

# No Water No Life®

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## WHAT YOU CAN DO TO SAVE OUR FRESH WATER RESOURCE

Threats to our fresh-water resources can sound pretty dismal... **but - there's good news:** we can reduce consumption and make a difference using a guitar, a green thumb, art and especially - enthusiasm! We can start new habits! Africans use 5 to 13 gallons of water/day on average, and Europeans use 30 gallons. But in North America, we use a wasteful average 150 gallons per person per day. We must use LESS! To do so, first evaluate how you currently use water! THEN....

### INSIDE

- Cut your shower time in ½ - or.... Shower with a friend and use low-flow showerheads Place a bucket in the shower to collect water for your plants
- Turn water off while you brush your teeth
- Run the dishwasher only when it's full
- Make sure you have no leaks or dripping faucets
- Avoid flushing when the water is just yellow and use low-flow toilets
- Recycle your shower water, kitchen sink water, etc. for lawns, gardens
- Delay doing laundry or showering during a storm to reduce urban storm-water runoff
- Take unused medications to your town's Alternative Medicine Cabinet for safe disposal

### OUTSIDE

- Reduce use of fertilizers and pesticides
- Don't dump garbage down storm drains or in waterways
- Don't toss cigarette butts in the street
- Compost leaves and yard waste
- Direct gutters and spouts away from paved surfaces to reduce runoff into storm drains
- Wash cars on unpaved ground so soap won't flow into storm drains - use a bucket not a hose
- Check your car for oil leaks that would wash away into waterways
- Recycle motor oil - don't toss it!
- Clean up your pets' waste
- Have your septic tank and system inspected regularly
- Plant trees and drought-tolerant, native vegetation
- Use drip irrigation rather than sprinklers; and don't water the sidewalk!
- Use rain barrels and use that water to wash your car and water your plants
- Sweep your sidewalks, patios and driveways, rather than hosing them down

### AS A CONSUMER

- Buy low-flow toilets and showerheads
- Buy appliances built to conserve water and energy
- Buy a water filter if needed, not individual plastic bottles of water

**AS AN ASSET MANAGER** Water is a household asset to be managed just like your property, your car, your kids educational funds or your IRA.

Contribute what you can to stewardship agencies  
Invest in green funds

## **GET YOUR COMMUNITY INVOLVED**

Organize river, pond and highway Clean-Up Days to remove trash and pollutants  
Monitor water quality – this can be done by school students!  
Enhance access points for fishing, boating, camping, photography....  
Restore riparian areas and establish riparian buffer zones to minimize flooding  
Plan educational walks and paddle trips  
Organize a “Save our Water” concert  
Start an Alternative Medicine Cabinet in your town for safe disposal of unused medicine

## **USE THE PRIVILEGES OF CITIZENSHIP**

Request low flow showerheads and toilets in public places, hotels, gyms, etc.  
Ask your local water company to install differentiated pipes to return recycled water for usage in laundry – toilets – gardens – even drinking water! (Orange County, CA, did this back in 1976. Even black water can be treated to be purer than the water you are drinking now!)  
Oppose development sprawl, new highways and impermeable surfaces  
Vote for development & funding of alternative, sustainable technologies  
Support land conservation and Open Space (only 13% of Earth is protected land)  
Tell your legislators to tell what you’re doing -- and then you can ask more of them!  
Demand legal and pricing controls for water usage so agriculture will turn to more effective irrigation and more drought-tolerant crops  
Ask your elected officials to create a 5 or 10 year plan with goals to cut water and energy usage  
Support mass transportation, and request no salt is used to de-ice roadways  
Vote for town plans with denser communities to be more energy efficient and share services

**EDUCATION No Education – No Water!** If one Maasai could create environmental curriculum now in all Maasai elementary schools, we can be more proactive here in the US!

Learn the virtual water content of food and products we consume. For instance:  
Beef needs less 3x the amount of water as chicken.  
Rice needs 40x the amount of water as potatoes.  
Beer has lower water footprint than wine!  
1 sheet of paper consumes almost 3 gallons of water in production  
1 orange 13 gallons  
1 slice of bread – 11 gallons

1 cotton shirt 713 gallons  
Encourage children to start Watershed Protection Clubs

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