

# SUMMER AND THE ONE-TONNE CHALLENGE



## Renovate, save money, save our climate

(NC)—Home renovations can feel like non-stop spending, but here's a way to save.

The EnerGuide for Houses Retrofit Incentive developed by Natural Resources Canada provides grants to homeowners who make energy efficiency improvements based on an EnerGuide for Houses evaluator's recommendations. The average grant is \$650. Get an EnerGuide for Houses home energy evaluation, before renovations begin in order to be eligible for a grant. For a fee, an independent energy advisor will evaluate your home energy use and waste. A customized report will provide you with recommendations on steps to take.

Implement the suggestions during your renovations, then request a post-retrofit evaluation and find out how much your home's energy efficiency has improved! Find local service providers by visiting [www.energuideforhouses.gc.ca](http://www.energuideforhouses.gc.ca) or by calling 1-800-387-2000.

Homeowners who have renovated after using the EnerGuide service are saving, on average, four tonnes of greenhouse gases per year and achieving average energy savings of 27%. Saving greenhouse gas emissions and saving money. That's part of taking the One-Tonne Challenge. Find out more at [www.climatechange.gc.ca](http://www.climatechange.gc.ca).

- News Canada

### Trying to cool down?

(NC)—Your air conditioner can be an energy hog. If you're in the market for a new air conditioner, you can save money and reduce your greenhouse gas emissions by looking for a model with the ENERGY STAR symbol. This means the product is one of the top energy-saving products on the market. Buying energy-efficient appliances is one way to take the one-tonne challenge. Visit <http://energystar.gc.ca> and [www.climatechange.gc.ca](http://www.climatechange.gc.ca).

- News Canada

## Summer and Environment Week...a great time to take the One-Tonne Challenge

(NC)—The first week of June is Environment Week and also the time thoughts turn to summer. It's a great time to take the One-Tonne Challenge and change just a few habits that will reduce your greenhouse gas emissions.

**Water the lawn with care...** as it uses 700 litres of water in half an hour, more than the average daily water consumption of an entire household! Pumping, treating and distributing water takes energy.

**Set the air conditioner at 24°C...** and raise it when you go out, or set your programmable thermostat. For each degree below 24°C, you use 3% to 5% more energy.

**Keep blinds, curtains and windows closed...** during the day in summer to help keep your home cooler.

**Turn off the cottage water heater when you leave...** and save energy. The water will heat up quickly when you return!

**Take the One-Tonne Challenge...** find out the total greenhouse gas emissions for your household, and ways to make easy changes to reduce your emissions by one tonne! Get a Guide to the One-Tonne Challenge at [www.climatechange.gc.ca](http://www.climatechange.gc.ca), or call 1-800-OCANADA.

- News Canada

## A teacher leads the way

(NC)—At a teacher's workshop on climate change, Paula Trueman from Miramichi, New Brunswick was puzzled about how to bring the subject into her classroom. After all, she taught Grade 11 English, and did not have any science classes.

Committed to reducing her personal greenhouse gas emissions, Paula decided to talk to her students about climate change and what she was doing. She then asked if they wanted to learn more.

The students decided to research and write a play about climate change and reducing greenhouse gas emissions. Complete with an original song, the play was presented to students at the school and videotaped by older students from the local community college.

Each student in the class also tried to change at least one behaviour such as taking shorter showers, walking to school and friend's houses and reducing waste at lunch.

Bring climate change into the classroom for any age-group in lessons about weather, nature, geography or other subjects. For ideas, visit the Teachers Resources section at [www.climatechange.gc.ca](http://www.climatechange.gc.ca).

- News Canada



## Youth are up to the One-Tonne Challenge

(NC)—Quebec students cycle in the freezing cold to draw attention to climate change. Saskatchewan students start campus composting. Youth from all over Canada bike or take the train wherever they go. They also plant trees, reduce waste and tell their parents to do the same.

These are young Canadians taking the One-Tonne Challenge all over the country, and most of them do not own a house or a car.

"Many young people in Canada are showing that youth can do their part by taking real action that reduces greenhouse gas emissions," says Claudie Ouellet of the One-Tonne Challenge program at Environment Canada. "By influencing their peers and their parents, or simply leading by example, they are shaping the future."

Get school clubs involved to make your school more environmentally-friendly, choose products with less packaging and bring along bags when shopping to reduce waste – these and other ideas for youth to take the the One-Tonne Challenge are at [www.co2zilla.ca](http://www.co2zilla.ca).

- News Canada



## Workplace "challenges"

(NC)—The traffic rush at the beginning and end of the day in any town or city tells the story – that Canadians are in their cars and trucks getting to and from work. Transportation accounts for 18 per cent of the greenhouse gas emissions that lead to climate change, and while changing driving habits may be difficult, many have found workplace activities can help.

At Canada Post, for instance, Allison Rogers and fellow employee Rob Turenne started biking to work as a challenge to each other with a free lunch at the end of the summer as the prize

for whoever rode most often. That was nine years ago, and now there are about 100 Canada Post employees cycling, walking, running or using in-line skates to get to work from April to October.

At Petro-Canada, Maureen Pyne used the Pembina Institute's on-line calculator and was surprised at how many greenhouse gas emissions she produced. She started to make changes, but the big change came from "talking it up" around the office and getting others to do the same.

Reducing transportation emissions goes a long way to meeting the goals

of the One-Tonne Challenge, and the workplace is a great location to get started. Carpools mean fewer cars on the road, and carpooling tips are on-line along with a free ride-matching tool at: [www.carpooltool.com](http://www.carpooltool.com). The Commuter Challenge is now on in many locations across Canada as many businesses and cities challenge one another on who can log the most sustainable transportation kilometres in one week. One-Tonne Challenge information is at [www.climatechange.gc.ca](http://www.climatechange.gc.ca) and for more on the Commuter Challenge, visit [www.commuterchallenge.ca](http://www.commuterchallenge.ca).

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CLEAN AIR  
CHAMPIONS

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## Clean air champions

(NC)—Mountain-bikers, kayakers, tri-athletes, snowboarders, runners and gymnasts are among the top athletes in Canada who are Champions for the One-Tonne Challenge.

The athletes are also members of Clean Air Champions, a not-for-profit organization that involves national team, Olympic and Paralympic athletes in campaigns to reduce air pollution.

The athletes give motivational talks to high school and university students,

and also give "get involved" workshops. They encourage others, as well, to meet the One-Tonne Challenge goal by reducing their individual greenhouse gases by one tonne. Contact the Champions to find out about partnerships and ways to bring athletes to local events through: <http://www.cleanairchampions.ca/>. For more on the One-Tonne Challenge, visit [www.climatechange.gc.ca](http://www.climatechange.gc.ca).

- News Canada