

Personal

FEMALE, 60 years old, looking for a male companion for outdoor leisure activities and fun. Please reply to The Nelson Mail Advertiser No H606, P O Box 244, 15 Bridge Street, Nelson 7040.

Public Notices

★WANTED★ BY COLLECTOR
Early coloured photographs / pictures by Ellis Dudgeon, Kingsford Smith, Geoffrey C Wood, Whites Aviation and Others.
Top prices paid.
Ph John
0274332008

Garage Sales

STOKE
Liverpool St, school end of Nayland Rd. Sunday 20th. Signs out at 10am.
Very good assortment of household goods. A range of L and XL men's shirts, as new condition. Tupperware, bedding, dinner set, storage jars, curtains, plus outdoors etc.



Public Notices

Workshops and Courses

Term 4, 2019 at the Nelson Women's Centre
All workshops are \$7 (or \$5 for members of the Women's Centre)
TO BOOK: Phone 546 7886, email: coordinator@nelsonwomenscentre.org.nz
Please pre-pay online to secure your place!
Nelson Women's Centre 03 1355 0736361 00 Use your initials / Last Name for a reference & "WORKSHOP" or you can drop in at 44 Trafalgar Street, Nelson to pay with cash.
Art Workshops on TUESDAYS unless specified

Printed Wrapping Paper – Ronnie Martin 22nd Oct, Tues
10am-12.30pm \$2 extra for materials

Ukulele - 8 week course with Gretchen Howard 23rd Oct- 11th Dec, Weds
1.30pm-2.30pm (\$40)

Sculptural Felted Christmas Angels – Mary Andrews 5th Nov, Tues
10am-1pm \$2 extra for materials

Edible Christmas Gifts – Charley Chop Chop 15th Nov, Fri
10am-12pm \$2 extra for ingredients

Festive Card Making – Marianne Vetterli 19th Nov, Tues
10am-12.30pm \$2 extra for materials

Christmas Floral Wreath Making – Annie Riley 26th Nov, Tues
10am-12.30pm \$2 extra for materials

Mixed Media Creative Workshop – Jackie Ewers 3rd Dec, Tues
10am-1pm \$2 extra for materials

Book Making – Greta Topper 12th Dec, Thurs
10am-1pm \$2 extra for materials

Discovery Workshops WEDNESDAYS unless specified

Lymphatic & Acupressure – Liz van Beek 24th Oct, Thurs
12.30-2.30pm

Introduction to The Alexander Technique – Rosey Whyte 31st Oct, Thurs
12.30-2.30pm

Hand Drumming Basics – Gretchen Howard 7th Nov, Thurs
1pm-2.30pm

Living positively – Sharon Broderick 12th Nov, Tues
10am-12pm

Reflexology / Endocrine – Liz van Beek 14th Nov, Thurs
12.30-2.30pm

Meditation & Mindfulness, 2 sessions – Rosey Whyte 21st & 28th Nov, Thurs
10.30am-12pm

Relaxation & Mind Clearing with Sound – Marianne Vetterli 5th Dec, Thurs
1pm – 2.30pm

Supported by





The Nissan Leaf is currently the most common EV in New Zealand but car manufacturers are scaling up production.

DAVID UNWIN/STUFF

Reducing your carbon footprint

JENNY EASTON

Last year, the scientists on the Intergovernmental Panel on Climate Change reported that we will need to make a 50 per cent reduction of greenhouse gas emissions in the next 10 years if we are to keep global warming under 1.5 degrees Celsius and have a chance of avoiding tipping points that will lead to catastrophic climate change.

Almost half of New Zealand's greenhouse gas emissions are methane from agriculture, and half are carbon dioxide from vehicles.

To reduce these emissions by half in a decade will need changes by individuals and households, businesses in every economic sector and local and national Government.

It's easy to feel helpless in the face of such a huge problem but there are changes you can make that will make a difference.

HALVING YOUR TRANSPORT EMISSIONS

Option 1: Choose your next car wisely. When it's time to buy your next car, buy one that produces fewer emissions, either an efficient petrol car or an electric vehicle (EV).

The most common EV in New Zealand at the moment is the Nissan Leaf which costs \$10,000 - \$27,000 second-hand but are seven times cheaper to run than petrol cars.

Their range can be limiting, but newer models and proliferating fast-charging stations are improving that.

The price of EVs is set to drop as car manufacturers scale up their EV production. (See www.electriceaven.nz to demystify EVs). If you need to use a heavy vehicle you can reduce emissions



Growing your own vegetables at home will help offset some of your essential emissions. 123RF

by using biofuel mixes, carefully planning routes, loading and vehicle maintenance.

Option 2: Use your Car Less
In the meantime, think of ways to burn less fuel by keeping your car off the road.

When could you take the bus, ride your bike (or e-bike or scooter) or walk?

When could you organise ridesharing with workmates or neighbours.

Enjoy the co-benefits of better health, less congestion on the roads, and cleaner air.

Option 3: Consider Holidaying in New Zealand
Plane travel is notoriously high in emissions.

It's worth remembering that people from all over the world come here, to our unique and spectacular country, and there's bound to be new places to explore here next time you want a holiday.

Cutting out one plane flight each year would significantly reduce your emissions.

FOOD
The food we eat comes with an invisible helping of greenhouse gases.

To halve these emissions, eat more plant-based food.

The meat and dairy industries are slowly reducing their emissions per kg of product but they still account for more than any other source.

See if you can source your meat and dairy products from farmers who are leading the way.

If you can, grow your fruit and veges at home.

Plant more trees while you're at it - bee trees, food trees, native trees - to offset some of your essential emissions and provide homes for other species.

What you do with food (and garden) waste is important, too. If it ends up in landfill, it will produce methane.

If you haven't got a composting facility (whether it's a pile, bokashi bin or worm farm), take your food scraps to your local

community garden, or to a composting neighbour.

DO IT TOGETHER AND DO IT NOW

Most of the things we can do to reduce our carbon footprint involve changing our behaviour and making new habits.

It's a challenge best done with friends and whanau. Start with small steps toward your goals and reward yourselves.

Maybe start by bussing or carpooling once a week and eating vegetarian twice a week, then increase the frequency every month.

Soon you will have established a new routine and be enjoying all the extra benefits it offers, like better health and closer friendships. Now's the time to start - the sooner we start, the safer our climate will be.

Jenny Easton is a retired environmental scientist and a member of Zero Carbon NelsonTasman

Going on holiday?
Put your paper on hold.



Call
• North Island 0800 339 000
• South Island 0800 339 100