**Living Smart Course Plan**

**Piney Lakes Tuesdays 6.30pm– 9.00pm**

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| **Week One**  **Tues May 14** | **Introduction, Sustainability, Goal Setting**  This is an evening of getting to know each other and setting the scene for Living Smart. After a sustainability bingo and some time to reflect on just what that word means to us, we will discuss how the course will work and get some feedback about just what you would like covered.  After a break it is all about goal setting. The focus of Living Smart is on behavior change and we will share some tips about how to make changing our habits easier. Tim will share how he uses goal setting to manage his life, before we each have a go at setting a simple goal. |
| **Week Two**  **Tues May 21** | **Living Simply, Story of Stuff, Waste**  To start this week Tim will lead us as we explore the concept of Living Simply, and give us the opportunity to reflect on how much our households get “hooked” in by consumerism. *The Story of Stuff* will give us time to think about the entire life cycle of the goods we purchase, before we look at the end of that cycle – waste. Shani will challenge us to reduce our waste before it hits the bin, and think about what happens to it once it leaves your home. |
| **Week Three**  **Tues May 28** | **Water, Gardening Biodiversity**  We will start this week sharing some information about the water situation in WA generally, before moving to what we can to save water in our own homes. Tim will talk about grey water and rainwater collection systems before Shani shares some quick and easy water saving tips After a break we will have a guest speaker. Matt Fossey will share some thoughts about biodiverse gardening. Matt completed a Living Smart course 4 years ago at Piney Lakes, is a keen gardener and works for Bird Life Australia. |
| **Week Four**  **Tues June 4** | **Power**  To start this session we will look at the three big users of power in our home. Tim will share some basic principles of good solar house design before we look at how you can use these principles in your own home – whether it be a rental, a “do it upper” ready for renovation or an established house. During the break Shani will show her solar oven and cooktop and we will share some solar cooked food. We will then spend some time examining different appliances in our home to see if we can figure out where the units of power we are using go. We will finish the evening with a short talk about alternative energy supply – from green power to photovoltaics and wind power. |
| **Week Five**  **Tues June 12** | **Transport and Gardening for Food Production**  This week Tim will have a couple of bike mechanics available before the class starts so if your bike needs a tune up please bring it in!  After viewing a short video outlining the issues around peak oil, we will spend some time thinking about the implications, before reflecting on our personal use of fossil fuels for travel. Having completed a travel diary for the previous week, we will choose an alternative to the car we are interested in and think about what barriers stop us from using that alternative more often. During the break Tim will have a display of an electric car and various bikes for you to try, and afterwards our guests Fiona and Mike will share their own electric bike experience! And if we get time – we will watch a short film about an inspiring self sufficient American family that will motivate you to come along on the following Sunday to learn more about growing your own food. |
| **Gardening Day**  **Sun June 16th** | A whole day of gardening! Shani Tim and Harry will share with us in a whole day of activities. Feel free to come for the whole day or only the bits you are particularly interested in. Morning workshops will include making a raised garden bed from old bits of tin, creating a wicking bed from recycled materials, and creating the soil to fill our new beds.  After lunch and a talk about managing pests in your garden workshops will include how to make great “hot” compost, learning when to plant what seeds, and installing drip irrigation to your new beds.  There will be a $10 charge for this very hands on day. Family members are also welcome, and children are free and encouraged. BYO lunch to share. |
| **Week Six**  **TuesJune 19** | **Healthy Home Healthy You**  Time to think about YOU! Shani will lead us as we apply different “lenses to our own diet exercise regimes and mental health. Different aspects of personal health will be related to environmental issues, before you will be asked set a goal or two in relation to your health.  After testing a raw green smoothie during the break, we will then reflect on the health of our homes. After identifying some of the potential dangers, we will look at some alternatives to keep your home healthy. To finish the session we will make our own toothpaste, deodorant and a cleaning solution to inspire us to think about making more of our home and personal products. |
| **Week Seven**  **Tues June 26** | **Community**, **Reviewing,Visioning for the future**  This is the night for looking beyond our homes to our immediate community. Tim and Shani will share aspects of their journey in Hulbert Street reflecting on the question “just how does a community host a street party for 7,500 people?” We will have another inspiring guest - Chrissy Yeates will come and share the journey of the Melville Living Smartie group. After spending some time reflecting and celebrating what we have done there will of course be some final goal setting for the future! Then – graduation! |