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WELCOME NOTE

Welcome to the sixth edition of the Realise Newsletter.

In terms of the group October has been a month of inspiration by the possibilities and opportunities that thinking in a positive way about a better world can produce.

I must thank Claire who has been emailing and ringing me with her great new ideas contributing to the group and its goals.

This month the membership has grown again in number and in inspiration. A growing group can equate to momentum and energy so please keep telling your mates to join. Eventually this will make the difference in moving towards a better world as effectively as possible.

For those who are yet to join the group, 'Realise' is about uniting individuals and groups with a common interest in making a better world for all. If you would like to join this movement by receiving this newsletter or make contributions by playing a more active role in the group's growth please let us know (contact details bottom left).

This newsletter is dedicated to offering solutions to those people asking themselves what they can do about making a better world.

THE POOL ROOM

This month poet Frank Burks features with his poem "That I A Better Person May Be".

Fred Burks is writing about self examination being the way to becoming a better person. He examines both his good and bad attributes so that eventually he might understand himself better. He wants to be able to love himself for both his good and bad attributes.

The poetry inspires the idea that by knowing one's self an individual can be a good example to others, respect themselves and contribute to a better world for all.

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

DRIVING TOWARDS A BETTER WORLD

For those that rely on the car efficient use of the vehicle can be essential for reducing impacts on the health of society, our environment and ourself for a better world.

One of the social benefits of

efficient use of cars is that the pressures for international conflicts over oil are reduced. Therefore efficient use of our vehicles has many secondary positive implications that may not be immediately obvious.

Efficient use of vehicles can increase the distances travelled per litre, reduce fuel emissions, increase the life of vehicles and (according to a Monach University study) increase safety on the roads. Obviously the ideal scenario is that we don't need fossil fuels to transport ourselves and our possessions, but for the time being we can try some simple tips for making the most out of the fuel we consume.

Ford Motor Company and General Motors suggest that you can save up to 25% of fuel by practicing the following techniques in your style of driving:

- Anticipate traffic conditions to reduce the amount you brake and accelerate.
- Maintain a steady speed and use the correct gears.
- Reduce idle running time.
- Turn your car off for setting down for more than a minute.
- Observe the speed limits. It gets you there with greater fuel efficiency.
- Maintenance of your vehicle keeps it running smoothly; check tyre pressure, replace air filters, check oil and keep serviced.
- Remove excess weight.
- Avoid stop/start situations.
- Avoid unnecessary short trips.
- Remove roof racks, spoilers (etc.) that increase wind resistance.
- Reduce the use of air conditioners, window heaters and lights when not required.

Becoming more conscious of these techniques creates a greater sense of connection with the workings of the vehicle. While these techniques may sometimes require an earlier departure, greater maintenance or higher initial costs, the benefits will result in a better world.



Hybrid Car http://eartheasy.com/live_hybrid_cars.htm

If you are buying a car WWF (World Wildlife Fund) suggests you take into consideration hybrid cars. "Hybrids can reduce your emissions by around 40%". They suggest that to limit our impact further we can:

- Carpool
- Offset your car's emissions by planting trees or making financial contributions to 'green', more sustainable technologies.

CONTACT DETAILS

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The Greenhouse Office says, "Try to avoid short vehicle trips by walking or cycling. This will save over a quarter of a kilogram of greenhouse gas emissions per kilometre of vehicle driving it replaces, as well as give you healthy exercise."

There are many health benefits to be gained by efficient use of our cars. As we move towards a better world it is possible that eventually we will have less desire to use our cars over other forms of transport. Perhaps we will have all our daily needs within a short distance from where we live or maybe we'll find that we just prefer to walk because it's more pleasant. Until such time many of us feel dependant on our cars which can contribute to a sense of helplessness.

By beginning to reduce our dependence on fossil fuels in the most achievable ways, we can begin to realise the health benefits in society, in our environment and in ourselves.

References:

Ford Motor Company:
<http://www.ford.com/en/company/about/publicPolicy/ecoDriving.htm>
General Motors (GM):
http://www.gm.com/company/qmability/sustainability/reports/05/400_products/9_ninety/491.htm
World Wildlife Fund (WWF): <http://wwf.org.au/act/takeaction/eco-driving-tips/>
The Greenhouse Office:
<http://www.greenhouse.gov.au/fuelguide/tips.html>

'AN INCONVENIENT TRUTH'

The viewing of the film/documentary 'An Inconvenient Truth' was a successful day which concluded at the Multicultural Festival at Roma Street Parklands.

On seeing the movie people have said that it was inspiring and made them seriously reconsider their car use. Some even said they would 'give up' their car. While one review mentioned that the film sometimes 'preached to the converted', its main aim was to inform the public about the issue of climate change. To those that haven't seen the film the most positive and inspiring part is at the end as the credits role so make sure you stick around.

Realise A Better World promotes films and creative expression in general that has a positive impact on moving towards a better world. The film created awareness for a single issue that motivated change. Preferably individuals can be motivated by moving towards something positive. For example, taking the opportunity to walk or ride more often for the health of society, our environment and ourself rather than attempt to give up our cars for the fear of contributing to an issue such as climate change.

Wise decisions and actions are based on the positives of moving towards something better. Changes to habits based on negatives such as fear or an idea of sacrifice can sometimes be energy sapping and short-lived.

The film is no doubt inspiring and

motivating for people. Many people say that it is the most effective film/documentary to make its message heard. Therefore it is certainly worth a look.

EVENT - PRESENTATION

It has been officially announced that the group will make a presentation at the Woodford Folk Festival, Queensland on 30th December 2006. Steve York will be speaking on behalf of the group.

It is intended that this presentation will publicise the group to a wider audience, inspire them to join and empower them to make positive changes in their own lives.

For the purpose of a warm-up presentation and for those that won't be able to make it to the festival, Steve will be presenting his topic 'Realise A Better World' in November. Anyone with an interest is most welcome (including friends) and there will be time for questions at the end.

Date/Time: Saturday, 25 Nov 2006, 10am.

Venue: Northey Street City Farm, Windsor, Brisbane. In the education space adjacent to the office.

EVENT - ORGANIC EXPO

Brisbane's 'Going Organic Expo' featuring special guest speakers, organic food, fun, movies, and information is coming up this month.

Date/Time: Saturday, 11 Nov 2006, 9am-4.30pm.

Venue: Griffith University, Nathan Campus, Brisbane. In the EcoCentre.

For more information:

http://www.bfa.com.au/_files/Going%20Organic%20Flyer.pdf

VOLUNTEERING WOODFORD FOLK FESTIVAL

Woodford Folk Festival is an inclusive festival for people to enjoy their common interests. The festival has a reputation for having an accepting and calm atmosphere where people are left smiling for weeks afterwards.

Volunteer workers are the life blood of the festival and participating is often the best way of getting the full experience of the event.

To volunteer please visit:
www.woodfordfolkfestival.com

REALISE A BETTER WORLD



To receive these free monthly newsletters send a blank email to:
realiseabetterworld@yahoo.com.au

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