

# Ideas for Action

Your Name: \_\_\_\_\_

Your Email: \_\_\_\_\_

## Pathway 1: We are a socially responsible and empowered community

- I have signed on as a Citizen of Sustainability
- I vote in federal elections
- I vote in provincial elections
- I vote in municipal elections
- I volunteer for local community groups
- I submit my volunteer hours to SPUR to help track community engagement
- I donate to charity

Other: \_\_\_\_\_

## Pathway 2: We treat water as a precious resource

- I water the yard only in the morning or evening, for 30 minutes or less
- I water flower beds by hand
- I have tested my toilet tanks for leaks
- I have a five-minute timer in my shower
- I only run full loads in the dishwasher
- I use a timer on my outdoor taps
- I have installed low-flow shower heads
- I have installed low-flow aerating faucet heads
- I naturescape (xeriscape) my yard with natural plants
- I have installed a rain barrel
- I use a commercial hand washer to keep pollutants out of the storm sewer when I wash my vehicle
- I enjoy and preserve our rivers and creeks
- I keep water cool in the fridge for drinking rather than running the tap for long periods
- I bring my own water in an eco-friendly container

Other: \_\_\_\_\_



**Pathway 3: We use energy responsibly and innovatively**

- I use cold water for laundry
- I unplug small appliances when they aren't in use
- I have replaced my old appliances with Energy Star rated appliances
- I have installed on-site energy generation technology, like solar panels
- I have replaced incandescent light bulbs with LED or compact fluorescent bulbs
- I have installed an energy-monitoring system on my electrical panel

Other: \_\_\_\_\_

**Pathway 4: We contribute to the solution on climate change**

- I carpool, bikepool or walkpool
- I have converted my diesel vehicle to vegetable oil or biodiesel
- I recycle as much as possible
- I pack litter-less lunches
- I compost (traditional or vermicompost)
- I have done an eco-energy audit
- I use a Google Power Meter to monitor my energy use
- I use a push lawn mower
- I use low or no phosphate laundry soap

Other: \_\_\_\_\_

**Pathway 5: We consume the bounty of our local economy**

- I shop locally
- I hire locally
- I support local business community events and initiatives - for example, the trade show
- I source catering locally
- I source business, landscaping and home improvement supplies from local businesses
- I go to the Farmers' Market

Other: \_\_\_\_\_

**Pathway 6: Our local economy is healthy and diverse**

- I eat out in Cochrane
- I choose restaurants that have local ingredients on the menu



- I support the Foothills Art Club
- I attend Cochrane Film Club screenings
- I attend Library events
- I own a business in Cochrane

Other: \_\_\_\_\_

**Pathway 7: Everyone has an opportunity to pursue their potential in Cochrane**

- I use the swimming pool for recreation
- I use the programs at the Spray Lake Sawmills Family Sports Centre
- My athletic leagues use the Spray Lake Sawmills Family Sports Centre
- I attend theatre performances in the community
- I am involved in the Boys and Girls Club
- I attend library programs
- I use the community halls for events
- I use the Seniors' Centre

Other: \_\_\_\_\_

**Pathway 8: We are a caring community that lives and celebrates together**

- I take part in Canada Day celebrations
- I attend community festivals and events
- I contribute to civic pride by volunteering for groups that benefit our community
- I am active with the Cochrane Activettes
- I volunteer with the Cochrane Humane Society
- I volunteer with the Bethany Care Centre
- I volunteer with the Cochrane Youth Council
- I am an active member of the ACFC Folk Club
- I participate in Red Walks, Walking Club
- I participate in minor league sports
- I participate in a swimming club
- I attend Film Club screenings
- I am an active member in the Over 50 Club
- I have established a community association
- I am a member of my community association

Other: \_\_\_\_\_

**Pathway 9: Everyone has a roof over their head**

- I volunteer for Habitat for Humanity
- I shop at Home Reno Heaven
- I have developed an Accessory Suite
- I have found/will find my next pet at the Humane Society (pets need roofs, too!)

Other: \_\_\_\_\_

**Pathway 10: There's enough room for everything a community should have**

- I attend Council meetings
- I read Municipal Matters
- I attend Open Houses
- I tell my Councilors my opinions on agenda items
- I have visited the Domtar Remediation website
- I pay my taxes

Other: \_\_\_\_\_

**Pathway 11: Wherever you are in Cochrane, you are close and connected**

- I have developed an Accessory Suite
- I walk to run errands or for entertainment/exercise
- I take advantage of our open spaces and pathway network

Other: \_\_\_\_\_

**Pathway 12: There are diverse options for getting around**

- I take advantage of telework opportunities
- I explore the Pathways
- I encourage the adoption of transit
- I use the commuter shuttle
- I carpool

Other: \_\_\_\_\_



**Pathway 13: We build Cochrane on the strengths of our natural and cultural heritage**

- I enjoy and protect the river and creeks
- I take in the annual outdoor festivities
- I participate in star gazing for Earth Hour
- I take part in Heritage Day festivities
- I take part in Canada Day festivities
- I visit the Farmers' Market
- I visit the historic Ranche site
- I participate in the Rodeo and Parade
- I have visited Heritage Buildings in Cochrane
- I participate in the Outhouse Races
- I participate in the Community Gardens
- I take part in the Easter Walk
- I support the River Clean Up

Other: \_\_\_\_\_