

GAIA Fan Club Ezine



What's Your Plan?

Ideas in this issue...

Storm Warning: How Climate Change Creates Devastating Hurricanes

How to Improve Indoor Air Quality

Preparing For Clean-up After a Natural Disaster

An Introduction to Green Energy ...



Habitat for Health
Save Money Save The Planet

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Habitat for Health

Introduction to Habitat for Health

Renewable natural resources are sustainable when they are replaced at a rate greater than or equal to the rate they are consumed. Recent human growth has withdrawn more from the bank of natural resources than what gets replaced.

When GAIA's ecological and human economical systems both fail, by-pass action is needed. When top down resources fail, Habitat for Health is positioned to incubate bottom up solutions to continue abatement and recovery.

- Habitat for Health is a Web based research, publishing and consulting company.
- Blog briefs inform Subscribers what other people do to adapt to change and also acts like an idea generator
- Vlog briefs teach new Members how to DIY, source innovative solutions and help market Member projects
- Collectively we assist advancing Members who take action that benefits GAIA first and all concerned.
- Members can volunteer to learn and earn at their own pace.

A Summary of Action and Hope

It doesn't matter how much 1 can do as much as doing what 1 can.



The fastest way to build a Habitat for Health is to buy green, help others do the same, mitigate unsustainable acts and failures to act.



Our GAIA Fan Club Ezines are posted in the Members area in pdf format. The ezine is used to archive our public work and Member content.

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Green Quarantine: Some Tips To Stay Environmentally Friendly



Staying at home during quarantine doesn't mean you have to sacrifice your environmentally-sound principles. While sheltering-in-place, you can order products online, which reduces gas emissions, but be sure not to stock up on too many products. Also, when looking into materials for that new project, make sure to purchase eco-friendly materials that are less harmful to the environment. Finally, you can save energy at home by unplugging bulky appliances and adjusting your thermostat to higher temperature to reduce power directed at your home's cooling system.

Key Takeaways:

- You don't have to stray from living green while isolating at home during the coronavirus pandemic.
- When ordering products online, it's important to consider the environment and not overspend or overstock.
- To save energy, you may want to adjust the thermostat or unplug electronics that are draining power.

"Eco-friendly paint is not only better for the environment, but because organic paints have lower levels of VOCs, they give off fewer toxic fumes. You will still need to ventilate the room after painting with organic paints, but the smell will be less offensive and damaging to your health."

Storm Warning: How Climate Change Creates Devastating Hurricanes



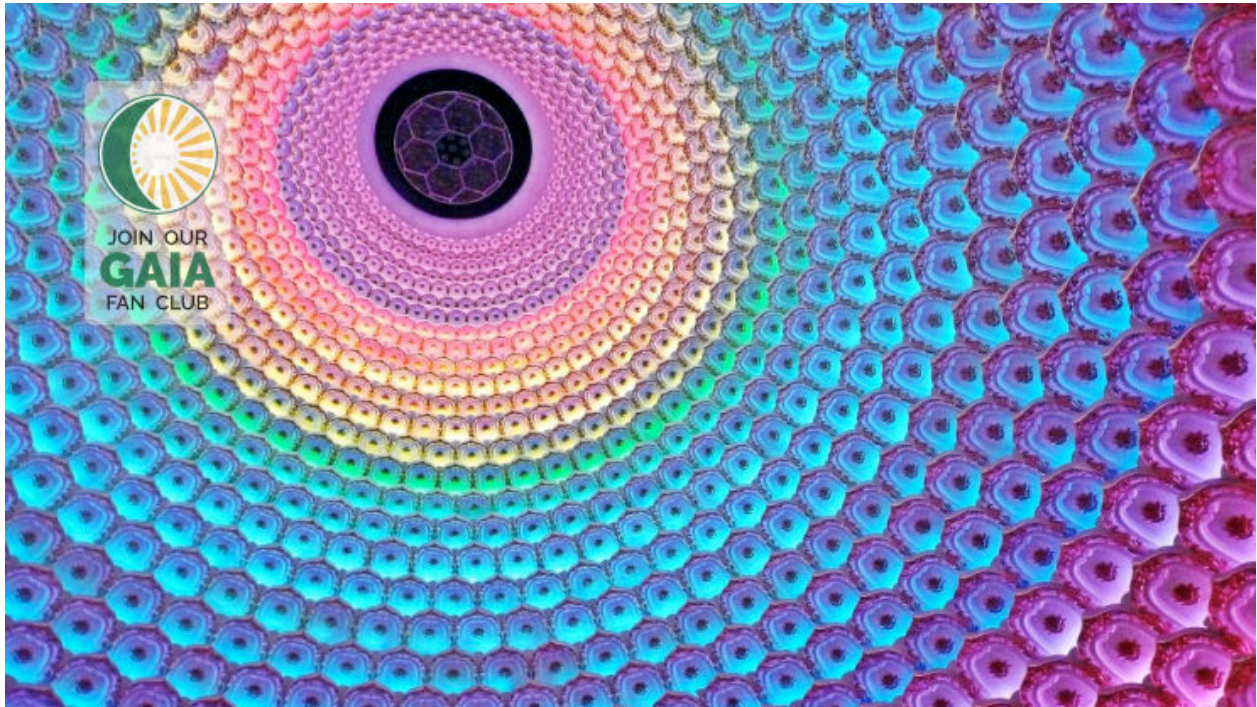
The effects of climate change have given rise to more frequent and destructive hurricanes. According to meteorologists, the hotter average temperatures and higher humidity cause these cyclones to increase in strength and longevity. Global warming plays a role since the temperature is warmer, and melting ice caps lead to higher sea levels and storm surges. Experts believe that climate change is the main driver for the increased intensity of tropical storms, and they are urging residents to be prepared for the increasing strength of hurricanes in the next few years.

Key Takeaways:

- Meteorologists believe that global warming is one of the causes for the recent intensity of hurricanes.
- Unseasonably hot conditions from climate change have given rise to more destructive extreme weather events.
- It's important for everyone to take precautions when it comes to hurricane season, like having a go-bag and keeping the car filled with gas.

"Most hurricanes start around the earth's equator, an area where warm temperatures and moist air are the norms."

Environmental and Financial Benefits of Using LED Lighting at Home



LED are more environmentally-friendly home lighting solution as opposed to traditional bulbs. These LED bulbs last for extremely long times, which creates less waste. They are also extremely energy efficient and use just over half the power of their incandescent counterparts. Also, they don't get hot like other bulbs and have less of a carbon footprint. Finally, LED light bulbs produce a much cleaner light as they don't emit ultraviolet or infrared radiation. Overall, they are a simple solution to help aid in the fight against climate change.

Key Takeaways:

- Many homes and businesses are switching to LED lighting as they provide a lot functional and environmental benefits.
- LEDs are a cleaner source of of light as they do not emit any ultraviolet radiation or infrared light.
- The LED lightbulbs themselves do not give off heat either, which is better for energy consumption and makes them a safe option.

"LEDs can generate more light than incandescent bulbs yet at a very low voltage. This makes them more energy efficient something that is reflected in the utility bills every month."

Green Ideas and Cleaning the Home



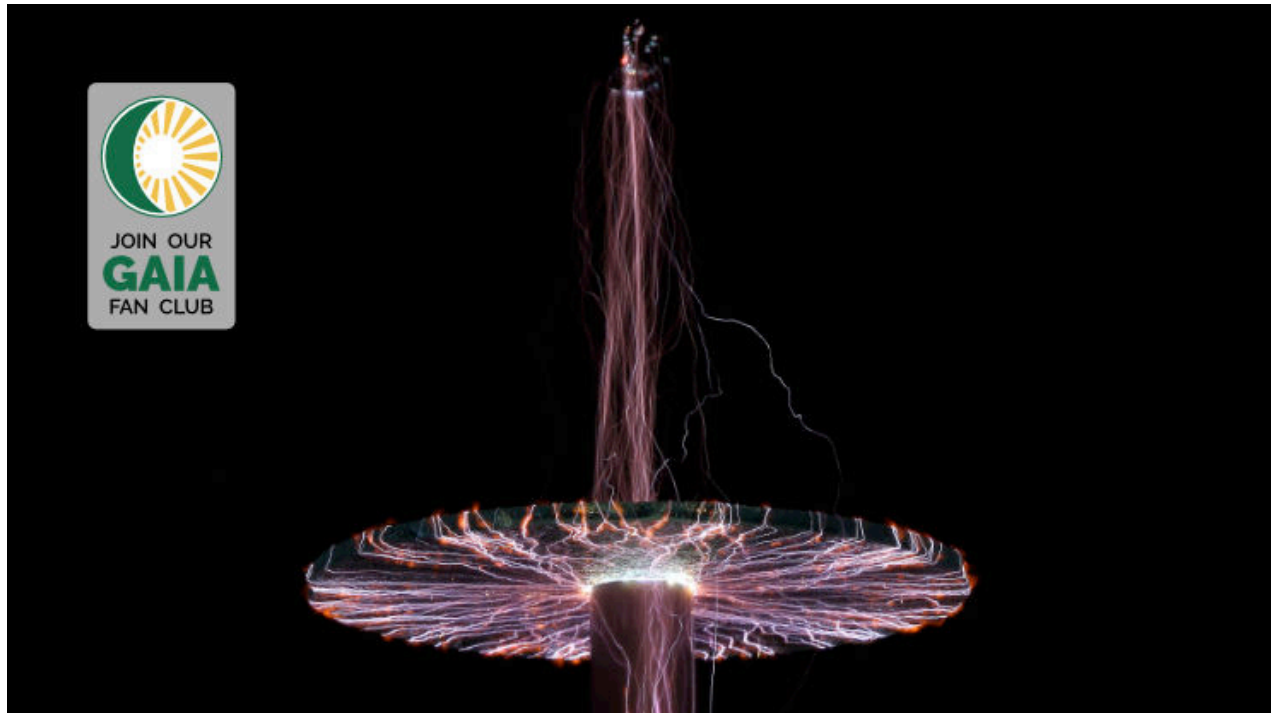
Using environmentally friendly ideas to keep your house clean doesn't have to cost a lot of money. A good start is to examine the things around your house and how you can use them again. For example - old newspapers can become a good window scrubbers (instead of paper towels), old t-shirts can be reborn as rags and old cookie tins could become planters for flowers. Being conscious of what substances you use to clean the house (and how much effort is spent cleaning a big house) are more ways to be eco friendly.

Key Takeaways:

- Use reusable shopping bags as trash bags for your home to throw away trash.
- You can install solar panels instead using electricity for your home.
- Use an eco-friendly energy efficient LED light bulbs for your home instead of regular light bulbs.

"Choosing to incorporate green living in your home will be the best decision you could ever make when it comes to saving up both time and money."

Green Technology Creates Electricity from Thin Air



A new generator may be the next device to revolutionize the power industry. The Air-gen is a generator that creates electricity by harnessing the water vapor from air. Created by scientists at the University of Massachusetts Amherst, the Air-gen is a sustainable, efficient, and low-cost solution that will help provide power to those in need. For now, the device can only operate low-powered electronics, but the team of researchers hopes to scale it up for commercial use in the near future.

Key Takeaways:

- The Air-gen operates by connecting protein nanowires to electrodes in order to produce electricity using the water vapor in the air.
- Air-gen was developed at the University of Massachusetts Amherst by an electrical engineer working with a microbiologist.
- Although currently Air-gen technology can only power small devices, there are ambitious plans in the works to scale it up.

"In addition, this technology can easily be used to generate power in an area with low humidity, like the Sahara."

How to Grow Herbs Indoors



The COVID-19 pandemic has provided an opportunity for people to focus more on sustainable living, and one practice that has become popular is creating an indoor herb garden. Before planting your garden, you should understand the needs for each type of herb. Some plants like basil, oregano, and thyme need plenty of sunlight, while others do just fine in the shade. Gardeners should understand which herbs they consume most, and plant those ones first. While it may seem difficult at first, with practice, anyone can create a fresh herb garden in their home!

Key Takeaways:

- Many herbs can grow well indoors, including basil, mint, rosemary, thyme and oregano.
- Herbs can vary widely in terms of how much water they need, and you need to do your homework on each type of plant you intend to grow.
- When choosing herbs to grow, you should consider both the growing conditions you can provide and what types of herbs you use most often in cooking.

"Herbs are one of the easiest gardens to grow, and you don't even need a backyard!"

Small Bathroom & Laundry Room Storage Ideas



Bathroom and laundry rooms, no matter how big or small, always seem to lack sufficient storage space. Optimizing this space can allow you to store more stuff in them than you currently do. Consider stacking your washer and drier, using the kit appropriate for your appliances. Ladder shelving is an excellent way to increase your storage space without adding an impression that the room is cluttered. Doors are often neglected in space utilization ideas, but adding hanging bars to your bathroom door can resolve the towel storage issue.

Key Takeaways:

- Ladder shelving can be used to store towels on its deep lower levels and toiletries on its higher, smaller shelves.
- Use hooks and racks on doors to hang robes and towels and to store small toiletries.
- Instead of having a standalone mirror, install a mirrored medicine cabinet to serve multiple functions.

"Use a stacking kit to safely stack your side-by-side machines on top of another. Be sure to choose a stacking kit that will work with the type of washer and dryer in your home."

Top Ways to Create an Eco Friendly Business



Creation of most things, including a business, involves a process of thought, word and deed. Generally, things can be organic or inorganic and located indoors or outdoors. Whether you start from scratch to work from home or from an existing location, every thing has a life cycle. So, an eco friendly business plan is usually built from a Reduce, Reuse and Recycle point of view.

Key Takeaways:

- Design clear and easy guidelines to onboard management, employees and customers. Make it easy to talk the talk and walk the walk.
- Identify what your eco friendly business does to Reduce, Reuse and Recycle. Feature your environmental savvy in creative ways.
- Use technology to supplement sustainable growth. For example set up a complementary digital supply chain. Reach beyond local markets. Diversify by adding digital products to your tangible product line or vice versa.

"Think outside the box. A business can enjoy many kinds of benefits by using renewable energy. It reduces energy bills and demand for unsustainable grid sources. A backup power supply is handy during power outages and useful for sales and marketing as well." -Editor

How to Improve Indoor Air Quality



The air most of us breathe carries industrial pollution. Particles and gases from human settlement include automotive exhaust, agricultural chemicals, smoke and gases from heating fuels and incinerators, and a large number of other toxic products. These are some of the easy to recognize conditions of the air available to most of us especially if you live in a city. It is the air we bring into our buildings to breathe, recirculate and then expel.

NASA researchers have found that many common, easy-to-grow houseplants are very effective at reducing the most prevalent indoor air pollutants such as formaldehyde, benzene, mold and bacteria.

Key Takeaways:

- I treat my plants like pets, especially the easy care ones known to clean the air like Boston Fern, Pothos and Dieffenbachia.
- Most homes heat and cool indoor air mechanically. Since smoke and gases from heating fuels produce toxic pollutants, the best choice for indoor HVAC systems are those that run on electricity.
- Contaminants tend to build up in air tight homes. In order to reduce contaminants, air to air heat exchangers can be used in conjunction with an air purifier adapted to treat incoming outside air.

"Managing indoor air can be tricky especially in a city where outdoor air can be more polluted."

Solar Water Purifier Providing Access to Clean Water



Ensuring people have clean drinking water is often more challenging than one would expect. With climate change and environmental impact of human activity, scientists, researchers and engineers are hard pressed to not only come up with solutions for water purification, but the process of purification needs to be sustainable.

Solar purification systems are gaining in popularity and it meets both of these requirements. The technology tries to speed up the process of turning the water vapor with no longer contains contaminants into a liquid state.

Key Takeaways:

- When water evaporates, contaminants such as bacteria and metals remain behind.
- There are multiple methods for solar water purification, including hydrogel and laser-etched aluminum panels.
- Water purification requires a lot of electricity, a problem solar methods help to resolve.

"Technologies like these are crucial because many areas throughout the world don't have access to clean water."

Preparing For Clean-up After a Natural Disaster



Issues with forecasting for insurance claims may not take into account unexpected costs of cleaning up after a natural disaster. If the policy purchased does not cover unforeseen additional costs or you are underinsured when a claim is assessed, what can be done, who can do it and how will the extra costs be paid? Homeowners who are employed can usually get a loan. However, the Covid-19 pandemic is a natural disaster that produced unforeseen and far reaching side effects like:

1. quarantine, social distancing or closure of many service related businesses,
2. millions of unemployed persons who have no opportunity to work from home,
3. core industries, agriculture and supply chain disruptions slowing recovery,

Key Takeaways:

- The world was not prepared for a pandemic, an increase in natural disasters, an economic collapse and increase of civil unrest in response to uncivilized use of authority all occurring at the same time.
- Nation states will do what they can to adapt, available resources will dwindle while recovery is underway and local communities are left to become more self reliant.
- Emerging organizations like Habitat for Health are becoming more vital in reconstructing local economic and ecological resources in sustainable ways during the recovery process.

High Protein Foods To Lower Environmental Impacts of Beef

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SEP 2020



There are many protein sources available that will give you the same nutrition as beef but without the harmful environmental impact. For example, beyond meat is much healthier than beef as it is a plant based protein and tastes very similar to meat. Cows emit methane gas which does considerable damage to our environment via global warming.

Tilapia fillet is also a great choice of protein as it will keep you full and has roughly 23 grams of protein in just 1 fillet. If you don't like tilapia, salmon is another great fish choice that won't hurt the environment as much as beef.

Key Takeaways:

- Veggie Burgers are all the rage right now because they taste just like real meat but are vegetarian and also protect the environment.
- Whenever a cow expels or passes gas, methane is released and this is 28 times more impactful than carbon dioxide when it comes to global warming.
- Since these cows are constantly being reproduced to supply food for humans, more and more methane is being released in the air.

"Animal protein foods also emit more carbon in general when compared to alternative sources. Beef is the greatest emitter according to [Our World In Data](#)."

The Importance of Individual Recycling



Without the existence of complex ecosystems, organic life, you included, would not be here now to read about it. Today recycling is an essential part of our lifestyle because waste continues to grow faster than our wishful intentions. So, to make a difference that matters to our environment, our quality of life, and sustain healthy ecosystems to supply our needs and demands, it's time for everyone to recycle their own waste where possible.

The more we recycle, the less waste winds up in commercial recycling plants, landfills and incineration plants. By reusing aluminum, paper, glass, plastics, and other materials, we can save production and energy costs, and reduce the negative impacts that extraction and processing of virgin materials has on the environment.

Key Takeaways:

- Use your purchasing power to buy products packaged in containers like glass and paper that can be reused and have low impact at the end of the recycling chain.
- Take the containers you recycle and reuse them to package things like bulk foods in glass and dry goods in cardboard.
- Since you are buying what the package contains, shop for products without packages or products you can package with your recycled ones.

"According to a report issued by Stanford University, recycling one ton of office paper can conserve more than 4,000 Kwh of energy and save an estimated 17 trees. Recycling one ton of plastic can conserve more than 5,770 Kwh of energy and 16.3 gallons of oil."

Powerful Ways to Slash Energy Bills

Stop using power when you sleep.



Measure phantom loads.



First thing to do is an energy audit. The P3 International P4460 Kill A Watt EZ Electricity Usage Monitor available on Amazon for about \$50 is a good investment.

Here's why:

- You can find out what devices use electricity when they are not in use.
- You can calculate power saving by turning the device off and measure the \$\$\$ saved by comparing hydro bills.
- You can use it to compare energy use efficiency with a replacement that may pay for itself sooner than you think.

Powerful Ways to Slash Energy Bills cont.

Disconnect phantom loads not in use.

Generally there is no specific limit to the number of electrical outlets that can be installed on a single 15 amp breaker. The total load cannot exceed 1,800 watts. This number is calculated by multiplying the standard voltage (120) by the number of amps on the circuit (15).

To determine how many appliances can safely be used on a particular circuit, calculate the individual requirements of each unit. For instance, some standard coffee pots require 800 watts of power while a bathroom blow dryer can use between 300 and 1,200. Refrigerators and microwaves generally draw about 700 watts each.

Dedicated circuits should be used for appliances exceeding 1,800 watts. Where computers or home theater equipment are grouped, a power bar comes in handy for turning off groups of standby loads.



Powerful Ways to Slash Energy Bills cont.

Replace all light bulbs with LED lights.

Lighting Choices That Save You Money

The light-emitting diode (LED) is one of today's most energy-efficient and rapidly-developing lighting technologies. Quality LED light bulbs last longer, are more durable, and offer comparable or better light quality than other types of lighting.



More things you might want to know about LEDs

A screenshot of an Amazon.ca product page for "LVWIT LED Light Bulbs 60 watt Equivalent (8.5W) 5000K Daylight Non-dimmable A19 LED Bulb E26 Screw Base UL-Listed 6-Pack". The page shows a search bar with "led 5000k bulb", a navigation menu, and product details. The product is priced at CD\$ 19.95 and is marked as "Amazon's Choice". The page also features a "DESIGNED TO PERFECTION" badge with "CRI 80+" and a "See all color the way they are supposed to be seen." instruction. The product description includes: "Replaces standard incandescent 60-watt light bulb - Pack of 6", "Non-Dimmable: it's not suitable for use with dimmer switch.", "Standard A19 shape with medium screw base (E26). Installs into all medium screw base fixtures directly.", "Lifespan of 25,000 hours and 3 years warranty, reducing the cost and hassle of frequent bulb replacement.", and "This A19 LED Bulb is a great choice for table and floor lamps, bedroom, living rooms, dining room, kitchens, etc." The page also shows a price comparison from CD\$ 39.99 to CD\$ 19.95 and a link to "See more product details".

Price vs Cost

Price is what you pay for light bulbs and to the utility for power to light the bulbs. No matter what price is paid for LED lighting, it's the most cost effective choice available today.

For example, when I moved into my home 5 years ago, the average monthly bill was \$150. I spent about \$150 to replace most of the bulbs with LEDs. It took 1 month to see a 25% cost saving. It took me about 4 months to pay for the LED lighting. I added about \$38 to my disposable income every month. Bottom line, I've added more than \$2200 to my disposable income over the last 5 years.

Powerful Ways to Slash Energy Bills cont.

Leverage Cost Efficiencies

In this article the word leverage is used in the following context - Leverage is something you already have to achieve something new or better.

When one of the methods above, like the power bar, is used to control phantom loads, it becomes something you have. Each time the power bar saves energy, it becomes something new or better. In this case money saved is an economic gain. What's better is the ecologic impact reduces demand for energy at the source.

Start with Cost Efficiency Calculation

Make a list of your major appliances and arrange them in order of age.

Count money saved from reducing phantom loads as a discount on the price of a new appliance with better efficiency.

Next shop for a new appliance that fits your budget and use your savings from phantom load reduction to pay for a new more efficient appliance.

If you can find a dealer who takes trade-ins and will discount the price of a new appliance, you get a discount and do not have to pay a removal fee. Otherwise look for a repair shop that will buy your (less efficient) and in good working condition appliance.

At this point your leverage includes:

- cash saved from something you have like phantom load management, LED bulb replacement etc.
- discount or cash from best offer of 3 different sale options
- if sold the old used appliance will likely be reused or recycled
- you get the best price on a new energy efficient appliance



How GAIA Fan Club Works

About GAIA Fan Club

The GAIA Fan Club (GFC) is a subscription based membership organization. The GFC Ezine reports on news, activities and projects of interest at Habitat for Health.

- Habitat for Health (H4H) is a Web based research, publishing and consulting company.
- The H4H Home branch manages the organization.
- The H4H Blog manages research and publishing.
- The H4H.biz site manages the re:Search Project.
- LMS MEDIA manages technical, creative and Learning Management Systems (LMS).

Habitat for Health operates a pay-it-forward system of credits and exchange of value. H4H Credits are earned by volunteering to work on member projects. Our credit exchange rates are based on our assessment of most modern capital types.

Why GAIA First

Severe climate change and human responses indicate imminent ecological and social collapse. Without a sustainable ecosystem that favours human life, the longer we wait, the fewer choices we get to survive.

For example, ecological indicators include severe weather, global warming, sea level rise, extinction events and effects of pollution. Indicators of social collapse include political

uncertainty, civil unrest, monetary stress, supply chain disruption and deadly ecological events like the COVID-19 pandemic.

In November 2019 a pandemic was a historical footnote. Six months later, by the end of May 2020, the United States had reported more than 100,000 deaths from Coronavirus disease. While the do or die clock ticks on, how many choices will be left?

It's obvious that partisans unwilling to help are not part of the solution. Instead, they end up as yet another burden on Governments who do act but are limited by dwindling resources. Together it makes for Catch-22 mismanagement scenarios. Tick tock.

Today, drastic corrective action must be taken to avoid the writing on the wall. Otherwise do or die choices are done and finished - R.I.P.

Catch-22 mismanagement continues to produce inevitable fiscal limitations due to events like pandemics, natural disasters, climate change, economic stressors and deviant behaviour. Human social contracts are failing under current leadership.

There's just not enough resources trickling down through the catch-22 net to continue on our present course and still survive.

"The GAIA First® Economics hypothesis is designed to be tested and communicated ad infinitum using Habitat for Health research, publishing and consulting platform."
Brian Hack, founder.

GAIA Fan Club Background cont.

GAIA First® Economics

At H4H economics is the social science that deals with the production, distribution, and consumption of goods and services. Economic theories include modern practice in economic systems. Theories include variations specific to desired outcomes.

GAIA First is an economic theory based on empirical evidence that GAIA does not accept cash or any human economic creations. GAIA will accept stewardship in exchange for human use of natural resources. GAIA's only conditions are that we consume natural resources in sustainable ways and recycle our toxic waste.

Habitat for Health (H4H) is built to support and promote Ecological and Economical (Eco-Eco) relations. We believe your time is valuable and GAIA's natural resources are too.

Habitat for Health eco-eco relations start here. Members in the GAIA Fan Club get access to our projects. H4H helps fund projects with credits, resources and certificate of completion.



GAIA First Pay It Forward Method

Subscription to the Blog is Free. Subscribers get:

- unlock protected content on the blog,
- comment on blog posts,
- GAIA Fan Club Ezine updates, and
- Start From Scratch Opportunities!

Habitat for Health Start From Scratch project is a private Pay It Forward initiative for the public good, focusing on quality of life for both humans and the planet.

Membership to the GAIA Fan Club is paid. Members get access to Habitat for Health resources, project tasks and gigs.

Members earn credits by volunteering for on the job training (OJT). Credits may be redeemed in many ways using H4H Pay It Forward Method.

GAIA Benefits First from:

- Reduction in demand for more resource extraction and waste storage from increases in 3R member initiatives.
- A percentage of subscription revenue is paid forward to fund projects that GAIA benefits from 1st.
- The increase in stewardship arising from projects compounds the GAIA First effect on resource 3Rs.
- The residual endurance of GAIA Fan Club projects has the potential to recover or reuse resources at a rate greater than human demand.



GAIA First[©] Project Report

Project Development Report Q3



Need help? Start here.

- ➔ Read GFC Ezine for ideas
- ➔ Unlock protected Blog content
- ➔ Comment on Blog posts
- ➔ Get Start from Scratch training

Learn to...

- ➔ Save money and save the planet
- ➔ Use the Internet for fundraising
- ➔ Work online anywhere anytime
- ➔ **Start a Web business to help with**
 - ➔ economic recovery
 - ➔ environmental damage repair
 - ➔ recover from climate induced disaster



Habitat for Health
Save Money Save The Planet

Blog

If you need help to:

Start From Scratch

- learn & earn online to boost your income
- raise funds for an environmental project
- recover from a natural disaster

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Home

If you've got web skills:

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- contracts for environmental projects
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Entrepreneurial Sales Professionals

We are looking for experienced Direct Sales pros to help small business and families recover and prosper in these times of economic uncertainty and increasing natural disasters.

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We seek people with marketing communication skills like advertising, personal selling, direct marketing, sponsorship, communication, social media and promotion to public relations.

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