

JOIN THE ONE TONNE CHALLENGE

The One-Tonne Challenge: It's all about you!

(NC)—Everyone would like cleaner air to breathe and healthier communities – right?

Many of us believe that accomplishing this is largely out of our hands. Curbing pollution and reducing greenhouse gas emissions to fight climate change – that's for big business, industry, government, right?

Wrong – it's for you too. You *can* make a big difference, and save money in the process! Individual Canadians are responsible for 28% of Canada's greenhouse gas emissions (GHGs). So the Government of Canada is asking us to reduce our annual emissions by one tonne – that's about 20% less than the five tonnes the average Canadian produces now.

Half of those five tonnes comes from driving our vehicles. About 30% comes

from heating and cooling our homes. By driving more efficiently, using our car less, and making simple changes at home, it's not hard to make "a tonne of difference" and reduce expenses.

In fact, with the tools at hand, it's even easier than you think. A GHG Calculator can identify your emissions and suggest ways to reduce them. A *Guide to the One-Tonne Challenge* gives you useful tips on reducing your emissions on the road and at home. Save energy and money too.

Many Canadians across Canada are taking part in the *One-Tonne Challenge* – find out what they are doing, use the on-line calculator, and browse through the Guide. Visit www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232), TTY 1 800 465-7735 for more information.

- News Canada



Canada's Olympic Champions – taking on the fight against climate change

(NC)—In August, Canadian athletes competed to be the best in the world at the Athens Olympics. Back home, they're still champions, this time for the environment. Athletes are taking the Government of Canada's *One-Tonne Challenge* and getting the message to youth that reducing greenhouse gas emissions makes us healthier while helping to make our air cleaner and fight climate change.

"As a member of Canada's Olympic women's rowing team, I know the power of teamwork and the positive effects of a healthy lifestyle," says rower Roslyn Macleod. "By taking the *One-Tonne Challenge* and making small changes

in how we live, walking or biking to work or to school, recycling and being energy-conscious, Canadians can work together as a team to make a difference in air quality and in reducing climate change. We help ourselves and the environment."

Champions for the One-Tonne Challenge is a program run by The Clean Air Champions, www.cleanairchampions.ca which uses respected athletes to motivate and educate young Canadians to adopt practices that enhance health while helping combat climate change.

"Sailing in Toronto, you often look onshore and see the cloud of smog that engulfs our city," says Bernard Luttmmer, a member of Canada's Olympic sailing

team. "Being a sailor, I am especially concerned about the air quality in Canada. I look forward to helping make it a cleaner place for all of us to stay active in."

The *One-Tonne Challenge* asks Canadians to fight climate change by reducing their annual greenhouse gas emissions by one tonne, or 20%. Easy-to-use tools, such as a calculator that can identify your emissions and suggest ways to reduce them, and a tips Guide with more ideas, can be found at www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232), TTY 1 800 465-7735 for more info.

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On the road this fall

(NC)—Across the country, gas prices are going through the roof. Taking steps to reduce your use of gasoline can save you money and help the environment at the same time.

The Government of Canada is challenging Canadians to reduce their annual greenhouse gas emissions (GHGs) by one tonne, or 20%. About half of the five tonnes the average Canadian produces annually comes from driving. In urban areas, driving generates about two-thirds of smog-producing pollutants. Cutting these emissions is a great way to meet the *One-Tonne Challenge* while helping to make our air cleaner.

It's easier than it sounds – try some of these ideas:

- **Drive less:** Driving just 10% less (that's 2,000 km a year from 20,000) can reduce emissions by half a tonne or more. Think how many trips to the gas station you'll cut out! Use public transit, car-pool with nearby colleagues, or combine your errands into one trip.
- **Don't idle:** One vehicle idling 10 minutes a day, every day of the year, produces about a quarter-tonne of carbon dioxide (CO₂) emissions annually and costs about \$70 in wasted fuel.

- **Tune it up!:** A poorly maintained engine can use up to 50% more fuel and produce 50% more CO₂ than one properly tuned. Don't forget to replace your oil and filters to help your car perform better, use less gas and avoid severe engine damage.
- **Check tire pressure monthly:** You could reduce your annual GHGs by one eighth of a tonne and save \$50 in fuel costs. Your required tire pressure is different in cold weather, so check regularly. Test tires when they're cold and use the opportunity to check for foreign objects or cuts, cracks or other signs of wear.

- **If you're buying a new vehicle,** remember to make fuel-efficiency one of your criteria. The *Fuel Consumption Guide* can help you choose the most fuel-efficient vehicle that meets your needs. Get one at www.oeenrncan.gc.ca/vehicles or by calling 1-800-387-2000.

For more tips on cutting costs and curbing pollution, get *Your Guide to the One-Tonne Challenge*, and find out what you're emitting with the GHG calculator. Visit www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232) TTY 1 800 465-7735 for more info.

- News Canada

Change is in the wind

(NC)—A few clicks of the mouse was all it took for Steve Szabo of Halifax to reduce his greenhouse gas emissions (GHGs) by over 6 tonnes. He was concerned about their harmful effects on the environment.

He did this by switching to wind power, bought from Nova Scotia Power, the province's electrical utility. But you don't have to live in Nova Scotia.

"Green power is now available in several provinces in Canada," says Steve. "It's definitely the simplest, quickest and least expensive way to reduce your emissions."

Steve pays a monthly premium of \$25 to get his electricity emissions-free. But he figures that's much less than his total

savings from steps like installing compact fluorescent light bulbs, putting a solar panel on his roof for hot water and using bio-fuel heating oil to run his furnace.

Together, Steve and his family of four have reduced their GHG emissions by 13 tonnes. And, he says, "I haven't really changed my lifestyle at all."

Steve is one of many Canadians taking the *One-Tonne Challenge*, a call to all Canadians to combat climate change by reducing their annual greenhouse gas emissions by one tonne, or 20%. Order your Guide, and find out more at www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232) TTY 1 800 465-7735.

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The cold weather's coming: Time to save money and the environment

(NC)—We all enjoy summer, but now fall is here – and that means winter is just around the corner. With energy prices seemingly going up and up, now is the time to start thinking about how to reduce your heating bills this winter.

It's a challenge – but relatively simple actions can cut energy costs, make your home more comfortable and reduce harmful greenhouse gas (GHG) emissions which contribute to climate change. The Government of Canada is asking Canadians to take the *One-Tonne Challenge* and reduce their annual emissions by one tonne or 20%. It's not hard!

- Use caulking and weather-stripping to seal air leaks. Whether you do it yourself or use a professional you can reduce your home heating needs by up to 20% just by eliminating leaks around windows, doors, baseboards and attic hatches.
- Keep your furnace well-maintained and change or clean furnace filters every couple of months.
- Lower your thermostat, at night or when no one is home during the day. For every 1°C (2°F) you lower your thermostat, you can save 2% on heating bills. Can't remember to do it? Get a programmable

thermostat – they're inexpensive and take the onus off you.

How about bigger steps?

- If it's time to replace your furnace, get one of today's energy-efficient furnaces – it can save you up to 25% of your annual heating costs. Depending on how efficient your old furnace was, you can recoup the higher initial cost for the new furnace in about seven years.
- Upgrade insulation in walls, basements and attics. This can reduce your energy bill by as much as 30%.
- Replace exterior doors if they are in poor repair with core-insulated, steel-clad doors or storm doors.
- Get a home evaluation from the EnerGuide for Houses program. Making the recommended improvements can reduce the average energy use of a 25-50-year-old home by 20% to over 35%, a reduction of over two tonnes of GHG emissions. Grants are available to help you. Find out more at www.oeenrncan.gc.ca/houses.

There's more you can do – get a free copy of *Your Guide to the One-Tonne Challenge* at www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232), TTY 1 800 465-7735 for more info.

- News Canada



Climate change fast fact

Did you know?

(NC)—A typical SUV driven 20,000 kilometres annually produces six tonnes of carbon dioxide, a major greenhouse gas contributing to climate change. A mid-size sedan produces four tonnes, while a compact vehicle produces just two. Be a smart driver – buy the most fuel efficient vehicle that meets your needs; keep your car well-tuned; avoid idling; when possible, leave the car at home. You'll reduce your car's emissions and save money too. Check out how the *One-Tonne Challenge* can help; visit www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232) TTY 1 800 465-7735.

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Climate change fast fact

Did you know?

(NC)—Compact fluorescent light bulbs can last 10 times longer and use one-quarter the electricity of regular incandescent light bulbs. If you replace 5 regular bulbs in your home with compact fluorescent bulbs, you can cut energy costs, and reduce your annual greenhouse gas (GHG) emissions by 1/8 tonne. On average, every Canadian produces 5 tonnes of GHGs a year, which contribute to climate change. To save money and energy, and combat pollution, take the *One-Tonne Challenge*. For your free guide, visit www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232) TTY 1 800 465-7735.

- News Canada

Climate change fast fact

Did you know?

(NC)—Air leakage represents from 25% to 40% of the heat loss from older homes. Don't spend money heating the great outdoors – seal those leaks with caulking and weather-stripping. Besides, the energy used to generate heat produces greenhouse gases, causing tonnes of problems for our environment. Check out the *One-Tonne Challenge* for tips on how to save money and energy at www.climatechange.gc.ca or call 1 800 O-Canada (1 800 622-6232) TTY 1 800 465-7735.

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