

**TO GET BETTER AT  
EVERY TASK**

**TO CONTINUE TO  
IMPROVE AT EVERY  
TASK**

**TO LEARN WITH  
EVERY TASK**

WHAT

WHEN

WHO

WHERE

WHY

HOW

# FLEXIBILITY (afrafs)

**aim**

**fire**

**failure** ← **readjust** → (learn = positive = success)

**aim**

**fire**

**success**

## **WHAT**

Framed the goals (4 “p”s)

- **Personal** – “I,we”
- **Positive** – “getting better”
- **Present** – “I am, we are”
- **Process** – “ing” “getting”

Make sure they are

- Small – stepwise – significant
- General to specific/ focused
- Obtainable/ visionary
- Realistic / challenging
- Measurable
- Flexible
- Intrinsic – from within you – motivational
- Relevant
- Ethical/ moral / truthful
- Comparison free / competitive

## **WHERE**

## **WHO**

## **WHEN**

- Set a time frame

## **WHY**

- Make them your goal with intrinsic values, things that really motivate you

## **HOW**

- The fine detail needed to achieve the goals

# **THE POWER OF THE SUBCONSCIOUS**

- . Creative thinking brain**
- . Most of the work behind the scenes**
- . Believes everything as fact**
- . Takes the language you use literally**
- . Takes direction from your conscious mind**
- . Works on repetition and reinforcement**

## **GOALS CREATE SUCCESSFUL LANGUAGE**

- Feeds the subconscious
- Language is a symbol of your experiences

**Language, the words, we use, influence what we do & who we are.**

I can

I should

I am

I could

I have

I would

I choose

I cant

I create

I want

I am a winner

I am a loser

**Live Now**

**Plan for the Future**

**Use the Past**

# **Other success strategies**

- ◆ **Affirmations**
- ◆ **Visualisations**
- ◆ **Positive Sleep**
- ◆ **Positive People**
- ◆ **Body language**

What are the results of not taking action, of not setting goals?  
You keep doing the same.

Take responsibility of your own life, to add value to others.

Goals help you change your perception of the outside world.

# WASTE SMART

OH1: David Suzuki – Milk Carton quote

- High waste generation is a recent phenomenon

OH2: 40 years ago vs Today

- Why we should manage/ reduce our waste

OH3:

- landfills (22 in WA) ( disease, groundwater contamination, greenhouse gases, vermin etc)
- it wastes valuable resources/ treasures; minerals, energy, forests, water, petroleum, habitat
- waste is a valuable resource
- it saves you money, get more out of what you pay for and pay for less  
(According to ABS in 1996/97 it cost \$1256 million to collect and dispose of Australia's waste)

- The 3R's Reduce, Reuse, Recycle

OH4: Recycle (good) > Reuse (better) > Reduce (best)

- Reduce – live more carefully and think about what you buy, this way there is less rubbish to get rid of later on

OH5: Plastics

OH6: Ideas of reducing (alternatively you could brainstorm)

- Reuse – use the same item more than once, or preferably many times – saves resources, landfill space and money

OH7: Be Creative - (spare water bottle, plant seedlings or small plants, cut top of and use as a pencil holder, use as scoop, make into a rattle)

- Recycle – where a waste product is remade into a new product, prevents it from going to landfill, takes less energy than making from new

OH8: recycling steel

OH9: Recycling – RRRC,

**The amount of waste I throw out each month fits in a one litre milk carton -  
David Suzuki**



**The average West Australian produces 117 kg of waste a month, or around 100 one litre milk cartons.**

## 40 YEARS AGO

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- We consumed less
- Ate more home grown or fresh produce with little/no packaging
- Food scraps were feed to dogs/ chooks/ garden
- Belongings repaired rather than thrown away

## TODAY

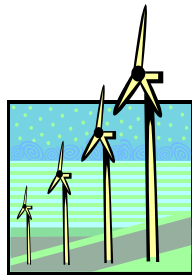
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- We consume more
- Products have lots of packaging
- Disposable goods ie tissues rather than hankies
- Easier to buy a new one than fix a broken one
- Convenient service to take 'rubbish' away

Why do we need to manage/ reduce our waste?

1) Landfills

2) It wastes valuable resources/



treasures

3) 'Rubbish' is itself a resource



4) It saves money

(In 1996/97 it cost \$1256 million dollars to collect and dispose of Australia's waste)

Recycle (good)

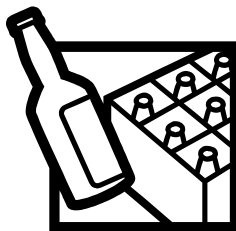
Reuse (better)

Reduce & Rethink  
(best)

# There are over forty different plastics in use today

Each year Australia produces 50,000 tonnes of soft drink bottles, 30,000 tonnes of milk bottles, and more than 10,000 tonnes of detergent and shampoo bottles.

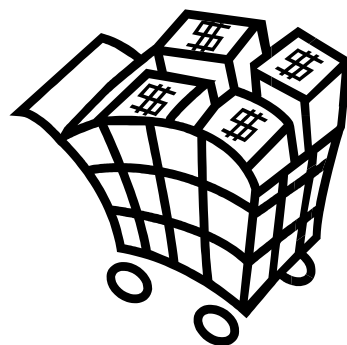
Each Australian consumes over 71kg of plastic every year - reducing this can be as simple as taking a bottle of water with you rather than buying.



# REDUCE

- ◆ by products with less packaging
- ◆ avoid takeaway & prepackaged foods (lots of packaging) cook fresh foods or even grow your own
- ◆ repair rather than replace
- ◆ only buy what you need
- ◆ discourage junk mail
- ◆ avoid buying disposable products
- ◆ make gifts, cards etc rather than buying

SHOP SMART !



# REUSE

- ◆ reuse containers for storage (look out for reusable containers when shopping)
- ◆ buy secondhand or have a garage sale, reuse with others!
- ◆ take your own bag when shopping
- ◆ use back of leaflets/ envelopes for writing notes
- ◆ Buy rechargeable batteries
- ◆ Buy good quality reusable/ washable clothes

# BE CREATIVE

how many uses can you think of for an empty  
soft drink bottle?



Steel can be recycled again and again without reducing the quality of the end product

Every tonne of steel recycled saves 1.5 tonnes of iron ore, 0,5 tonnes of coal and 40% of the water and 75% of the energy it takes to make a tonne of new steel

In WA we used 5000 tonnes of steel cans in 1999, less than 20% were recycled -

That's over 60 million steel cans going into our rubbish tips

# RECYCLING



## ◆ Regional Resource Recovery Centre

- 1) Recyclables retrieved and sent to manufacturing facilities for reuse in industry
- 2) A composting facility processes all the material from your green bins and turns it into a high quality compost
- 3) Material from green waste collections are shredded up to produce mulch

RRRC has a target of only 15% of waste going to landfill.

# W5 – POWER SMART

- ◆ Discuss last weeks goals
- ◆ Energy – makes our daily lives comfortable and easy, cooking, cleaning, lighting, entertainment etc..
- ◆ Impacts: mining, (pit and underground) loss habitat, visual aspects, soil disturbance, poor rehabilitation
  - : production, emissions CO2, greenhouse, climate change
  - OH1: impacts of mining and energy production
- ◆ Most of the warming over the last 50 years is attributable to human activities (fossil fuel burning & deforestation). Human influences will continue to change atmospheric composition throughout the 21<sup>st</sup> century.
  - OH2: Climate change and greenhouse
- ◆ OH3: Kyoto and Australia greenhouse gas increases
  - possible discussion point, should we be ratifying Kyoto
- ◆ OH4: Australias emmissions
- ◆ Household energy consumption
  - OH5: household contribution to Green house gases.
- ◆ Where is the main energy consumption used in the home
  - OH6: chart
- ◆ Simple changes can make a difference : energy use is inherent in our everyday habits and behaviours – many hints in booklet and handouts on simple behavioural changes that can be made
  - OH7: aircon/ fan, washing machine example, standby power,
- ◆ Technological solutions – further info in booklets and brochure
  - OH8: Energy Efficient Appliances, Renewable Energy (rebates), natural power

# Environmental Impacts of Mining & Energy Production

Habitat destruction and land clearing

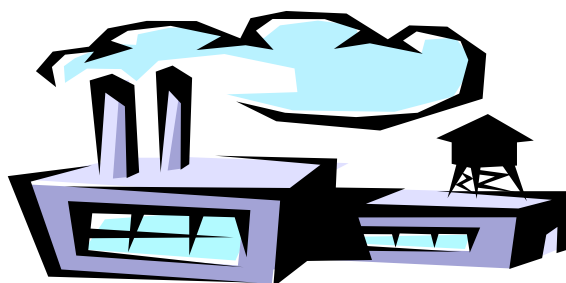
Soil and land degradation

Cost of rehabilitation

Greenhouse Gas Emissions

Climate Change

Depletion of a non-renewable resource



# CLIMATE CHANGE & GREENHOUSE

One of the most significant sustainability issues of today.

Humans activities are the main cause of current global warming.

Stabilizing the concentration of greenhouse gases in the atmosphere will require a 60-70% global reduction in greenhouse emissions.



Under the Kyoto Protocol developed countries committed to reducing greenhouse emissions by 5% below 1990 levels by 2008-12.

Australia managed to negotiate an 8% increase, but we still haven't ratified even this.

Greenhouse gas emissions in Australia have increased by 16.9% between 1990-98.



Australian has the highest emissions per person in the industrialised world.

We emit on average 27.9 tonnes of greenhouse gases per person each year, 35% more than the U.S.

Since 1990 the average per capita emissions for industrialised countries has been consistently falling. Australia has increased each year since 1994.

Australian households produce a fifth of greenhouse gas emissions



1 unit electricity = 0.96 kg of CO<sub>2</sub>  
1 unit of gas = 0.2 kg of CO<sub>2</sub>.

**A Medium sized 3 star fridge will produce 624 kg of CO<sub>2</sub>**

**A standard microwave will produce over 1 kg of CO<sub>2</sub> every hour it is used.**

**A fan forced electric oven will produce over 1.7kg of CO<sub>2</sub> an hour.**

It all adds up ... If you would like to find out how much energy your appliances are using everyday then do the Western Power home electricity audit

OR.. Regularly read your gas and electricity meter or compare your bills to get a good picture of how much energy you are actually consuming.

## Simple behavioural changes will make a difference

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A 2.5 star reverse cycle air conditioner will produce 2 kg of CO<sub>2</sub> every hour it is used.

A ceiling fan will produce 0.009 kg of CO<sub>2</sub> every hour it is used.

**You can make a choice between whether you turn the fan or the air conditioner on.**



Just turning the switch to cold water on your washing machine can save up to 567 kg of greenhouse gases every year.



Turning your television, video, microwave and stereos off at the power point can save up to 5% off your energy bill.

# Technological Solutions

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Energy Efficient Appliances

**The more stars the better** 

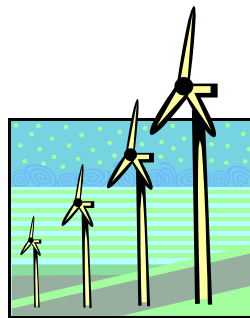
Renewable Energy 

**Rebates available from SEDO for solar hot water systems**

Natural Power

**An extra 3 cents per unit**

Contributes towards renewable energy projects



"The old energy economy that's cheating us as a planet is very well organised, highly centralised, rich as can be and very well politically connected. And the new energy future is decentralised, entrepreneurial and needs people like you to say

'Give me a clean car, give me solar shingles to put on my roof - give me a clean future'."

**Bill Clinton - 7 Feb 2003.**

# W4 - Water Smart

- ◆ Why we need to conserve water
  - OH1: Reasons for wasting water
  - OH2: Water is vital, monitor your water consumption
  
- ◆ Where does the water go
  - OH3: chart
  - Possible discussion point –water regulations, rebates an effective government approach?
  - State sustainability strategy calls for a 10% reduction in per capita water consumption by 2012, is this enough
  
- ◆ Simple changes in the home
  - OH4: examples
  
- ◆ Simple changes in the garden
  - OH5: examples
  
- ◆ Technological solutions
  - OH6: appliances, alternatives to scheme water, rebates
  
- ◆ Goal setting

# Why we need to conserve Water!!

Rainfall is decreasing



Rainfall in SW has been below average since 1975 and the average inflow into catchments has fallen by 45%



Population and per capita consumption is increasing

There has been a 20% increase in domestic water use per person in the last twenty years.

## Impacts on ecosystem health

76% of mean annual flow in the SW needs to be maintained to ensure ecosystem health. You can only take so much away before it starts to hurt the environment.

## Cost to the community

The Stirling-Harvey Redevelopment Scheme cost over \$275 million dollars

## WE DEPEND ON WATER

It is not just a luxury but a necessity of life

We need to use water but we cant afford to waste it

Reading your water meter on a regular basis (weekly, monthly) will show you just how much water you are really using.

Keep a record of this and as you try new ways to conserve water check to see how well you are doing

## WATER IN THE HOUSE

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A running tap will use fifteen litres of water a minute.

Turning off the tap while brushing your teeth or shaving can save up to 420 litres of water a year

Wash vegetables in a small sink or bowl rather than under running water

Only run full loads in dishwasher and washing machine

Catch water as it is heating up and use to water pot plants



# WATER IN THE GARDEN

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The average garden hose delivers 1000 litres of water an hour!

Each year more than the entire contents of Mundaring Weir goes on Perth gardens.



Stick to the current water regulations  
Mulch your garden  
Keep the soil healthy  
Water in early morning or at dusk  
Plant natives

DON'T hose down bricks, buy a good outdoor broom instead.

Wash your car with a bucket and use your hose as little as possible.



# TECHNOLOGICAL SOLUTIONS

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## Water Efficient Appliances

The more A's the better  
(rebates available for front loading washing machines  
and shower heads)

## GreyWater Reuse

Manual bucketing  
Treatment systems - approvals needed

## Bore Water

(rebates available - approval needed)

## Rainwater Tanks

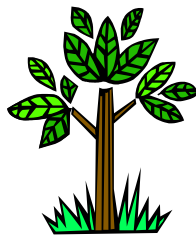
For drinking or connect up to toilet

(rebates available) 

# GARDEN SMART

- Native gardens
  - OH1: why native gardens
    - Info in booklet on where to get native species
  - OH2: Creature friendly gardens
  - CH3: native gardens are relaxing gardens
  - OH4: Biodiversity and bushland
- Productive gardens
  - OH5: why?
    - Don't need to have huge garden, herbs in pots etc..
  - OH6: Tips to sustainable/ successful produce
    - Some chemical free pesticide recipes in booklet
- Goal Setting

Only 1 % of the Fremantle area remains as remnant vegetation



**Planting local native species will contribute to the return of biodiversity**



Even the odd backyard here and there can create 'wildlife stepping stones'.



# CREATURE FRIENDLY GARDENS



Build a bird bath

**Create a frog pond**



Create sunny rocky areas for lizards



Groundcovers and local grasses provide food for lizards, beetles and worms

Create different layers of vegetation like you see in natural areas - give them somewhere to hide

Keep dogs and cats in at dusk, and make sure they are wearing a bell

Create your own peace of nature at home -  
a space where you can relax and escape



Native gardens need less maintenance which  
gives you more time to enjoy them.

Native gardens need much less water and  
fertiliser!!

Perth's biodiversity is one of the highest recorded in any major city!

Join a local Friends group and get involved in protecting your urban bushland.

Plant biodiversity of the South West of WA.

# PRODUCTIVE GARDENS

Why?

Need to buy less

Create less packaging

No Chemicals

Put your compost to good use

**Fresh veges and herbs ready to use**

Tastes better, fresher and healthier



Successful and Sustainable Produce

- Pick an area of a garden that gets at least four hours sun a day
- Rotate your veges each season so that you don't deplete the soil as quickly
- Companion Planting
- Dig organic compost into the soil and you wont need chemical fertilisers
- Mulch and you will prevent weeds and reduce water evaporation
- Use chemical free pesticides; garlic sprays, seaweed sprays etc..