

ENVIRONMENTAL SUSTAINABILITY

“SIMPLE DAILY GESTURES”

POPE FRANCIS (LAUDATO SI', PARAGRAPH 230)



INSTITUTE OF
SISTERS of MERCY
OF AUSTRALIA & PAPUA NEW GUINEA



RAHAMIM
ECOLOGY
CENTRE

The Sustainable Living policy outlines ISMAPNG's commitment to incorporating environmental actions into our everyday activities.

It is well acknowledged that many sisters and staff have been living sustainable lives for a long time, and included here is a list of simple daily gestures or hints to help you, as an individual, to support the objectives of the policy.

This is completely voluntary and provides a simple checklist of activities that will assist you in becoming more sustainable at your place of residence. Many are applicable in office settings as well.

This booklet is environmentally friendly. To honour the intentions of the Sustainable Living Policy, printing this document is discouraged. Each box in each table is interactive. If using your computer, click into the box/es that are most applicable to you and a tick will appear. To save your answers simply save the document to your files.

ENERGY

MINIMISE ENERGY EMISSIONS
BY INCREASING ENERGY
EFFICIENCY AND ADOPTING
RENEWABLE ENERGY SOURCES



“To save energy I turn off power points
for appliances not in use.”

Sr Helen Kearins (Central A)



ENERGY HINTS

DOING
NOW

WILL
DO

N/A

Turn off your computer, monitor and printer when you finish using them or when you leave work at the end of the day.

Turn off lights in rooms you are not using.

Turn off air-conditioning (if applicable) when you go out or leave work at the end of the day.

Turn dishwashers off when dishes are not being washed.

Use dishwasher only when full and use on economy cycle.

Run the dishwasher at off peak times to lessen your electricity costs (Generally after 9pm and before 7am)

In winter, open your curtains in the middle of the day to let the warm sun in. In summer, use your blinds to block out the sun's heat.

Dress for the weather – in winter, wear extra layers inside and lower your heating thermostat. By setting your heating thermostat between 18-20°C, you can decrease your running costs by up to 10%. In summer, wear lighter clothing and keep your air conditioner's thermostat between 24°C – 26°C.

Only heat or cool the rooms you are using and close off doors to unoccupied rooms.

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 doesn't escape.

If you have solar– run as many of your appliances, such as dishwashers, dryers and clothes washers, during the day.

The background of the entire page is a vibrant blue gradient with a large, clear water droplet falling from the top center, creating concentric ripples that spread across the bottom. At the top, several large, bright green leaves are shown, some with water droplets on their surfaces, suggesting freshness and nature. A dark grey rectangular box is centered in the upper half, containing the main title and subtitle in white serif font.

WATER

MINIMISE WATER CONSUMPTION
AND REDUCE WATER WASTAGE



“We use a smaller plastic washing-up dish in the bigger kitchen sink so that we don’t use so much water for washing up.”

Sr Margaret Adams (South A)



WATER HINTS

DOING
NOW

WILL
DO

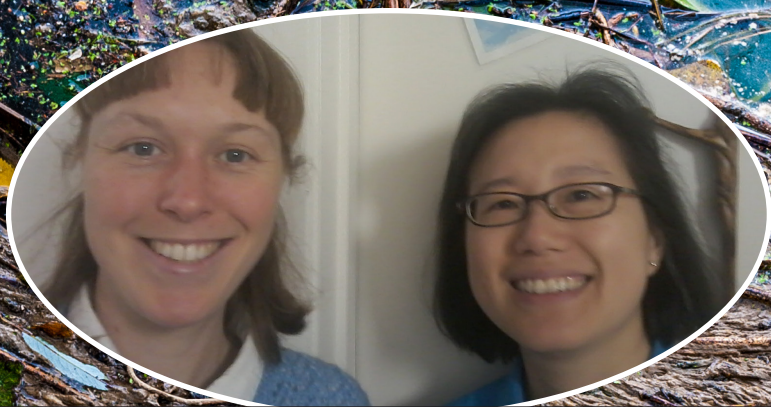
N/A

Use a refillable water bottle instead of purchasing bottles of water.			
Only use the dishwasher when it is fully loaded.			
Adjust the water level of your washing machine if doing small loads.			
Wash your clothes with cold water.			
Turn off water while brushing your teeth.			
Shorten your shower by a minute or two to save water.			
When watering your garden, only apply water as fast as the soil can absorb it; and water if possible in the morning*			
Cover garden beds with mulch as this will reduce evaporative water loss*			
While you wait for hot water, collect the running water and use it to water plants.			
Wash your fruits and vegetables in a pan of water instead of running water from the tap.			
Select the proper pan size for cooking. Large pans may require more cooking water than necessary.			
Report any water leaks to the property team so they can be fixed as soon as possible.			
If your toilet does not have a dual flush option, fill one or more soft drink bottles with water and place them in the cistern.			
Consider installing a water efficient shower head.			

* To learn more, contact Rahamim Ecology Centre on (02) 6332 9950 or email contact@rahamim.org.au.

WASTE

REDUCE WASTE THROUGH WASTE MANAGEMENT STRATEGIES



“We try to reduce by buying only what we need and purchasing products with as little packaging as possible. We try to reuse any plastic bags, plastic containers, paper bags, cardboard boxes, glass jars or printed paper. We try to rarely use our garbage bin and recycle all plastic, paper, metal and glass. We put organic waste into our worm farm or council green waste program.”

**Sr Elizabeth Young and Sr Michelle Goh
(South C)**



WASTE HINTS

DOING
NOW

WILL
DO

N/A

REFUSE – plastic bags, take your own reusable bags when shopping.

REFUSE – put a “no junk mail” sign on your letter box to discourage advertising material.

REDUCE - paper consumption by printing on both sides.

REDUCE - printing by only printing when necessary.

Use recycled or carbon neutral copy paper.

Before throwing something out, consider if it can be recycled or used by someone else.

Donate unwanted goods to charity or the Freecycle network.

Bring your own ‘Sustainability Keep Cup’ when purchasing coffee and/or ordering hot drinks.

Separate recycling waste from general waste (if available in your area).

Get into composting with a compost bin, a Bokashi bucket or a worm farm and reduce your organic household waste by up to 40% *

Shop at food cooperatives or other food retailers which allow you to purchase only as much as you need *

Link in with the RAHAMIM recycling guide— <http://www.rahamim.org.au/sustainable-living-skills/>

Swap out the Gladwrap for beeswax wraps or containers *

Don't buy fruit and veggies wrapped in plastic!

* To learn more, contact Rahamim Ecology Centre on (02) 6332 9950 or email contact@rahamim.org.au.

TRANSPORT

CHOOSE TRANSPORT AND
TRAVEL OPTIONS WHICH
MINIMISE GREENHOUSE GAS
EMISSIONS



“I am lucky to live close to public transport; so I use it or I car pool and I share a car with the other member of my community”

Sr Deirdre Gardiner (Central B)



TRANSPORT HINTS

DOING
NOW

WILL
DO

N/A

Reduce the number of car trips by using public transport, walking, car-pooling, and/or riding a bike.			
Write a list and make just one trip per week to purchase everything at once.			
Shop on your way home from another outing / work instead of making an extra trip.			
Shop with a nearby friend - two friends can get their groceries in one car trip.			
Plan to do a number of errands in one trip rather than several trips and save both time and fuel.			
Drive Smoothly - Stop/start driving is much less efficient and more polluting than driving at a constant speed.			
Keep your vehicle well tuned and regularly maintained. Get your car serviced at the intervals specified in the manufacturer's handbook.			
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.			
When travelling, figure out the most efficient routes in advance, and try to avoid peak hour traffic.			
When flying, try and book the most direct flight to your destination.			
Use tele- or video-conferencing such as Skype/ Facetime to reduce car and plane trips.			
Minimise your emissions where possible by travelling short distances by train or bus instead.			
Correctly inflated tyres are not only safer and last longer, they will also reduce drag on the road, improving your overall fuel economy.			

PROCUREMENT

CONSIDER THE
ENVIRONMENTAL IMPACT IN THE
PURCHASE AND USE OF GOODS
AND SERVICES



“I research where products are being manufactured to help me decide what I buy”

Sr Anne Ryan (South C)



PROCUREMENT HINTS

DOING NOW

WILL DO

N/A

When buying new white goods, choose ones that have a five or six star rating.

With regards to clothing, look for a 'Made in Australia' label or choose Fairtrade when purchasing products made overseas *

Before buying new furniture, consider contacting your local service officer or area manager or your neighbours/friends to see if there is any good quality second hand furniture available.

Look for natural furnishings that have been or can be recycled *

Buy items with less packaging *

Buy locally where possible *

Size it right—if you buy something like a car or live in a home that's bigger than what you require, you are committing yourself to larger energy or gas bills.

Don't buy it—before making a purchase, consider whether you will really use it *

Share with friends—Share things like books, magazines, movies, games and newspapers *

Access a library to read books, magazines and movies.

If you have the garden space, grow your own vegetables or herbs *

Bring your lunch rather than buying if possible and take it in a reusable container.

Abstain from eating meat and fish on one day each week (any day).

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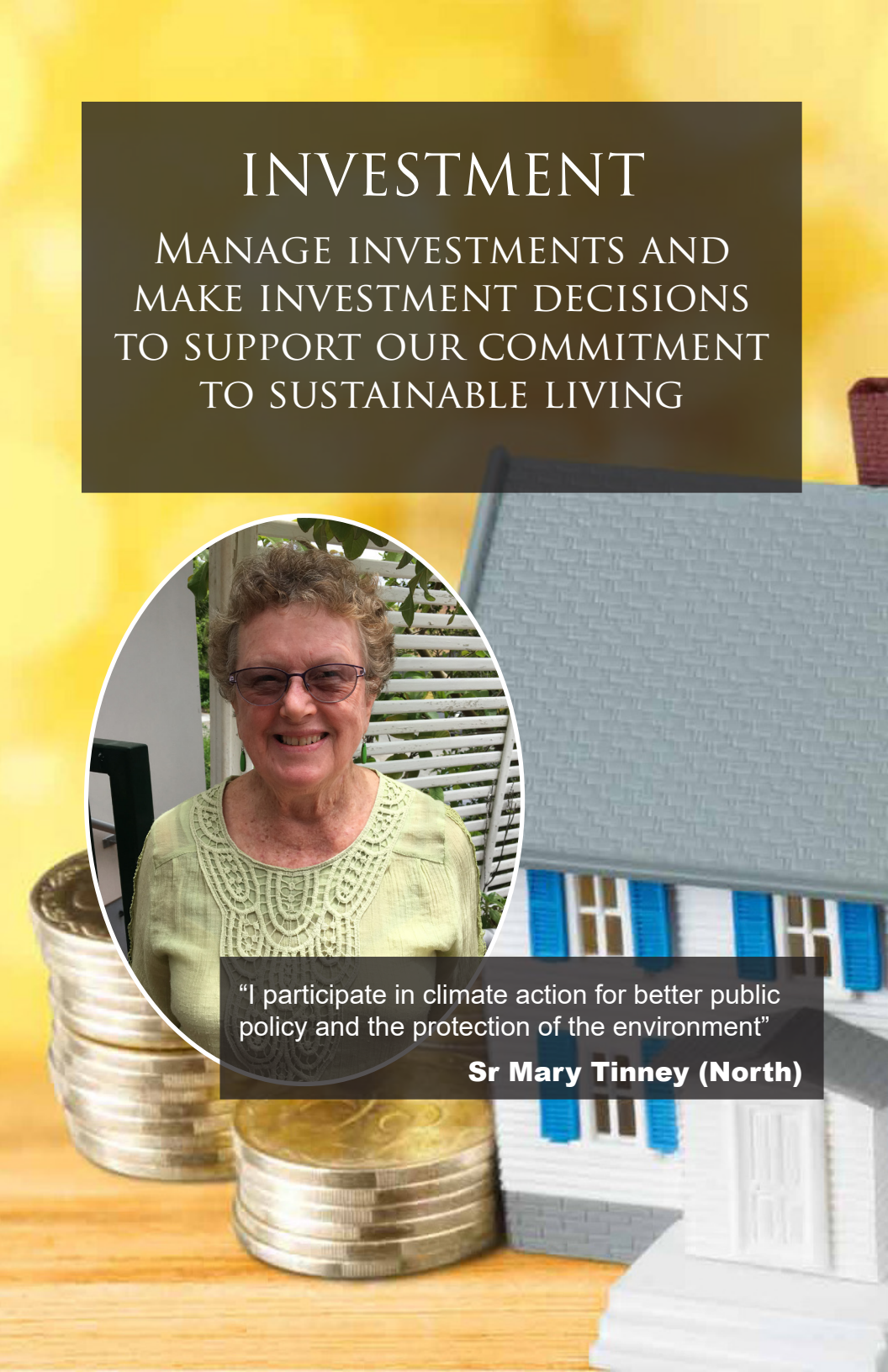
INVESTMENT

MANAGE INVESTMENTS AND
MAKE INVESTMENT DECISIONS
TO SUPPORT OUR COMMITMENT
TO SUSTAINABLE LIVING



"I participate in climate action for better public policy and the protection of the environment"

Sr Mary Tinney (North)





INVESTMENT HINTS	DOING NOW	WILL DO	N/A
Bank your money with organisations which refuse to finance coal mines, or which actively support the development of renewable energy *			
Become involved with a local environmental group, land care group or local climate action group *			
Share your knowledge and ideas about sustainable living with others *			
Study the investment policies of ISMAPNG 8.1			
Follow the divestment campaigns of Australian Religious Response to Climate Change (ARRCC)			
Consider investigating the ethical investments portfolio of your superannuation fund			

* For more information contact Rahamim Ecology Centre on (02) 6332 9950 or email contact@rahamim.org.au.

INFRASTRUCTURE

ADOPT SUSTAINABLE DESIGN PRINCIPLES FOR NEW BUILDINGS AND AMEND EXISTING INFRASTRUCTURE TO MEET ENERGY, WATER AND WASTE OBJECTIVES WHERE POSSIBLE



“We installed two water tanks to capture the rain water from the roof for the garden, laundry and toilet ”

Sr Veronica Lawson (South B)



INFRASTRUCTURE HINTS	DOING NOW	WILL DO	N/A
If safe to do so, open windows to allow a cross breeze.			
Plant deciduous trees along the western side of your house to keep off the hot summer sun *			
Have some indoor plants to brighten your space and they will also absorb airborne pollutants *			
Consider Investigating if your property can accommodate and is suitable for a water tank.			
Consider a rain water garden. Refer - www.melbournewater.com.au/community-and-education/help-protect-environment/raingardens			
Consider planting a herb or vegetable garden *			
Plant trees and/or other vegetation to retain water on site *			
Ensure the soil is mulched, composted and is kept in the best condition (with organics) to retain water so that less watering is necessary *			
Block drafts that may be affecting the heating or cooling of your residence.			
Consider good quality blinds / curtains to improve heating and cooling.			

* For more information contact Rahamim Ecology Centre on (02) 6332 9950 or email contact@rahamim.org.au



Well done, hopefully you are already achieving many of these simple gestures and perhaps you can consider others you were not doing.

We would be happy to hear of any of your ideas that we could share with others, please send to: chris.hill@ismapng.org.au

References

Origin Energy saving tips
Sustainable Growth—Jon Dee
Sustainability Victoria Top 10 energy saving tips
Synergy Energy saving tips
True Green
Householder Guide to Sustainable Living
<http://wateruseitwisely.com/100-ways-to-conserve/>
<https://greenfleet.com.au/Individuals/Reduce-Emissions/Transport>
<https://environment.gov.au/settlements/transport/fuelguide/>
<https://www.australianethical.com.au/news/22-tips-plastic-free/>
Meat and Fish free day—Sr Mary-Anne Duigan (maryand8@bigpond.com)

“Living our vocation to be protectors on God’s handiwork is essential to a life of virtue: it is not an optional or a secondary aspect of our Christian experience.”
(Laudato Si’, paragraph 217)