



*The Magazine for Personal & Global Change*

**Take an Action Change the World.**



**Welcome to Action Change Vol. 2, Issue 7!**

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- PAGE 6. Make Your Business Eco Friendly.** Want to be an eco friendly businessperson but not sure where to start? Relax; we give you ten easy steps to becoming, green, ethical and soulful.
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- PAGE 12. The Back Page:** World Events & Ezine Info.

Hi Everyone! As we go to print David Hicks gets his day in court, and we hear the new Harry Potter book will be printed on paper certified by the Forest Stewardship Council as coming from sustainable timber. These decisions are made because there's a ground swell of support *for* them. People ask what can you do as one person, but the whole world is made up of `yous', times by a few billion. Every one of us is an agent of change, and every letter you write, every petition you sign, every dollar you donate and every light globe you switch, sends a message out into the world and to our leaders about the kind of world we want. So keep up the great work, and have a fantastic fortnight.

*Christine Butler*  
*Editor, Action Change Ezine*

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*"It doesn't matter how strong your opinions are. If you don't use your power for positive change, you are, indeed, part of the problem." - Coretta Scott King, Reformer*  
(From Bob Procter's `Insight of the Day' [www.insightoftheday.com](http://www.insightoftheday.com))

***When you change yourself you change the world. When you change the world, you change yourself.***

## THE LITTLE GREEN DRESS: THE ECO FASHION GUIDE FOR WINTER 2007

By Christine Butler

So I guess you've all heard that Green is the new Black. Well don your Little Green Dress because designer wear is turning a brighter shade of green this year, and you no longer have to sport a hemp sack and organic cotton T from Greenpeace to be an eco friendly fashionista (not that there's anything wrong with that). Designers are jumping on the green bandwagon and here's a low-down on the newest in high fashion for the season.

### AN ORGY OF ORGANICS!

If you love the feel of natural fibres such as wool, cottons and silks, then buying clothes made from organic fibres is your choice for green fashion. Organic clothing is one of the easiest ways to be enfren, with everyone from major labels to health food stores selling organic fibre fabrics. Buying clothes made of organic fibres ensures what your wearing was grown and produced without the use of chemicals (great if you have allergies as well as for the environment) and that the animals that have provided your clothes have been cared for and loved. **Untouched World** from New Zealand has various outlets in Oz and their Full Winter 2007 Catalogue can be downloaded here. [http://www.untouchedworld.com/en/uw/collections/winter\\_2007.htm](http://www.untouchedworld.com/en/uw/collections/winter_2007.htm)

The famous jeans brand **Levi's** launched their 100% organic cotton jeans last year under the label "Levi's Eco". The jeans also include recycled buttons, rivets and zippers, natural indigo to dye some styles, and all external packaging made from organic fabric or recycled paper and printed with soy-based ink.

Other organic clothes are available in Australia from:

**Sara Victoria** [www.saravictoria.com.au](http://www.saravictoria.com.au)

**Maud n Lil Organic Cotton** [manda@maudnlil.com](mailto:manda@maudnlil.com)



Sarah Victoria

### RECYCLED AND READY TO SHINE!

Once we called these gems second hand, but preloved fashion is now called recycled to take into account that it's not just about saving money, but also about reducing the use of the precious resources and green house gases that are heavily involved in the rag trade. **PRELOVED** is a label based in Canada and all clothes are made out of used cloths and rags. Retail stores are in Canada only but they have a world wide wholesale network. Visit [www.prelovedaustralia.com](http://www.prelovedaustralia.com) or in Oz, PO Box 1321 Neutral Bay NSW 2089.

Another funky recycled clothing label is:

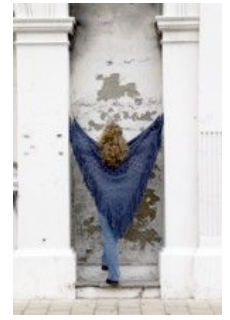
**Free Style Design** [www.freestyledesign.info/31-s!x.html](http://www.freestyledesign.info/31-s!x.html)



Preloved

## GO GREEN GARMENTS!

Green fashion often encompasses a variety of different sustainable practises, such as natural fibres, recycled elements, enفرن practises and Fair Trade. As reported in Action Change in 2006, Australian clothing brand **Tierra Ecologia** was selected as the leading designer at the Eco Products International Fair in Singapore. The resort range of clothes is made from hemp, silk, hemp/cotton mixes and recycled denim. The line is made in Oz using sustainable materials and is free from harmful dyes and chemicals. Check out the collection at <http://www.tierraecologia.com/catalogue.html>



Tierra Ecologia

Another Green Aussie brand making waves is **Birdtextile**. They do climate neutral clothing out of their Studio in Byron Bay, and have gained worldwide press for their stunning designs. The brand is available throughout Australia and you can design your own garment that they make up and ship to you anywhere in the world. Birdtextile is handmade using sustainable materials and water based dyes, and all products are manufactured using solar power. See their website for fabrics and designs this year. [www.birdtextile.com](http://www.birdtextile.com)

Other green labels include:

**The Hemp Gallery** [www.hempgallery.com.au](http://www.hempgallery.com.au) - suppliers of a full range of hemp products

**India Flint** [www.indiaflint.com](http://www.indiaflint.com)

## ETHICAL - FREE THE PEOPLE WITH FAIR TRADE!

Ethical clothing means that the makers of your clothes have been paid a fair price for their work, and that working conditions adhere to international labour standards. Fair Trade comes under this banner.

**Shweshwe** is a great fun label, made by women in South Africa, mixing funky jewelry, vintage styles and great big African colours. They have a shop in Melbourne. [www.shweshwe.com](http://www.shweshwe.com)



Shweshwe

**Nomads** from the UK are working in India buying from established manufacturers, accepting the price requested, pay in advance to enable suppliers to buy their materials without having debts and to ensure wages for workers are paid on time. These businesses then grow through the trade and profits go directly to the primary source <http://www.nomadsclothing.com/>

The **EDUN** brand (Nude backwards) is a socially conscious clothing company launched in 2005 by Ali Hewson and Bono from U2, with New York clothing designer Rogan Gregory. The company's mission is to help increase trade and create sustainable employment for developing areas of the world with an emphasis on Africa, providing a business model that others can replicate and follow. [www.edun.ie](http://www.edun.ie)

Other ethical clothing ideas include:

- No Sweat gym boots from Oxfam stores
- Fair Trade clothing labels (see AC Issue #8, Oct. '06 for more info) [www.actionchange.com](http://www.actionchange.com)

- [www.huntergatherer.com.au](http://www.huntergatherer.com.au) shop in Melbourne
- In the UK Marks and Spenser have a Fair Trade line, and Monsoon and Sainsbury's have also brought a range of fairly traded cotton recently.
- For more info on ethical clothing issues visit [www.labourbehindthelabel.org](http://www.labourbehindthelabel.org)

If you want to see how your favourite brand or shop is doing in the eco stakes, there's quite a bit of info on the UK site Clean Up Fashion. The site rates living wages, trade unions, and involvement in programs such as the Ethical Trade Initiative, how effective their auditing system is and what action they're really taking. [www.cleanupfashion.co.uk](http://www.cleanupfashion.co.uk)

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## THE WIT BIT (hopefully)

### Food Facts We Can All Feel Good About

1. The Japanese eat very little fat and suffer fewer heart attacks than the Australians, British or Americans. 2. Mexicans eat a lot of fat and suffer fewer heart attacks than the Australians, British or Americans. 3. Africans drink very little red wine and suffer fewer heart attacks than the Australians, British or Americans. 4. Italians drink large amounts of red wine and suffer fewer heart attacks than the Australians, British or Americans. 5. Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the Australians, British or Americans. **Conclusion:** Eat and drink what you like. Speaking English is apparently what kills you.

*(Author unknown: From Amnesty International Australia Newsletter 15/12/06)*

### The Joke's on Jesus

As you know St. Peter guards the gates of heaven. One day he needed to pee, so he asked Jesus to guard the gates for a while. Jesus being a very kind and willing person said that he would. After a while a man appeared and started to walk towards Jesus. When the man got to the gates Jesus thought he looked very familiar. He was an old man with a beard. Jesus asked,

"I don't mean to be nosey sir, but did you have any children?"

The man replied "Yes, one son, but he died: he had nails put through him."

Jesus: " What did you work as?"

Man: "I was a carpenter"

Jesus: "Father?"

Man: "Pinocchio?"

*(Author unknown: From [www.funs.co.uk/](http://www.funs.co.uk/))*

## The Good News Global Round Up

### **SOUTH KOREA: MAYOR TEARS DOWN MOTORWAY TO BUILD RIVER!**

The river in Cheonggyecheon was concreted over and in the 1970s a six-lane motorway was built over the top. In 2002 the Mayor, Lee Myung-bak, decided to tear down the motorway used by 160,000 cars every day, and rebuild the river with parklands on either side. The City of Seoul invested in new bus services and drivers gave up their cars or chose different routes. So instead of a road that was always jammed and had created many problems including pollution and congestion, they now have a city river that acts as a natural air conditioner in summer and has numerous bridges, waterfalls and wildlife. An estimated 30,000 people use the riverside parks every weekend.

(Original story at [www.resurgence.org/2007/vidal241.htm](http://www.resurgence.org/2007/vidal241.htm))

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### **GLOBAL: CLUBS POWERED BY CUSTOMERS**

The sweat of their customers is powering dance clubs and gyms across the globe! There is a sustainable dance club in Holland, and now there's a gym in Hong Kong that's using the energy created by the machines to power its lighting. It's all to do with the Power By You concept, designed by French inventor Lucien Gambarota and Californian entrepreneur Doug Woodring.

[www.springwise.com/weekly/2007-03-15.htm#gym](http://www.springwise.com/weekly/2007-03-15.htm#gym)

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### **EUROPE & NORTH AMERICA: REVERSING DEFORESTATION**

The Associated Press has reported that most countries in Europe and North America have now reversed deforestation and are showing an increase in forested areas. Apparently more attention is also being paid to soil conservation, biological diversity and water usage.

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### **MIDDLE EAST: 'GOOD WATER NEIGHBORS' GATHERING**

A unique two-day gathering of mayors, municipal representatives and residents from the 17 Jordanian, Israeli and Palestinian communities working in Friends of the Earth Middle East's Good Water Neighbours project took place on last month. FoE Middle East presented draft proposals for cross border projects based on common solutions to shared environmental problems and sustainable development initiatives, after which panel discussions were held between the mayors, and a new publication containing these cross border projects was distributed.

More info: [www.foeme.org](http://www.foeme.org)

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### **AUSTRALIA: ENVIRONMENTAL AUTHORITIES REVIEW PORT LICENSES**

The Department of Environment and Conservation have broadened their review of the Port of Esperance, from mainly contamination from lead, to all metals that are shipped from the port. The authority said they would prevent loadings if any metals were found to cause health problems from odours and dust, and recommended that port authorities use more air sampling during loading times to provide better risk assessment.

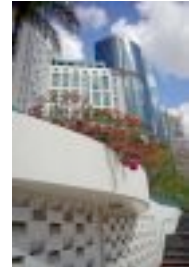


*Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow". - Anonymous*

## TEN WAYS TO MAKE YOUR BUSINESS ECO FRIENDLY

By Christine Butler

**Do you own a business and would like to be more eco friendly, but aren't sure where to start? Check out these ten easy steps to make your business greener, more honourable, and more soulful. Even if you are a busy business beaver you can still make a difference through your day-to-day transactions. In this issue we focus on green business, ethical business and peaceful business, giving you a brief run down of what you can do and links to go to for further info. Even if you can only implement one point per month, in less than a year you'll be the proud owner of your very own eco friendly business. And won't your parents be proud!**



### MAKING YOUR BUSINESS GREENER

1. Let's start with the basics: Get a green business audit done from one of the many companies that do that kind of thing these days. Neco [www.neco.com.au](http://www.neco.com.au) will show you how to save money, save the environment, and also provide all of the products you'll need to get your business in the green. In the meantime... The ecoOFFICE will give you free, simple and practical environmental solutions for your office on the topics of paper, equipment, office supplies, food issues and green cleaning. Or take the "How Green is my Office" four-step tour to rate your current environmental performance and plan easy steps for improvement. The toolkit contains a comprehensive range of waste-saving products, services and tools. And it's all really quick and easy: you can take a 10 minute waste tour, or just click to find out what's the easiest thing to reduce first. [www.ecooffice.com.au](http://www.ecooffice.com.au)
2. Move into an enpren business building that are available in most major cities now. Go to this article on one of the most enpren offices in the world in Brussles to see for yourself. [www.resurgence.org/2007/jones241.htm](http://www.resurgence.org/2007/jones241.htm)
3. Support your favourite green organisation by putting their details on the bottom of all your emails. Every time you email you'll be sending a positive message about the environment and helping a worthwhile cause. You can donate a portion of your profits to your fav green group and let all your business buddies know. Maybe you can challenge them to a fundraising duel! (Non violent of course.)
4. Join a green business network. Check out [www.greenbusiness.net](http://www.greenbusiness.net) and network with other eco friendly businesses around the world.
5. Put links on your website of the organisations you feel have helped you grow as a green business, and help others do the same.
6. Become a carbon neutral business. In Australia you can follow the Carbon Diet for business. See [www.coolaid.com.au](http://www.coolaid.com.au) for the carbon calculator and there's more info on this in *GreenTips*.

7. Hold low impact events [www.oursouthwest.com/SusBus/gevents.html](http://www.oursouthwest.com/SusBus/gevents.html)

ALSO: Check your city council for their enviro. policies and projects for business. For instance at [www.cityofsydney.nsw.gov.au/Environment/](http://www.cityofsydney.nsw.gov.au/Environment/) you can find a Green Lease Guide and also a project to help commercial tenants in the major CBDs be more sustainable.

### MAKING YOUR BUSINESS MORE ETHICAL

8. Invest your money in green and ethical projects and provide ethical super for you and your employees. There's a great article on the ACF website about green investment. Check it out at [www.acfonline.org.au/news.asp?news\\_id=456&c=27911](http://www.acfonline.org.au/news.asp?news_id=456&c=27911). Alternatively, check out the Ethical Investment Association [www.eia.org.au](http://www.eia.org.au) where you can also do an online ethical investment course.
9. Know where your products come from, how they are made, who makes them, and if there is any link in that chain to slave labour, child labour, developing world debt etc, do something about it! There are many ways to get your products made and out there without compromising your ethics. If you need a place to start, go to [www.transnationale.org/](http://www.transnationale.org/) who provide information on major international companies and rates them on such things as labour conditions and human rights. For Fair Trade info and opportunities, check out [www.globalexchange.org/campaigns/fairtrade/](http://www.globalexchange.org/campaigns/fairtrade/)

ALSO: The Total Environment Centre has set up Green Capital, which resources and trains people about corporate responsibility. They also have a downloadable document on Corporate Social Responsibility at <http://www.tec.org.au/dev/greencapital/index.php>

### MAKING YOUR BUSINESS MORE SOULFUL

10. You start creating peace in the world by beginning within yourself, then expanding that in your home, and then in your business. A good place to start for business is to join one of the spiritual business networks in your area, and link in with people who are running conscious, peaceful businesses. [www.awarebusiness.com.au](http://www.awarebusiness.com.au) runs events in Sydney, and believes that people who have a structure of support do a whole lot better than those who don't. You can also get involved in the international Spiritual Business Network at [www.spiritualbusiness.net/](http://www.spiritualbusiness.net/), or network with the International Spirit in Business Group at [www.spiritinbusiness.org/new/content/home.php](http://www.spiritinbusiness.org/new/content/home.php)

There is a growing trend towards soulful, honourable business, and even the Fortune 500 company heads will tell you that when you do the business of your heart and to the benefit of your employees, the money will always follow.

*Yesterday is history, Tomorrow's a mystery. Today is a gift; that's why they call it "the present". - Unknown*

## 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!**

### THE GREEN 'E' THAT SHOWS YOU CARE



Dear Friends and Colleagues

It occurred to me today that while there is much talk about what can be done to help the environment there is a real opportunity for us to share what we are actually doing...

Have you ever wondered what other people are doing? Are they doing anything? If so, what? By hearing what others are doing we could learn from each other the many ways in which we can help the environment

By sharing what's happening at a grassroots level, could we motivate each other, could we see a groundswell of environmental action by ordinary people?... People just like you and me?

As I pondered these questions I had a thought... what if we just simply acknowledge and share what actions we are taking as individuals to help the environment now!... Small or large, it doesn't matter

This is where 'green e' comes in. The idea is to just put this small logo and an action that you are taking to help the environment in your communications - on your web site, in your emails, on your letterhead etc. Just so everyone can see what you are doing... to share, to learn, to motivate, to inspire, to change...

So if you feel inspired and motivated please share what you are doing to help the environment! Lets learn from, motivate and inspire each other

So how does it work? Quite simply just attach the 'green e' logo (jpg attached) to your communications and 'shop windows' with a simple statement of what you are doing for the environment. There are no trademarks or copyright... its here for us all to use...

For example...



I offset my air travel with '-----'



Our family installs only low wattage light globes in our house



I ride a pushbike to work 3 days a week

And if you don't have anything to tell and you feel inspired to, just jump on line and do

something now... such as offsetting your car emissions.

And of course... please share this email with as many people as you can so we can all grow the groundswell of environmental action.



In Appreciation of the Environment of Our Planet Earth  
We've planted 50,000 trees on our farm.



*From Tom Kelsall (Sent in by Sarah Crawford from ENVOSO)*

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## **EARTH HOUR REMINDER**

This Saturday, March 31<sup>st</sup>, at 7.30pm, people all over Sydney are turning off their lights for an hour as a sign of their commitment to reduce global warming. Register to be a part of Earth Hour and you go in the running to win a Toyota Prius. [earthhour@wwf.org.au](mailto:earthhour@wwf.org.au)

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## **ATTEND THE PALM SUNDAY PEACE CARNIVALS IN AUSTRALIA**

This year Palm Sunday falls on April Fools Day, and all around the country people are gathering for a peaceful, nuclear free future. So far there are over 60 organisations involved in events in Adelaide, Melbourne, Brisbane, Alice Springs, Darwin, Perth, Canberra and Sydney. Most events start at 1pm and feature a picnic, carnival and concert. See the website for full details. [www.nuclearfoolsday.org](http://www.nuclearfoolsday.org) (*Listing from FoE Australia*)

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## **HELP SAVE WORLD HERITAGE RAINFOREST**

A Proposed 4-lane Highway in Kuranda through World Heritage Rainforest has just been delayed, and Friends of the Earth are urging us to use this time to contact our representatives to help save the rainforest. A format letter is available online at [www.foekuranda.org](http://www.foekuranda.org).

Ask Malcolm Turnbull, the Federal Minister for the Environmental and Heritage not to give environmental approvals for the proposed 4-lane Highway. Write to: Federal Minister for the Department of Environment and Heritage, GPO Box 787, Canberra ACT 2601. Ph: (0)2 6274 1111 fax: (0)2 6274 1666. Email [Malcolm.Turnbull.MP@aph.gov.au](mailto:Malcolm.Turnbull.MP@aph.gov.au)

*To think bad thoughts is really the easiest thing in the world. If you leave your mind to itself it will spiral down into ever increasing unhappiness. To think good thoughts however, requires effort. This is one of the things that discipline - training - is about. - James Clavell, in his novel "Shogun"*

## BITS, TIPS, AND HITS

### NEWSY BITS

#### HEAL BREAST CANCER FOUNDATION - An Integrative Approach

A group of progressive researchers, doctors and naturopaths have formed the Heal Breast Cancer Foundation "HBCF", to clarify breast cancer myths, to raise public awareness, and to raise funds to research the cause and healing mechanism of cancer based on a biopsychosocial model of integrative medicine. "Biopsychosocial" means being concerned with the biological, psychological, and social aspects in contrast to the strictly biomedical aspects of disease. Heal Breast Cancer Research is about a completely new way of healing, looking at the grander scheme of how body, mind, spirit and environment interact. Almost all breast cancer research and funding is focused on the traditional methods of fighting breast cancer (chemo therapy, radiation, operation and hormone therapy etc) so the HBCF is focusing on three main research projects:

- 1) Discovering Specific Traumatic Life Events and their Effect on the Causation of Breast Cancer
- 2) Brain Relay Diagnostics and the Organ-Brain connection
- 3) Pre-tumor breast cancer diagnosis and prevention.

Honorary committee members include such Hollywood heavyweights as Geena Davis, Ben Stiller, Rosie O'Donnell and Paula Abdul. Find out more about HBCF at [www.healbreastcancer.org](http://www.healbreastcancer.org)

#### THE SECRET MARK II IN 2007

A sequel to the movie/doco *The Secret*, entitled *The Secret: The Next Step*, is apparently being filmed as we speak, and will be released in August/September 2007. Stay tuned for more info. See 'Hits' for the new *The Secret Science of Getting Rich* seminar available now online.

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### GREEN TIPS

#### FIND OUT MORE ABOUT WHAT YOUR COUNCIL CAN DO

Ever wondered what your council does and doesn't recycle, and on what days their various services happen? Well ponder no more. Just go to <http://www.recyclingnearyou.com.au/> 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!

#### THE TEN POINT CARBON PLAN FOR REDUCING YOUR IMPACT

Neco, who we featured in Issue 5 this year were also part of the Coolaid National Carbon Test that Channel Ten presented a couple of weeks ago. Neco have also been busy in Tamworth, where they "Banned the Bulb" by replacing every incandescent light bulb in the city! One town down, many others to go! They have had interest from several other towns in that region and will begin banning the bulb soon! If any readers are interested in banning the bulb in your town, contact Neco and they'll help you out. I'm planning to help ban the bulb in Centennial Park and Bondi, so watch out for that!

Did you know that Australian's have the highest per capita greenhouse gas emissions of any nation in the world? 28 tonnes of greenhouse gas per year to be precise. That's equivalent to burning 14 ute-loads of coal for every person, every year! If you implement every step in the Cool Aid Ten Point Carbon Diet, you could reduce your entire household's GHG emissions by 15 tonnes a year. You'd also be saving around \$2,800 every year. You could then spend some of this on making yourself totally carbon neutral with an accredited carbon offset scheme (see [www.Coolaid.com.au](http://www.Coolaid.com.au) for more details, or Neco at [www.neco.com.au](http://www.neco.com.au).) It sounds too good to be true - but it really is that simple.


Over the coming issues we'll be bringing you parts of the Ten Point Carbon Plan in case you missed the program or need a refresher, and also give you other ways you can help bring down Australia's GHGE, such as how to become a carbon neutral household or office. Wherever you are in the world, reducing our personal carbon emissions can only be a good thing. To start with, here's the first Point:

## 1

### Ban the Bulb!

Change all your lights to low energy bulbs - they give out the same amount of light but use a fifth of the energy. Also make sure you turn your lights off when you're not using them!

**FACT!** By replacing 10 lightbulbs in your home with efficient ones you will save:

**\$130** 1 tonne of carbon 

**FACT!** Count the cost - if you have halogen downlights - count up how many you have and multiply it by \$15 - that's how many dollars per year they are costing you in energy alone! So in a typical 'all halogen' house with 50 downlights, if you replaced them with energy efficient downlights you would save:

**\$600** 5 tonnes of carbon 

### HITS:

**The New Science of Getting Rich Seminar** by Bob Proctor of *The Secret* is sure to be a hit! The Official Teachers Bob Proctor, Rev. Michael Beckwith and Jack Canfield have designed a Home Seminar based on the Science of Getting Rich, a Step-By-Step Program that teaches you How to Master the Law of Attraction and Make it Work for You. There's also a built-in automatic affiliate program so that you are plugged into an instant money-making opportunity, and their goal is to generate US\$100 million within a year for all those involved. The deal is that you're rewarded with \$500 every time someone on your mailing list signs up for the Home Seminar, and when *they* refer a friend who buys the Secret SGR, they'll earn \$500 and you'll still get paid \$250 per sign-up. The Empowerment Institute in Australia is promoting the seminar, so for more info, go to the link below. You can also get seven lessons free, downloaded to your email from the site <http://xlempowerment.theofficialsecretseminar.com/>

## ACTION CHANGE MAGAZINE

The Magazine for Personal  
and Global Change

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### We're on the Web!

See us at:

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

### IDEAS BLOG

[ActionChange.Blogspot.com](http://ActionChange.Blogspot.com)

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#### DISCLAIMER:

The mission of Action Change is to present a wide range of ideas, techniques and opinions for our readers to make active changes in their lives. The opinions of the writers are printed with the understanding that our readers choose to take personal responsibility for the choices they make in relation to advice given in the magazine. Readers need to consult their health care professional before embarking on any lifestyle change. While we make every effort to make sure information is correct at time of printing, facts may change as new information emerges.

### WORLD EVENTS

#### National Batten Disease Awareness Day

31 March

[www.battens.org.au/events/index.php](http://www.battens.org.au/events/index.php)

#### Palm Sunday

1 April

#### April Fool's Day

1 April

#### International Day for Mine Awareness and Assistance in Mine Action

April 4

<http://www.unis.unvienna.org/unis/pressrels/2006/unisinf134.html>

#### World Health Day

7 April 2006

<http://www.who.int/world-health-day/2007/en/index.html>

#### Easter

6-8 April 2007. Including Christine's birthday on Easter Sunday! Yay!

### World Health Day 2007

World Health Day on 7 April marks the founding of the World Health Organization (WHO).

It is an occasion to raise awareness of key global health issues.

This year's theme is international health security.

The aim of the Day this year is to urge governments, organisations and businesses to

**"Invest in health, build a safer future".**

## About Action Change Magazine

Action Change Magazine's mission is to inspire people to take action to make positive change in their lives and on the planet, and to provide resources to help them make those changes.

Submissions in a positive style are welcome on the topics of personal and global change. See the Contributor's Guidelines and Mission Statement on the website for more information.

If you know of anyone who would be interested in reading or submitting to the magazine, please forward it on. They may then subscribe via email or the website.

