

in the  
community

An editor who receives 10 letters on the same issue takes interest; a politician who receives 100 letters takes notice.

# sharing is caring

**S**haring builds relationships and communities, and reduces your ecological footprint. Share your tools, your toys and your time – and most importantly your home. The growth in sole households is the single greatest contributor to the growth in household carbon emissions, with people living alone using more energy and resources than those who live with others. A person living alone produces double the waste of someone sharing with three others, and single households also waste resources by duplicating the need for household goods such as washing machines, sofas, microwave ovens, TVs, vacuum cleaners and cooking utensils.

- Lower carbon emissions
- Lower waste
- Lower consumption



# get involved 98



So often the concentration of media coverage on national or international issues, and the global magnitude of the environmental challenges we face, can leave us feeling powerless and thinking that any action is futile. But the problems we need to tackle are usually very close to home, in our very neighbourhood if not our own homes. There are thousands of local groups making a difference across Australia – planting trees, running op shops, recycling goods, turning used cooking oil into biodiesel or promoting fair trade. If you can't find a group that fits your interests, get together a few like-minded souls and start your own. That's how Clean Up Australia began.

- Improve the local environment
- Offset carbon emissions
- Encourage sustainable business

# the secret of happiness

# 100

**T**hough many aspects of our culture encourage us to believe the important thing in life is to be rich and famous, extensive academic research across different countries has shown that happiness has little to do with spending money. The most contented people are those who spend their time helping others and contributing to their community. From peeling potatoes in a soup kitchen to working pro bono, volunteering gives you an opportunity not only to increase the social capital of the nation – the cornerstone of its economic prosperity – but also to find personal fulfilment in an activity that doesn't revolve around consuming resources. Reduce. Reuse. Recycle.

- Make the world a nicer place
- Reduce your environmental footprint
- Be happier and healthier