

BARGAIN SHOPPERS RIDE - APRIL 2007



Savings To Individuals

* Transport (15.5%) is second only to food (18.2%) as the largest item of household expenditure in Australia. In New Zealand transport expenditure (20.3%) is slightly less than housing. The proportion of income spent on transport in Australia and New Zealand is high because cars are expensive. However, the cost of buying and maintaining a bike in Australia is around 1% of the cost of buying and maintaining a car.

* Using a bike for shorter trips may allow families to avoid buying a second car. In NSW, the NRMA estimates that the cost of running a car for most people varies from \$108.70 to \$313.74 per week. This equates to between \$5,652 and \$16,314 a year.

* In the US, transportation is taking up increasing amounts of household budgets. When the US household expenditure surveys were conducted in 1917-1919 when car ownership was rare, transportation accounted for only 3.1% of the family budget. In 1984 when a standard Consumer Expenditure Survey format was adopted in the US, transportation represented 15.9% of family budgets. A study with a different methodology in 2002 showed transportation in the US accounts for around 19% of individual annual expenditures.

* The Canadian Automobile Association calculated the yearly cost of operating an automobile minus the cost of a bicycle and accessories and estimated that if just half of the people who bought a bicycle within a year were able to stop using their car (i.e. 750,000 persons), each of those people would have an additional \$5,000 - \$6,000 of disposable income. The total additional disposable income that would therefore be available to spend on other things would be \$3.75 billion.

* In 1974 a study by Ivan Illich estimated that the average American male devotes more than 1,600 hours a year to his car to drive it, park it, wash it and earn the money to pay for it. He only drives 7,500 miles, which means he drives less than five miles per hour. More recent work building on this approach and using measures of effective speed show that in Canberra, the bicycle has one of the fastest effective speeds of any vehicle on the road...

“Necessity is the mother of all interventions”

Sat 28th April (Mon 30 begin fashion week)

- 8:45am Meet** - Memory Reserve cnr Railway and Unwins Bridge roads (100m east Sydenham station)
9:00am - 9:20 Bonds (mens, womens, childrens clothes) Former Sydenham Theatre. Nolene Brown began acting career whilst working at Marrickville Library.
- 9:25am Depart** (for Supre, via Nursery/furnishing, Fabric remnants) **(25 mins ride time)**
Railway Rd; L. at Gleeson, L at Railway Pde; along Marrickville Rd; R. to Barclay St; (Treehouse) X. at Sydenham (Remnants Shop); L. at Sloane St; R at Saywell; L at lane; Sydney Steel Rd.
9:50am - 10:20 Supre (womens and girls clothes)
- 10:25am Depart** (for Pet Barn, via work and sports shoes, etc) **(15 mins ride time)**
R. at Edinburgh St (under bridge), R. at Darley St, X at King into Bray St, L. at Concord. L and contraflow in Flora St, R. at MacDonald; L. at George St; R. at Victoria (under rail line); Bridge St, R. at Ashmore St, X at Zebra into Harley St, L. at Lawrence St, cnr Fountain St.
10:40am - 10:50 Pet Warehouse (Pet foods and stuff)
- 10: 55am Depart** (for Redfern St – via McEvoy and Botany, fashion, electrical, etc) **(15 mins ride time)**
R. at Fountain St, L. at McEvoy; L. at Botany Rd; R. at Raglan St; L. at Cope St; R. at Turner St, L. at Renwick St. - n.b Redfern St upgrade might make for difficult parking.
11:10am - 11:40 Redfern Shopping Strip. (Clothes shoes etc, mostly womens)
- 11:45am Depart** (for Birkenhead – Sports clothes, homeware, department outlets) **(30 mins ride time)**
X Regent St, L. at Lawson St, L. Little Eveleigh; R. at Shepherd St, L. (ramp) to Sydney Uni, X Cleveland and City Road at Seymour Centre into Victoria Park, X Parramatta Rd to Glebe Point Road, cont. Bicentennial Park, R. at The Crescent, cross at overpass onto Victoria St, cont. to Birkenhead Pt.
12:30pm - 1:30 Birenhead (Kathmandu, DJs, etc. Beware the sushi train.)
- 1:40pm Depart** (for Summer Hill – accessible station and parking wonderland) **(30 mins ride time)**
Bay Cycleway; Greenway; Grosvenor St; to Summer Hill Station - (access station).

Alt. Return: Ferry to Circular Quay at Drummoyne wharf – 10min; **Light Rail** to Central from Lilyfield – 20min.

References:

Paradise lost in the art of survival “...David Gonski, chairman of the Australia Council, said that although the median income for artists was \$30,000, one in three would regularly earn less than the poverty line. “Many artists in Australia are unable to survive without their day jobs,” Gonski said. “This is a very sad thing. For many, the income from their profession puts them at the level of a casual factory worker. That makes it hard to survive...”

Paradise lost in the art of survival
SMH November 12, 2003

<http://www.smh.com.au/articles/2003/11/11/1068329561076.html?from=storyrhs>
all articles accessed Thursday, 26 April 2007

Saving lots is a big deal “...Be it clothes, shoes, whitegoods, manchester, homewares, toys, music and more, shoppers can enjoy big savings by browsing factory outlets. Most stores have at least 10 per cent off the retail price, and some offer discounts of up to 90 percent...”

Saving lots is a big deal
Daily Telegraph

<http://www.news.com.au/sundaytelegraph/story/0,,21159077-5010580,00.html>

Threat to food crops as Australia prepares to turn off farmers' water “...The Prime Minister's warning yesterday heralded a dramatic increase in food prices and the prospect of tens of thousands of farmers having to watch their crops fail.

John Howard said that an expert panel had advised the Government that the worst drought in the nation's history left it no choice but to turn off irrigation systems in the agricultural heartland of the Murray-Darling basin in the east. Its 55,000 farmers supply virtually all of Australia's vegetables, stone fruits, citrus fruits, cotton and rice. It is also home to many of its vineyards.

Food prices are expected to rise immediately and there were predictions last night that scores of farmers would be forced to walk off their land. Winemakers said that the 2008 vintage would be crippled...”

Bernard Lagan - Threat to food crops as Australia prepares to turn off farmers' water
April 20, 2007

<http://www.timesonline.co.uk/tol/news/world/article1680178.ece>

Suiting Ourselves "...The present male uniform began to emerge in the 14th century as an unintended consequence of military innovation. The body-fitting plate armor that we now admire in museums was replacing mail of the earlier Middle Ages. New craftsmen, the linen armorers, emerged to construct padding to cushion warriors' new exoskeletons, cutting and stitching pieces of cloth to fit the body. Those artisans, Anne Hollander declares in *Sex and Suits* (Knopf, 1994), "can really count as the first tailors of Europe..."

Edward Tenner - Suiting Ourselves

The Chronicle Review From the issue dated March 30, 2007

<http://chronicle.com/temp/reprint.php?id=km55f3mc7bwr4vgmvxls0y5j20116ytr>

Australian Medical Association Position Statement "...As a wealthy developed nation Australia is likely to have the capacity to adjust to the challenges faced by changes in our environment. However climate change is a global challenge and requires a global solution. Greenhouse gas emissions have the same impact on the atmosphere regardless of their origin. Australia has an obligation as a major emitting country to commit to significant long-term reductions in greenhouse gas emissions.

Less developed countries may exhibit socio-economic vulnerability. This means that they are relatively less able to purchase and maintain resources and technology to protect and promote population health. Increases in information, education, transportation and social services can promote good health and reduce the potential health impacts of climate change. In developed countries the most disadvantaged groups, with least choice about where to live and what to eat, suffer the short-term impacts most. In developing countries the future impacts of climate change will adversely affect the poor. Climate change threatens the ability of countries, particularly in low lying coastal areas, to meet basic human needs of adequate food, clean water, a healthy environment, and safe shelter..."

Australian Medical Association - Position Statement

<http://www.ama.com.au/web.nsf/doc/WOOD-5ZD6BT>

Self-sufficiency on a balcony

It's not just the planet you'll be saving when you grow your own fruit and vegetables, it's your soul, writes Jackie French.

The salad you ate for lunch yesterday may have used more fossil fuel than you used all week. Your snow peas were probably flown from Zimbabwe; your vacuum-packed greens were probably brought from China, which was where the garlic came from, too. Your salad's "energy miles" also included the fuel needed to grow it, as well as to make and transport the fertilisers, fungicides, herbicides and pesticides. That salad probably used more water than you did, as well. (Only about 3 per cent of water use is domestic.) What's the use of turning off lights and cutting back on travel kilometres if your cherries come from California?

So how do you minimise your "tucker footprint"? By buying local, and organic. But the greenest solution - in every sense - is growing your own.

Aha, I hear you chorus, impossible! I've only got a balcony and 10 spare minutes a week ...

Impossible? Of course not..."

Jackie French

Self-sufficiency on a balcony

SMH April 24 2007

<http://www.smh.com.au/text/articles/2007/04/23/1177180569548.html>

Australia's Welfare

"Dwelling condition

The condition of housing stock can have a significant impact on the health of occupants. For example, cold housing, mould and dampness in the home are associated with wheezing, breathlessness, cough, meningococcal infection and asthma (Shaw et al. 1999). Breakdown in the 'health hardware' of homes--water, waste removal and power facilities, has contributed to the high incidence among Indigenous people, especially children, of such conditions as skin and eye infections, diarrhoeal disease, respiratory illness and hepatitis (Commonwealth, State and Territory Housing Ministers' Working Group on Indigenous Housing 1999).

Tenure type

Home owners tend to have better health than people who rent. For example, people who own their own home have a healthier and longer life and have lower death rates than those in rented properties (Waters 2001). People in rental accommodation have been found to be more likely than home owners to report fair or poor health and to visit the doctor more often. Howden-Chapman and Wilson (2000) suggest that security of tenure and control over accommodation may be important contributors to the health benefits of home ownership. Homelessness has also been found to be associated with poor health. In general, homeless people have been found to have much poorer health than the general population (Dunn 2000)."

Welfare and housing

The most noticeable effect of housing assistance on welfare is its ability to improve a household's command over goods and services, by reducing the amount of household budget that has to be allocated to meet housing costs...

A lack of affordable housing can lead to overcrowding, which has been shown to have an impact on children's academic achievement. Those living in crowded conditions do not perform as well in reading, language and arithmetic as those children with private home space. Children who live in overcrowded conditions have also been shown to be more likely to experience broken sleep, due to sharing rooms, and to be more aggressive than their non-crowded peers (Phibbs 2002)."

Australia's Welfare

<http://www.aihw.gov.au/publications/aus/aw03/aw03-c05.rtf>

Tips:

- Wear cotton – until it is replaced as a broad acre crop by hemp (thirsty but disease resistant, can be grown at all latitudes in Australia) and flax - both strong, fine fibres, that make fantastic blends. Seeds of hemp and flax (linseed) already in use as foodstuffs, cosmetics, paints, etc. LYCRA (tm) requires addition of nuclear isotopes during the manufacturing process.
- Wear wool – superfine barn raised sheep are least affected by fly strike, breeding will effectively put a halt to crutching. Superfine 19.5 micron or less fibre is as comfortable as cotton. I could possibly eat mutton and or lamb, I choose not to, but I would be hard pressed to devour a petrol bowser.
- Wear silk – hardly humane but organic and sustainable, and again makes great blends. Think of all the mulberry jam you would have to eat per set of silk sheets.

Soapbox:

PETA IS NOT GOD – NEITHER IS FATE. Both are a useful organisations for heightening awareness of the consciously intended harm inflicted upon animals for profit. Does PETA champion the rights of bifocal, bipedal, sentient animals, *Homo sapiens*? Creating a synthetic economy does more harm than good in the short, medium and long term. Farm flora and fauna humanely with diligence and care treat your animals as equals rather than chattels. There are no gods – you can achieve this without the hypnosis, without television, without ritual and superstition, no scary bedtime stories, no tooth faeries, no political revision and or revulsion - reading and talking and common sense are sufficient. Refuse to be dumbed down by family and friends by t.v. and advertising with their own lucrative or fashionable (or anti-lucrative or anti-fashionable) agendas. Exersize and embrace CHOICE.

PETA - <http://www.peta.org/>

FATE - <http://www.fate.unsw.edu.au/>

CHOICE - <http://www.choice.com.au/>

The RTA IS NOT GOD - Demand that any existing or new bicycle “freeway” built in NSW, or Australia for that matter, be placed inside a green corridor, with compulsory acquisition of properties 500m to either side, good enough for Napoleon's Paris. Line the corridor with tree plantations, vegetable farms, walking and cycle tracks, hydroponic industries, flower gardens, nurseries, community gardens, community farms, effluent treatment plants such as reed bed filters, vermiculture, dessication. Create and maintain wildlife corridors using indigenous non-invasive species. Restore riparian environments around creeks and rivers, these are not drains and open sewers. Maybe as an afterthought - a poorly costed and not compulsory option - add a roadway... but sink it beneath eyesight, as has been done in South Dowling St, so neither humans nor animals come into contact/conflict with fast moving motor vehicles and so that visual and noise pollution is mitigated.

Think outside the tin box.

BIOPHILIA - <http://www.rmi.org/sitepages/pid1079.php>