

**CHRISTIAN BROTHERS
OCEANIA PROVINCE**

Care of the Earth

Handy Hints and Behaviours V1 December 2022



Christian Brothers Oceania Province

Introduction

One of Laudato Si's goals is the *"Adoption of Simple Lifestyles"* and this booklet includes a list of behaviours and handy hints which can enable us to contribute at an individual level. It is through a combination of our own individual efforts, added to those of all other individuals, where real change can occur.

The most recent Chapter identified *'Care of the Earth'* as a key area of focus. Brothers and staff are encouraged to assess our own behaviours and to consider adding other behaviours to our everyday living that are applicable in both household and workplace settings.

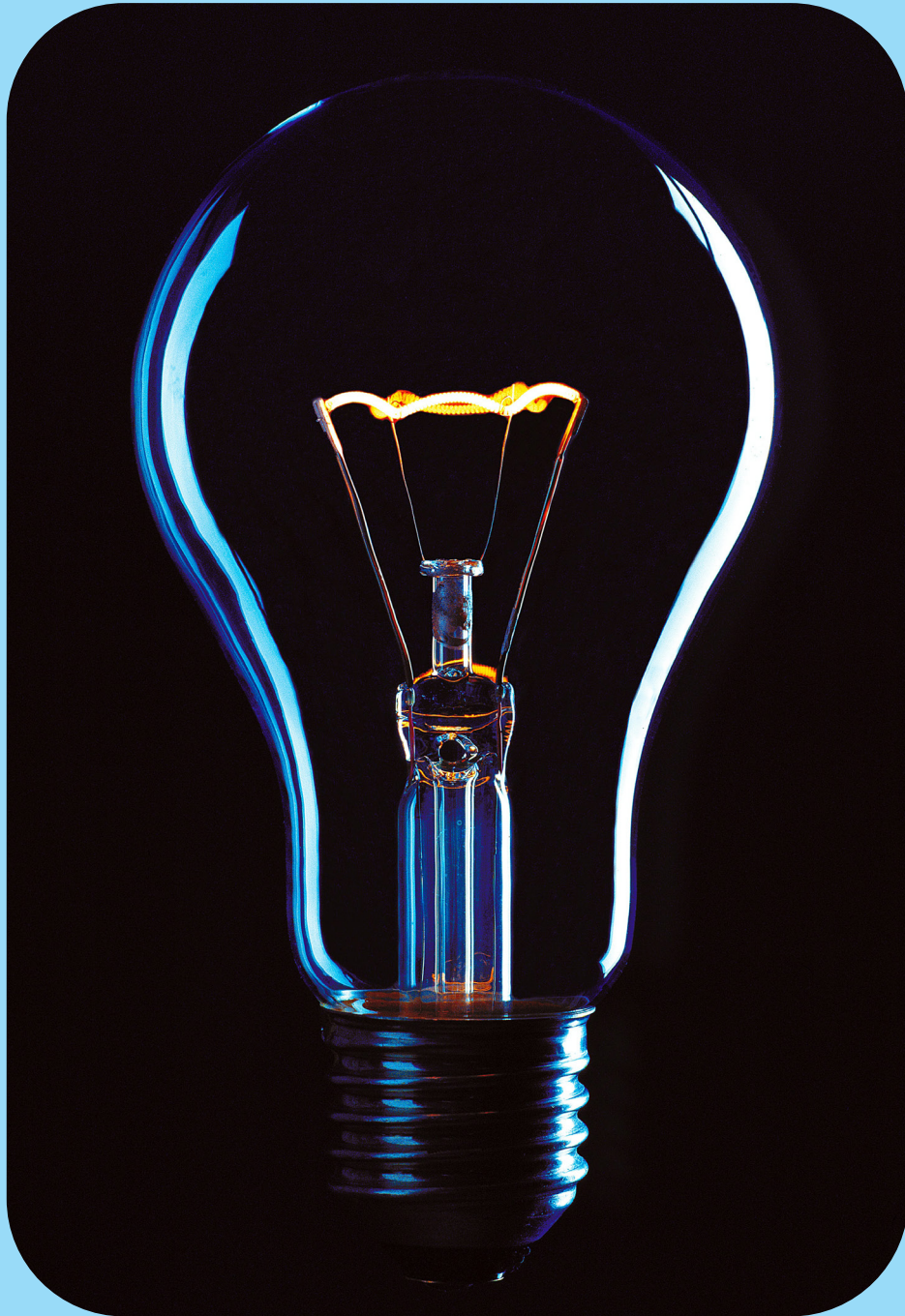
Several behaviours and hints have been listed and align with many of the Laudato Si' goals. There may be many that we are already doing, or there may be some that each of us would consider. There may have also been some that are not applicable or able to be acted upon and that's okay, as the intent of this resource is to identify options that may be applicable for someone and to encourage you to participate in something above what you are already doing.

While it is acknowledged that many Brothers and staff have been living sustainable lives for a long time, the list presented here is not exhaustive. It is a simple checklist of possibilities that we can use to support the goals of Laudato Si' and to evaluate our own progress towards those goals.

To be environmentally friendly, the printing this document is discouraged. Each box for completion is interactive. If using a computer, click the boxes that are most applicable and a tick will appear. To save your answers, simply save the document to your files.

These behaviours and hints have been sourced from a variety of easily found websites, but please let Chris Hill know via email at chill@edmundrice.org if you find others that should be included into a future update of this resource.

Energy



Hint No.	Energy Hints	Already doing	Will do	N/A
1	Turn off lights in rooms not being used.			
2	Turn off air-conditioning or heating (if applicable) when you go out or leave work at the end of the day.			
3	Turn off your computer, monitor and printer when you finish using them or when you leave work at the end of the day.			
4	Turn off dishwashers when dishes are not being washed.			
5	Unplug workstation from ports overnight to reduce standby power.			
6	Use dishwasher only when full and use on economy cycle.			
7	Run the dishwasher at 'off peak' times to lessen your electricity costs (Generally after 9pm and before 7am).			
8	In winter, open curtains in the middle of the day to let in the warm sun. In summer, use blinds/curtains to block out the sun's heat.			
9	Dress for the weather – in winter, wear extra layers inside and lower the heating thermostat. By setting the heating thermostat between 18-20°C, you can decrease your running costs by up to 10%. In summer, wear lighter clothing and keep the air conditioner's thermostat between 24°C – 26°C.			
10	In more humid climates, use the "Dry" function instead of the "Cool" function in the air conditioner in the warm months. It will take a few degrees off the temperature, save energy and allow you to keep some doors and windows ajar.			

11	Block drafts that may be affecting the heating or cooling of your residence.			
12	Only heat or cool the rooms you are using and close off doors to unoccupied rooms.			
13	As your fridge runs 24 hours a day 365 days a year, this adds up and makes it the most expensive appliance to run. Make sure that the door seal is tight and free from gaps; so cold air does not escape.			
14	Solar- If you have solar– run as many of your appliances, such as dishwashers, dryers, and clothes washers during the day.			
15	If safe to do so, open windows to allow a cross breeze.			
16	Consider good quality blinds / curtains to improve heating and cooling.			
17	If possible, hang clothes; so they can air dry, rather than using a clothes' dryer.			

Water



Hint No.	Water Hints	Already doing	Will do	N/A
18	Use a refillable water bottle instead of purchasing bottles of water.			
19	Report any water leaks to the property team or contact a plumber; so the leak can be fixed as soon as possible.			
20	Bathroom- Turn off water while brushing your teeth.			
21	Bathroom- Shorten your shower by a minute or two to save water.			
22	Bathroom- If the toilet does not have a dual flush option, fill one or more soft drink bottles with water and place them in the cistern.			
23	Bathroom- While waiting for hot water, collect the running water and use it to water plants.			
24	Bathroom- Consider installing a water efficient shower head.			
25	Garden- When watering your garden, only apply water as fast as the soil can absorb it and water, if possible, in the morning.			
26	Garden- Plant trees and/or other vegetation to retain water on site.			

27	Garden- Consider Investigating if your property can accommodate and is suitable for a water tank.			
28	Garden- Ensure the soil is mulched, composted and is kept in the best condition (with organics) to retain water, so that less watering is necessary.			
29	Garden- use lawn clippings as mulch on your garden beds.			
30	Garden- Attach a hose to your water tank to water your garden and consider if a pump is necessary.			
31	Kitchen- Wash your fruits and vegetables in a pan of water instead of running water from the tap.			
32	Kitchen- Select the proper pan size for cooking. Large pans may require more water for cooking than necessary.			
33	Kitchen- Only use the dishwasher when it is fully loaded.			
34	Washing Machine- Adjust the water level of your washing machine if doing small loads.			
35	Washing Machine- Wash your clothes with cold water.			

Biodiversity



Hint No.	Biodiversity Hints (for your garden)	Already doing	Will do	N/A
36	Plant deciduous trees along the western side of your house to keep off the hot summer sun.			
37	Have some indoor plants to brighten your space and they will also absorb airborne pollutants.			
38	Consider planting a herb or vegetable garden.			
39	Include biodiversity into your home. Consider plants or a garden that attracts local species and pollinators such as bees, birds, and butterflies.			
40	Contact your local council for advice on which plants are local to the area and would support the appropriate birds and insects.			
41	If you have the garden space, grow your own vegetables or herbs and share and swap with other gardeners.			
42	Ask your gardener (or yourself) to phase out use of chemical herbicides and pesticides and find organic solutions.			
43	Consider mowing grass at a higher level to increase healthier soils that absorb carbon and naturally reduce weeds.			
44	Support Biodiversity by placing plates of water for birds and bees in hot months – keep it refreshed every few days.			
45	Plant flowering plants that attract native bees.			
46	Use eco-friendly pest removal- in the house, trap unwanted pests and place them safely outside.			
47	Consider a rainwater garden .			

Waste



Hint No.	Waste	Already doing	Will do	N/A
48	The 5 R's- REFUSE – plastic bags; take your own reusable bags when shopping.			
49	The 5 R's – REFUSE- Use bar soap, shampoo and stain removers that are not packaged in plastic.			
50	The 5 R's- REFUSE – put a “no junk mail” sign on your letter box to discourage advertising material.			
51	The 5 R's – REFUSE- Stop paper bank statements and pay your bills online or via your mobile device.			
52	The 5 R's – REFUSE – take your own reusable containers to the Deli.			
53	The 5 R's- REDUCE- paper consumption by printing on both sides.			
54	The 5 R's- REDUCE- printing by only printing when necessary.			
55	The 5 R's – REDUCE- Swap out the plastic cling wrap for beeswax wraps or containers.			

56	The 5 R's – REDUCE- Do not buy fruit and veggies wrapped in plastic.			
57	The 5 R's – REDUCE- Buy a silicone oven tray mat to replace baking paper.			
58	The 5 R's – REUSE- Before throwing something out, consider if it can be recycled or used by someone else.			
59	The 5 R's – REUSE- Share with friends—Share things like books, magazines, movies, games, and newspapers.			
60	The 5 R's – REUSE- Donate unwanted goods to charity or the Freecycle network.			
61	The 5 R's – REUSE- Bring your own 'Sustainability Keep Cup' when purchasing coffee and/or ordering hot drinks.			
62	The 5 R's – RECYCLE- Use recycled or carbon neutral copy paper.			
63	The 5 R's – RECYCLE- Separate recycling waste from general waste (if available in your area).			
64	The 5 R's – RECYCLE – Use E-waste recycling programs when disposing of your electronics.			
65	The 5 R's – ROT- Get into composting with a compost bin, a Bokashi bucket or a worm farm and reduce your organic household waste by up to 40%.			

Procurement



Hint No.	Procurement	Already doing	Will do	N/A
66	With regards to clothing, look for a 'Made in Australia' label or choose Fairtrade when purchasing products made overseas.			
67	Buy clothing from Charity shops and donate a piece of clothing back at the same time.			
68	When buying new white goods, choose ones that have a five or six-star rating.			
69	Before buying new furniture, consider contacting your local office or your neighbours/friends to see if there is any good quality second hand furniture.			
70	Look for natural furnishings that have been or can be recycled.			
71	Buy items with less packaging.			
72	Buy locally where possible.			
73	Size it right—if you buy something like a car or live in a home that is bigger than what you require, you are committing yourself to larger energy or gas bills.			
74	Don't buy it—before making a purchase, consider whether you will really use it.			
75	Access a library for books, magazines, and movies.			

76	Bring your lunch rather than buying if possible and take it in a reusable container.			
77	Abstain from eating meat and fish or any animal products on one day or more each week.			
78	Include a plant-based meal(s) into your menu every week.			
79	Cleaning products – look at using refillable bottles and or organically friendly alternatives to chemical options.			
80	Consider using eco laundry strips – less plastic and healthier water.			
81	Research where products originated and what ingredients are used. e.g., Avoid products that include palm oil.			
82	Consider Green gifting – Intangible gifts – experience vouchers, gifts of service and time, membership vouchers.			
83	Consider Green gifting – Food and Drinks – Home grown fruits and veggies, Organic Farmers markets, Community and Co-op Food hubs, Buy Organic and fair trade.			
84	Purchase recycled Toilet per with plastic free packaging.			
85	Consider Green Gifting – Tangible gifts – Upcycle and repurpose, Buy second hand or sustainable gifts, Make or craft unique items, Make or bake from organic ingredients.			

Investment



Hint No.	Investment Hints	Already doing	Will do	N/A
86	Bank your money with organisations which refuse to finance coal mines or which actively support the development of renewable energy.			
87	Follow the divestment campaigns of groups such as the Laudato Si' Movement, Catholic Impact Investing Collaborative, and the Australian Religious Response to Climate Change.			
88	If employed, consider investigating the ethical investments portfolio of your superannuation fund.			

Ecology and Spirituality



Hint No.	Ecology and Spirituality Hints	Already doing	Will do	N/A
89	Read articles shared from the 'Care of the Earth' Committee.			
90	Suggest areas of interest related to the environment to the 'Care of the Earth' Committee for investigation.			
91	Search for online videos on a variety of Environmental topics and share them with your community.			
92	Check the websites: Laudato Si' and Laudato Si' action Platform to engage with Pope Francis' vision of integral Ecology.			
93	Measure your own ecological footprint through this free carbon calculating tool .			
94	Participate in "Season of Creation" events.			
95	Take time to pray in nature and use a natural space for reflection and or mediation.			
96	Take part in an outdoor prayer service.			
97	Share prayers and or reflection on nature throughout the Province.			
98	Participate in online webinars offered through the 'Care of the Earth' Committee as they are offered.			
99	Participate in events co-sponsored by the Christian Brothers and other religious groups.			

Transport



Hint No.	Transport Hints	Already doing	Will do	N/A
100	Vehicle- Write a list and make just one trip per week to purchase everything at once.			
101	Vehicle- Shop on your way home from another outing or from work instead of making an extra trip.			
102	Vehicle- Shop with a nearby friend- two friends can get their groceries in one car trip.			
103	Vehicle- Plan to do several errands in one trip rather than several trips and save both time and fuel.			
104	Vehicle- Drive Smoothly- Stop/start driving is much less efficient and more polluting than driving at a constant speed.			
105	Vehicle- Keep your vehicle well-tuned and regularly maintained and have your car serviced at the intervals specified in the manufacturer's handbook.			
106	Vehicle- If your household has two or more cars, use the more fuel efficient one wherever possible. Get into the habit of using the others only when necessary.			
107	Vehicle- When travelling, determine the most efficient routes in advance and try to avoid peak hour traffic.			
108	Vehicle - Correctly inflated tyres are not only safer and last longer but they will also reduce drag on the road, improving your overall fuel economy.			
109	Reduce the number of car trips by using public transport, walking, car-pooling, and/or riding a bike.			
110	When flying, try and book the most direct flight to your destination.			
111	Use tele- or videoconferencing such as MS Teams, Skype, Zoom or Facetime to reduce car and plane trips.			
112	Minimise your emissions where possible by travelling short distances by train or bus instead.			

Advocacy, Education, Engagement



Hint No.	Advocacy, Education, Engagement and Action Hints	Already doing	Will do	N/A
113	Advocacy- Participate in or put your name to any action or pledge that supports limiting the impact on the environment.			
114	Advocacy- Write to or organise a meeting with your local MP to ask questions about issues like biodiversity, climate, water and other areas of concern.			
115	Advocacy- Sign online petitions from reputable groups whenever you get a chance.			
116	Advocacy- Make the acquaintance of a poor person or family – maybe via Vinnies’ participation.			
117	Education- Stay informed about local environmental issues through getting in touch with community groups eg, river use, ocean pollution, mining, protecting sacred Indigenous sites.			
118	Education- Stay informed. Read about workers in other countries and business practices. Talk to your community about these issues.			
119	Education- Re read Laudato Si’ through the lens of the Poor.			
120	Education- Share your knowledge and ideas about sustainable living with others.			

121	Education- Read more on the topic of Climate Justice.			
122	Education- Become familiar with the poorer areas of the world most affected by First world neglect of Earth (COP27).			
123	Education- Become knowledgeable about Hybrid and Electric Vehicles.			
124	Engagement- Find out about local celebrations in your community such as Clean Up Australia Day , Council tree planting, Sustainability festivals, School Strike 4 Climate , Harmony Week etc.			
125	Engagement- Spend some time outdoors each day or evening, looking, touching, smelling, feeling, tasting if appropriate, recognising that Earth and her people are sacred, revealing God. All are part of the same Earth community.			
126	Action- Become involved with a local environmental group, land care group or local climate action group.			
127	Action- Join your local community climate action network and consider getting involved in their actions or contributing to their newsletter.			
128	Action- Post your research on a particular product that may not be sustainable in the sharing space of the Jive intranet site.			
129	Action- Introduce yourself to local Indigenous Elders, visit any immersion programs available and share your learnings from these elders with your community.			
130	Action- Join online Interfaith groups working in this area.			

We appreciate your use of this resource. Hopefully we are already focussed on many of these helpful tips and behaviours, as well as those you have identified for future use.

For future updates of this resource, we would be happy to hear of any of your ideas that we could share with others, please send to: chill@edmundrice.org

References:

Aircon-Servicing.com

Australian Ethical – 22 tips for going plastic free

Care of the Earth Standing Committee

Greenfleet

Householder guide to Sustainable Living

Images – Bing Images

ISMAPNG- Simple Daily Gestures – by Chris Hill

Laudato Si’ Action Platform

Origin Energy Saving tips

Sustainability Victoria Top 10 energy saving tips

Sustainable Growth – John Dee

The Lazy person’s guide to saving the world

The Minimalist Vegan

Water use it wisely

