters Beach.

Site Open Day. Saturday 19 April, 10am to 2pm. Bar Point Bushcare site - meet at the mail shed.

Permaculture Central Coast.

Monthly Get Together. Tuesday 15th April, 6.30pm. Tuggerah Community Hall, ANZAC Rd, Tuggerah.

Do It Yourself Day. Sunday 4 May. Old School, Shannon Parade, Berkley Vale. Contact pccnsw@yahoo.com.au or 0414 865 850 for program.

At the Kariong Eco Garden - Dandaloo St, Kariong. Contact CEN on 4349 4756 to book or for details.

Earthkids - Backyard Biodiversity. Monday 14 April, 10.30am to 2.30pm.

At the Woy Woy Environment Centre

267 Blackwall Road, Woy Woy.

Peninsula Environment Group. Saturday 19 April, 11am to 1pm.

GM food - what is it and is it safe. Saturday 10 May. 10.30am to 11.30am.



Gosford's Recycled Bike Youth Program is seeking pre-loved bikes and bike parts in okay condition to rebuild and help provide transport for local youth. If you have a bike you no longer need please call 4325 8929.



is a network of over 4000 groups with almost 5 million members across the globe, with 1694 active members in the Gosford group.

It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for FREE in their own towns. It's all about reuse and keeping good stuff out of landfills. Membership is free. To find out more go to www.freecycle.org.

GREEN LIVING NEWS

Would you like to be included on the mailing list? Do you have a great tip or story you would like to share, or a comment on what should be included in the next newsletter?

Call Council's Environmental Education Officer on 4325 8175 or email: green.living@gosford.nsw.gov.au



Green Living News Feedback Survey

Please complete the form and return it to
PO Box 21 GOSFORD NSW 2250 or fax to 4323 2477
 to help us improve the newsletter, and to receive a **FREE**
 copy of the 'Little Green Guide'!



- Have you read the newsletter before? Yes No
- How do you receive the newsletter? By mail By email Other _____
 If you receive the newsletter by email do you print it? Yes No
- To what extent do you read the newsletter?
 Usually read all Scan and read some Don't usually read
- Is this newsletter read by other? No Yes, by who _____
- What frequency would you like to receive the newsletter?
 Two monthly Quarterly Six monthly Other _____
- How many pages would you like to newsletter to be?
 Two pages (one A4 sheet) Four pages (one A3 sheet) Other _____
- Please rate how interesting and useful you find the following components of the newsletter?

	Very useful	Useful	Not useful	Unsure
Educational stories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Promotion of Council environment programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What's on - listing community events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Is the newsletter easy to read and understand?
 Yes Mostly No Unsure

9. What topics would you like to see covered more in the newsletter?

10. Any other changes or improvements you would recommend?

To receive your copy of the 'Little Green Guide' please provide your:

Name: _____ Address: _____

Thank you for your time!

Note: The 'Little Green Guide' will be posted in May.

