

# **ACTION CHANGE E-zine**

## **MARCH 2008**

### **WELCOME!**

Autumn is here! After a rather wet summer here in Oz, we're looking at a nice mild and sunny season by all accounts. It's a great time for an autumn cleanse both inside and out, and the articles and ideas this month help you do all that. Have a fantastic month and love and peace to you all.

### **IN THIS ISSUE...**

#### **GLOBAL CHANGE**

##### **RECYCLING ALL THE OTHER STUFF**

You put out your bottles, paper and tins each week for the recycling van, but what about all the other junk you've got lying around? Action Change goes behind the scenes and shows you how to recycle everything from computers to autoparts.

#### **PERSONAL CHANGE**

##### **ADDICTIONS AND THE EXTRA SENSITIVE PERSON**

There's more and more research to suggest people with extra sensitive personas are more inclined to become addicts. We take a look at a couple of interesting ideas on addictions and give you some resources for more information.

#### **THE GOOD NEWS GLOBAL ROUND UP**

Australia says sorry, China reuses cow farts and Iraq ratifies the Kyoto Protocol!

#### **WORLD WIDE ACTIONS**

Save a turtle, have your say on the budget, encourage a forward thinking government and support human rights in China.

#### **BITS, HITS and TIPS**

In Newsy Bits we have a fantastic idea from the NSW Ambulance Service, In Product Hits there's biodegradable bin liners, and Green Tips is all about greening your pet.

#### **THE WIT BIT**

How many members of your astrological sign does it take to change a light bulb?

#### **EVENTS**

All the big events in March both nationally and internationally.

# GLOBAL CHANGE: Recycling all the Other Stuff!

*Compiled by Christine Butler*

**Ok, so you religiously put your bottles and cans out for the recycling van every week, but what about all those shoes, computers, mobiles and other techno trash that you have lying around the house? No need to worry your pretty green minds about it, because now we can pretty much recycle anything.**

Now of course, recycling is the last part of any earth-saving geek's paradigm. The first in the rule is Reduce, so remember to cut down on all the junk you buy in the first place, and make sure you buy stuff that lasts. Second on the ladder to planetary bliss is Reuse, so if you have an old phone or computer, check to see if friends, family, the local school etc can use it first. Your trash is ... well you know.



## Computers

Also called e-waste (electronic waste), computers are full of toxic nasties, so you definitely shouldn't put them out with the trash. Computer manufacturers in Australia will sometimes recycle their own computers or put the old parts into new machines.

Your old computer contains parts, such as circuit boards, RAM and a central processing unit (CPU), that can be reused, as well as metal, plastic and other materials that can be recycled. Better still, with a little refurbishing, your old machine may suit someone else's needs perfectly.

**COMPUTER MANUFACTURERS:** Computer companies are taking responsibility for their own waste, so check with them first whether they offer this service. Dell, Apple, Hewlett-Packard and Toshiba currently have programs.

**REFURBISHERS:** Choice has tables to find a computer recycler or refurbisher in your local area, but be sure to phone ahead first — some organisations only accept specific equipment and charges may apply.

[http://www.choice.com.au/viewArticle.aspx?id=103807&catId=100408&tid=100008&p=2&title=Where+to+recycle+your+computer+\(archived\)](http://www.choice.com.au/viewArticle.aspx?id=103807&catId=100408&tid=100008&p=2&title=Where+to+recycle+your+computer+(archived))

**RE-USING:** If there's no computer recycling or refurbishing centre in your local area, but your PC still works, try offering it to local charities, non-profit organisations or schools, or ask friends or family if they could use your machine. Byteback runs such a program in Australia.

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

## Mobile Phones

Small electronics are full of big toxics too, so they also need to be recycled properly. About 90% of your mobile phone can be recycled and used to create new products. A survey of phone owners found that about 4% of mobile phone owners currently recycle their phone. While 4% may not sound like a lot - and it would certainly be great if more people did it! - this will stop around 55 tonnes of mobile phone material from ending up at the garbage dump each year.

Mobile Muster is the official recycling program of the mobile industry. At their website you can download a label to post your phone free of charge, and also find out where you can drop off your phone in your area. <http://mobilemuster.com.au/>

## Other Techno-Trash

Some local councils are picking up e-waste at certain times of the year. Contact your local council to find out what they do and when. <http://www.recyclingnearyou.com.au/>

Otherwise CNet have a list of places that recycle and reuse e-waste, including the Computers for Schools project and Computer Bank. Go to <http://www.cnet.com.au/tvs/0,239035250,339277923-2,00.htm>

## Mattresses, TVs, and Furniture

Try the Freecycle program, where you advertise for what you want to get rid of, and someone comes and picks it up! Freecycle is all over the world and has local chapters, so you never have to travel far. Good also of course, if you're looking to get more stuff too. Find the Australian site at <http://www.freecycle.org.au/>

## Auto Parts

Auto parts recyclers in Australia can be found at [www.apraa.com](http://www.apraa.com)

## Council Collected Materials

These are called 'other' on the Australian numbered recycling system (number 7) and include nylon, acrylic and products such as most other types of plastics that we don't normally recycle and those that cannot be identified. Some councils collect all plastics for recycling into substitute timber and concrete products, such as sign posts, park benches and outdoor furniture.

For a full chart of recyclables and their symbols go to [www.pacia.org.au/ uploaditems/docs/9.pla\\_cod.pdf](http://www.pacia.org.au/uploaditems/docs/9.pla_cod.pdf)

For the complete national list of councils and other recycling services your area provides, such as organic waste recycling, drop off facilities for hard goods, and even worm farms, check out...

<http://www.recyclingnearyou.com.au/>

If you're looking for a **waste exchange database**, go to Wastepro, where companies list waste types that others companies or recyclers may wish to receive.

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

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## Personal Change: Addictions and the Extra Sensitive Person



There's more and more research to suggest people with extra sensitive personas (ESP) are more inclined to become addicts and have chronic illness. The sensitive person uses the substance of choice as a way of tranquilizing or numbing themselves against the harsh world around them, or as a cushion to the pains and hurts that they often suffer in childhood. If these hurts are not healed, the habits become part of their adult persona and turn into addictions and chronic pain.

Below are two very useful articles I've found recently on both addictions and the extra sensitive persona. The first is from the amazing and wonderful set of articles on the Abraham-Hicks website, and the second is actually a whole series of articles on

healing the ESP on the EFT website emofree. I've printed here a section from each, so you can get the gist of it, and then given you the link to go to the full article. You may need to register your email address on the Abraham-Hicks site in order to read the articles, but they are definitely worth it, especially if you love the Law of Attraction.

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*Question: There are some members of my family that have a problem with alcohol. If they truly want to stop drinking, and they come to me, what do I tell them?*

*Abraham: The most significant thing that you could do for anyone who is asking you, is to diffuse their trauma about it. We would diffuse any labels. We would explain to them that all who are physically focused have this powerful desire to feel good. You want, more than life itself, because it is life itself, to connect with that which is your Source.*

*Some of you are born more sensitive to that vibration. You said about them, "You're too sensitive. You let things bother you too much." They were sensitive to things that they felt that they could not control, and they did not know how to choose the thoughts that allowed the Source Energy to flow. The more the Source Energy didn't flow, the worse they felt, because they came forth intending -- in a stronger way than others you might meet -- to be Teachers of that flow of Energy. And so, they discovered that the alcohol diffused their ability to focus, and in the diffusion of focus, they allowed more Connection. And as they allowed more Connection -- they felt better.*

*We would say to them: "When you think those thoughts of condemnation about yourself, and you feel all of that guilt or grief, or self-condemnation, you are, in that thought, holding yourself apart from the vibration and the thought of your Source. Because your Source adores you. And when you choose to hate yourself rather than adore yourself, you've set up a wall of resistance. And under those conditions, I don't blame you for wanting a pill or a drug, or a drink of something, to soothe yourself from that. No one, especially someone as sensitive as you, could endure such disconnection."*

*So, if we were talking to anyone who is wanting to relieve themselves of the tool that they had discovered -- that turned out to have side effects that they did not want -- the tool that was soothing their disconnection, we would teach them how to reconnect. But you can't do it unless you're willing to talk to them about Inner Being, about Source Energy, about Vibration. You must talk to them about Emotion. In other words, you can't do it by tippy-toeing around the Essence of who you all are.*

*We would love them, love them, love them! We would love them when they're drunk. We would love them when they are high. We would love them when they're coming off of it. We would say, "It's alright. It's alright. It's alright. You are valid in your reason for being here. You are valid in your reason for this action. I understand what is happening to you. Let me talk to you about what I know."*

*"You are a powerful being," we would say. "You are perfect in the eyes of Source, or All-That-Is, or whatever you're wanting to call that. You are a creator. You've come forth with very real intent. And when you love yourself the way you are loved by Source Energy, there is nothing better than that." That's the point we would make.*

Excerpted from the article 'Words to Uplift An Addicted Loved One?' on the Abraham-Hicks website <http://www.abraham-hicks.com> in the articles section.

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## ***The 8 Master Keys to Healing What Hurts and Creating Wealth-Being:***

*Free your S-P-I-R-I-T-E-D Self*

*S – Tap to reframe your Sensitivity.*

*Have you ever been told, “Oh, you are just too sensitive! What is wrong with you?”*

*Learn what is profoundly good about being so sensitive.*

*(Probably everyone with a chronic condition has a Highly Sensitive Temperament. Part 3 of this series is about being sensitive, and this temperament is woven throughout all of these articles)*

*P – Tap away the effects of Painful experiences from the past*

*Life, especially your childhood, may have led you to believe that:*

*You don't deserve to get what you want.*

*It is not safe to be visible or heard.*

*I – Tap to reframe the limited Identity you took on as a result (beliefs)*

*There is something wrong with me. It was my fault.*

*My needs aren't important.*

*I have to be ill in order to get what I need.*

*I have to save the world so that / before... I can be safe.*

*R – Tap away the Responses in your body to this limited identity (caged spirit)*

*You couldn't express what you really felt, so you swallowed it, and now it is expressing as:*

*pain in your body*

*chronic illness*

*sabotaging behaviour, like avoidance, addictions, procrastination*

*I –Tap for the deeper positive Intention of the symptoms and emotions*

*But deep inside you that anger or pain is really a message to you, wanting you to know that:*

*I can stand up for myself, express my own truth, ask for what I want.*

*I deserve to take care of myself without feeling guilty!*

*It is safe to be visible and be heard.*

*T –Tap for knowing that the Truth about me is...I was born good!*

*(and, surprise, your goodness has always been there!)*

*The Truth about you is that your Wealth-Being is good for the world!*

*I belong here. I am called to be here; I have a purpose here.*

*I deserve to prosper!*

*My truth has always been in everything I have done.*

*E - Evidence that you have always been this truth*

*Find the examples of it in your life.*

*D - Set your Direction*

*Understand Your own personal Yum and Yuck meter.*

*(Everything comes down to Yum and Yuck.)*

*Learn how to know What is Right for You.*

*I deserve to take care of myself without feeling guilty!*

*Tap into your own guidance.*

*SELF - Be Self-ish!*

*It is safe to be visible and be heard.*

*I am worthy of growing both spiritually and materially.*

*Tap to feed your own soul. If you don't, no one will.*

*S-P-I-R-I-T-E-D SELF.*

Excerpted from the EFT series on the Extra Sensitive Persona by Rue Hass  
<http://www.emofree.com/Pain-management/chronic-pain-rue.htm>

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## The Good News Global Round Up

### AUSTRALIA: AUSTRALIAN GOVERNMENT SAYS SORRY TO INDIGENOUS PEOPLE

Prime Minister, Kevin Rudd, delivered one of the most important and symbolic speeches ever delivered in Australian Parliamentary history. This speech from the Prime Minister was on behalf of parliament, and apologised to the Stolen Generations of Australia's Indigenous people for the forced removal of their children and the breakup of their families. This apology is an important step in the process of healing between Australia's black and white communities and is greatly welcomed by many Australians.



Apology and Prime Minister's speech: [www.aph.gov.au/house/Rudd\\_Speech.pdf](http://www.aph.gov.au/house/Rudd_Speech.pdf)

### DRC: PEACE AGREEMENT SIGNED

The peace agreement signed last month by rebel groups and the government in the Democratic Republic of Congo (DRC) has been hailed as a milestone in the war-torn country's quest for peace. The accord and tentative ceasefire grew out of a UN-backed peace conference held mid-January. [WWW.care.org](http://WWW.care.org)

### BANGLADESH: BILL AND MELINDA GATES FOUNDATION AWARDS CARE \$5 MILLION GRANT FOR DAIRY FARMERS

As part of its focus on reducing global poverty through agricultural development, the Bill and Melinda Gates Foundation has granted CARE \$5 million to increase the productivity of small-scale dairy farmers in Bangladesh. Bill Gates announced the grant in Davos, Switzerland at the World Economic Forum.

CARE will use the grant to help rural farmers enhance their milk production and incomes. Today, 90 percent of all milk in Bangladesh is produced by poor, rural farmers, whose households average two or three cows. [WWW.CARE.ORG](http://WWW.CARE.ORG)

### **AUSTRALIA: PAVING THE SOLAR HIGHWAY FOR BUSINESSES**

Minister for the Environment, Heritage and the Arts, Peter Garrett has opened the largest single roof mounted solar power system in New South Wales. “The rooftop solar highway here at Cadbury Schweppes is truly spectacular – if you stood its 640 solar panels end to end they would tower above Sydney’s Centrepoint Tower,” The Cadbury Schweppes factory in Sydney’s Blacktown is the first business to take up the commercial solar power offer under the Blacktown Solar City project. *For more information visit [www.greenhouse.gov.au/solarcities](http://www.greenhouse.gov.au/solarcities) <http://www.environment.gov.au/minister/garrett/2008/pubs/mr20080201.pdf>*

### **USA: THREE WALL STREET BANKS ANNOUNCE FUNDING RESTRICTIONS FOR NEW COAL POWER PLANTS**

Three major investment banks, Citigroup, J.P. Morgan Chase, and Morgan Stanley, have announced new environmental standards that are expected to make it more difficult for large coal-fired power plants in the United States to get funding. The standards anticipate some form of cap-and-trade program becoming law in the U.S. in coming years and seek to force utilities to plan for the inevitable; coal plants seeking funding would first have to prove they can be financially viable under a cap-and-trade system. The three banks said that they would consider funding energy efficiency measures and renewable-energy projects ahead of coal plants and that when funding coal projects they'll heavily favor plants that can successfully capture and sequester their carbon emissions. [www.grist.org](http://www.grist.org)

### **IRAQ: IRAQ RATIFIES THE KYOTO PROTOCOL**

While presumably having plenty else to worry about, Iraq has found time in its busy schedule to ratify the Kyoto Protocol. Iraq will not be subject to emissions reductions under the treaty, but its official ratification is still notable in that Iraq's government elected to ratify an agreement that its primary occupier, the United States, has shunned. [www.grist.org](http://www.grist.org)

### **AUSTRALIA: \$7.1M SOLAR POWER PLANT FOR COOBER PEDY**

Australia’s largest off-grid solar power station is set to be built at remote Coober Pedy in South Australia’s far north. Australian Environment Minister Peter Garrett and South

Australian Premier Mike Rann announced the \$7.1 million project at the 3rd International Solar Cities Congress in Adelaide. “This is a groundbreaking solar project – a spectacular example of the Rudd Labor Government’s commitment to a clean energy future,” Peter Garrett said. “There will be 26 dishes, each one 14 metres high and tracking the arc of the sun – an Australian design, delivering the nation’s most efficient solar power station.” For information on the Australian Government’s Renewable Remote Power Generation program:

[www.environment.gov.au/renewable/rrpgp](http://www.environment.gov.au/renewable/rrpgp) <http://www.environment.gov.au/minister/garrett/2008/pubs/mr20080219.pdf>

## **CHINA: CHINESE FACTORY TURNS ENVIRONMENTAL BANE INTO BOON**

China is beginning to take advantage of an unusual energy source: cow gas. Cows emit a significant amount of methane, a powerful greenhouse gas, when they belch and flatulate. According to People’s Daily, the world’s largest cow-dung methane power plant started operation on January 21 in China’s Inner Mongolia region. With an investment of 45 million RMB (roughly \$US5.7 million) from the country’s largest milk producer, Mengniu Dairy, the plant is able to supply 10 million kilowatt-hours of electricity to the national power grid. [www.enn.com](http://www.enn.com)

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## **World Wide 5-Minute Actions!**

### **HELP SAVE THE MURRAY RIVER TURTLE!**



The Mary River Turtle is an endangered species which only lives in one river in the whole of Queensland. Unfortunately, the Queensland Government is planning to build the Traveston Crossing Dam on the Mary River that will destroy 36.5 km of the river, flooding the habitat of turtles and many other rare and endangered species.

The Mary River turtle (scientific name: *Elusor macrurus*) is a fast swimmer with claw like flippers. It likes to live where there are riffle zones and rapids in the river because it likes the fast flowing water. It nests on sandy river banks. In fact turtles return to the same nesting site year after year.

It has the extraordinary ability to absorb oxygen when underwater through gill-like structures near its cloaca, as well as breathe air when on the surface.

This turtle was only described formally by scientists in 1994 and little scientific research has been done on where it lives, how it breeds and how we can conserve it.

In addition to the Mary River turtle, the Southern Snapping Turtle (*Elseya albagula*) also found in the Mary River is in the process of being listed as 'endangered' at the Federal and International levels.

Turtles may even hold the cure for cancer. Turtles live to a ripe old age and scientists are interested in their ability to replicate cells with very few variations over such a long time. If humans had this ability, perhaps cancer cells (which are abnormal variations of our own cells) would be less likely to develop.

How can we save the turtle?

In the next few weeks the Queensland Government will be asking the Federal Environment Minister for approval to build the dam.

So right now it's really important to show that we care about the Mary River and its turtles.

Register your opinion right here.

[http://www.acfonline.org.au/default.asp?section\\_id=249&eid=10494](http://www.acfonline.org.au/default.asp?section_id=249&eid=10494)

## **MAKE A DIFFERENCE TO HUMAN RIGHTS IN CHINA!**

With Chinese New Year just behind us and The Beijing Olympics just ahead, it's a great time to let the Chinese government know of your support for human rights.

When China bid to host the 2008 Olympic Games, Chinese authorities made a commitment that the Olympics would be an opportunity to develop human rights. As excitement builds and the Olympic torch approaches China for its momentous entry into the Olympic stadium, there are still many opportunities for human rights improvements in China.

Here are eight ways for you to help China leave a positive legacy for the Beijing Olympic Games during this special time.

[http://action.amnesty.org.au/china/comments/8868?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=06Feb2008](http://action.amnesty.org.au/china/comments/8868?utm_source=newsletter&utm_medium=email&utm_content=06Feb2008)

*(Amnesty International Australia)*

## **WRITE TO THE TREASURER ABOUT THE BUDGET and CLOSING THE GAP!**

After a tremendous year in which close to 100,000 Australians joined the Close the Gap campaign, there are some positive signs that federal, state and territory governments have grasped the depth of the Indigenous health crisis and are preparing a response. This response must set long-term goals supported by coordinated and adequately funded programs. Our task is to ensure this happens. This means securing adequate funding through the federal budget. To give this the best chance of success we ask you to write to Treasurer, Wayne Swan, reminding him of the need to set-aside adequate long-term funding to Close the Gap.

<http://www.oxfam.org.au/campaigns/indigenous-health/take-action/write-to-treasurer.php?blnShowSubscription=false>

(OXFAM AUSTRALIA)

## **ENCOURAGE THE SCOTTISH GOVERNMENT TO PASS ITS CLIMATE LEGISLATION!**

The Scottish Government has just published proposals for the most progressive climate change legislation in the world: the Scottish Climate Change Bill. If the proposals are passed, they could commit Scotland to reducing its greenhouse gas emissions by 80% by 2050 – the target that all developed countries should make if we are to avoid the worst effects of climate change.

Now is your chance to show the Scottish Government that there is international support for bold legislation, setting Scotland as the example for other countries to follow.

If every country in the world had the same ambitions for a legal framework that ensures that the necessary cuts are delivered, then together across the world we could really tackle climate change.

Take action here to encourage the Scottish Government to be bold and lead the world: <http://mail.panda.org/inxmail/url?vvpv000birib0b76h3a3>

Thank you,

*WWF International*

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## Bits, Hits and Tips

### NEWSY BITS:

#### Message from NSW Ambulance Service



We all carry our mobile phones with names & numbers stored in its memory but nobody, other than if we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or

persons who should be contacted during emergency under the name 'ICE' ( In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.

Please forward this.

It won't take too many 'forwards' before everybody will know about this. It really could save your life, or put a loved one's mind at rest. For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

#### London Mayor Triples Fee for Most-Polluting Cars Entering City Center

London Mayor Ken Livingstone has tripled the fee that drivers of the most-polluting vehicles will have to pay to enter the city center beginning in October, from about \$16 to

\$49. The so-called congestion charge was introduced in 2003 in an effort to decrease traffic and greenhouse-gas emissions, encouraging Londoners and visitors to use public transportation instead of cars. Last week's changes to the congestion-fee program include exempting drivers of the most-efficient vehicles, including the Toyota Prius, from the charge. Another change would erase the exemption that had been in place for residents who live within the congestion zone, subjecting drivers of the most-inefficient SUVs and luxury cars to the \$49 a day charge for driving in downtown London even if they live there. "I believe that this groundbreaking initiative will have an impact throughout the world with other cities following suit as they step up their efforts to halt the slide toward catastrophic climate change," Livingstone said.

**Source: Grist weekly news 20/2/08. [www.grist.org](http://www.grist.org)**

## **PRODUCT HITS:**

### **Biofilm Biodegradable Bin Liners - with Tie Handles**

Imagine an end to petrochemical plastic bags and bin liners. These cornstarch based biodegradable bin liners are made from renewable resources, great for everyday use and completely compostable.

#### **An end to plastic**

Made without the pollution of plastic production, these bags have significantly less impact on the environment. When composted they break down quickly, leaving no harmful residue - putting them ahead of other biodegradable bags.



#### **Easy composting**

Ideal for composting organic waste, just throw the entire bag into the compost. No mess, no fuss. The bags 'breathe' so smells and bacteria don't build up the way they would in plastic.

#### **Features**

- breaks down in compost in 10-45 days
- shelf stable, like paper
- no harmful residues
- biodegrades in both fresh and salt water
- soy-based inks and dyes - DIN certified for restricted use of metals
- fully certified to international standards for biodegradability and compostability
- no polyethylene
- no chemical additives
- DEBIO certified for use in organic agriculture

Please note that even biodegradable materials cannot break down effectively in landfill.

### **Specifications**

20 litre size - roll of 25 bags  
height (not including handles): 290 mm  
width (when open): 200 mm

Available for \$6.95 AUD from Neco.

<http://www.neco.com.au/product.asp?PID=328&cID=93&c=26814>

## **GREEN TIPS:**

### **GREENING YOUR PET**



**Cat litter:** Some litter is made especially from a strip mining process. More enfren options include low-toxic newspaper, ground corn cobs, straw, sawdust from mills, silica and/or cellulose fibre products.

**Pet Food:** Organic pet food is now available in Australia, and in recyclable steel cans. Dry food in boxes is a very green way of feeding your pet as well, just make sure they have enough water next to the dry-food bowl. Buy bulk tins rather than the little deluxe tins. Alternatively, feed them nice fresh food that you've made yourself!

**Toys:** Look for toys made from natural fibres and minimal processing, or get them straight from nature – pets are like kids, they often find the box just as entertaining as the gift inside. Dogs love sticks, cats love crunchy leaves and budgies love cuttlefish that have washed up on the beach.

**Buying and Producing:** Have your pet spayed and buy one from a pound or animal refuge, so we don't have too many little ones running around for the amount of owners who can love them!

**Dog Poo:** Although not good for worn farms and composts that you will reuse on the veggie patch, it's OK to bury the poo in the back yard, and apparently you can now buy doggie-loos for this purpose. If you take your dog walkies, use biodegradable bags to pick up the poo. Some councils in Oz are already providing dog-poo bags that break down in light and heat.

**Healing:** Try naturopathy, homeopathy and chiropractic for your pets, rather than chemical drugs. Your pet's immune system will be stronger for it, and you will be using ingredients that don't require much processing or chemicals. Check out <http://www.greenpet.com.au/> for treatments and practitioners.

**Flea Control:** Avoid chemical pest control like flea collars and powders and use non-toxic alternatives like lemon spray, herbal shampoos and using a soapy comb to brush out the fleas. There's a good article on controlling pet fleas naturally at <http://www.thegreenguide.com/doc/24/pets>

*Sources:*

<http://www.thegreenguide.com/doc/24/pets>

<http://www.peta.org/mc/facts.asp>

<http://www.greenlivingtips.com/articles/144/1/Greening-your-cat.html>

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## The Wit Bit

### Astrological Light Bulbs

**How many members of your astrological sign does it take to Change A Light Bulb?**

Aries: Just one. You want to make something of it?

Taurus: One, but just "try" to convince them that the burned-out bulb is useless and should be thrown away.

Gemini: Two, but the job never gets done - they just keep arguing about who is supposed to do it and how it's supposed to be done!

Cancer: Just one. But it takes a therapist three years to help them through the grief process.

Leo: Leos don't change light bulbs, although sometimes their agent will get a Virgo to do the job for them while they're out.

Virgo: Approximately 1.0000000 with an error of +/- 1 millionth.



Libra: Er, two. Or maybe one. No - on second thought, make that two. Is that okay with you?

Scorpio: That information is strictly secret and shared only with the Enlightened Ones in the Star Chamber of the Ancient Hierarchical Order.

Sagittarius: The sun is shining, the day is young and we've got our whole lives ahead of us, and you're inside worrying about a stupid light bulb?

Capricorn: I don't waste my time with these childish jokes.

Aquarius: Well, you have to remember that everything is energy, so...

Pisces: Lightbulb? What lightbulb?

*Author Unknown*

From <http://www.emofree.com/Humor/astrological-light-bulbs.htm>

*The website of Gary Craig – EFT Master*

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## National and International Events – March 2008



### **1-9 March**

Event: Sydney Harbour Week: Sharing Sydney Harbour  
Organisation: Sydney Harbour Foreshore Authority. Website: [www.sydneyharbourweek.com/html//home.cfm](http://www.sydneyharbourweek.com/html//home.cfm)

### **2 March**

Event: Clean Up Australia Day  
Organisation: Clean Up Australia  
Website: [www.cleanup.com.au](http://www.cleanup.com.au)  
Address: Level 1, 18 Bridge Road, Glebe NSW 2037

### **2 March**

Event: Guide Dog Open Day  
Organisation: Guide Dogs Victoria  
Website: [www.guidedogsvictoria.com.au](http://www.guidedogsvictoria.com.au)

**2-8 March**

Event: Sea week: "Marine Bycatch Matters"  
Organisation: Marine Education Society of Australasia's  
Website: [www.mesa.edu.au/seaweek.asp](http://www.mesa.edu.au/seaweek.asp)

**3-31 March**

Event: Muscular Dystrophy WA Awareness Month  
Organisation: Muscular Dystrophy Association of Western Australia Inc  
Website: [www.mdawa.asn.au](http://www.mdawa.asn.au)

**7 March**

Event: Muscular Dystrophy Street Appeal  
Organisation: Muscular Dystrophy Association of Western Australia Inc  
Website: [www.mdawa.asn.au](http://www.mdawa.asn.au)

**8 March**

Event: International Women's Day  
Organisation: International Women's Development Agency (IWDA)  
Website: [www.iwda.org.au](http://www.iwda.org.au) or see the UN site: [www.un.org/womenwatch/feature/iwd/](http://www.un.org/womenwatch/feature/iwd/)

**9 March**

Event: Beat the Boat to Help Beat Stroke  
Organisation: National Stroke Foundation  
Website: [www.strokefoundation.com.au](http://www.strokefoundation.com.au)

**9-16 March**

Event: Multiple Birth Awareness Week 2008.  
Organisation: Australian multiple Birth Association  
Website: [www.amba.org.au](http://www.amba.org.au)

**10-14 March**

Event: Orthoptic Awareness Week "Vision for Life"  
Organisation: Orthoptic Association of Australia  
<http://www.orthoitics.org.au/OAA07/content/view/49/82/>

**12 March**

Event: Ride2School Day  
Organisation: Bicycle Victoria  
Website: [www.bv.com.au/](http://www.bv.com.au/)

**13 March**

Event: World Kidney Day  
Organisation: Kidney Health Australia  
Website: [www.kidney.org.au/](http://www.kidney.org.au/)

**13-20 March**

Event: Coeliac Awareness Week  
Organisation: The Coeliac Society of Australia Inc  
Website: [www.coeliacsociety.com.au](http://www.coeliacsociety.com.au)

**13-15 March**

Event: World's Greatest Shave to Care and Cure  
Organisation: Leukaemia Foundation  
Website: [www.worldsgreatestshave.com](http://www.worldsgreatestshave.com)

**25 March- 6 April**

Event: Conservation Week- WA Water Future  
Organisation: Conservation Council of WA  
Website: <http://conservationwa.asn.au>

**17 - 23 March**

Event: Celebrate our Cultural Diversity Week  
Organisation: Victorian Multicultural Commission  
Website: [www.culturaldiversity.vic.gov.au](http://www.culturaldiversity.vic.gov.au)

**31 March - 30 April**

Event: Buy a Butterfly Month  
Organisation: Hear and Say Centre for deaf children and their families  
Website: [www.butterflyappeal.com](http://www.butterflyappeal.com)

**19-25 March TBC**

Event: Reusable Nappy Week™  
Organisation: Australian Nappy Network  
Website: [www.modernclothnappies.org/events.htm](http://www.modernclothnappies.org/events.htm)

**21 March: Good Friday****21 March**

Event: Harmony Day  
Organisation: Department of Immigration & Multicultural Indigenous Affairs  
Website: [www.harmony.gov.au](http://www.harmony.gov.au)

**21 March**

Event: World Forestry Day  
Organisation: Queensland Government  
[http://www.forest.nsw.gov.au/publication/forest\\_facts/celebrating\\_trees\\_forests/default.asp](http://www.forest.nsw.gov.au/publication/forest_facts/celebrating_trees_forests/default.asp)

**22 March**

Event: World Water Day  
Organisation: United Nations

Webpage: [www.worldwaterday.org/page/121](http://www.worldwaterday.org/page/121)

**23 March**

Event: World Meteorological Day

WebPage [www.wmo.int/wmd/](http://www.wmo.int/wmd/)

**24 March:** Easter Monday

**24 March**

Event: World Tuberculosis Day

Organisation: Australian Respiratory Council

Website: [www.thearc.org.au](http://www.thearc.org.au)

**25-31 March TBC**

Event: Victorian Foster Care Promotion Week

Organisation: Centre for Excellence in Child and Family Welfare

Website: [www.cwav.asn.au](http://www.cwav.asn.au)

**27 March- 3 May**

Event: National Playgroup Week

Organisation: Playgroup VIC

Website: [www.playgroup.org.au/browse.asp?page=381](http://www.playgroup.org.au/browse.asp?page=381)

**25 March- 6 April**

Event: Conservation Week- WA Water Future

Organisation: Conservation Council of WA

Website: <http://conservationwa.asn.au>

**30 March**

Event: National Neighbour Day

Organisation: National Neighbour Day

Website: [www.neighbourday.org/index.php](http://www.neighbourday.org/index.php)

**30 March**

Event: 'Run for the Kids'

Organisation: Herald Sun/CityLink Run

Website: [www.r4k.com.au/r4k/](http://www.r4k.com.au/r4k/)

30 March- 5 April

Event: Law Week - know the score -check out the law

Organisation: The Law Society of New South Wales

Website: [www.lawweek.com.au](http://www.lawweek.com.au)

31 March

Event: National Batten Disease Awareness Day

Organisation: Australian Chapter of Batten Disease Support and Research Association

Website: [www.battens.org.au](http://www.battens.org.au)

31 March - 30 April

Event: Buy a Butterfly Month

Organisation: Hear and Say Centre for deaf children and their families

Website: [www.butterflyappeal.com](http://www.butterflyappeal.com)

*This events list is from the Our Community Website*

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