

This month: Calculate Your Home's Footprint and Sign Your Own Kyoto Protocol

"Nobody can do everything but everybody can do something" - Gil Scott Heron

In the last edition of the PR CAN newsletter I wrote about how individuals can progress on their journey towards more sustainable lifestyles by taking "small steps". With the overwhelming interest and participation in our wonderful Samford Valley Solar Neighbourhoods Scheme, it is now the perfect opportunity to start thinking about how we can work together with our neighbours to share and utilise our knowledge, skills and passion to build more sustainable communities.

After the Solar Neighbourhoods Meeting on 23rd April, the subject was raised of

building and renovating with green principles in mind. On that note, the theme of this month's newsletter follows that topic, and I hope readers find some useful tips to put into action in their own lives. Please also see our feature on page 6 about the Caboolture Sustainable Living Expo this Saturday 17th May.

Our newsletter is also a great starting point for sharing our knowledge, skills and passion, and we have an increasing number of contributors each edition. Thank you to the PR CAN Supporters who have sent in articles for publication this month, please keep them coming for future editions! Book, movie or green product reviews, community notices, news and events, recipes for seasonal

cooking, good news environmental stories from your school or workplace – all eco-related articles can be emailed to pineriversCAN@gmail.com.

The next monthly meeting for PR CAN will be held on Wednesday 21st May at 7pm at the Old Catholic Church on Samford Road. We look forward to seeing you there to be part of our growing network of people with a passion for the planet who are working together to make a difference.

Kirsten Kennedy

Co-Chair,
Pine Rivers Climate Action Network

Samford Solar Neighbourhood kicks off



Part of the crowd of 200 who crammed into the Samford Farmers Hall in late April

The Samford Solar Neighbourhood looks like being the largest solar neighbourhood in Australia with the greatest pro-rata number of residents having solar panels on household roofs in one district.

The creative option of very low cost solar panels offered by Beyond Building Energy has taken the imagination of the

Samford Valley community and it looks like over two hundred households will be set up with panels that will generate solar energy for household use and for feeding into the total electricity grid. A living example of what Pine Rivers CAN is all about!

Quite a number of residents have taken up the option of having a low interest loan from Bendigo Bank's Brendale Community Bank so that they can easily fund the rebateable \$8,000 from the Federal Government.

The Pine Rivers Climate Action Network is fronting the Solar Neighbourhood project in Samford under the co-ordination of Howard Nielsen (Pine Rivers CAN member and convenor of the Cooee Network) and Rebecca Stowe (Co-convenor of Pine Rivers CAN).

Commission funds paid by BBE will go to PRCAN to help fund worthwhile sustainability projects.

Howard Nielsen
Solar Neighbourhood Co-ordinator

Rebecca Stowe
Solar Neighbourhood Project Manager



Howard Nielsen (right) with Ross Growcott (centre) and from Beyond Building energy, from left Mitra, Marisa and Satyaa.

Did You Know?....

40% of landfill in Australia is waste products from the building industry.

So read on for this month's Top Green Hints on how to reduce your home's ecological footprint by following the guidelines of refuse, reduce, re-use, and recycle when building or renovating a home.

Green Hints - Building and Renovating

Consult with your builder and trades-people about their **waste management plan**. You may even set up an incentive scheme for workers who reach targets set out in an agreement you can negotiate with them.

Providing access to recycling bins for something as simple as their lunchtime rubbish is a simple first step in the right direction. Recycling one aluminium drink can a day over a 4-6 month construction period is better than all those cans just being tossed into the skip to end up as landfill.

Make the most of the **natural light** in your home to reduce the need for electrical lighting. **Light coloured walls and ceilings** reflect and maximise light. **Skylights** can let in 3 times as much light as a vertical window of the same size.

Consider **insulating walls** as well as **ceilings** for extra sound proofing, warmth in winter and keeping cool in summer. **Pelmets and close fitting curtains** or blinds are also helpful in cooler months to trap heat inside the house keep you warm on those chilly winter nights.

This month's Green Hints are courtesy of "A Lighter Footprint" by Angela Crocombe. *Highly recommended.*

For more information about building and renovating homes with less environmental impact, visit the Queensland Sustainable Homes website www.sustainable-homes.org.au



For the latest news and events check out the Smart and Sustainable Homes Online Newsletter
www.build.qld.gov.au/smart_housing/newsletter/pdf/e_news_mar08.pdf

In The Community

Congratulations to Kim Pantano of Kumbartcho Sanctuaries. She decided that it seemed crazy that the environment centres weren't running on green energy as they should be setting the example for the rest of the community. She has recently completed funding applications for solar roof panel systems. So far they have received a \$12,000 rebate for each centre and are waiting to find out if Community Assistance Grant applications are successful and then it will be "all go".

Check out the events on offer at these centres or volunteer to help – they are doing a great job for the community and the environment.

Refuse, Reduce, Re-Use, Recycle! SWAP SHOP

Got something at home that is just taking up space? Could someone else make better use of it than you? Give your unwanted item a second life by giving it away, or trade it for something you need with another PR CAN supporter. Just email in your first name, a contact phone number or email address, a description of the item(s) you wish to give away, swap, sell or buy, and it will appear in the next edition of the newsletter.

Congratulations to the winners of our Worm Farm Raffle, Anna and Matt. Anna is the daughter of our PR CAN member Ady Hopkins. Good luck with the worms and we hope you get lots of lovely compost and "worm wee" for your garden!

Earth Hour Update

"Green Fridays" at the Regatta

The Regatta Pub at Toowong decided this month to switch off its main lights once a week after Earth Hour in March. Between 6-8pm on Fridays lighting in the main part of the hotel will be candles only! (Extract from mX)

Great initiative – other venues please take note!

MyKyoto

The MyKyoto project aspires to reduce the impact of greenhouse gas emissions and global warming by individuals responding to a creative and attractive challenge linked directly to the government's commitment to the Kyoto Protocol.

The focus is on engaging people individually and collectively, through the MyKyoto website, to demonstrate their support for the Protocol and their capacity to 'do good'.



The website enables people to:

- Find out their current level of contribution to emissions of greenhouse gases
- Find out the actions available to them that will best reduce greenhouse gas emissions over which they have some level of control
- Print and sign their own MyKyoto Protocol certificate which identifies actions to be taken by each person or organization

The attractive difference between the MyKyoto Project and other web-based processes is the direct link to the Kyoto Protocol and the printing and signing-off of personalized "Kyoto Protocols" that will attract the attention of individuals and organizations.

People will identify personally with the promise they are making to the community and to future generations and this is built upon by the request to have their Protocol co-signed by a young person they know, representing those of future generations.

The MyKyoto website was created by Howard Nielsen and is sponsored by the Samford based not for profit Cooee Network www.cooee.org.au and is open to partnerships with business, government and community to enable the expansion of MyKyoto to be facilitated to engage a wider audience.

Go to www.mykyoto.org.au to see how the idea works and to see how much emissions reduction has been pledged already, or www.cooee.org.au for more information on the Cooee Network and www.caboodleweb.com for information on co-sponsors of the MyKyoto website, Samford based Caboodle Web Design.

Howard Nielsen
PRCAN Member

Win A Great Watch and Help Save the Planet!!!

Buy your tickets at any Pine Rivers CAN meeting from May until July to be in the running to win an amazing Citizen Eco-Drive ladies watch.

Valued at \$450 this lovely time piece will go to one lucky PR CAN supporter for only \$2. The raffle will be drawn on Wednesday 16th July 2008 at the Pine Rivers CAN meeting.

The Eco-Drive series from Citizen uses a revolutionary design to ensure you will never have to change a watch battery again!

How the Eco-Drive watch works

Sunlight and artificial light are absorbed through the crystal and dial.

A solar cell beneath the dial converts any form of light (natural or artificial) into electrical energy to power the watch.

A lithium-ion rechargeable battery stores enough energy to power the watch from 80 days to 5 years.

For more information about Eco-Drive watches please visit the Citizen website at www.citizenwatches.com.au.

The watch also has a unique and attractive bracelet which is adjustable to fit any wrist.

Buy your ticket today for only \$2 and help support Pine Rivers Climate Action Network.



"We need to remember that the future is not somewhere we are going, it is something we are creating. Every day we do things that make some futures more probable and others less likely"

Member's View

Leading by Example

Much is said about the developing nations of the world, particularly India and China, and how our actions will have little impact on the effects of global warming if these nations do not act as we do. After returning from a business trip to China in April I hope with all my heart that the Chinese do not blindly follow the lead of the West, but see the potential for conservation and innovation to develop alongside their economy.

Through progress and necessity in our modern age, China has grasped the latest technologies and is quickly surpassing the Western world in its use. Solar hot water units can be seen on the majority of roofs, solar is used for street lighting, energy efficient light bulbs are the norm, electric bikes are prolific and vehicle registrations are limited to prevent over congestion and keep a cap on pollution. However, there are just as many air conditioners and flat screen televisions.

Now where does China get all these great and not so great ideas from? The rest of the world, and then they are blamed for an over consumption of the world's resources. But it is us in the free market West that are creating this insatiable consumer demand, China is just utilising its resources, including its people, to capitalise on the global demand for all things new.

China has a population that has skipped several levels of technology; most Chinese homes have colour television not aware it was ever black and white. So insatiable is the appetite of the Western world, it is as keen to capitalise on the resources and cheap labour of China as it is to commercialise the market potential of 1 billion people towards which an appetite for consumerism is being taught. During my latest trip I read an article in the China Daily News entitled "Turkeys in China", catchy title until you find out

it's a strategy of the Americans to entrench the Thanksgiving Holiday in China in order to sell more turkey. A disturbing thought in itself but a further disturbing insight into the Western world forcing its commercialism and over consumption onto others in the name of profit.

The vast growth and impact on the environment emanating from China as the world's factory is our fault. We ask them to make all kinds of merchandise which the Chinese populous also adopts, from big screen televisions to wind power and solar technology. Unless we act to curb our own consumption and demand, China is poised to continue to follow in our footsteps. We must learn to tiptoe so those who emulate us can walk lightly too.

Jason Kennedy
PR CAN Supporter

Book Review

I have just read a book called "*A Life Stripped Bare: my year trying to live ethically*" by **Leo Hickman**. The synopsis is: A growing number of people want to step back from the brink of consumerism. The author, a consumer expert at "The Guardian" newspaper, is experimenting with giving up consumer goods in order to find out whether it is possible to live a life that is western but ethically aware.

Every aspect of the life of Hickman is put under the microscope. With wife, Jane and baby daughter, Esme, the family is under the watchful eye of three auditors. From where their groceries are sourced; the amount of packaging used; which cleaning products are utilised; their

energy use and efficiency; their travel habits; to where the consumer goods finish up at the end of their useful lives, nothing is overlooked.

There is even the odd ethical dilemma thrown up along the way. See how Leo's life is changed when the impact of his lifestyle is analysed.

A very thought-provoking but entertaining read which I highly recommend to anyone.

Paul May
PRCAN Member

Publisher:	Eden Project
Pub date:	2006
Pages:	345 p.
ISBN:	1903919614

HOME ENERGY AUDITS

How green is your home?

Have you done your self check by going through MyKyoto? How did you fare?

We are planning to invite a special guest speaker **Daniel Boon**, of Energy Efficient Home Design, along to a future meeting of PR CAN. He can suggest ways we can all save on our power bills and cut greenhouse gas emissions. Please register your interest by phone or email.

www.energyefficienthomedesign.com.au

Being Green in the Kitchen

PR CAN encourages you to buy seasonal local fresh fruit and vegetables, or even grow your own. This reduces your “food miles” and in turn your greenhouse gas emissions, cuts down on packaging, refrigeration and wastage.

Still got loads of **pumpkins** this season?



Here's another tasty pumpkin recipe...

EASY AND HEALTHY CURRIED PUMPKIN SOUP

1 kg pumpkin peeled
 15g butter
 1 medium onion
 2 teaspoons curry powder
 1/4 teaspoon ground cummin
 1 litre water
 1 tablespoon fresh parsley
 Salt and pepper to taste

Chop pumpkin into small pieces
 Fry onion, curry and cummin in butter until onion is soft
 Add pumpkin, water and salt
 Simmer until pumpkin is tender
 Liquidise, then stir in parsley



Send us your recipes for fruit and vegies that are in season now!

Dates for your Diary...

Saturday 17th May 2008

The Sustainable Living Expo

9am-3pm

CREEC 150 Rowley Road, Burpengary

See Feature article on next page

Wednesday 21st May 2008

Pine Rivers CAN Meeting

7~9pm Old Catholic Church Hall,

Corner Samford Road & Camp Mountain Road, Samford

Topic: BUILDING AND RENOVATING MORE SUSTAINABLY

RSVP appreciated to Kirsten on 0418 870 060 or

pineriversCAN@gmail.com

*Gold coin donation encouraged to cover venue hire

Sunday 25th May

Dayboro Day Festival

9am to 3.30pm

Williams St, Dayboro

23rd May – 9th June

Hays Inlet festival

Loads of green and environmental activities planned – check out www.haysinlet.ospreyhouse.asn.au

Saturday 9th June 2008

Samford Church Yard Markets

7am – 1pm

Check out the Pine Rivers CAN information stall. Drop by for a chat, pick up some recycled paper notepads, or Planet Ark's

“Little Green Book” for only \$8.

Grounds of the Samford Anglican Church

Mt Samson Rd, Samford Village

10th -15th July

Climate Action Camp

Newcastle

The Camp for Climate Action will be a convergence of people from all over Australia who are determined to see real action on climate change.

Check out our Website for more details.

Sustainable is Attainable



Caboolture Sustainable Living

Saturday 17 May

Caboolture Region Environmental
Education Centre (CREEC)

159 Rowley Rd, Burpengary

Guest speakers including **Anna
Keenan** (Australian Conservation
Foundation) and **Martin**

Fingland (Geckoes Wildlife
Presentations)

Sustainability in the Suburbs – Sustainability in Your Home & Living with Wildlife

Would you like to reduce the costs associated with running your home while reducing your impact on the environment? There are many simple ways to do this, including smarter water and energy use and smarter waste management. Shorter showers, installing grey water diverters; turning off appliances at the switch; buying the most energy efficient appliances by using the star rating system and using your household food scraps to create compost for your garden all contribute to saving you money and the environment. A year ago, at 21 years of age, Anna Keenan was selected as the youngest of 85 Australians to be personally trained by former US Vice-President Al Gore as part of The Climate Project – Australia. Anna is the inaugural Chair of Queensland's Youth Environment Council and currently works as a Community Outreach Officer in South-East Queensland for the Australian Conservation Foundation. She will be talking about the changes that you can make in your own home to reduce your contribution to climate change.

Climate change is also having its affect on wildlife and their habitats. At the same time, although we may live in the suburbs it is important to remember that wildlife don't recognise the same boundaries as we do. Some understanding of wildlife requirements and how to deal with certain wildlife that have decided to call your home theirs is required so that a better habitat can be provided or in some instances, the need to remove wildlife can be done in such a way that neither of you are stressed. Geckoes Wildlife Presentations has been in operation for over 10 years. During this time they have acquired an amazing collection of wildlife including invertebrates, frogs, lizards, turtles, snakes, crocodiles, possums, gliders, fruit bats, quolls, dunnarts, native rodents, various birds, etc. Martin Fingland is a qualified TAFE lecturer and uses the wildlife to provide interactive and informative presentations on wildlife identification, safe handling techniques, venomous snake handling and awareness, general reptile husbandry, wildlife care, rescue, rehabilitation and release.

Pine Rivers Climate Action Network

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Secretary, Web Master, IT Support

HOWARD NIELSEN
Solar Neighbourhoods Co-coordinator

POSITION VACANT:
Fundraising Co-coordinator

"Pine Rivers CAN!" is a Climate Action Network started by a group of concerned local residents who are passionate about taking real and effective action on climate change. Pine Rivers CAN acts locally with residents, schools and businesses to raise awareness of climate change and create a sustainable future for the world, starting at home.

Helping residents to live more sustainably is what the network is about, especially by promoting energy efficiency and supporting renewable green power options, as well as promoting material efficiency through reducing, reusing and recycling.

Thanks to Bendigo Bank for their support of the Samford Valley Solar Neighbourhood Scheme, the Australian Conservation Foundation for their interest in our Solar Neighbourhoods Scheme (more details in June newsletter) and to PR CAN member Lesley Hughes for her generous donation of the Citizen Eco-Drive Ladies Watch for our current raffle.

Renewable is do-able!