

SUSTAINABLE



FLORIDIANS

Master Volunteer Program



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Urban Sustainability

SUSTAINABLE



Course developed by:

FLORIDIANS

SUSTAINABLE



FLORIDIANS

Course developed by:
🌸 *Department of Family,
Youth, and Community
Sciences*

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Course developed by:
🌻 *The Program for
Resource Efficient
Communities* in
cooperation with the
*Florida Energy Systems
Consortium*

SUSTAINABLE



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Course developed by:
✿ *Extension faculty* in
Leon, Manatee, Marion,
Osceola, Pinellas,
Sarasota, and Wakulla
counties.





Pinellas
County, FL

25 local
Governments

916,000
people

Most densely
populated
county in FL

97% built-out

Florida Sustainability Issues

- Freshwater shortages
- Water quality issues
- Fossil fuel dependency
- Conservation of natural ecosystems
- Land use changes
- Climate change



Source: NASA Goddard Space Flight Center

Outline

- Course Overview
- Program Components
- Outcomes



Course Overview

Overall learning goals:

- ❖ Increased knowledge about sustainability issues, especially in a Florida context
- ❖ Increased understanding of how to target efforts to effectively reduce resource consumption
- ❖ Ways to conserve water and energy
- ❖ Learning practical ways to enhance personal and community well-being

Course Overview

Overall action goals:

- ❖ An increase in personal and community sustainability
- ❖ Exercises to guide actions at personal/household level
- ❖ Resources for steps you can take
- ❖ Preparation of a personal sustainability action plan
- ❖ Community-scale sustainability action options

Classic Definition

“Meeting the needs of the present without compromising the ability of future generations to meet their needs.”



Source: Kathryn Ziewitz

Core Principles

- ❖ Taking a long view
- ❖ Living within limits of Earth's renewable resources
- ❖ Redefining “progress”

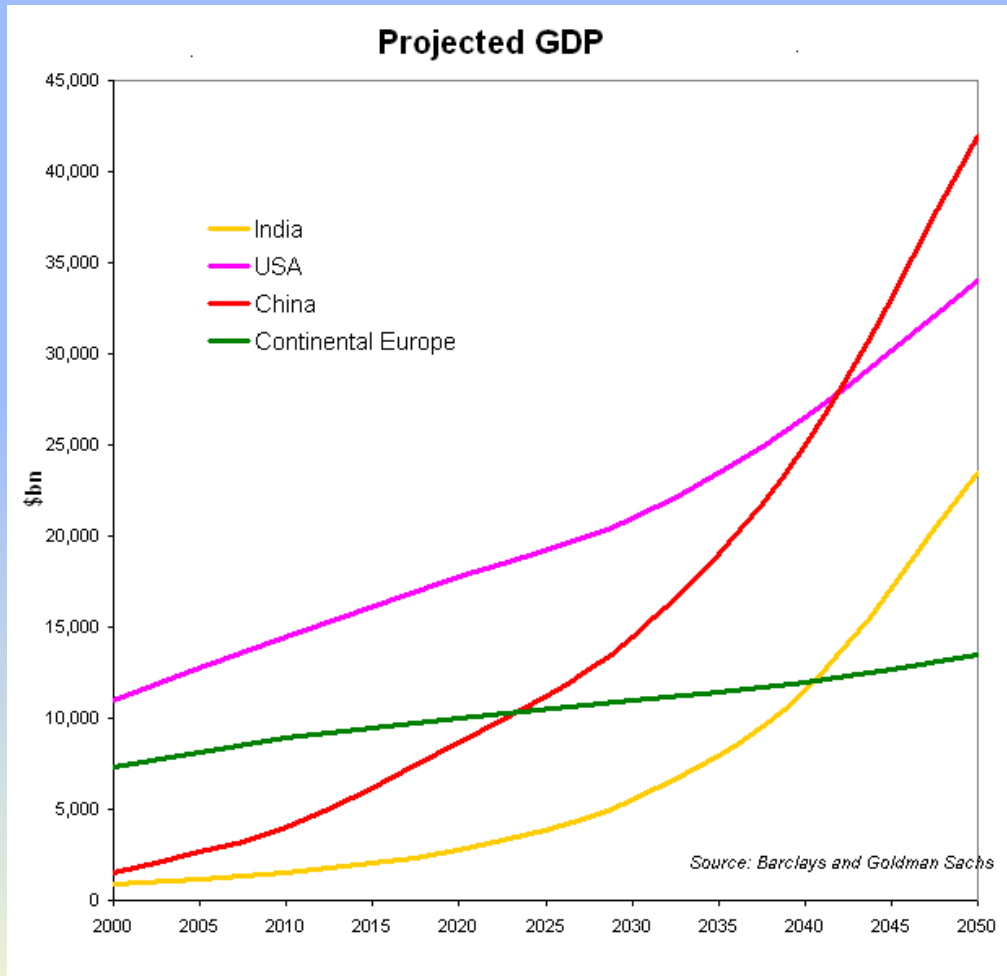


Sustainability and Measures of Progress: GDP and its Limits

What's included?

What's missing?

Gross Domestic Product (GDP):
Market value of all final goods
and services officially made
within the borders of a country.



8 Contributors to Happiness

- ❖ Physical, mental, and spiritual health
- ❖ Good time-balance
- ❖ Social and community vitality
- ❖ Cultural vitality
- ❖ Education
- ❖ Living standard
- ❖ Good governance
- ❖ Ecological vitality

A Triple vs. Single “*Bottom Line*”

Prosperity

Economic
Capital



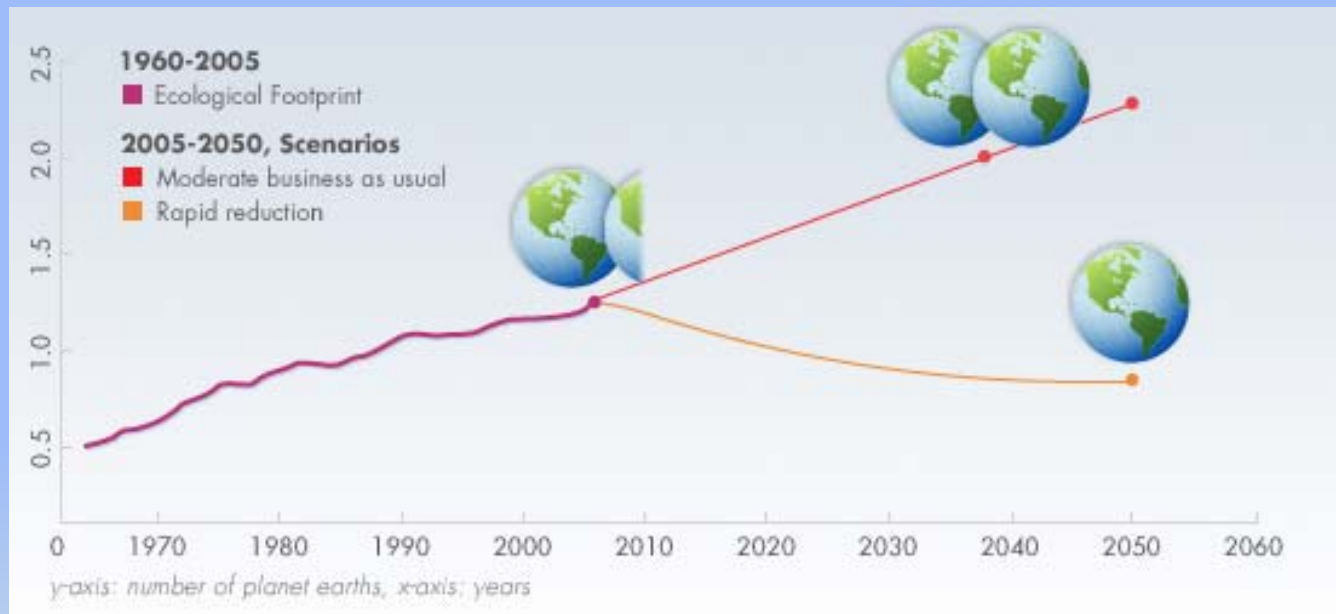
People

Human
Capital

Planet

Natural
Capital

Demands Upon a Finite Planet



“It is simply impossible for the world as a whole to sustain a Western level of consumption for all. In fact, if 7 billion people were to consume as much energy and resources as we do in the West today we would need 10 worlds, not one, to satisfy all our needs.”

Gro Harlem Brundtland

Source: www.footprintnetwork.org

The Sustainability Transition

From:

Throw-away culture

Fossil-fuel dependent
lifestyles

Unsustainable levels of
consumption

Vulnerability to change

To:

“Closed loop” use of
products (recycling
“wastes” into inputs)

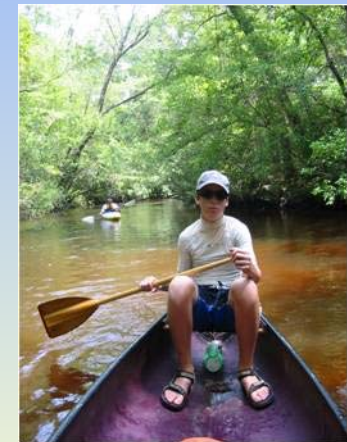
Low-carbon lifestyles, use
of renewable energy
sources

“Eco-sufficiency”--
satisfying needs and
changing wants

Greater resilience in face
of change

Community Sustainability Outcomes

- Sustainable food systems
- Renewable energy systems
- Green building
- Sustainable water supplies
- “Green” jobs
- Mass transit
- Healthy people
- Healthy ecosystems
- Responsible legacies for future



Priorities for Change within Households

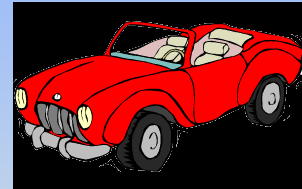
Water



Energy



Transportation

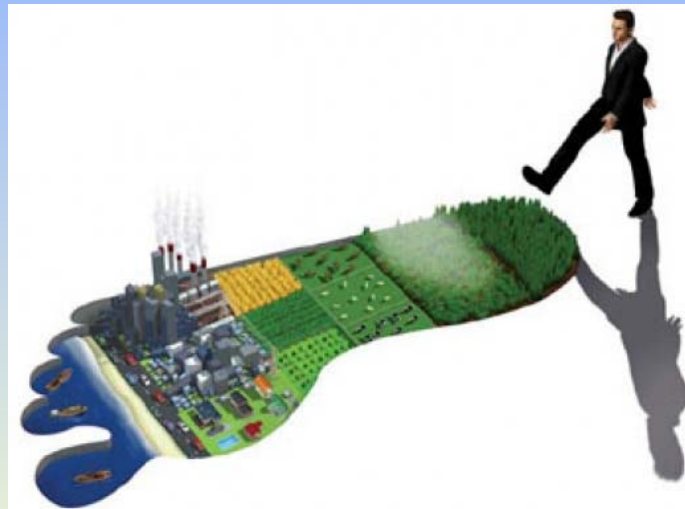


Food



The Problem of *Un*-Sustainability

"Human activity is putting such strain on the natural functions of Earth that the ability of the planet's ecosystems to sustain future generations can no longer be taken for granted."



Course Components

1. **Presentation:**

Instruction by course leaders to establish basis for literacy and critical thinking on sustainability issues.

2. **Readings and Circle Discussions:**

Peer-led discussion by class members on readings.

3. **Application:**

Actions to reduce resource consumption and enhance quality of life.

Weekly additions to personal and community sustainability plans

Tracking data on personal, direct energy and water consumption

Exercises and some suggested sustainability actions



Core Principles

- Taking a long view
- Living within limits of Earth's renewable resources
- Equitably distributing resources and opportunities
- Redefining "progress"

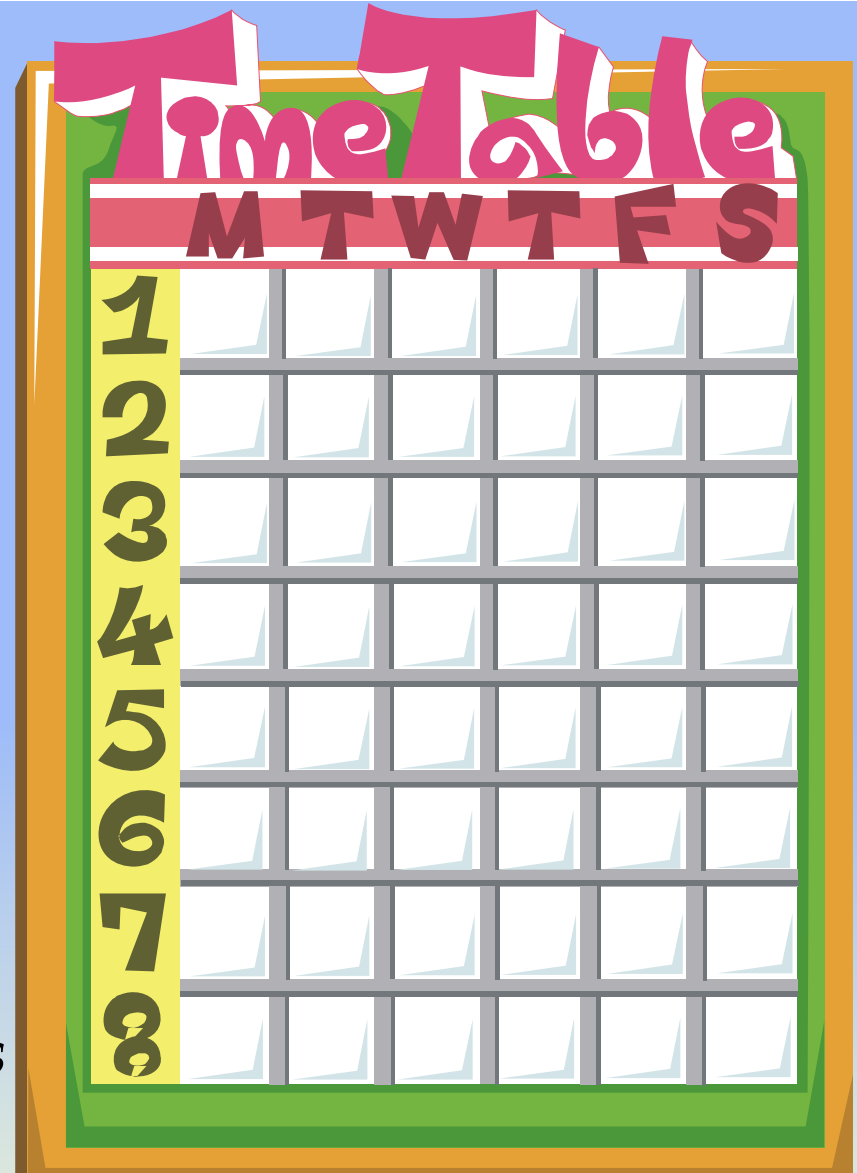


Course Overview: Weekly Topics

Week	Topic	Brief Description
1	The Case for Change	Introduction to course and each other; the “sustainability transition.”
2	Sustainable Living Principles	Scientific and social science bases for sustainability.
3	Energy	Centrality of energy to sustainability; climate change link; energy conservation in Florida.
4	Water	Overview of water quality and quantity issues with focus on Florida.
5	Transportation and Land Use	Transportation's tie-in with energy and patterns of urban development and land use. A look at urban planning solutions and personal transportation options.
6	Leadership and Community	The social side of sustainability. Sharing elements of personal sustainability plans and pooling ideas for community sustainability.
7	Graduation and Field Trip	Participants receive certificate, T-Shirts and field trip as well as any final discussion.

Schedule
Once per Week
9 am to 1 pm

Welcome
Reflections
Circle Question
Break
Presentation
Lunch
Homework (Readings) questions
Homework for next week



Sustainable Floridians Open Orientation



Program Overview

Application/Fee
Class Format
Materials
Volunteer Duties
Homework
Data Collection
Continuing Training
Monthly Updates



What inspires you?

News
Releases

Helping
People

Education and
Outreach

Youth
Education

Design
materials

Seminars

Tours



Assessments

Workshops

Discussion Format

Reflections

Circle Questions

Homework Questions



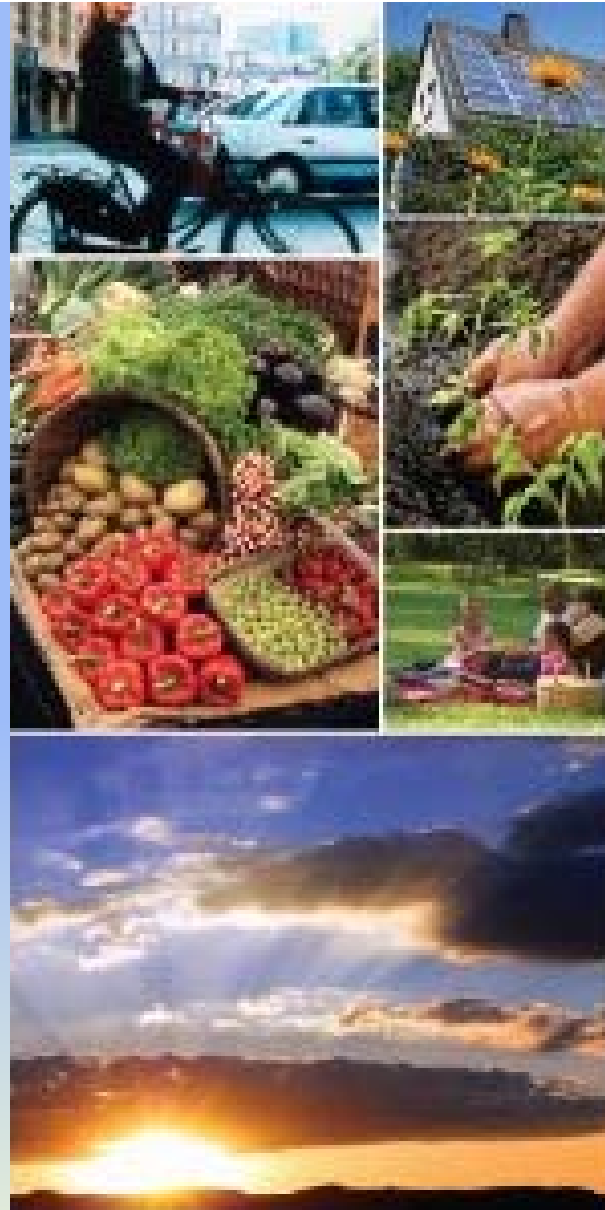
Example Circle Questions

1. If you think about the possibility of a sustainable future, are you generally optimistic or pessimistic?
2. Can you think of a principal that helps guide you in making decisions?
3. What are some of your favorite Florida water bodies and have you seen these places change over time?

MATERIALS

Notebook with Weekly
Materials

PowerPoint Presentations
Homework/Readings
Supplemental Materials

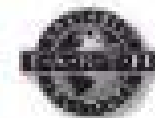


ENTER YOUR COURSE ID

CHOICES FOR SUSTAINABLE LIVING

The character of a nation is
the cumulative result of the
choices and actions
of individuals, of
institutions, of
entire peoples.

CHANGING





Energy Kit

UNIVERSITY of
FLORIDA
IFAS Extension

Rain Barrels



HOMEWORK

Readings

Track Energy/Water/VMT

Videos

Additional Resources

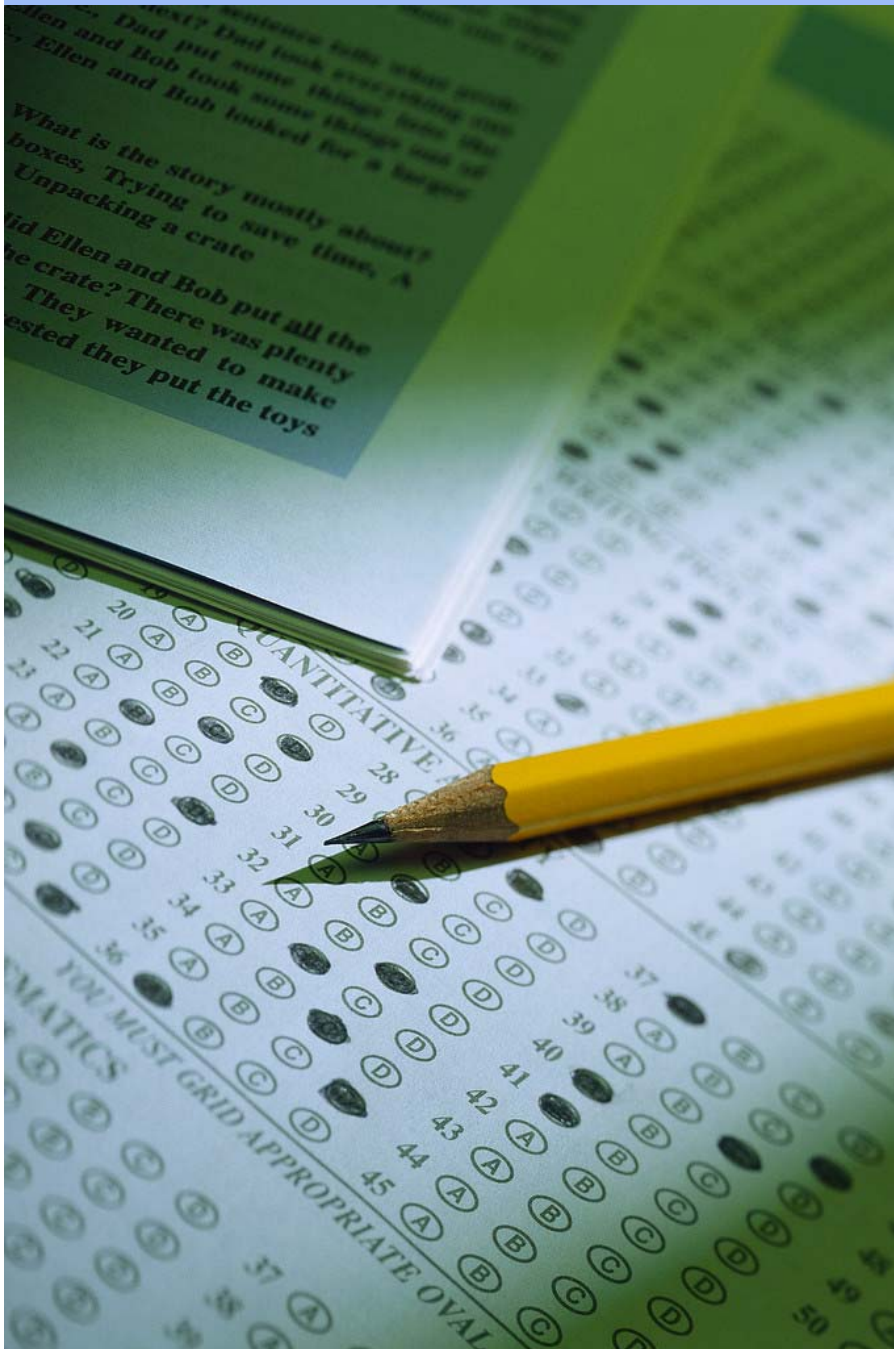


Tests!

Pre-test

Weekly evaluations

Post-test



VOLUNTEER DUTIES

30 hours/year

Program assistants

School Programs

Outreach Events

Community Projects

Administrative Support



Volunteer Log Card/Training

Date	Activity	Hours Logged	Cumulative Total
3/17/11	SF presentation at Weedon	3	3
3/24/11	Judge Youth Energy Contest	3	6
4/2/11	Tampa Bay Living Green Expo	4	10
4/15/11	Earth Day youth program at Largo Middle School	4	14
4/16/11	Honeymoon Island Earth Days	4	18
4/18/11	Largo Middle School	2	20
5/25/11	Webinar – Solar Energy	0.5	20.5
6/01/11	Seagrass Restoration Project	4	24.5
6/05/11	Seminar on Business Sustainability	1	25.5

Outcomes

- ❑ 47 participants graduated from 7 week program
- ❑ 88% of the participants completed the seven week program.
- ❑ 94% of the participants reported increased practical knowledge of sustainable living (pre-post test).
- ❑ 89% if participants reported that they were introduced to Extension resources not previously known.

Outcomes



Success Story

I wanted my husband to take the course but when he didn't, I signed up. I knew nothing about sustainability. I learned so much and have saved money by implementing some of the practices. I am just a happier person after taking this program.

Sandy





Find information at :

www.PinellasCountyExtension.org

Sustainable Living



Questions

