



Light-Efficient Communities Guide - 2021 Released on the LEC Web Site

We are pleased to announce that the Light-Efficient Communities Guide – 2021 is now available on the LEC Web Site!

This 100+ page guide is designed for anyone who has an interest in light waste, trespass, glare and light pollution from student to educator, from activist to municipal councillor, from community leaders to lighting designers.

Go to the LEC Web Site at: www.Light-Efficient Communities.Com

This new book, provided in PDF format, brings together a wealth of information about the many diverse topics one has to deal with in discussing light waste, trespass, glare and light pollution. Written in none-technical language, the book also provides a wealth of supporting photographs, graphics, etc., created to improve understanding for people of all ages.

The book is also designed like a ‘pull-out’ book whereby the user can print out specific desired pages for his/her use. This makes creating a presentation much easier as the Guide becomes a major resource for print materials, one that is easily shared and can go on sharing. Presenters of all ages and backgrounds may not only provide copies of the materials but provide their source, indicating that they may be easily downloaded from the Web, duplicated and distributed

at will for free by anyone.

The material is provided free of charge and easy to access. This should help to ensure that more people are able to educate themselves and others on these important topics. This then should help to ensure that, over time, changes to our damaging lighting systems will take place. This will ultimately modify lighting throughout the community, improving health and well-being for all living things and clearing our light-polluted skies from the scourge of light waste.

“A little knowledge is a dangerous thing,” as the old saying goes. A little knowledge about lighting can make a vast difference to our badly lit and over-lit society. Hopefully, you will use this to educate yourself and others about the many, serious dangers in the light and how they may be easily eliminated.



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The **Index** below provides the Guide's contents:

1. - Overview
 2. - LEC Guidelines
 3. - What is a LEC?
 4. HO - The Prime Principle Explained
 6. HO - LEC - Quickview
 8. LEC Goals & Benefits
 9. The LEC - A Light Waste Solution
 11. LEC's - Goals, Objectives & Approaches
 13. LEC's - Basic Concepts & Approaches
 16. Who's Involved?
 17. Why We Are Becoming a LEC
 19. A LEC Addresses
 22. Human Health & Well-Being
 24. HO - Light Waste - Effects on Health
 26. Human Safety
 27. Human Activities at Night
 29. HO - Light Waste - Effects on Astronomy & Star Gazing
 31. HO - Light Waste - A Night Environment Problem
 33. HO - Light Waste - Lighting & Crime
 35. HO - Light Waste - Effects on Culture
 37. HO - Light Waste - Effects on Energy Use
 39. HO - Light Waste - Effects on Finances
 41. Fauna Health & Well-Being
 43. HO - Light Waste - Effects on Fauna
 45. Flora Health & Well-Being
 46. HO - Light Waste - Effects on Flora
 48. HO - Light Waste - Effects on Climate Change
 49. HO - Light Waste - The Problem of Light Trespass
 51. HO - Light Waste - Yard Lights
 53. HO - Light Trespass - The Worst to the Best
 55. LEC-Compliant Lighting
 56. HO - Better Lights for Better Nights
 57. How are Luminaire Efficiencies Described?
 58. Light & Colour Temperature
 60. Lighting Controls
 62. HO - The "10 to 6" Light Waste Reduction Program
 64. Best Practices
 65. Summary
 66. What Can I do Now?
 70. HO - Activities For the Lighting Designer
 76. HO - Is My Home Light-Efficient?
 81. HO - Is My Business Light-Efficient?
 89. HO - Evaluating the LEC Program
 97. Related Resources
 98. Notes
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This book should be used with the half-hour introductory film "***Demons in the Light***" and supporting video modules, all available through the LEC Web Site. These videos are also freely available to anyone and may be downloaded, duplicated and distributed for self and public education. (Please review the films prior to using them in an educational or public setting.)

Pages from the book specifically designed to be "hand-outs" are designated in the Index above as such with the letters (HO –) as a prefix to the title, although any pages from the book may be distributed at will. You will note that the handouts are also part of the "Quick Course" available on the web site.

It is important to realize and advise others that the web site itself contains much important information and that the topics covered are usually provided in more than one medium.

Please also note that a document called the "***LEC Evaluation Tool***" has been included in this Guide but is also available as a separate download. This important tool is designed as a survey instrument to evaluate the important components of the community's LEC program (or lack thereof) for issues and improvement.

If you use this book and are pleased with the contents and its presentation, please advise others of its availability at the LEC web site.