

About PEOPLE

www.aboutpeople.com.au

Volume: 01 Issue: 01 October 2009



This is the first issue of "About People" newsletter

The launch of About People is the culmination of several months of work to bring you uplifting positive stories. The focus of this newsletter will be on the positive aspects of everyday life and to delve behind the scenes to see how people's stories can provide inspiration and insight; what it is that can make a difference in one person's success and goals against another's and how different sets of experiences can change failure into success.

We will explore the different ways in which we can meet the challenges in our lives. We will look at the many issues that we have to deal with in our society but with the emphasis to be solution focused.

This is an opportunity for all of us to highlight the good things about being alive and to celebrate people's successes; to help all those who want to find success in their lives and communicate the different ways in which they can achieve that.

The web site and this newsletter will be about what makes us different and what are our common experiences.

About People will also be about the serious side of having fun and being light-hearted and to realise that we should not take ourselves too seriously. It will be an opportunity for all people to be part of a different experience to what is being provided in the conventional media.

Building a strong local business community.

Over the last few weeks I have been talking to local businesses and as a result there have been expressions about issues in the area that are important to them.

After completing video interviews with Food Stuff, Mona Vale Quality Butchers, Ripe Grocers, Quattro Stagioni Deli, Tradewinds Jewellery and Northern Beaches Cycles (see interviews on About People web site), some of the issues found to be important to these businesses are:

- Vandalism and graffiti.
- Competition with the larger players e.g. Woolworths, Coles and, Aldi, the newest player in the area.
- Better public transport.
- The importance of the local natural environment.
- Providing more cycle ways off-road and on-road to create safer conditions for cyclists.
- Creating strong community connection through the provision of their quality goods and services to charitable and not-for-profit organisations.

Narrabeen Lake Entrance

Ian Cleland

Mona vale business on review

FOOD
STUFF
Mona Vale

MVQB
MONA VALE QUALITY
BUTCHERS



ripe grocer

Quattro
Stagioni
Deli

Tradewinds
Jewellery

For special discount offers go to: www.aboutpeople.com.au

inhouse

GROUP 3



In house GROUP3 was started three years ago by founder, Alain Henri Chazelles.

In house Group 3 is a network of trades and professionals in the building industry and those around it servicing professionals from the design, construction and building industries in the residential and commercial areas.

"The smoothest job possible, at the highest quality possible, for the right price."

Now, that might be something others will promise. But often the delivery can fall, shall we say... short.

Staff or sub-contractors can sometimes let the 'team' down. It's always someone

else's fault. So Inhouse Group 3 has done something different.

We are an amalgamation of different trades and professional disciplines who work together as the job demands. Each member is someone the others choose to work with because they know and trust them. And more importantly, because they do what they say they will do for the client.

As a client you may not have a suite of trades and professionals on tap for your job that you know and trust.

We offer honesty, integrity, professionalism, quality.

NEXT EVENT:

"Purely Lighting 2009"

6:00pm, 14 October 2009

HOME IDEAS CENTRE

61-63 O'riordan St Alexandria

Bookings:

<http://www.stickytickets.com.au/2146>



Quote:

"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, far from discouraging, only adds to the joy and glory of the climb."

Sir Winston Churchill, "from the essay 'Painting as a Past-time', published at the end of Thoughts and Adventures."

What happened to the year?

Is it just me or are the years going faster? It seems like it was only Christmas yesterday and

we are already past the half way mark and Christmas is almost upon us again.

Maybe it is because I have had a very interesting year and next year is shaping up to be even busier, with my walk from Melbourne to Brisbane via the Bicentennial Trail starting on the 6th March 2010.

A few people have asked me if I've never heard of a car or a plane and that there are

much quicker ways to get there! But I have decided to walk and not only rough it but also to camp out in the wilderness for more than ten nights at a time.

If there is anyone game for a few days trekking in the Australian bush, give me a call and we can discuss how you can join me on the trail ■

Ian Cleland

www.thewalkingman.com.au

Mob: 0414 977209



Mona Vale Markets - Sunday 29 November 2009

The Christmas markets are held to include all local businesses who are encouraged to be involved in the market at reduced stall rates.

Run by the Fig Tree Markets in conjunction with the Lions Club, Pittwater High and other

local groups, the Markets are a positive opportunity for business operators to create an enhanced shopping experience for locals and visitors alike. The markets are to be held in the Village Park and the area surrounding the library.

The markets can only bring

more potential shoppers to the area, which in the end, is good for everyone.

For more information email: info@figtreemarkets.com.au

About People developing sustainable local business



Finding Your Creativity - a two hour workshop



A two hour workshop on Finding Your Creativity is being held at the Painters' Gallery, 1773 Pittwater Rd, Mona Vale on Monday 19th October, 2009 at 10.00am to 12.00 noon.

This workshop is for all those people who have a creative bent and would like to find out how they can gain better access to the creative aspects of their lives.

The workshop is being run by Ian Cleland, facilitator coach of Toward Sustainable Futures and Diego Acevedo Llosa, director of Painters' Gallery.

The workshop will focus on facilitating the processes we use in our everyday lives to access our creativity. This will be done by demonstrating the how, what, where and when to create your own high performance creative state.

The demonstration will provide enough information for those who attend to find their own level of creativity and to continue to discover their abilities through ongoing workshops which will be held in the future. The introductory workshop is **FREE**.

Bookings are essential. For more information and to reserve your place, contact:



Ian Cleland on 0414 977209 or visit our website at: www.aboutpeople.com.au

The Victor

by C.W. Longenecker

If you think you are beaten, you are. If you think you dare not, you don't.

If you like to win but think you can't, it's almost a cinch, you won't.

If you think you'll lose, you're lost. For out in the world we find success begins with a fellow's will; it's all in the state of mind.

If you think you are out-classed, you are. You've got to think high to rise. You've got to be sure of yourself before you can ever win the prize.

Life's battles don't always go to the stronger or faster man. But sooner or later, the man who wins is the man who thinks he can.



We all know the more CO2 in the atmosphere, the warmer it gets. Ice melts, rivers dry up, crops fail.

And at the rate we're going scientists believe we will reach a 'tipping point' in 35 years (450ppm) that may 'overheat' the earth and unbalance life on earth for ever.

As individuals we can help to reduce CO2 emissions - by recycling; bicycling; insulating our homes; buying energy efficient appliances, light bulbs, cars ... and by teaching our children to respect the earth

more than we have.

Show you're a mate of the climate:

- Gather 3pm - human sign 3.50pm
- Saturday October 24
- International day of climate action

Join your neighbours down at Mona Vale Beach and help create a huge people sign. We'll be photographed from a helicopter and the picture will be sent, along with thousands of others from

around the world, taken on the same day, to politicians attending the Copenhagen Climate Conference on December 6 - 18 2009.

The International Day of Climate Action is being coordinated by 350.org, an organisation set up and supported by scientists and influential people to lobby governments of the world to legislate to reduce carbon dioxide to 350 ppm as a start.

Why?

Because physics can't bend - politicians can.

Contact: Linda Haefeli

Mob: **0409 815 119**

Climate Action Pittwater

Supported by Pittwater Council.

italy by design



Italy by Design is a fully escorted work/study tour for practicing architects, interior designers, specifiers and design industry professionals.

Hosted in Italy by tour guide, art historian and best-sell-

ing author, Isabella Dusi; escorted by Australian interior designer and magazine editor, Kate St James, FDIA Italy by Design will visit the style capital of the world which produces some of the most sought after products and furnishings, textiles, lighting, ceramics, glass and statuary. We will also visit new architecture projects under way, restorations and visit historic sites as well as enjoying the cultural aspects of this fabulous country. The tour begins at Lake Como and moves to Milan, into towns in

Tuscany and on to Venice and Vicenza with each area delivering the highlights that each region has to offer.

The 13 night tour by Kate St James and Italian Journeys is limited to only 20 people, so be quick and book now!

For information and bookings visit

www.katestjames.com.au/Tours2010.htm or phone Kate on: 0414 867 414.

2009 Pittwater Sustainability Awards

Applications were judged by a panel of councillors, council staff and an independent representative.

An Award Ceremony for seven runners up and seven winners will be held at Mona Vale Golf Club on the 22 October 2009.

The awards were broken up into several categories:

1. Sustainable business - Large and medium with greater than 20 staff and small less than 20 staff

2. Sustainability in design

Focusing on recognising architects, owner-builders and designers who have developed buildings with sustainable features.

- Single Residential Dwellings – New

- Single Residential Dwellings – Extended, Renovated or Refurbished

- Medium Density Housing / Shop Top Housing

- Commercial / Industrial Premises



3. Sustainability in Landscaping

Recognising homeowners who have committed to more sustainable landscaping and gardening. They may use practices such as designing gardens to be drought-resistant, creating vegetable gardens or havens for native wildlife and birds.

- Residential.

You're thirteen and you've set a goal for the Olympics in 2012...

This is a true story but will have no names to protect the identities of those this story is about.

I have known both the Dad and the daughter since she was born and this young girl and her story just blows me away. In fact her story should stop us all complaining about how challenging life is, just by hearing what she has achieved in her thirteen years.

Her Mum & Dad separated not long after she was born. At the age of five her dad asked if she would be interested in going to the local gymnastics club during the school holidays and that is where the journey starts.

Over the intervening years there was a continuous struggle between her Mum and Dad

on whether she should be pursuing such an intensive training regime of morning and afternoon sessions. Mum finally came round when her daughter did very well in the national gymnastics competition. Her Dad has always encouraged and never forced his daughter to pursue her sports. She is now in a group of the top thirty gymnasts in the country. It was at a recent state training that she said to her Dad that she wanted to represent Australia in the 2012 Olympics.

If that was not enough she also sings, dances and performs regularly in a circus that visits this area every year.

Many of us limit our dreams whilst a few will reach for the stars. ■

Ian Cleland

What would happen if you had the right strategies to overcome your negative internal dialogue?

Two day workshop will show you how...

What happens when you decide to do something that is important to you and you then procrastinate and sabotage your attempts to get the results you want?

Do you have that internal dialogue that is forever interfering and creating self-doubt about your abilities?

You are not alone.

Internal dialogue is part of our everyday conscious experience but it is not always positive.

You can do something about it!

Don't tear your hair out!!!

For more information

visit:

www.theskysthelimit.com.au/nid.html

EDITOR: Ian Cleland, ian.cleland@tsfutures.com.au Tel: 0414 977 209

SUB EDITOR: Kate St James, katestjames@tsfutures.com.au

ART DIRECTOR: Ian Cleland

CONTRIBUTORS: Alan Chazelles, Linda Haefeli

ADVERTISING: Ian Cleland, Kate St James

PUBLISHED BY: Toward Sustainable Futures, PO BOX 1546, Warriewood NSW 2102 Tel: 0414 977 209