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### WELCOME NOTE

Welcome to the ninth edition of the Realise Newsletter.

Since attending the Sustainable Living Festival in Melbourne during February, I've been inspired by the great diversity in the movement. Gilbert Rochecouste, founder of Village Well (<http://www.villagewell.org>) and presenter at the festival suggested that *"the movement is approaching its tipping point"*. The next move is to make sure it is 'tipping' in the right direction.

It is great to see such a variety of ways to move towards a better world with such enthusiasm. Enthusiasm is most effective when it has vision and guidance. That's why Realise A Better World exists.

The group is undergoing changes, building an organisation that will connect people's enthusiasm for a better world with awareness that allows them to make effective decisions for a better world. Please feel welcome to contribute through the group meeting on 11 March 2007 (details in 'What's Coming Up?').

### THE POOL ROOM

This month the song 'Imagine' by John Lennon goes straight to the Pool Room.

Released in 1971, this song has made a great impact on the movement towards a better world. Lennon's dream is a world where all people are; *"living for today"*, *"in peace"* and *"sharing the world"*. It is a dream that is common amongst all humankind. Such inclusive aims for society are necessary for strengthening relationships that ensures human survival and prosperity for future generations.

Lennon suggests that he may be labelled a 'dreamer'. Humankind is capable of achieving much more than what we see today. It is sometimes the dreamers that inspire the vision so that others can create the roads to lead the rest of us there.

The song lyrics can be found on the website listed at the bottom left of this page, under the menu - 'Pool Room'.

### ENERGY EFFICIENT LIGHT BULBS

In the last few months awareness about climate change has increased to the point where the Australian

Government has become involved.

"Australia will become the first country in the world to phase out conventional light bulbs within three years and replace them with energy-saving globes that use only 20 per cent of the electricity to produce the same amount of light." The Age.



Energy efficient light: <http://news.bbc.co.uk/1/hi/sci/tech/5236482.stm>

This leadership has already led to changes in Australian homes. "Australia's country music capital (Tamworth) is set to become the first town or city nationwide to install energy-efficient lighting in every home." The Sunday Mail.

This decision by the Australian Government is an important step in the journey towards a better world. It instigates an awareness about climate change and offers an option for what individuals can do.

The phasing out will demonstrate the ability of Australian business to adapt. Governance and markets are developing a demand for more energy efficient and more sustainable products and services. The lighting industry may become a good example of how moving towards a better world means building on the skills of our workforce to create more efficient products.

The decision to phase out over the three years allows businesses to manage the transition and update workers' skills. While some may deem the move 'a long time overdue', abrupt changes can cause conflict and mistrust in situations like these. Such a transition can allow more lasting, thorough and positive change.

The news also means that individuals everywhere are beginning to understand and accept their responsibility for climate change. It may be a sign that individuals are gradually becoming more aware about the implications of their actions.

Individuals who want to contribute to a better world through prevention of climate change should continue to make energy saving choices. Everyone can make a difference through taking baby steps towards the following:

- Choosing energy efficient home appliances

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- Buying 'carbon offsets' (planting trees) [www.carbonneutral.com.au](http://www.carbonneutral.com.au)
- Choosing 'green energy' (renewable energy) [www.greenpower.gov.au](http://www.greenpower.gov.au)

It is natural for people to want to replace all their conventional light bulbs immediately however this could lead to an increase in landfill (another issue for humankind) and increasing energy consumption required to create the new energy saving lights. It is more wise to only replace burned out light bulbs. It's great for people to want to make a difference immediately but our journey to a better world is made more efficient by our awareness about the downstream results of our actions.

By becoming proud of your energy efficiency you can become a good example to others, inspiring and raising awareness about what their options are. Many people research their own options and others even invent their own solutions to become more efficient. What ever changes you make the more comfortable you are with them the more lasting and thorough the change will be.

#### References:

The Age, "Canberra Sees the Light on Energy-Saving Globes" 20.02.07. <http://www.theage.com.au/news/national/canberra-sees-the-light-on-energy-saving-globes/2007/02/19/1171733684691.html>  
 The Sunday Mail, "Framworth First to Ban Bulbs" 24.02.07. <http://www.news.com.au/couriermail/story/0,21254130-8362,00.html>  
 Carbon Neutral - Turning Emissions into Trees. <http://www.carbonneutral.com.au>  
 Greenpower - Accredited Renewable Energy. <http://www.greenpower.gov.au>

#### STREET NEWS - THE BIG ISSUE

The Big Issue is an inspiring story about how an idea can make the world a better place for minority groups.

"The Big Issue is a fortnightly current affairs and entertainment magazine that is sold on the streets of towns and cities throughout Australia by people experiencing homelessness or long-term unemployment. Vendors keep half of the cover price (\$4) of every magazine they sell. It is the magazine that helps people help themselves. It is also Australia's fastest growing magazine with readership now at 157,000 readers."

<http://www.bigissue.org.au>



The Big Issue vendors: <http://www.thebodyshop.com.au/ourValues.cfm>

"The inspiration for the magazine came from Street News, a newspaper sold by homeless people in New York, which Gordon Roddick of The Body Shop saw on a visit to the States. With the assistance of The Body Shop International, The Big Issue was launched in September 1991, in London."

<http://www.bigissue.com/aboutmag.html>

The Big Issue intends to contribute

to a better world by aiming to:

- Enable homeless people to earn a legal income through opportunities to help themselves.
- Invest profits in services to help homeless people and Big Issue vendors tackle obstacles to them helping themselves.
- Provide people with a voice in the media.
- Produce a quality magazine which engages readers with issues that affect their lives but are overlooked by other media.
- Provide an example of a socially responsible business and an alternative to conventional charity as a response to homelessness. <http://www.bigissue.com/bigissue.html>

Homelessness through circumstance is a minority group in society that suffers from a lack of awareness. By achieving its aims The Big Issue raises awareness about homelessness, empowers the homeless, demonstrates a good example of business serving society and provides an alternative source of media.

Individuals who support The Big Issue help the homeless help themselves.

By sharing your copy with others you are providing the magazine with greater exposure allowing achieve its aims more effectively resulting in a more efficient society.

Then by recycling the magazine when you are finished with it you are saving trees from being chopped down for paper and reducing waste that goes to landfill. This makes supporting The Big Issue a good example of an achievable, positive action for a better world.

#### References:

The Big Issue Australia. <http://www.bigissue.org.au>  
 The Body Shop Australia. <http://www.thebodyshop.com.au>  
 The Big Issue: About Us. <http://www.bigissue.com/aboutmag.html>  
 The Big Issue. <http://www.bigissue.com/bigissue.html>

#### WHAT'S COMING UP?

The next Realise group meeting will be held on 11 March to discuss and select a team of volunteers named 'The Cornerstones'. It is envisioned that this team will produce a management committee who will operate Realise A Better World.

Formation of 'The Cornerstones'  
 Venue: Northey Street City Farm, Brisbane, Queensland  
 Date: Sun, 11 Mar 2007  
 Time: 11am  
 More info: Available on website.

#### REALISE A BETTER WORLD



To receive these free monthly newsletters send a blank email to: [realiseabetterworld@yahoo.com.au](mailto:realiseabetterworld@yahoo.com.au)

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