

Life. Be in it Energy saving Hints:



If you're cold, try putting on more clothes.



On hot days, instead of turning on the air conditioning, find a cool shaded area of the house.

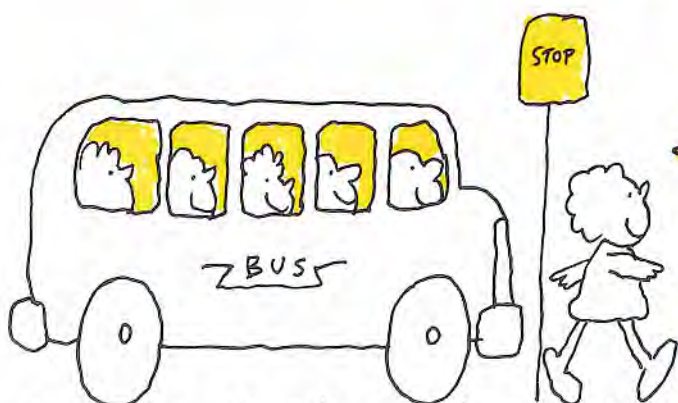
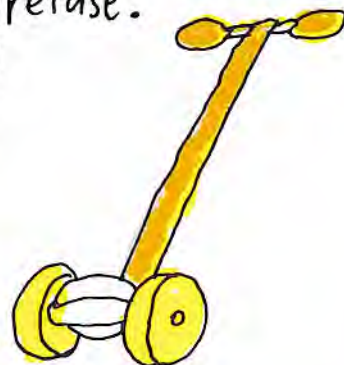
Try mowing the lawn with a hand mower. It's good fun and good exercise.



Start a compost heap and re-cycle garden refuse.

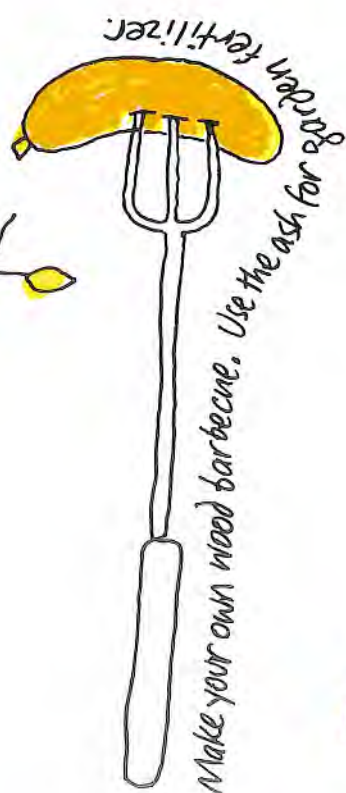


Involve the whole family in the gardening day. Use hand clippers & shovels.



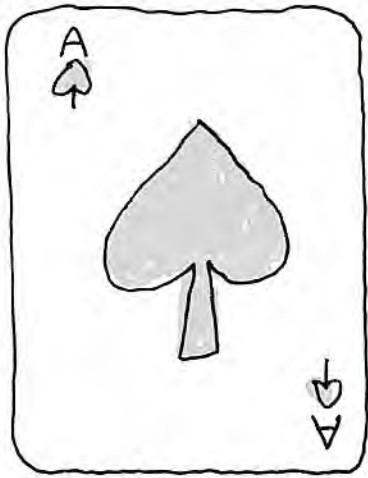
Next time you travel on a train or a bus, get out 2 or 3 stops before your destination and walk the rest of the way.

Spend some of your leisure time making alterations that will help cool your house in summer and warm it in winter. Deciduous trees help. Think about insulating the ceiling.



Make your own wood barbecue. Use the ash for garden fertilizer.

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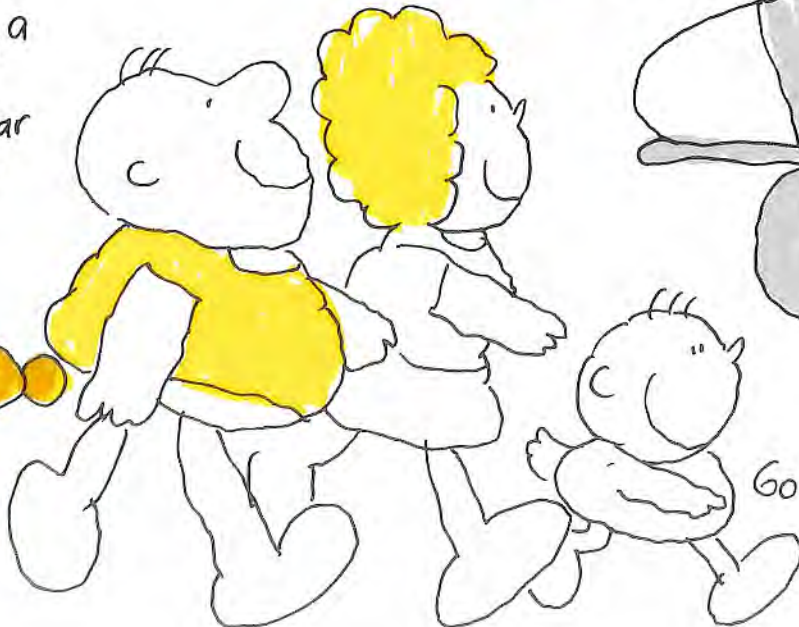
Turn off the telly and discover reading, cards and board games. Learn to play together as a family.



Choose energy-saving sports such as tennis, orienteering and outdoor bowls.



...than being a car family, ... a one-car like family.



Go for a Sunday walk instead of a Sunday drive.

Try sailing or rowing instead of power-boating.



Try taking home-made lunches to work and avoid fast foods.



If you're cold, cuddle up and keep each other warm.



Organise a shopping pool and save time, energy and maybe money →

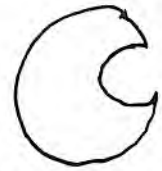


How about roller-skating to the corner shop.



Take a quick jog and swim at lunch-time. It will make the afternoon work a breeze.

Try walking a couple of flights of stairs at work instead of taking the lift.



Build an enclosed verandah, facing south. It's great for sleeping on those stifling summer nights.



Go play golf. Don't use a caddy. Pull your own buggy.



Have you ever tried to make your own soap and candles?

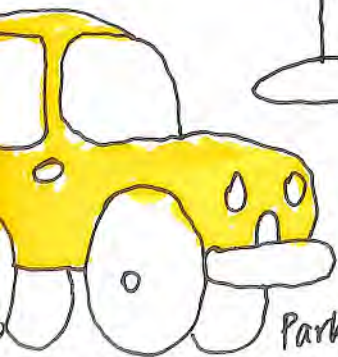


Let the kids use paper bags and newspapers for drawing and playing.

It's a fun way to re-cycle material, and it encourages them to be artistic.



Share your books, recipes and games with your neighbours.



Park your car on the outskirts of the city and walk to your office.







Water the garden with a hand-held hose, water restrictions permitting.



Enjoy more of the daylight hours —

Get up earlier.



Walk the kids to school. That way, everybody gets some exercise.



Join in the next School working bee. That way you and the whole community benefit.

When you go to get the milk & papers on Sunday, leave the car at home. It may take a little longer, but walking's better and cheaper.



Visit a friend and share the cooking. You might even be able to take some home.



Renovate old furniture instead of buying new.



In the office, walk and say it in person, instead of using the inter-com.