

# Action Change - May 11, 2007

Welcome to Australia's Brightest Green e-Magazine! I hope you love the new format, and look forward to hearing all your comments and newsy bits soon.

Take care and take action!

Christine Butler  
Editor

## Global Change

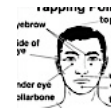


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### WINTER ENERGY EFFICIENT HEATING GUIDE

With winter just around the corner we give you all the goss on how to save energy and money this winter, as well as what to look for if you're in the market for a whole new heating set-up.

## Personal Change



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### EMOTIONAL FREEDOM TECHNIQUE PART III:

In part three on our series on EFT, we delve into the emotional issues that underpin pain and illness, and show you how to uncover and resolve them.

## The Good News Global Roundup



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Green dreams, solar cities, forests protected and free fluros for all. Catch all the latest good news right here, right now.

## World Wide Five-Minute Actions



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Save a tiger, write to Labor about their uranium mines policy, or create your own political ad. Any which way, it doesn't take long to take an action. Go on, you know you want to.

## Bits, Tips and Hits



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We've got great green newsy bits, lots of cool green product hits, and just to top it off, a few funky green tips.

## Humour and Fiction



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Wacky animal facts and a little joke about penguins: have a laugh and change your day.

## Events and Listings



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All the worldwide goings on in the coming fortnight.

# Global Change

## WINTER ENERGY EFFICIENT HEATING GUIDE

*By Christine Butler*



**If you're thinking of saving energy this winter or maybe updating your existing heating system, here's a guide to some options for new appliances, or if you're going with what you've got, how you can make savings. There's a tonne of info out there on what to buy, so this article gives you tips on energy savings and then a brief look at what to look for in heating systems, and where to go for more info.**

### **Part One: Ways You Can Save Energy this Winter**

If you really want to be environmentally friendly this winter put on all the clothes in your wardrobe, and snuggle with at least two other people under every doona in the house. If you only stock singlets, have no friends and prefer light cotton blankets, then implement a few of these ideas...

#### **DRAUGHT-PROOF YOUR HOME BY SEALING ALL THE GAPS**

This is the first thing to do and will save you energy just by doing it. Cold air coming in the house can increase your heating costs by 20%, so light a candle and go around windows and doors to see where draughts are coming in. You can seal windows with weather-sealing tape, put snakes under doors, and remember to seal fire-places and pet doors.

#### **DRAW THE CURTAINS**

Make sure the curtains are thick and well fitted and you'll save around 25% of heat loss in your room. Same goes for blinds. If you have north facing windows, open the curtains wide during the day to let the sun's warmth in.

#### **CLOSE THE DOORS! DON'T HEAT EMPTY ROOMS**

#### **TURN THE THERMOSTAT DOWN**

If you have reverse cycle air con or central heating, turning the thermostat down just one degree will give you a saving of 15% on your energy bill. So set it at around 20 degrees C to begin with, which is all you'll need if you're wearing warm clothes. On the really cold nights you can turn it up a notch, and of course while you're asleep you don't need it to be as high. So adjusting your thermostat rather than just letting it blast hot through the whole of winter will save you loads.

#### **USE THE CEILING FAN AS WELL**

If you have a ceiling fan, you can use it on low to spread the warm air around the room - as warm air rises - otherwise you might find you're tootsies getting cold and you'll end up turning up the heat.

#### **SET THE LOUVER ON YOUR AIR CON**

In the same way, if you turn your reverse cycle air con louvers towards the floor, the warm air will heat your tootsies before it rises. And remember to check the manufacturer's instructions for how and when to clean the filter, so it's always working at maximum efficiency.

#### **CONTROL YOUR WATER HEATER AND HOT SHOWER USAGE**

You can save from 3-5% on your CO2 emissions just by turning your water heater down 10 degrees. Set to low-medium is fine for winter, and remember to take shorter showers with an energy efficient shower head if poss.

## **CHOOSE GREEN POWER**

If everything you have is electric and you can't afford to replace your heating system, you can always spend a cup of coffee's worth extra a week and use green power. It's all very easy: just call one of the green energy suppliers and sign up! You can choose between solar, wind and hydro in Oz, and also what percentage of green power you want to pay for. Check out the main suppliers and their deals at [www.planetark.com/greenpowertable/](http://www.planetark.com/greenpowertable/) For general information about energy efficient heating, go to the Australian Consumer's Association Website and their guide to heating. [www.choice.com.au/subCat.aspx?id=103960&p=1&catId=100519](http://www.choice.com.au/subCat.aspx?id=103960&p=1&catId=100519)

## **Part Two: Products and What to Look For in Energy Efficient Heating**

Basically, if you're looking to buy a new heating system or new appliances this winter, you need to know what heating system best suits your space, what types of heating fuels are good, and what they'll cost you in terms of money and the environment. Then you can calculate what the best heating solutions are for you.

Generally in Oz, most electric appliances have the star rating. The more stars, the more energy efficient. If you can, buy these products recycled to decrease the environmental costs of production. Try to also decrease your reliance on electrical heating systems, as they use coal burning which produces the most amount of CO2 (and tends to be the most expensive).

If you're only heating your living areas, use one or more high-efficiency space heaters (gas if poss.). If you need to heat living areas by day and bedrooms by night, both for long periods, use a zoned central heating system. Wall-mounted radiant heaters or infra-red lamps are best for the bathroom. For example the ACA recommends for small rooms a 2.4 kw electric fan heater, small gas fan unit or oil filled column heater. And fan assisted heaters heat more quickly.

If you want more information on choosing a heating system, Sustainability Vic gives a good run-down on space requirements and what you'll need for each area or for whole home heating. [www.sustainability.vic.gov.au](http://www.sustainability.vic.gov.au) Or you can check out the Australian Consumer's Association website, which gives you different options for heating. [www.choice.com.au](http://www.choice.com.au) They also have a heating calculator, so you can calculate how much heating capacity you need for each space [www.aca.com.au/cp/energy/quizheatingcalc.cfm](http://www.aca.com.au/cp/energy/quizheatingcalc.cfm)

## **INSULATION**

The first and most important aspect of heating your home is to have insulation installed. It can reduce energy needs by 1/3 and easily pays for itself in any season. There are different materials available for insulation and the best depends on your own particular situation. The Australian Consumer's Association has a great [buyer's guide](#) to insulation.

## **WINDOWS**

Did you know that the biggest source of energy loss in most homes is through the windows? If you really want to go all out, changing the type of windows you have and their location can lead to big savings. Check out all the goss about windows at the window Energy Rating Scheme at [www.wers.net](http://www.wers.net)

## **REVERSE AIR CON**

Look for the star rating, but also consider the size and aspect of your home. The energy rating website of the Australian Government gives tips on using your air con efficiently, [www.energyrating.gov.au/acmenu.html](http://www.energyrating.gov.au/acmenu.html) And you can also [search and compare air con units](#) before you go shopping.

## **UNFLUED AND FLUED HEATERS**

Unflued heaters are not allowed in Victoria because they vent gases into the room. So use good ventilation and only use in living areas, not bedrooms. They're usually portable and have a good energy rating (except when you have to ventilate!) and are cheaper than flued heaters. Flued heaters usually come as the popular

open-fire imitations. The gases are vented outside but they are a lot less efficient than unflued heaters, because they lose heat through the flue.

### **OPEN FIRES, POT BELLY STOVES AND SLOW COMBUSTION HEATERS**

Unfortunately while the open fire is a wonderful sight, most of the heat goes up the chimney. Pot belly stoves aren't that much better, only having an energy efficiency of around 30%. They're cheap though so can be used for areas that are small and don't need heating all the time. The modern slow combustion heaters are quite a good alternative to the romantic styles of heating, because their efficiency is around 70% and you can regulate the amount of air going into the chamber. Check the specifications regarding what size room each model is good for, and follow the manufacturer's suggestions for the most efficient fuel, controlling dampness & maintenance.

### **WATER HEATING**

About 13% of a typical household's energy is used for heating water. By choosing a newer hot water heater model—which are 10 percent more efficient than conventional models — you can reduce CO2 emissions by about 3,285 pounds annually. The ACA has a [guide](#) to solar hot water systems.

Planet ARK recommends this site to find out the most efficient hot water system on the market. [www.HillsSolar.com](http://www.HillsSolar.com) And remember you can save hot water usage by installing a 3-star, water-efficient showerhead, taking shorter showers and using cold-water for clothes washing.

### **References and Resources:**

The facts and figures in this article were researched from the organisations listed in the article. For overseas readers, you can usually find information on green heating for your country on government websites, national green energy suppliers, and consumer associations. Local branches of organisations such as Greenpeace and Friends of the Earth can also be a good source of information.

# Personal Change

## EMOTIONAL FREEDOM TECHNIQUE PART III: TAPPING THE CORE EMOTIONAL ISSUES THAT CAUSE PAIN AND ILLNESS

Christine Butler with Naturopath and EFT Practitioner Denise Wood

Last issue we outlined the basic tapping techniques for EFT. In this issue we take a deeper look at the core emotional issues that cause pain and illness, and how finding these can increase your success with EFT.

If you are tapping on a problem and it is not subsiding, there's very likely an emotional issue underneath that needs to be resolved. This article gives you some hints on what to do to reach and resolve these core issues.

To give you a refresher, follow these steps, or refer to the article in the last issue ([Vol. 2 #9](#)).

First of all, notice the pain or bring to mind the problem you would like to ease. Then...

1. Note your starting intensity (0-10 on a scale, so that 0 is no pain, and 10 is excruciating.)
2. Set Up Phrase: While tapping on the karate chop point, say the set-up phrase three times: i.e. "Even though I have this (describe the pain/feeling sensation/emotion/problem) I deeply and completely accept myself"
3. Tap on each of the points in sequence about 5 to 7 times each while saying the problem (called 'the reminder phrase'). Example 'this pain', 'this nausea' etc.
  1. Top of head
  2. Beginning of eyebrow
  3. Side of eye
  4. Under eye
  5. Under mouth
  6. Under the collar bone
  7. Under the arm (a few inches below armpit)
4. Take a breath and note your intensity 0-10 again. If the pain/feeling is above 2, repeat the above steps adjusting the set-up phrase and adding the word 'remaining' to the reminder phrase. Example: Set up phrase: "Even though I still have some of this remaining pain in my wrist, I deeply and completely accept myself." Reminder phrase: " Remaining pain."

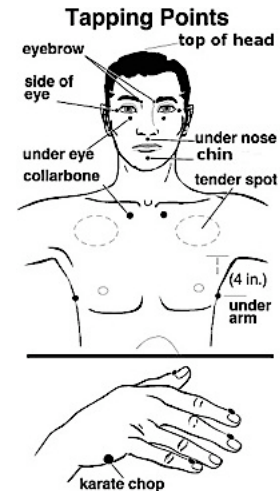
Now, try these further ideas...

**HINT #1: Feel the issue rather than just saying the phrases by rote.** Thinking of the issue while you're saying your statements, and feeling that self-acceptance in the set up phrase, rather than just doing it by rote, can strengthen the force of your statement.

*"This is often made easier by saying the phrase out loud but in an exaggerated way" recommends Denise. "A lot of people have a hard time believing what they're doing so by saying it with a bit of enthusiasm or loudly makes it easier for them and it tends to move the emotions more quickly."*

**HINT #2: Find the emotional cause of the pain or problem.**

If after a few rounds of the set-up and reminder phrases the pain or problem is not getting better (moving down the scale of 10-0) you may need to find the emotional cause of the pain or problem. This may come



to you while you're doing the original round, and you can write it down and do it later. If that works, you know you've hit the spot and can repeat this phrase if the problem ever bothers you again. Otherwise, for instance you may be tapping on 'stress' but nothing is changing. Ask yourself what you are actually feeling now: what does stress mean to you. You may get "I feel fear that my boss will be angry if I don't get all my work done". Great, so your set-phrase will go something like 'Even though I have this fear about my boss being angry, I deeply and completely accept myself anyway'. Then the reminder phrase while you tap 'this fear'. Then if you're still above a '2' make your set up phrase 'even though I still have some remaining fear, I deeply...' and your reminder phrase 'remaining fear'.

*"It is often useful to say the emotion and the physical problem or pain together," suggests Denise. "For example 'This grief in my back' (for back pain) or 'this fear in my back,' or 'this anger in my forehead' (for headache). You can even say the person that may be involved e.g. 'my father in my left knee' (for chronic knee pain). Even if it doesn't make sense, the subconscious doesn't know the difference between emotions and physical symptoms, so by addressing the emotions associated with the physical symptoms, they are released giving you both emotional and physical relief- what could be better? This technique is useful for chronic or acute pain, discomfort, syndromes or conditions: basically anything that gives a person symptoms can be addressed."*

### **HINT #3: Do continual tapping**

Continual tapping is when you talk through what you are feeling or going through while continually tapping on the points. This method is great for things like panic attacks because tapping on the issues will dissipate feelings quickly. Again, ask yourself to describe what you are feeling and talk it through out loud while tapping through the points. E.g. "I have heart palpitations, shortness of breath..." etc.

*"Anxiety attacks are helped greatly with EFT," says Denise. "I used it with a patient last week when she walked into my clinic in the middle of a panic/anxiety attack. I tapped on some points while she told me why she was anxious and I had her keep her eyes open (very important in a panic attack) and she felt better within 2 minutes!"*

### **HINT #4: Find out what was happening when the problem started.**

Another way to address an emotional issue is to go back to when the pain or problem started, and recall what was happening in your life at that time. For example I had a lower back problem for months, and even having it fixed at the chiropractor only worked for a while, then the vertebrae would slip out again. Tapping on 'lower back pain' didn't work, so I went back to when I first hurt my back around 13 years ago. I remember the chiropractor at the time telling me that lower back problems (I twisted my pelvis) was emotionally about feeling a lack of support: it was kind of a metaphor. At that time I'd just received a promotion and I felt that my boyfriend and people in the office were resentful. It was a big job and I felt pretty alone. So coming back to the present I wondered what was happening now that this problem should reoccur, and realized that I was feeling the same way with a new business venture. I tapped on 'this lack of support' thinking of my back, and after a few rounds the pain was gone! By dealing with the emotional reason my back went out in the first place, I was able to resolve the pain. Denise recommends a book by Louise Hay - You Can Heal Your Life -, which gives a long list of physical symptoms and their emotional causes. It's often a good starting point for her clients.

### **HINT #5: Stay persistent with complex problems**

Some problems are more complex than others, so while one pain may go in an instant, some pains, fears and emotions may keep springing up. Just keep tapping on them as often as needed, and remember to write down any new emotions or thoughts that arise and tap on those too. Eventually if you stick with it, most issues can be resolved over time. And think of all the money you'll save on therapists!

### **HINT #6: End on a positive!**

After you've tapped on the emotional issues and you're feeling better, you can then tap in a positive statement or affirmation. The reason why affirmations don't work is that often there is doubt under the surface. For instance if you're affirming 'I am in perfect health' but you don't believe it, or you immediately see a picture of your illness in your head when you say it, it's not going to do you much good.

So one amazing thing about EFT is that it gets rid of these 'yeah right' doubts in your mind - the self critic - and then you can happily tap in whatever positive statement you like, and you'll believe it! So after tapping out your negative beliefs or fears, you can do a round or two saying 'I am in perfect health' or whatever else comes to mind. In this way of course EFT can be used for success in business, increasing income, having great relationship or whatever it is you choose for your life.

**N.B.** EFT is still an experimental technique. We ask that readers take complete responsibility for using this technique, and to consult a health care provider first for any chronic or emergency conditions.

If you'd like more information on EFT, you can actually download a complete EFT manual free, at [www.emofree.com/home.htm](http://www.emofree.com/home.htm) . Click on 'order' and then 'Free EFT Manual'. They also have a great newsletter where you can read about how others have used EFT to great success.

Another great EFT site is Thriving Now. Check it out at [www.thrivingnow.com/for/Health/eft-tapping-points/](http://www.thrivingnow.com/for/Health/eft-tapping-points/)

Naturopath Denise Wood has clinics in the Eastern Suburbs and Sydney City. If you'd like to have Denise help you with EFT or any other health query, check out her details below, or give her a call on 0401 841 424.

<http://www.thenaturalhealthguide.com.au/practitioners/nsw/naturopathy/denisewood/>

Permission to print tapping points graphics kindly given by Gloria Arenson, author of Five Simple Steps to Emotional Healing.

[www.gloriaarenson.com](http://www.gloriaarenson.com)

# The Good News Global Roundup

## **AUSTRALIA: FIRST SOLAR CITY IN CENTRAL AUSTRALIA**

The Australian government has given \$12 million funding to support the first Solar City in central Australia. International tourists and residents flying into Alice Springs will soon see two solar dishes at the Airport where solar energy concentrator dishes will be installed in up to four locations to harness sunlight for energy needs. "I congratulate the Alice Springs community for embracing the Solar Cities concept. The Alice Springs Solar City project joins Adelaide, Townsville and Blacktown as the first four Australian Solar Cities," Enviro head Mr Turnbull said". Together these Solar Cities will reduce greenhouse gas emissions by 76,000 tonnes each year. Wow. How about Bondi next?

## **INDONESIA: GOVERNORS PLEDGE TO PROTECT FORESTS**

The Governors of Aceh, Papua and West Papua provinces, which are home to most of the country's rainforests, have pledged to conserve them as part of efforts to limit the impact of climate change. The governors have appealed for the government and the international community to provide financial incentives through carbon trading schemes.



## **EUROPE: MITSUBISHI DRIVES HOME THE DIESEL**

Mitsubishi Motors Corp is bringing forward their next generation 2 litre class diesel engine in Europe in order to meet demand for enفرن cars. It's all a part of Mitsubishi Motor's Environmental Initiative program 2010. Sounds a lot like 'jump on the light green bandwagon initiative' to me, but hey, everything helps.

## **AUSTRALIA: FREE ENERGY EFFICIENT LIGHT BULBS FOR MILLIONS**

Australian company Easy Being Green will assist millions of households in Oz to replace inefficient light bulbs with free energy efficient compact fluorescent light bulbs after becoming a certified carbon abatement provider under the Australian Government's Greenhouse Friendly™ initiative. You'll be able to get your hands on these freebies via hand-outs of a six - pack of CFLs in shopping centres, and also through to home visits and installations. For more information go to:

[www.greenhouse.gov.au/greenhousefriendly](http://www.greenhouse.gov.au/greenhousefriendly)

## **INDIA: SOLAR PROJECT SO GOOD IT'S GOING GLOBAL**

A solar project in rural areas of India has increased the number of people receiving power from 1400 four years ago to 100,000 people today. Usually people in remote areas of India either use kerosene lamps or an unreliable grid system, but now with solar they have an affordable, reliable and consistent source. The plan has worked so well that the \$1.82 million U.N. backed project will be provided in countries such as Mexico, Indonesia and China!

## **UK: SCOTLAND MAKES FISHING RODS FROM CARROTS**

A Scottish company, Cellucomp will soon be using fibre from carrots to replace materials such as glass fibre and carbon fibre. They are called nano fibres, like an Ipod nano, only with carrots (maybe). Apparently the new fibre is strong, resilient and pliable (just like a carrot after two weeks in the fridge). The first thing that cellucomp will be offering in this line of 'biofibres' will be a fishing rod. TVs made of turnips, parsnips and swedes can't be far off.

## **USA: NEW YORK MAYOR MAKES GREEN DREAMS COME TRUE**

New York City Mayor Michael Bloomberg has announced his 'PlaNYC' in which he hopes 127 green dreams will make 'Nu Yark' the first sustainable 21st century city. Green dreams include planting a million trees, improving public transport and fees for driving in the city in peak times. Nice dream Mike.



**AUSTRALIA: ARNHAM TREASURE PROTECTED**

The spectacular 200,000-hectare property of Wongalara on the southern edge of Arnhem Land has been acquired under the National Reserve System, which protects land in Australia from industry and development. The property has wetlands, spinifex, tropical savannah and huge rivers. The acquisition was aided by \$2.1 million from the Australian Government, and makes the 270th property protected under the NRS. Now more than 10% of Australia is protected forever. Ahhhh...

**GLOBAL: \$37.5 MILLION DONATED IN GENE STORAGE AID**

The Bill and Melinda Gates Foundation has given \$30 million to back the U.N. seed storage plan, which safeguards seed crops from global warming and other threats in developing countries. The Government of Norway has come to the party with \$7.5 million, which will help store genes of basic food crops in Africa, Asia and Latin America.

**AFRICA: E-PARLIAMENT MEETS FOR SUSTAINABLE ENERGY**

The people-elected e-Parliament has just held its first Hearing on Sustainable Energy for All in Kenya. The hearing's aim was to provide even the poorest countries in the region with sustainable energy by sharing information on successful sustainable energy projects that they will then take back to their own parliaments. Nice one.

**GLOBAL: A RED FACED APPLE TURNS GREEN**

After much public pressure the head of Apple Computers, Steve Jobs, has announced that his apples will indeed be greener in the next few years. He has announced that the company is phasing out the use of arsenic, PVC and brominated flame retardants in all of its products, after Greenpeace rated Apple last in a green computer technology survey. Apple also aims to recycle 19 million pounds of e-waste a year by 2010. I love my Mac and this news makes me feel all gooey inside.

## World Wide Five-Minute Actions

Wanna save the world but don't have much time? Click on one of these actions and make a difference in just a few minutes. Think how good you'll feel!



### **ADD YOUR PHOTO TO HELP SAVE THE TIGERS**

The tiger is one of the most revered, feared and yet popular species on Earth. It is perhaps the most powerful symbol for all of our planet's endangered wildlife. There's a thriving trade in tiger products, with China being the world's leading consumer. The good news is that the Chinese government has taken decisive action to help save the species, outlawing the trade of tiger products and running public awareness campaigns to curb the demand for tiger products.

There is an increasing number of tigers being bred in tiger farms, and investors in these farms are now asking the Chinese government to reopen legal trade on tiger products so that they can sell their bits.

What we're asking China to do is not open season on tiger trade, which will endanger both farmed and wild tiger populations. What you can do is go to the link below and add your photo to World Wildlife Fund's tiger photo mosaic and show your support for tiger conservation.

Visit: <http://mail.panda.org/inxmail/url?v0fr000birib0bhet3a3>

With your help we can end the tiger trade.

Thank you  
WWF International

### **WRITE TO LABOR ABOUT THEIR DECISION TO BUILD MORE URANIUM MINES**

Crabby about the ALP and its new 'more uranium mines' policy? Well so are we! There are still many things that can be done. Any messages you send can be brief; they will make a difference.

Here are some ideas:

Details on our releases from conference are at:

<http://www.foe.org.au/news/2007/alp-national-conference>

1. Contact Anthony Albanese and Peter Garrett and congratulate them on leading the anti uranium debate at national ALP conference.

Anthony Albanese:  
Phone: (02) 6277 4031  
Fax: (02) 6277 8445  
Email: [A.Albanese.MP@aph.gov.au](mailto:A.Albanese.MP@aph.gov.au)

Peter Garrett:  
Tel: (02) 6277 2037  
Fax: (02) 6277 8402  
Email: [Peter.Garrett.MP@aph.gov.au](mailto:Peter.Garrett.MP@aph.gov.au)

2. Contact Steve Bracks and congratulate him on retaining Victoria as a nuclear free state. Ask him why he voted for new uranium mines at national conference. You might have an opinion on whether these two actions are consistent.

Ph (03) 9651 5000

Fax: (03) 9651 5054  
Email: [steve.bracks@parliament.vic.gov.au](mailto:steve.bracks@parliament.vic.gov.au)

3. Contact Bill Shorten and express your unhappiness at how he tried to convince delegates to national conference that to oppose further uranium mining meant undermining Kevin Rudd as leader. Remind him that most ALP members do not support uranium mining.

Contact Bill via the AWU National Office located in Melbourne on 03 8327 0888 or email [bill.shorten@awu.net.au](mailto:bill.shorten@awu.net.au)

4. Contact Martin Ferguson and let him know that his undermining of Labor's policy will cost the Party votes and credibility.

Canberra office:  
Tel: (02) 6277 4899  
Fax: (02) 6277 8403  
Email: [Martin.Ferguson.MP@aph.gov.au](mailto:Martin.Ferguson.MP@aph.gov.au)

Electorate Office:  
Location/Postal Address:  
159 High Street  
Preston Vic 3072  
Tel: (03) 9416 8690  
Fax: (03) 9416 7810

5. Contact ALP leaders Kevin Rudd and Julia Gillard and remind them that you do not support any further involvement in the nuclear cycle. You may want to remind them of the waste problems of mining uranium and the proliferation risks associated with selling our uranium overseas – and the fact that Labors' sensible and popular opposition to plans for nuclear power in Australia has been undermined by their failure to get serious about uranium – the mineral that makes nuclear power possible.

Kevin Rudd:  
ph (02) 6277 4022,  
Fax (02) 6277 8495,  
Email: [kevin.rudd.MP@aph.gov.au](mailto:kevin.rudd.MP@aph.gov.au)

Julia Gillard:  
Tel: (02) 6277 4349  
Fax: (02) 6277 8457  
Email: [Julia.Gillard.MP@aph.gov.au](mailto:Julia.Gillard.MP@aph.gov.au)

6. Contact Queensland premier Peter Beattie. Express your concern at him supporting an expansion of mining in Australia at national conference but congratulate him on his 2006 election promise that Queensland will remain free of uranium mining.

Remind him that the majority of Queensland voters and most unions would not want to see uranium mines opened in that state.

Phone: 07 3224 4500,  
Facsimile: 07 3221 3631  
PO Box 15185  
City East  
Queensland 4002

[ThePremier@premiers.qld.gov.au](mailto:ThePremier@premiers.qld.gov.au)

7. Contact Alan Carpenter, the premier of WA. Congratulate him on standing strong on the issue of uranium mining. Perhaps mention that his opposition to any uranium mines in WA is warmly supported by yourself and many in the community.

e-Mail: [wa-government@dpc.wa.gov.au](mailto:wa-government@dpc.wa.gov.au)

Phone number: (08) 9222 9888 - Premier's Office

Fax: (08) 9322 1213

8. Contact Peter Batchelor, Victorian Minister for Energy and Resources and encourage him to re-write and re-table his anti nuclear bill (the Nuclear Plebiscite Bill). Encourage him to work with the Greens to ensure this bill is passed as a matter of urgency.

Ph: (03) 9658 4660

Fax: (03) 9658 4631

Email: [peter.batchelor@parliament.vic.gov.au](mailto:peter.batchelor@parliament.vic.gov.au)

9. Stop the NT waste dump

All Australian uranium becomes radioactive waste. Contact Kim Carr, the shadow science minister, and let him know that you support Labor's plan to drop the federal government's move to impose a radioactive waste dump on the NT. Non imposition, respect for Indigenous rights and community consent should be pillars of the ALPs approach to radioactive waste management.

Tel: (02) 6277 3730

Fax: (02) 6277 5911

Email: [senator.carr@aph.gov.au](mailto:senator.carr@aph.gov.au)

10. Support anti nuclear groups: the fight just got that bit harder and that bit more urgent and we need your help:

FoE Australia: [www.foe.org.au](http://www.foe.org.au)

To donate to FoE, see: <http://www.egive.org.au/website/index.php>

Environment Centre of the Northern Territory: [www.ecnt.org.au](http://www.ecnt.org.au)

No Waste Alliance: [www.no-waste.org](http://www.no-waste.org)

ACF: [www.acfonline.org.au](http://www.acfonline.org.au)

11. Sign up for 'no nukes news' – a monthly e-newsletter: email: [jim.green@foe.org.au](mailto:jim.green@foe.org.au)

12. Stay tuned for our federal election campaign: <http://www.foe.org.au>

Remember – it is a long way from a bad policy to a dirty mine – and those wanting to see more uranium mining face a long and hard contest. Australia and Australians deserve better than to be the world's uranium quarry and the world's nuclear waste dump.

From:

Friends of the Earth

Box 222, Fitzroy, 3065

P: 03 9419 8700

E: [foe@foe.org.au](mailto:foe@foe.org.au)

[www.foe.org.au](http://www.foe.org.au)

## **MAKE A POLITICAL AD FOR GET –UP (A NOT SO 5-MINUTE ACTION)**

We're starting something brand new for Australia. It's GetUp's ground-breaking competition: "Oz in 30 Seconds" - a chance to show us your Australia by making a 30 second political ad, which we will air on national prime time television during the lead up to the federal election.



The competition begins today. Check it out now at [www.ozin30seconds.org](http://www.ozin30seconds.org) and get filming!

As the election draws close, Australians will be bombarded with over 100 million dollars in advertising from political parties - much of it mudslinging rather than inspiring us to better understand our country. But what if we could reclaim our airwaves, and broadcast political ads of the people, by the people and for the people? What if instead of just being told what politicians want from us, we could show what we want from them?

Well, now we will. "Oz in 30 Seconds" is Australia through your eyes, your voice, your lens.

### **Here's the basic brief:**

**Make an Ad:** In 30 seconds, show us a slice of your vision: maybe it's a call to action on an issue close to your heart, maybe it's an idea that brings us closer to the Australia you want to live in; or your take on a major policy or event, rather than the spin you've been fed.

Submit your ad online: Then, whether you make an ad or not, from July you'll be able to view and vote online to help us determine the best. Entries open today, and close on June 30.

**View and vote:** The top 10 ads - as voted on by you - will make it to our shortlist and be shown at a gala awards reception at the Sydney Opera House on August 1. There, they'll go before our celebrity judging panel (including ABC-TV movie reviewer Margaret Pomeranz, and the advertising industry's "Director of the Year" Bruce Hunt who was second-unit director of The Matrix).

**Watch the ad on air:** Come election time, the top ad will be broadcast on national, prime time TV - the first political ad authorised by you.

This year we're not waiting for them to sell us their agenda. We're showing them ours. We can't wait to see your ads - so spread the word with your creative friends and family, and get filming!

[www.ozin30seconds.org](http://www.ozin30seconds.org)

The GetUp team

# Bits, Tips and Hits

## NEWSY BITS

### Paul Newman Gives Australia \$1m Slurp of Salad Dressing

Actor Paul Newman started back in 1980 making large batches of salad dressing for his family to give away as Christmas gifts. Today Newman's Own salad dressings give millions of dollars to charities each year, \$10 million of which has gone to Oz and NZ charities since 1984. This year PNO is giving \$1m to Oz charities and you can apply on line to get your slice of the pie (or salad dressing as the case may be). Click on the link below and write to Paul nominating your favourite hero or worthwhile cause. [www.paulnewmansown.com.au/pno.html](http://www.paulnewmansown.com.au/pno.html)



### Robert Redford Goes Out on the Green

Another actor doing good stuff... Robert Redford has a new show on the Sundance Channel in the States called The Green. It's on Tuesdays at 9pm US time, and although we here in Oz can't view it, we can still tune in to some of their 'webisodes', download some of the episodes, and check out videos from the special guests. This week the episode is on Cities. Take a look at [www.sundancechannel.com/thegreen/#/homePage](http://www.sundancechannel.com/thegreen/#/homePage)

### Business Heads Take Time to Volunteer Overseas

You've probably all heard of Doctors Without Borders, and now there's MBA's Without Borders! Like their doctor counterparts, (although the two organizations are not linked) business people with Masters of Business degrees volunteer their time to provide short-term business assistance to businesses and NGOs in places like Mexico, Haiti, Nigeria, Ghana, Sierra Leone, Kenya, Tanzania, Rwanda, Vietnam and Poland. They develop projects within Healthcare, Agriculture, Financial, Income-Generation and Climate Change. You can find out more about their projects and volunteering at <http://mbaswithoutborders.org/>

### A Very Virtual Greenie's Apartment

If you're into cool websites and green advertising, check out this groovy website of an eco-friendly virtual apartment from Vanity Fair. You click on a room or take the grand tour, select green dots within each room and up comes info or a video. You can even find out your eco-impact by taking the questionnaire. The site is sponsored by Lexus, so the videos are of their new car, and guess what's in the garage! [www.vfvirtualgreen.com](http://www.vfvirtualgreen.com)

## GREEN PRODUCT HITS

### Shoppers and Totes

I used to carry a plastic bag squashed into a coin purse in my hand bag so if ever I needed to buy groceries, I'd always have my own bag to use. But plastic bags are so yesterday that I decided to upgrade. Now I use reusable (and funky) shopping bags, inside one of the great range of new fashionable tote bags out there. For blokes without totes, you can fit one of these shoppers into your satchel or other version of man bag and rock our green world.

So basically, you carry a big tote bag that fits lots in it anyway, and then inside you have a little folded or zip bag of thinner fabric in case you need to buy groceries. You can keep it in your bag permanently and you'll never know it's there until you need a few gorgeous things to go with your Bolli after work (I've been re-watching old Ad Fab episodes). Here's a few I've tried and tested.

### Envirosax

These eco friendly reusable shopping bags have great geometric and colourful designs, and fold into purse size. And best of all, they're an Australian company located in the Currumbin Valley in South East Queensland. I bought mine at Opus in Paddington for under ten bucks. Check them out at [www.envirosax.com/](http://www.envirosax.com/)



### Gbags

If you like the idea of those supermarket shopping bags with the flat solid bottoms, but think they are very 'not cool', then grab yourself a gbag. They're in black with a grey geometric pattern and you can get them from Macro Wholefood stores.

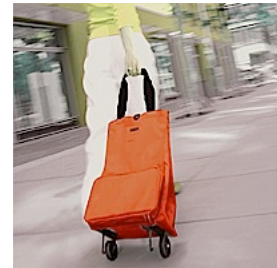


### What's What Designer Charity Totes

Westfield has been selling tote bags from designers Leona Edmiston, Fashion Assassin and Zimmermann for \$9.95, with proceeds going to Lifeline. If you can't buy them at your local Westfield, go in the competition to win one. [www.whatswhat.com.au/fashion/whatsyours/designer-tote-termsandconditions.html](http://www.whatswhat.com.au/fashion/whatsyours/designer-tote-termsandconditions.html)

### Reisenthel Foldable Trolley

Just like Grandma used to carry! These are back in fashion and can fit several small children in them as well as your shopping. Just unfold it and snap out the wheels and you're ready to go. Comes in three colours. Again they're available at Opus, but you can order them from the website where they'll cost you \$US20 [www.reusablebags.com/store/reisenthel-foldable-trolley-p-731.html](http://www.reusablebags.com/store/reisenthel-foldable-trolley-p-731.html)



### ReusableBags.com

Speaking of which, this is a great website generally about shoppers and totes. You can get info and buy all sorts of reusable bags here, including lead-free lunch bags. I love a site where you can shop to go shopping. I think I need help. [www.reusablebags.com/store/](http://www.reusablebags.com/store/)

### The Herme's Shopper

If you do happen to have an Ad Fab life, you can probably afford the Herme's Shopper. It's funky, it's plastic, it zips into a key purse, and it will cost you a measly \$960. Check them out where all French finery is sold. (No I don't have one of these, but Christmas isn't far away.)

## GREEN TIPS

**OK, we're working out way through the Cool Aid Carbon Diet Plan as seen on Channel Ten earlier this year. This issue we ask you to...**

### 4

#### Convert Your Car to LPG

LPG vehicles produce 20% less greenhouse gas emissions than petrol or diesel models. And guess what? The government is giving \$2000 towards the cost of converting your car to LPG, and to add to that of course LPG is usually less than half the price of petrol!

**FACT!** By converting the family wagon to LPG you will save:



**\$1130** 1.5 tonnes of carbon

**FACT!** Buying a hybrid compared to a standard mid sized sedan will save about:



**\$1500** 3 tonnes of carbon

[www.ten.com.au/ten/coolaid-take-action.html](http://www.ten.com.au/ten/coolaid-take-action.html)

# Humour and Fiction

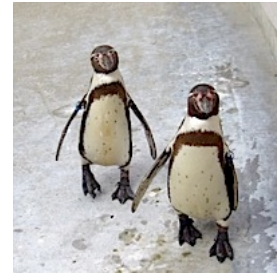
## WACKY ANIMAL FACTS

- All Polar bears are left-handed.
- Shrimp have their heart in their head.
- Pet parrots can eat virtually any common "people-food" except for chocolate and avocados. Both of these are highly toxic to the parrot and can be fatal.
- Starfish have eight eyes, one at the end of each leg. Unfortunately though, they have no brains.
- Porcupines float in water.
- Preys like buffalos react poorly to slow movements: that's why crocs can swim slowly over to them without them scuttering off.
- Pig vomit is used in perfume and cologne to hold the scent in.

Brought to you by [www.greatfacts.com](http://www.greatfacts.com)

### The Penguins

A man is driving down the freeway with his two pet penguins when he gets pulled over by a cop for speeding. After the cop hands over the speeding ticket to the driver, he notices the 2 penguins. The cop informs the driver that he must take the penguins to the zoo. The driver agrees to do so.



Two months later, the same man is pulled over by the same cop for speeding. The cop notices the penguins again only now they are wearing sunglasses and eating ice cream.

The cop says, "I thought I told you to take those penguins to the zoo."

The man responds, "I did take them to the zoo, now I'm taking them to the beach."

*Author unknown. From Brain Candy [www.corsinet.com/braincandy](http://www.corsinet.com/braincandy)*

# Events and Listings

## WORLD EVENTS 11th-24th May, 2007

**ADD YOUR EVENT TO THIS PAGE!**  
JUST EMAIL THE DETAILS TO [EDITOR@ACTIONCHANGE.COM](mailto:EDITOR@ACTIONCHANGE.COM)

12 May  
**International Nurses Day**  
[www.icn.ch/store/wwwbook/nursesday.html](http://www.icn.ch/store/wwwbook/nursesday.html)

12- 18 May  
**National Public Education Day and Week. (Australia)**

13-19 May  
**Law Week (Victoria)**  
[www.vic.lawweek.com.au](http://www.vic.lawweek.com.au)

13-19 May  
**Diversional Therapy Awareness Week 2007(NSW)**  
[www.diversionaltherapy.com.au](http://www.diversionaltherapy.com.au)

13-19 May  
**National Epilepsy Awareness Week 2007 (Aust.)**  
[www.epilepsy.org.au](http://www.epilepsy.org.au)

13 May  
**Mother's Day**

13 May  
**National Smile Day Month (Aust.)**

14-20 May  
**National Volunteer Week (Aust.)**  
<http://www.volunteeringaustralia.org/>

15 May  
**International Day of Families (United Nations)**  
[www.un.org/esa/socdev/family/IntObs/IDF/IDFFrames/IDF2006.htm](http://www.un.org/esa/socdev/family/IntObs/IDF/IDFFrames/IDF2006.htm)

17 May  
**World Information Society Day (United Nations)**  
(Formerly World Telecommunication Day)

18 May-25 May  
**World Hospice and Palliative Care Day**  
[www.pallcare.org.au](http://www.pallcare.org.au)

20 - 27 May  
**Tourette Syndrome Awareness Week (Vic)**

20 - 27 May



### **Schizophrenia Awareness Week**

[www.mifa.org.au](http://www.mifa.org.au)

21 May

**World Day for Cultural Diversity for Dialogue and Development (United Nations)**

21- 27 May

**National Chiropractic Care Week (Aust.)**

[www.chiropractors.asn.au/](http://www.chiropractors.asn.au/)

22 May

**International Biodiversity Day (United Nations) \*\* See blurb below\*\***

[www.biodiv.org/programmes/outreach/awareness/default.asp](http://www.biodiv.org/programmes/outreach/awareness/default.asp)

24 May

**Australia 's Biggest Morning Tea (Cancer Council)**

[www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au)

### **EVENTS FOR THIS PAGE SOURCED FROM**

[www.ourcommunity.com.au/calendar/calendar\\_article.jsp?articleId=2555](http://www.ourcommunity.com.au/calendar/calendar_article.jsp?articleId=2555)

[www.unac.org/en/news\\_events/un\\_days/international\\_days.asp](http://www.unac.org/en/news_events/un_days/international_days.asp)

### **Featured Event:**

**United Nations International Day for Biological Diversity**



The United Nations General Assembly assigned the 22 of May of each year as the International Day for Biological Diversity - a day to reflect on the state and the importance of biodiversity. The phenomenon of biodiversity or biological diversity on our planet is one of the wonders that have occupied us intellectually and spiritually over centuries. The preservation of life in all its forms and the sanctity of life have been expressed in many religions and cultures. We all know that life itself is diverse and celebrating biological diversity means celebrating life. Therefore protecting biodiversity is in our self-interest and for our self-preservation.

The Secretariat of the Convention on Biological Diversity is pleased to announce the focus of the 2007 International Day for Biological Diversity (IBD), 22 May, will be on:

### **Biodiversity and Climate Change**

This complements the designation of 2007 as the International Polar Year and coincides with UNEP'S World Environment Day theme of Climate Change. Lectures, seminars, film presentations, cultural events, exhibitions and school outreach activities are just some suggestions that you may wish to implement to help draw attention to one of the most critical issues facing our planet today.

The links between biodiversity and climate change run both ways: biodiversity is threatened by human-induced climate change but, biodiversity resources can reduce the impacts of climate change on people and production.

<http://www.biodiv.org/programmes/outreach/awareness/biodiv-day-2007.shtml>

(This site has a Discussion Forum and Press Room; you can download fact sheets on biodiversity and climate change here as well).

## **SYDNEY TALKS**

### **Dr Karl's It Ain't Necessarily So... Bro**

Dr Karl once again takes the stage at the Sydney Science Forum for more scientific facts, figures and fun! Come and be dazzled by the king of popular science, as Dr Karl separates fact from fiction, and dishes the dirt on how cool science can be! Highly recommended for older children and young adults interested in science.

Time: 5:30pm-6:45pm May 16 Cost: Free

Venue: Eastern Avenue Auditorium, University of Sydney, City Road, Camperdown

Enquiries: University of Sydney [www.science.usyd.edu.au/school/fo..](http://www.science.usyd.edu.au/school/fo..)

(02) 9351 3021

### **newRepublic World Cafe.**

Join Fred Chaney and John Button at the first newRepublic World Cafe series in three rounds of cafe conversations. The topic for conversation is; How can Australia's political system be strengthened to represent better the will of the people? RSVP ESSENTIAL

Time: 5:30pm-8:30pm May 22 Cost: [rsvp@newrepublic.com.au](mailto:rsvp@newrepublic.com.au)

Venue: Paddington Town Hall, Oxford Street, Paddington

Bookings: newRepublic [www.newrepublic.com.au](http://www.newrepublic.com.au)

INFO SUPPLIED BY SYDNEY TALKS [www.sydneytalks.com.au](http://www.sydneytalks.com.au)