

Welcome to this week's presentation and conversation
hosted by the
Canadian Association for the Club of Rome,
a Club dedicated to intelligent debate and action on global issues.

The Writing of 'Do Yourself a Favour: Live Lightly, Live Better.'

Our speaker today is TD Dougherty, a retired environmental scientist. Here he explains how he came to write a catalogue of things a person can do in his/her personal & family lives to help limit climate change. Included in the book are over two hundred tips, each evaluated by the author & editors. The vast majority are things they have tried or still do. They give each item a rating on how easy it is to do & how much, relatively, it will help reduce emissions of carbon dioxide & methane, the main greenhouse gasses that drive global warming. Climate change is here, whether we like it or not. The longer we go on with current or even rising emissions, the worse the effects will get. Each of us can contribute to the effort & it is not as hard as you might think.

You can start small & grow into a new lifestyle. The time is now, so let's do it!

The presentation will be followed by a conversation, questions, and observations from the participants.

CACOR acknowledges that we all benefit from sharing the traditional territories of local Indigenous peoples (First Nations, Métis, and Inuit in Canada) and their descendants.

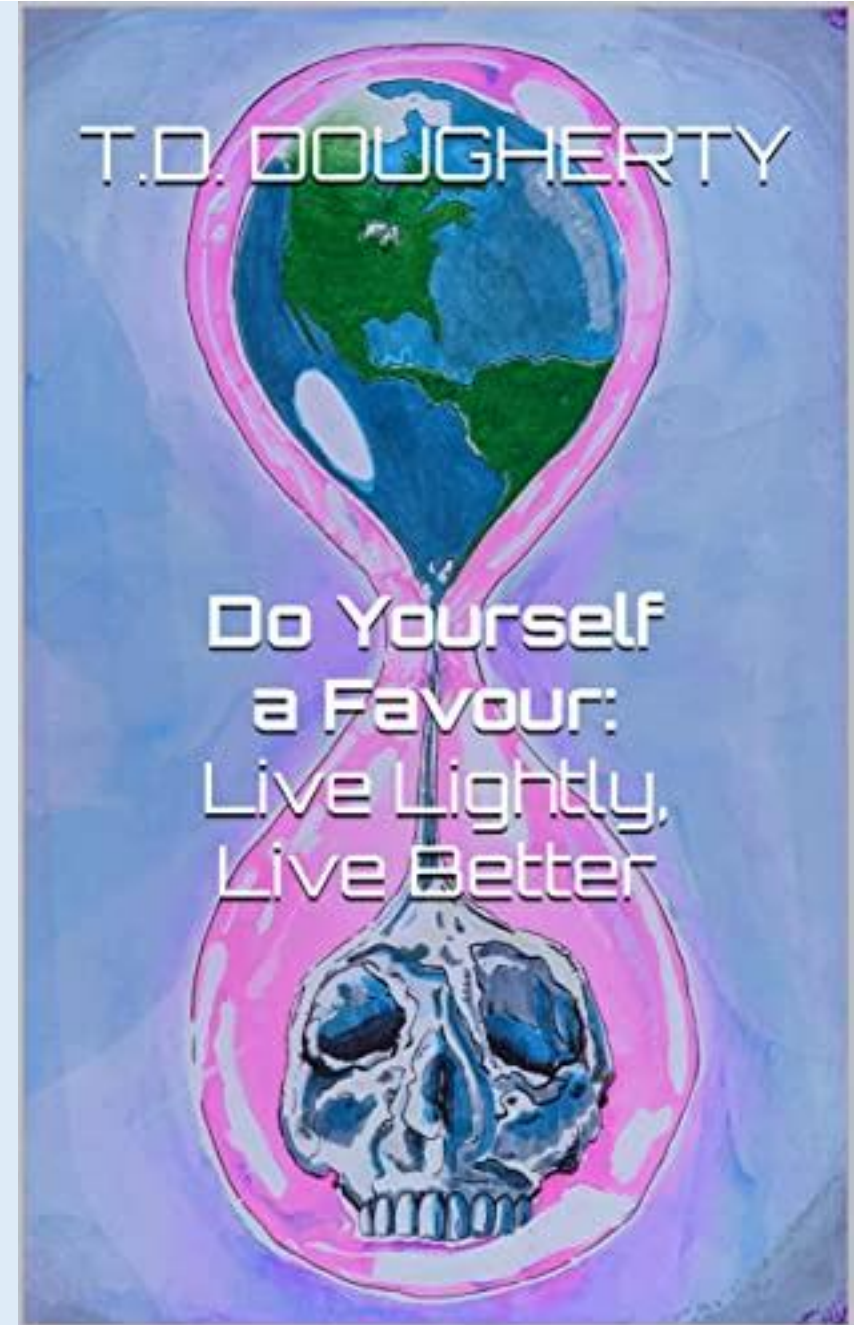


Website: canadiancor.com
Twitter: [@cacor1968](https://twitter.com/cacor1968)
YouTube: [Canadian Association for the Club of Rome](https://www.youtube.com/Canadian Association for the Club of Rome)

Inception of the Idea

A young man posed some questions to me...

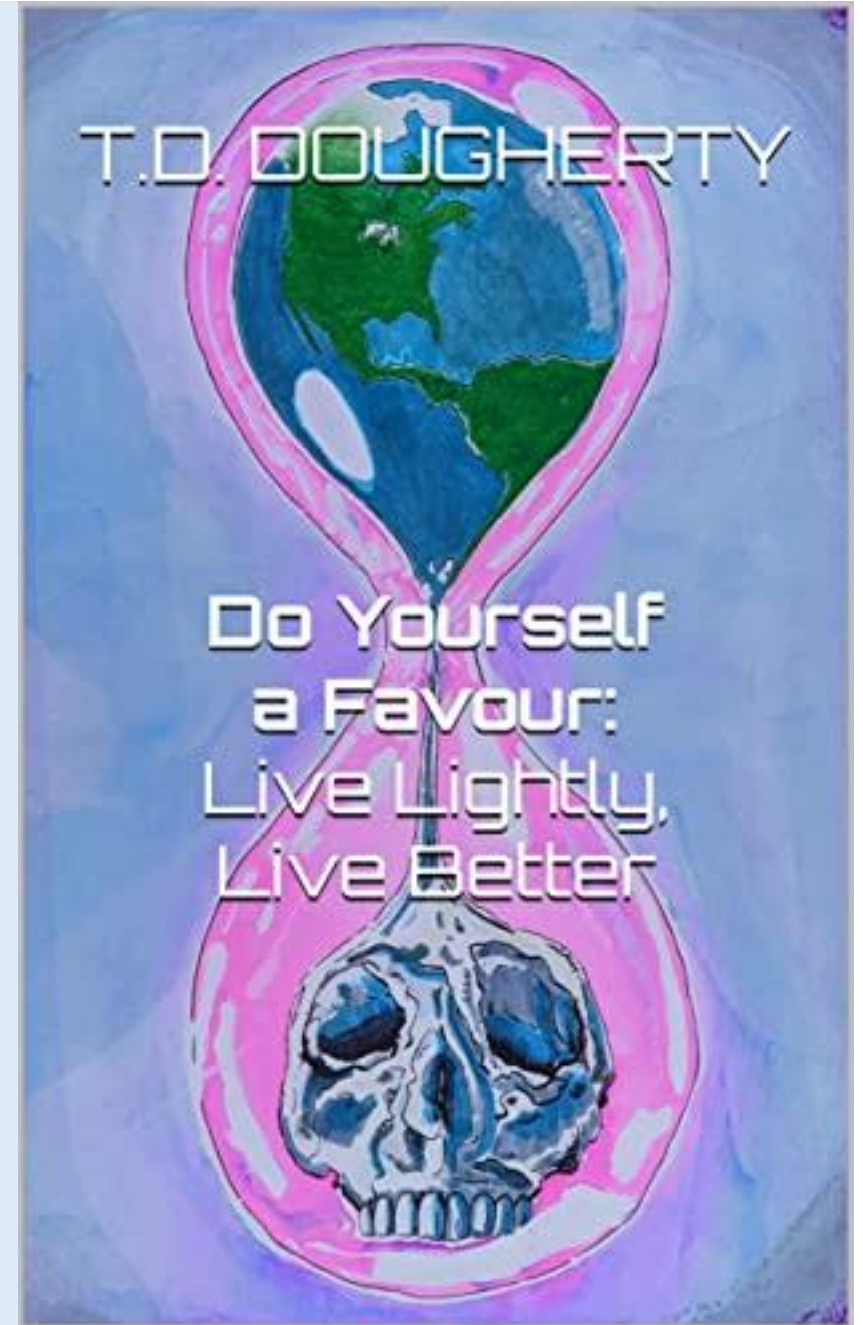
- Why should young people (elders, too) act to reduce emissions when they observe others not doing so?
- Why act when big companies continue not doing so?
- Why are we told to reduce our footprints, which seems a punishment, when much larger offenders get to swindle their way out of their responsibilities?
- When the system in place to make life comfortable for us causes problems, why are consumers told to curb our consumption & change our activities when our cities' infrastructures are designed for cars, manicured lawns are encouraged & sometimes even mandated, & our goods are convenient to get?



Inception of the Idea

...and made insightful comments

- What we buy is made & shipped to us, then packaging fills our waters. Some get rich, while we're criticized for using the system as intended.
- We know what's needed, but the system focusses us on other things, like beaches & restos. We dislike that many who instruct us are worse than we are on flying, vacationing, & overconsuming food, drink, & goods.
- We know how to make big changes, but we don't, & we won't, because big business & governments are made for the short term & money talks. We're trapped inside a system that has us working as cogs.



Responding to the Questions and Comments (1/4)

In discussion, he added some more ideas to which we responded

- 1. Some of it will cost money.** True, but much of it will save money or even increase your income.
- 2. It will mean work or sacrifice.** Not necessarily—we look at it differently & have found enjoyment in doing things differently.
- 3. Others—the rich—will go on as usual or even raise their emissions.** True, but focus on what we can control. Unless others are our children, we can't control them—of course, that is hard with kids, & less necessary & less wise over time.

Responding to the Questions and Comments (2/4)

- 4. We will still be constantly getting told to buy more stuff, more travel, and more experiences, all of which entail emissions.** The bad behaviour of others is no reason to follow their footsteps. Enjoy new experiences at lower cost to the environment—yes, you will emit something, that's just life.
- 5. Big organizations will go on as usual & even benefit from my sacrifices.** We need to go on our own paths, choose alternate goods & services, do things differently, invest in firms that are leading toward sustainability. If others benefit, maybe they will follow our examples. Then everyone wins.
- 6. We are struggling already just to keep a roof over our heads & put food on the table.** That is the case for half the people in rich countries & most in poor countries. Happily, many of the alternatives in the book should make your income stretch further & may well let you be happier.

Responding to the Questions and Comments (3/4)

- 7. Climate change is not hurting us.** Twenty years ago that could have been true, but it isn't now. Everywhere on Earth average & extreme temperatures are higher. We have been experiencing the effects directly (heatwaves, fires, floods, droughts, storms) and indirectly (less and more expensive food and water). It is now personal.
- 8. We have more important concerns, like which bar to visit on the weekend and where to take our next vacation.** One can make choices that will bring as much or more satisfaction & less regret. We are consuming less alcohol & travelling closer to home, for example, & we're healthier & happier.

Responding to the Questions and Comments (4/4)

9. **We don't have time for this malarkey.** In our experience, engaging in emission reduction is anything but boring, a waste of time, or unpleasant.
10. **We don't know where to start.** That is why we put together this book! When we began this project, household emissions contribute perhaps one-third to humanity's overall emissions, so it is important to do what one can to influence corporations & governments to reduce their own emissions & facilitate lower emissions for all of us.

I found no other guidebook suited to the Developed World that satisfied our desire for a snapshot of what is possible as of 2022.

Recruiting the Production Crew

Invitation to CACOR members in fall 2022: a three-part plan

- Letter to the Minister of the Environment and Climate Change (sent)
- A second edition of CACOR's *Plan to Survive* (under discussion)
- A compendium of ideas on how to reduce personal carbon emissions (this book)

Invitation to family members

- The Boss
- The Aides
- The Artist

Researching the Material

I recorded a personal compendium

On-line sources for verification & augmentation

- Google is great
- So are other search engines
- Environmental nongovernmental organizations have been prolific
- We used ~50 references for background
- There were dozens of possible resources, but we settled on a few main places to see ideas & cross-reference others' evaluations of possibilities (sidebar)

105	105 ways to reduce carbon emissions and lower your carbon footprint parade.com
CCS	Easiest ways to reduce your carbon footprint columbia.edu
C2ES	Reducing your carbon footprint at work c2es.org
DS1	Four places to cut your carbon davidsuzuki.org
DS2	Top 10 things you can do about climate change davidsuzuki.org
ECO	Reducing my Footprint irp.cdn-website.com [This was from the now-defunct Office of the Environment Commissioner of Ontario.]
LW	Steps you can take to fight global warming treehugger.com [From Larry, a writer on environmental matters. < Larry West Treehugger.com >]
NPR	Take on climate change at home this Earth Day npr.org
UB	I tried to cut my carbon footprint for a month trust.org [From Umberto Bacchi at Reuters. < Profile news.trust.org >]

Outline of the Content

- 1.0 Introduction
- 2.0 Ratings and Sources
- 3.0 Playing Your Part at Home
- 4.0 Around Your Community
- 5.0 Contributing at Work
- 6.0 Helping at Play
- 7.0 Assisting on Vacation
- 8.0 Pitching in While Shopping
- 9.0 Influencing in Social Settings
- 10.0 Supporting in Your Community
- 11.0 Bringing It All Together

Explaining the Background in the Introduction

Review of important scientific contributors--there have been many hundreds

Who knows of:

Mathematician **Joseph Fourier** (French) in 1824 and 1827—Earth may be warmed by a gas blanket

Amateur scientist **Eunice Newton Foote** (American) in 1856—experimental confirmation that H_2O & CO_2 absorb heat from sunlight

Physicist & glaciologist **John Tyndall, FRS** (Irish working in England) in 1859—experimental verification of what we now call the greenhouse effect

Physicist & chemist **Dr Svante Arrhenius, NP** (Swedish) in 1896—calculated the amount to which Earth would warm given increases in GHGs

Steam engineer & amateur climatologist **Guy Callendar** (Canadian working in England) in 1938—showed Earth's temperature had risen in the previous 50 years

Evaluating Possible Ideas

Carbon footprint calculators

Lifecycle analysis

Personal experiences—things we have done or that now we use



Difficulty:

(effort &/or cost)

Easy (walker)



Harder (runner)



Harder still (swimmer)



Hardest (climber)



Emission Reducing Potential:

Ok (balloon)



Good (dragon)



Better/best (podium)



Quite bad (avoid)



Examples

If each of us could soon engage just one person to check his/her attitudes on this issue, perhaps we could begin the change we need to avoid spoiling our own nest.



Always make sure you are washing full loads of clothes in the washing machine.



When you are on your own, focus on activities close to home. Try not to travel far for entertainment. Do things that involve as little fuel use as possible, like riding your bicycle. We have one member of our extended family who bikes thousands of kilometres every year.



Examples

Move closer to work.



Use window awnings to prevent heat gain in summer. Heat gain will drive up the costs of your air conditioning (AC) and, if you don't have AC that runs on green power, it will raise your emissions. Ensure these coverings are removed or folded away in winter to maximize heat gain through your windows.



If you feel you have a reasonable case, sue one or more levels of your government. This has been done in several countries, including Canada. Perhaps the most positive result came out of Netherlands.



Examples

What we recommend you avoid is deciding you don't need to do anything to cut your emissions. Please do NOT ever claim:

- Climate change is not happening.
- If it is happening, it is not the fault of humans.
- If it is our fault, there is nothing we can do about it.

If we are going to do something about it, others can do it, not you.



If you are into monster trucks, sorry. Again, rethink it. Save your ears, your lungs, and your bank account.



Making It Fun

Limericks

*We've fathomed the main laws
of science,
But we've trouble with simple
compliance.
Who knew that we'd fly,
Or make ourselves fry.
Let's hope we don't follow
the Mayans.*



Making It Pretty

Personal trove of old digital photos

- A collection of memories
- A reminder of personal participation in the consumer economy

*Figure 1. Mt. Fay and Fay Glacier above Moraine Lake, Alberta, Canada.
T.D. Dougherty (2013)*



Getting the Platform

Self-publishing at Amazon's Kindle Direct Publishing

- [Do Yourself a Favour: Live Lightly, Live Better | eBook | Amazon.ca:Kindle Store](https://www.amazon.ca/dp/B0BP6GTC78/)

The screenshot shows the Amazon.ca Kindle Store page for the eBook "Do Yourself a Favour: Live Lightly, Live Better" by Tom Dougherty. The page features a book cover with a globe and a skull, a "Look inside" button, and a "Send an eGift card" banner. The book is available for \$0.00 with Kindle Unlimited or \$6.81 to buy. A description of the book is provided, and there are options to "Send a free sample" and "Deliver to your Kindle Library".

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This book provides a catalogue of things a person can do in his/her personal and family lives to help limit climate change. Included are over two hundred tips, each evaluated by the authors. The vast majority are things we have tried or still do. We give each item our rating on how easy it is to do and how much, relatively, it will help reduce emissions of carbon dioxide and methane, the main greenhouse gases that drive global warming. Climate change is here, whether we like it or not. The longer we go on

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Getting It Out

CACOR website

CACOR social media

Personal social media

Personal connections

Environmental organizations

The image shows two screenshots. The top screenshot is of the CACOR website (https://canadiancor.com). It features the organization's logo, a navigation menu with links for 'About', 'Articles', 'Videos', 'Events', 'Contact Us', and 'Membership', and a search bar. A banner image of a dirt road in a forest is displayed with the text: 'Live differently—it's your choice! The road ahead is uncertain, not smooth or straight, and has limited visibility.' Below the banner, there is a social media post from CACOR (@cacor1968) dated Dec 14. The post is a reply to @ClareSaxon and @idnapper and contains the text: 'A #CACOR member has a new book on reducing personal carbon emissions and helping limit #ClimateChange.' Below the text is a link to canadiancor.com and a partial description of a book published by CACOR member David Dougherty.

Results

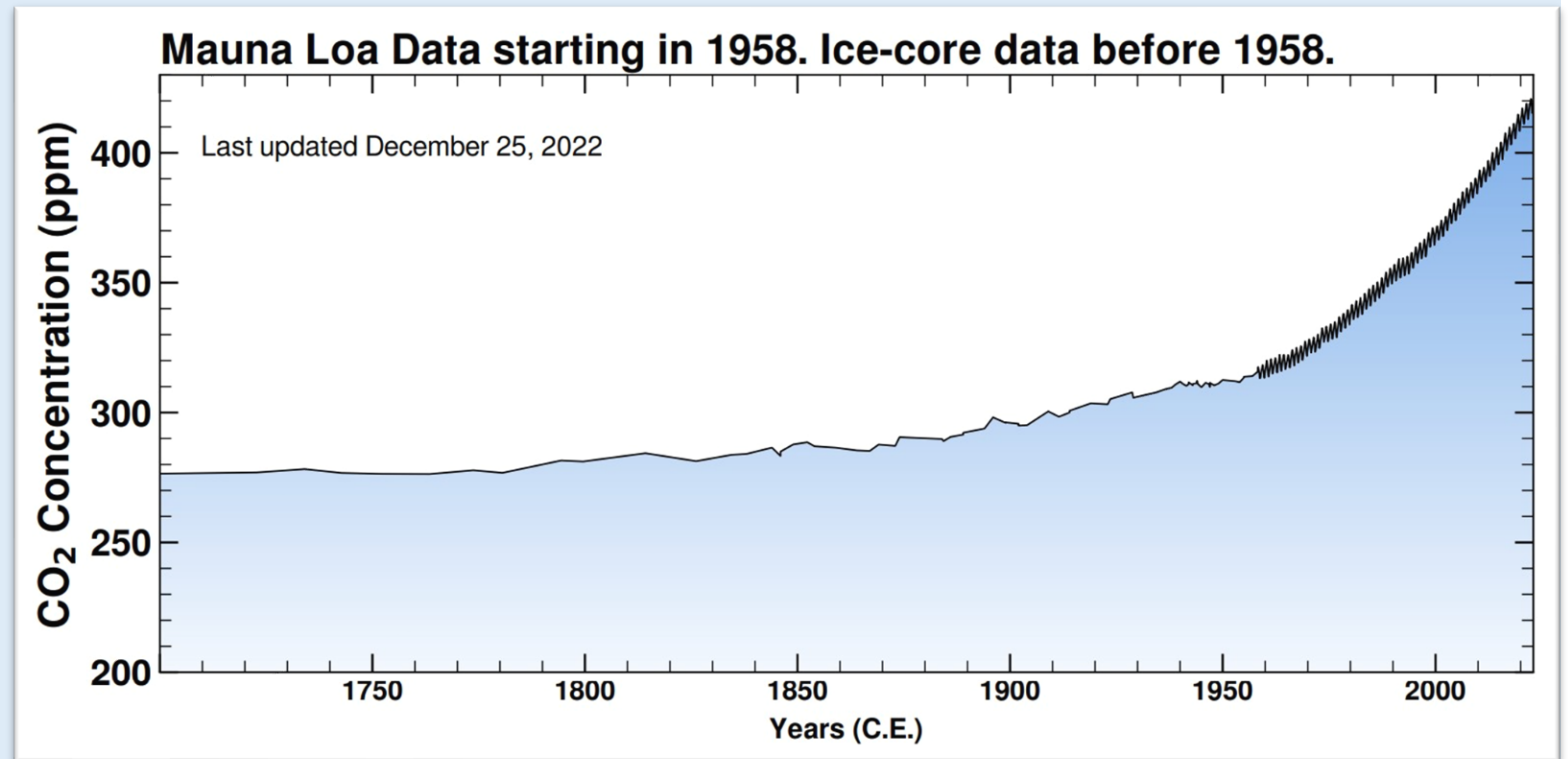
No expectations for uptake

Satisfaction from recording activities to date

Learning from research—lots of ideas to pursue in coming years

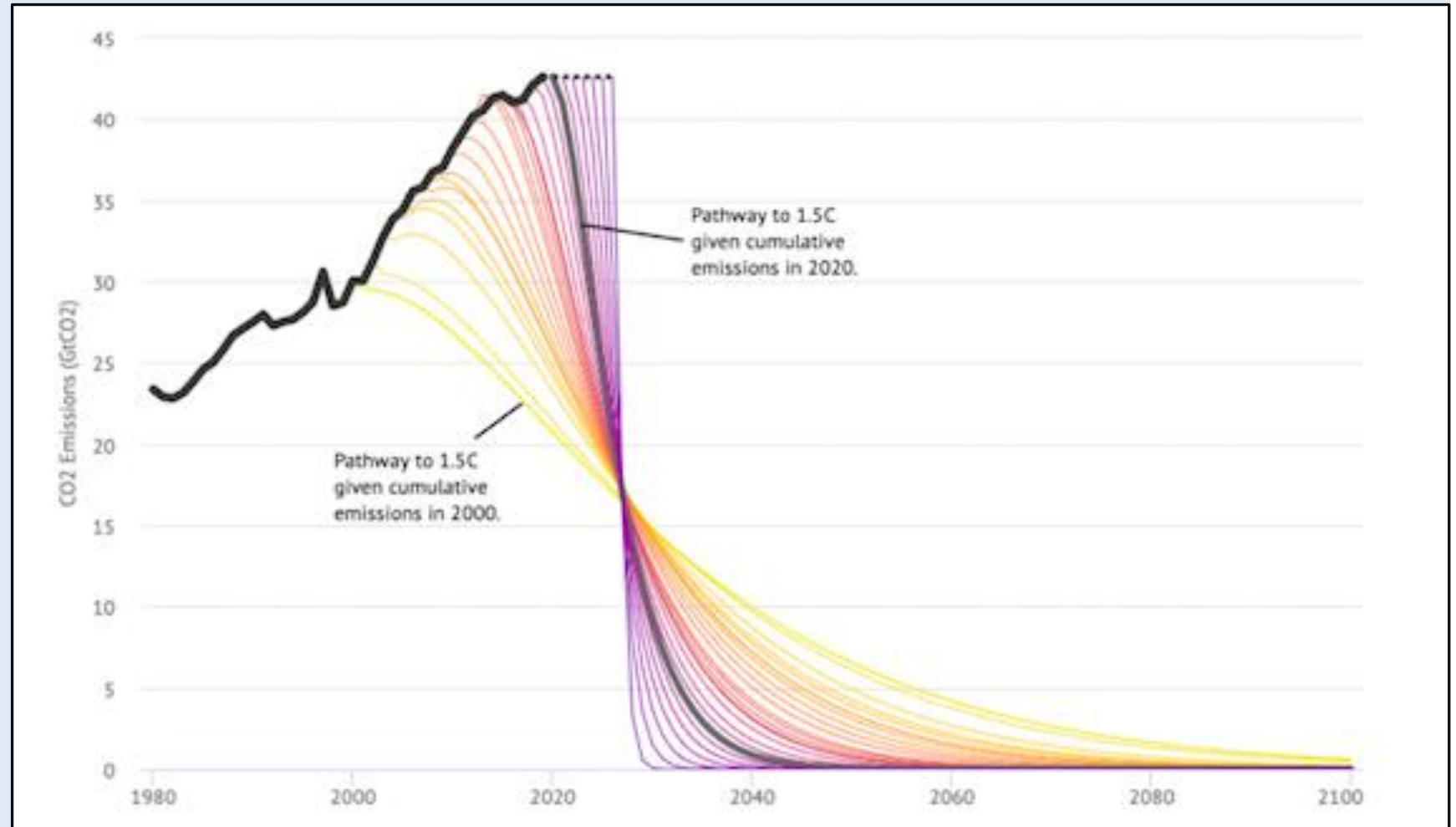
Confirmation of my personal direction if not speed of personal change

[co2_800k_zoom.pdf \(ucsd.edu\)](#)



Urgency

Really...finally...we need to change what we are doing



[Make-or-break on our climate crisis](#)