

WHAT YOU CAN DO TO LIVE SIMPLY



INTERNATIONAL YEAR OF BIODIVERSITY IYB

The International Year of Biodiversity is our chance to change. Instead of being **part of the problem**, we can change our attitudes and behaviour, and become **part of the solution**.

Change is not easy. It is less difficult, however, if you think of what the Earth will be like in a few years if people DON'T change their behaviour!

So DO some or all of the suggestions below:

DO DO DO DO DO DO DO DO DO DO DO DO DO DO DO DO DO DO DO

CUT BACK ! Use LESS of anything produced by ungreen methods and LESS of anything that uses ungreen fuel. That is a long list. It includes such things as polluting detergent, fossil fuels, etc.

Activity: A good exercise / project in your school class would be to list every single one that the members of the class and teacher can think of, and an alternative product, such as energy saving lightbulbs, investing in solar power, etc.

CUT OFF ! Cut off your tap when you are washing dishes-cut it back on to rinse. Same with brushing teeth, shaving, or any activity that lets water run unnecessarily even for a minute. Also mind dripping taps that just need a new washer to stop. Gallons of water leak away in this way.

CUT PAPER ! Start looking at your paper waste ... use cloth when feasible, such as when drying face and hands, and hang the towel to dry and use again. Instead of ripping out a clean sheet of your tablet for a grocery list, find scrap paper and use the back. List out all your uses of any kind of paper and make your own list of what could be NOT used.

BEAT THE HEAT ! Take advantage of cool nights by opening windows and letting the house cool down. The next morning before the temperature rises, close and curtain windows to keep out sun and hot air. If you house or school has reasonable insulation this will help and you can reduce your fan, cooler and AC usage. Try using a lower speed on your fan in less hot parts of the day. Wear cooler and less clothes.

COMBAT COLD ! Put on more clothing instead of burning fuel or wood.

COOK RITE ! When you cook match the size of the vessel to the size of the heating element to cut down on wasted energy.

WEAR SMART ! Wear clothes more than once, or even twice, unless they are really stinky. If you hang them in an airy place much of the smell will vanish. Wear heavy clothes such as jeans which consume a lot of water to wash, several times.

CLEAN HOUSE ! Go through your stuff and put aside items that you and your family do not use or want (check with them first!). Give these items to a Mission, Church, or any other charity or to any individual who needs them. This will make your house cooler and reinforce your commitment to reduce wastage of anything.

CUT MEAT ! Non-veggies love their meat and it is hard to give up. Instead of trying to give up and getting discouraged, just have a meatless day or two in a week. Raising animals for food generates a lot of the bad gasses which cause climate change.

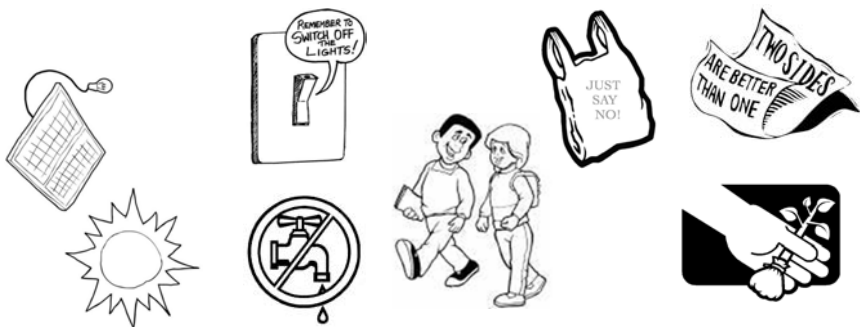
BAG LAG! Always take a cloth bag with you wherever you go so you can refuse plastic bags when you shop.

WALK TALL ! Try walking to as many places as you can so as to use less fossil fuels. It is not only good for the environment it is good for your health. Can't lose ! Walk or bicycle instead of taxi or a motor vehicle.

LIGHTS OUT ! When leaving home or work, switch off lights, appliances, equipment. Putting several appliances on one extension box makes it easier. Even chargers as if they are plugged in they use power. Saving energy reduces air pollution.

PLANT POWER ! Planting trees, shrubs, bushes, flowers ... almostly anything green adds to our ability to live without using so much energy consuming power.

U.B.T.C. - You Be The Catalyst. The United National Environment Programme has a project called **UNEP Billion Tree Campaign** with a target of planting seven billion trees. Why seven billion ? it is one for every person in the whole world. They aim to do this by the end of 2010! Three billion trees already are planted under this programme. This can be a great group project ... in your school plant one tree for every student and employer. At home plant one for each family member (including the dog, cat, goat, cow, etc. At work plant a tree for every individual working there).



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