

ONE DAY IN PEACE - JANUARY 1



New Year's is the perfect opportunity for peace. It is a time when we can all agree to put aside our differences and work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about One Day in Peace

MARTIN LUTHER KING, JR. DAY OF SERVICE



Dr. King's legacy is a powerful reminder of the power of nonviolence and the importance of service to others. This day is a time to honor his memory and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Martin Luther King, Jr. Day of Service

SEASON FOR NONVIOLENCE



Nonviolence is a powerful force for change. It is a way of life that is based on love and respect for all people. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Season for Nonviolence

FEBRUARY IS BLACK HISTORY MONTH



February is a time to honor the achievements of African Americans and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about February is Black History Month


LEADERSHIP WEEK



Leadership is a responsibility that we all share. It is a time to honor the leaders of our community and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Leadership Week

PERSEVERANCE DAY - FEBRUARY 27



Perseverance is the key to success. It is the ability to keep going when things get tough. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Perseverance Day

WORLD HEALTH DAY - APRIL 7



World Health Day is a time to focus on global health and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about World Health Day

WORLD REFUGEE DAY - JUNE 20



World Refugee Day is a time to honor the courage and resilience of refugees and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about World Refugee Day

WORLD FOOD DAY - OCTOBER 16



World Food Day is a time to focus on global food security and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about World Food Day

RECYCLING DAY - NOVEMBER 15



Recycling Day is a time to focus on environmental protection and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Recycling Day

We Can Build A Better World

Join the Club for a Better World

Every act of compassion makes a difference!
Start a BetterWorld Club.
Join the BetterWorld Movement.

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WORLD AIDS DAY - DECEMBER 1



World AIDS Day is a time to focus on HIV/AIDS awareness and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about World AIDS Day

VOLUNTEER DAY - DECEMBER 5



Volunteer Day is a time to honor the spirit of volunteerism and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Volunteer Day


HUMAN RIGHTS DAY - DECEMBER 10



Human Rights Day is a time to focus on human rights and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Human Rights Day

WORLD SPIRITUALITY DAY - DEC 31



World Spirituality Day is a time to focus on spirituality and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about World Spirituality Day

WORLD WATER DAY - MARCH 22



World Water Day is a time to focus on water resources and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about World Water Day

BIODIVERSITY DAY - MAY 22



Biodiversity Day is a time to focus on biodiversity and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Biodiversity Day


PEACE DAY - SEPTEMBER 21



Peace Day is a time to focus on peace and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Peace Day

KINDNESS DAY - NOVEMBER 13



Kindness Day is a time to focus on kindness and to work together to create a better world. This is the only day when we can all agree to put aside our differences and work together to create a better world.

Find out more about Kindness Day

Join The Club For A Better World



**"As citizen-activists the world over merge, they can become an irresistible force to create peace and protect the planet."
-- Dennis Kucinich**

Do you wish for a better world?
You are not alone!

There is so much going on to help make the world a better place that the media never shows. Many diverse movements for change have been converging into a more holistic, global movement for a better world. YOU can help this movement grow and make a difference that will help change the world.

The emerging better world movement does not belong to any one individual, group, or nation, but together we are helping create a more peaceful, just and sustainable world, one act of compassion at a time... Every act of compassion makes a difference when we work together for a better world!

You can tap into the BetterWorld Movement and help it grow by starting a local BetterWorld Club in your community, at your school or on campus. There is no registration fee to start a BetterWorld Club and people of ALL AGES are organizing them. Your local club will make a difference in your community, and every club's activities will grow the global movement for a better world.

BetterWorldClubs.com offers local clubs more than 3000 FREE printable materials on over 60 social issues, like the environment, renewable energy, ending hunger and human rights.

The BetterWorld Calendar highlights over 75 Action Days throughout the year, to provide numerous opportunities for your BetterWorld Club to make a difference in your community and help change the world.

What are BetterWorld Clubs?

WHAT: global grassroots network for all ages
WHO: friends, neighbors, fellow students, co-workers
WHERE: meet in high schools, on college campuses and in living rooms throughout the world.
HOW: There is no registration fee - just do it
WHY: Your local actions will fuel a global movement

Build A Better World!

- Hold regular meetings
- Discuss BetterWorld books
- Plan BetterWorld Calendar events
- Make a YouTube video for The BetterWorld Show
- Spread the word about the BetterWorld Movement

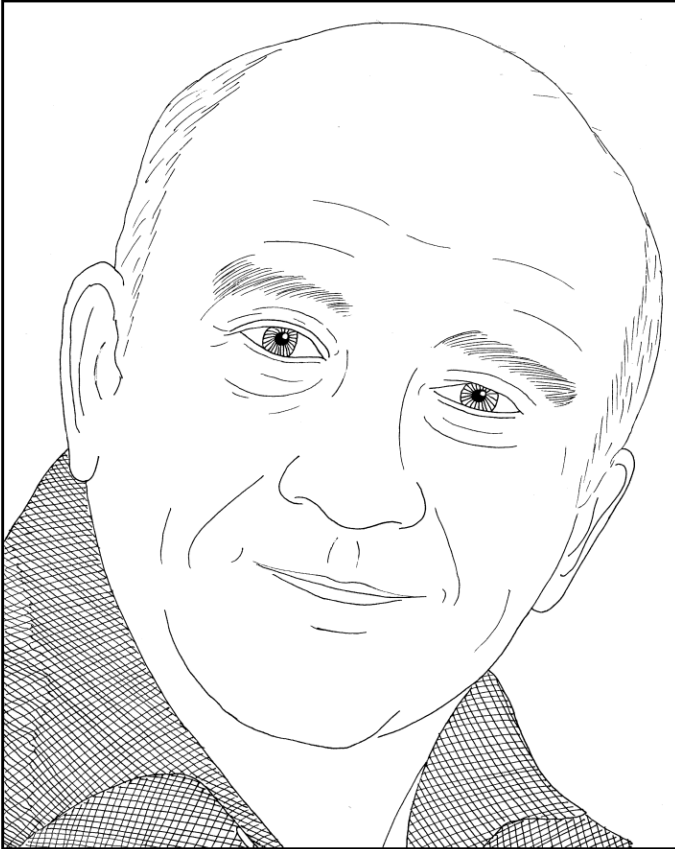
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ONE DAY IN PEACE - JANUARY 1



"As they used to say
"What if they gave a war and nobody came?"
How worthwhile if they declared a day of peace
and everybody came."
~ Ed Asner

New Year's is the perfect opportunity for those of us who wish for peace on earth to make a resolution to try to do our best to work to create a better world during the coming year. It's also the perfect occasion to hold an event that will spread hope for our shared wish of a more peaceful, just and sustainable world. People will be celebrating anyway, and making resolutions about things they want to change about themselves in the coming year. Why not make it celebration with a purpose, and share a resolution that will help unite our local, national and global communities!

This is the very idea behind two January 1 events - **One Day In Peace** and **Global Family Day**. A global campaign for One Day In Peace on January 1, 2000 helped inspire a UN Resolution and a joint United States Congressional Resolution, inviting January 1 to be celebrated every year as a day of peace and sharing. If we can live for one day in peace, then we can work together to make peace last, one day at a time.

The day has also come to be known as **Global Family Day** - a day for peace and sharing. Communities around the world come together for a shared meal on January 1 and talk about how they can help to create a better world.

What can you do to help create humanity's first day of peace and sharing?

Be A Hero For A Better World!

1. Do something for peace each day
2. Plan an event for peace and sharing on New Year's and make a Peace Resolution
3. Contribute to organizations working for a culture of peace

Links for Peace And Sharing

Culture Of Peace Initiative
(cultureofpeace.org)
CultureOfPeace.com
Global Family Day (globalfamilyday.org)
One Day In Peace (oneday.net)
Peace Action (peace-action.org)
Peace Alliance Foundation
(peacealliancefound.org)
United For Peace (unitedforpeace.org)

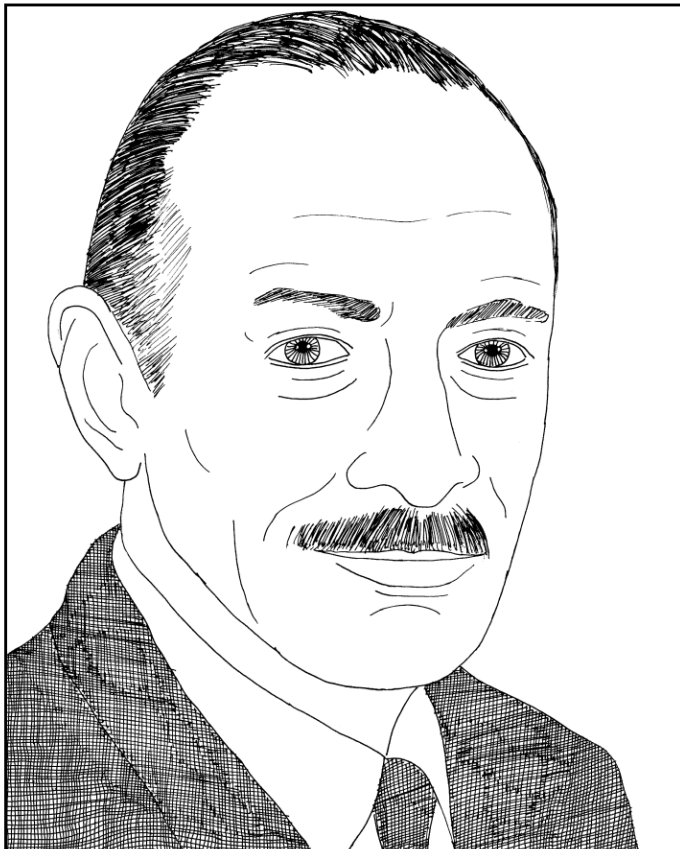
For more about One Day In Peace - www.BetterWorldCalendar.com/oneday.htm

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GLOBAL FAMILY DAY - JANUARY 1



A day of peace and sharing can lead to greater understanding and cooperation among political parties, faith groups, and people of different races and economic classes.
-- John Conyers

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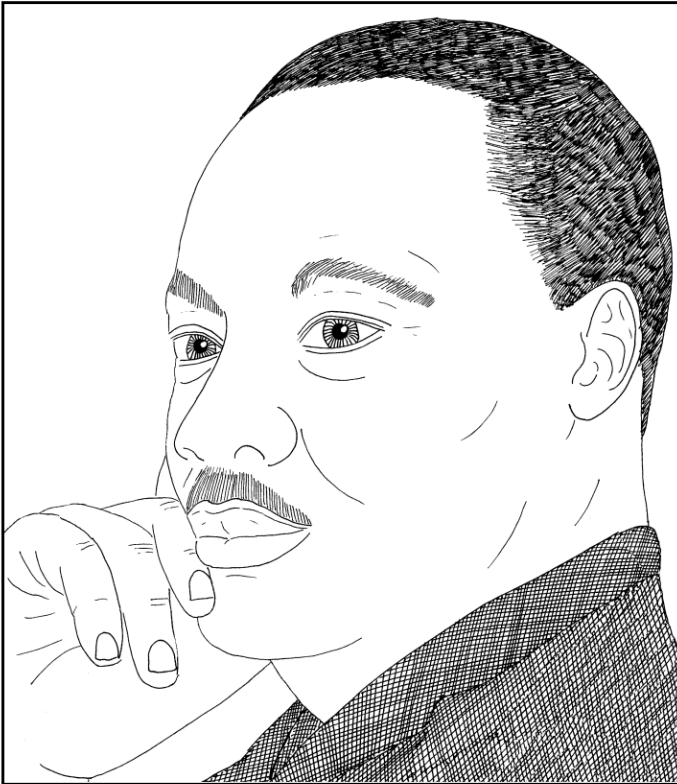
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MARTIN LUTHER KING, JR. DAY OF SERVICE

THIRD MONDAY IN JANUARY



"Life's most persistent
and urgent question is,
What are you doing for others?"
-- Martin Luther King, Jr.

*"Everyone can be great,
because everyone can serve."
-- Martin Luther King, Jr.*

Martin Luther King, Jr. is one of the greatest heroes of the 20th century. His legacy symbolizes the quest for equal rights for all and volunteer service for one's community. In honor of his life of dedication, Martin Luther King's birthday is observed as a day of service. In 1994, the US Congress passed the King Holiday and Service Act, designating the third Monday in January as the King Day of Service in commemoration of Martin Luther King's birthday.

The King Day of Service breaks down barriers and brings people together, who might not ordinarily meet, in order to help out in their communities.

Although the King Day of Service has grown over the years so that hundreds of thousands now participate, many are still unaware of the service aspect of the day. Help raise awareness in your community that this is a "day on and not just a day off."

In recent years, some have suggested that Martin Luther King Day be observed as Civil Rights Day, to commemorate the greater cause to which Dr. King and so many others dedicated their lives for the good of us all.

Be A Hero For A Better World!

1. Find out more about the life of Martin Luther King, Jr.
2. Volunteer in your community on Martin Luther King Day of Service
3. Volunteer 5 hours a week
4. Support organizations helping volunteers

KING DAY OF SERVICE Links

Action Without Borders (idealist.org)
Greater Philadelphia MLK Day of Service
(mlkdayofservice.org)
Martin Luther King Day (mlkday.org)
MLK Season of Service
(serviceforpeace.org)
Points of Light Foundation
(pointsoflight.org)

For more information: www.betterworldcalendar.com/mlkday.htm

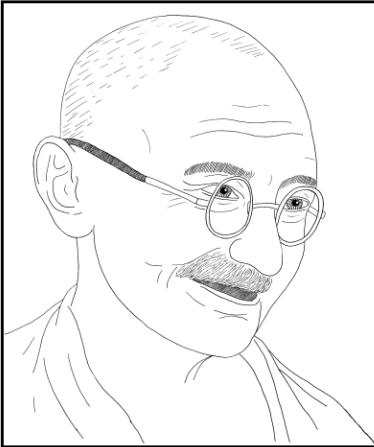
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SEASON FOR NONVIOLENCE

JANUARY 30 - APRIL 4



"There is no hope for the aching world except through the narrow and straight path of nonviolence."

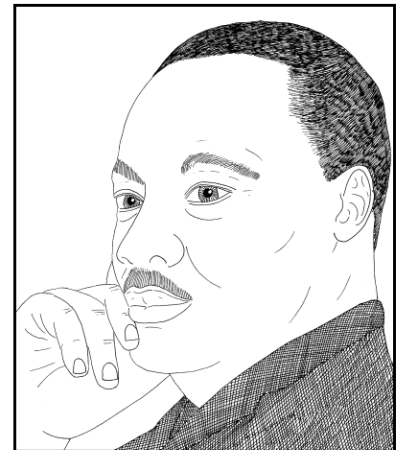
-- Mohandas K. Gandhi

Nonviolence is both a philosophy and a strategy that is based on striving to attain social or political change without the use of violence. It does not advocate passively accepting an unjust situation. Instead, nonviolence presents techniques to bring about change without the use of force. Civil disobedience and nonviolent resistance are two powerful tools of those who practice nonviolence. Nonviolent movements have used many specific techniques such as protests, pickets, petitions, vigils, hunger strikes, sit-ins, tax and draft refusal, blockades and many other methods.

Mahatma Gandhi and Martin Luther King, Jr. are two of the most inspiring leaders who utilized nonviolent methods to successfully lead movements for change. In 1997, to commemorate the 50th and 30th memorial anniversaries of these great leaders, A Season for Nonviolence was organized from January 30 to April 4.

Since then, each year this global grassroots campaign has continued to commemorate their legacies and raise awareness about the healing and transforming power of nonviolence. The Season For Nonviolence has become an important educational and media opportunity to bring communities together, empowering them to envision and help create a nonviolent world, one heart and one day at a time.

Throughout the 64-day campaign, events and activities for peace and nonviolence take place all around the world, highlighting existing peacebuilding initiatives, and inspiring new year-round activities for a more peaceful, nonviolent, just and sustainable world.



"At the center of non-violence stands the principle of love."

-- Martin Luther King, Jr.

Be A Hero For A Better World!

1. Find out more about Gandhi, King & other nonviolent heroes
2. Find out more about nonviolent methods
3. Do an act of nonviolence, kindness and compassion daily
4. Support organizations working for nonviolent social change

- Alternatives to Violence Project (avpusa.org)
- Association for Global New Thought (agnt.org)
- Center for Nonviolent Communication (cnvc.org)
- Nonviolence.org
- Nonviolent Peace Force (nonviolentpeaceforce.org)

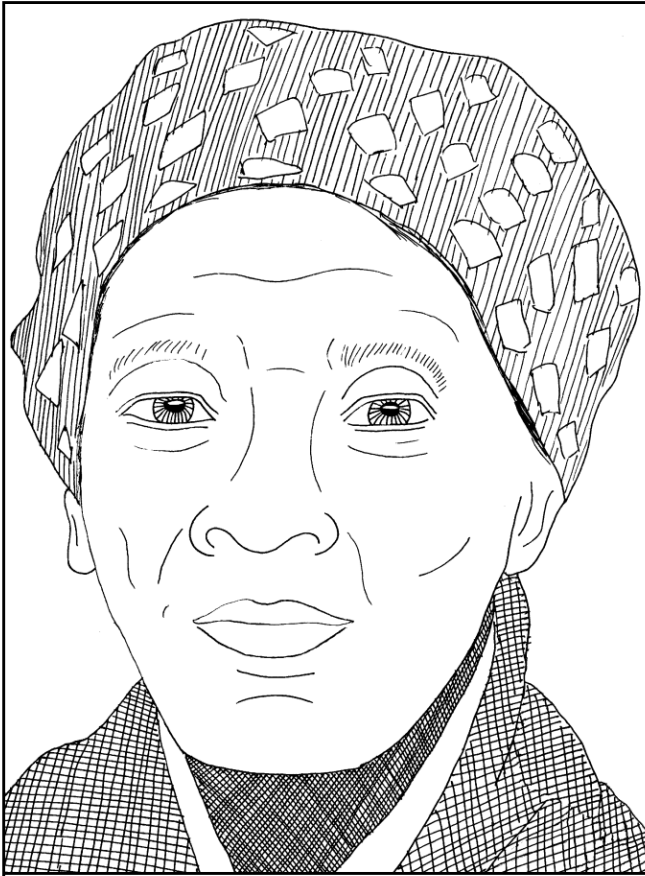
For more information: www.betterworldcalendar.com/season.htm

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FEBRUARY IS BLACK HISTORY MONTH



**"Every great dream begins with a dreamer.
Always remember, you have within you
the strength, the patience, and the passion
to reach for the stars to change the world."
-- Harriet Tubman**

Black History Month is an opportunity to celebrate the achievements and contributions people of African heritage have made for the world. It is also a time to reflect on our sad history of prejudice and slavery and to advocate for equal rights for all.

In 1926, African-American historian Dr. Carter G. Woodson advocated for the observance of Negro History Week during the 2nd week in February because it marks the birthdays of two Americans who greatly helped African Americans win freedom in America -- Frederick Douglass and Abraham Lincoln. During the bicentennial celebration in 1976, Black History Week was expanded to the entire month and Black History Month has been observed every February since then.

February marks many other important milestones in African-American history. On February 1, 1865, Abraham Lincoln signed the 13th Amendment abolishing slavery. The 15th Amendment, granting black men the right to vote was adopted on February 3, 1870; on February 12, 1909 the NAACP was founded; and on February 25, 1870, Hiram Rhodes Revels, the first black US Senator, took the oath of office.

Many Black BetterWorld Heroes were born in February: Langston Hughes was born February 1, 1902; Rosa Parks was born February 4, 1913; Bob Marley was born February 6, 1945; Alice Walker was born February 9, 1944; Richard Allen was born February 14, 1766; Frederick Douglass was born February 14, 1818; John Lewis was born February 21, 1940; and W. E. B. Dubois was born February 23, 1868.

In the United Kingdom, Black History Month is celebrated in October.

Be A Hero For A Better World!

- Find out more about the important contributions made by people of African descent
- Hold an event or activity to celebrate Black History Month
- Rent a free film on black history at thefilmconnection.org

Black History Month Links

- Association for the Study of African American Life & History (www.dpw-archives.org/asalh.html)
- Biography.com/black_history
- CNN.com/SPECIALS/1998/black.history
- Education-World.com/a_special/black_history.shtml
- TheFilmConnection.org/programs/709
- TimeForKids.com/TFK/bhm

For more information: www.betterworldcalendar.com/blackhistory.htm

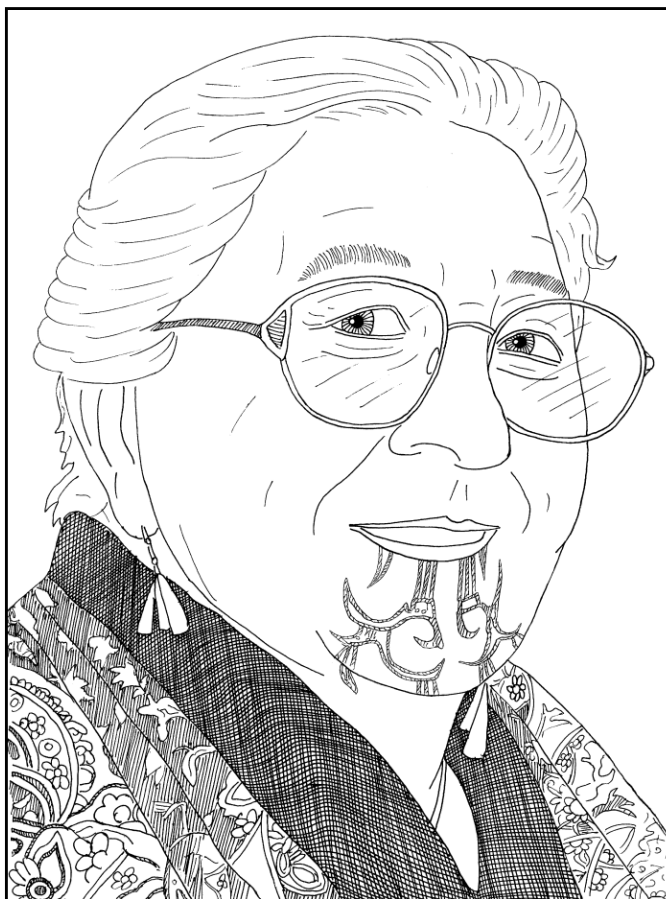
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LEADERSHIP WEEK

STARTING ON THE FIRST SUNDAY IN FEBRUARY



**Ma muaka kite a muri
Ma muri ka ora a mua**

*(Those who lead give sight to those who follow
Those who follow give life to those who lead)*

-- Pauline Tangiora (Maori Elder)

"I start with the premise that the function of leadership is to produce more leaders, not more followers."

-- Ralph Nader

Effective leadership is one of the most crucial elements for successfully completing any group project or activity. A good leader can help bring a diverse group of people together and help them to work effectively for a shared vision and goal.

At one time or another, everyone chooses or is asked to be a leader. With training and understanding, we can all be better leaders when we are called to be in a leadership position.

Leadership week (which begins on the first Sunday in February) is an opportunity to learn skills and tools for being effective leaders. These skills will help us throughout our lives, whether we're called to be leaders in our families, a group, at work, in our communities, or as the leader of a movement.

Leadership Week is also a time to remind our elected officials that in a democracy, leaders are not supposed to be guided by their own vested interests, but are supposed to serve the people they lead.

"Leadership has a harder job to do than just choose sides. It must bring sides together."

-- Jesse Jackson

"Whether our task is fighting poverty, stemming the spread of disease or saving innocent lives from mass murder, we have seen that we cannot succeed without the leadership of the strong and the engagement of all."

-- Kofi Annan

Be A Hero For A Better World!

1. Take a leadership training program
2. Find something you are passionate about, get involved, and work up to a leadership role
3. Support organizations that do leadership training or that hold our elected leaders accountable

Leadership Links

- Center for Visionary Leadership (visionarylead.org)
- Hollyhock Leadership Institute (hollyhockleadership.org)
- National Youth Leadership Council (nylc.org)
- Points of Light Youth Leadership Inst. (pyli.org)
- YouthLeadership.com
- Youth Leadership Initiative (youthleadership.net)
- Youth Leadership Institute (yli.org)

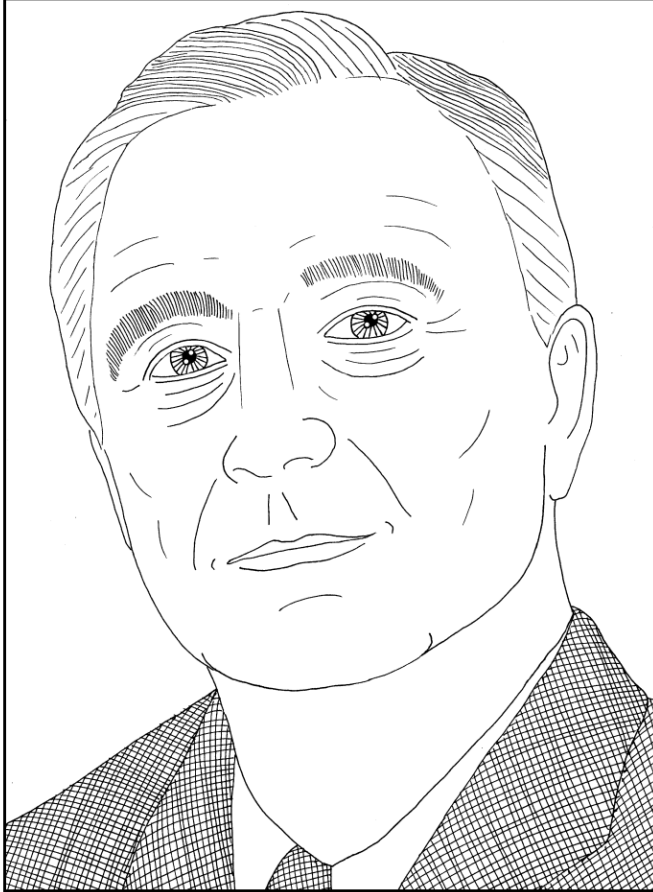
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FREEDOM DAY - FEBRUARY 1



"Freedom means the supremacy of human rights everywhere. Our support goes to those who struggle to gain those rights or keep them."
-- Franklin Delano Roosevelt

Freedom is the most basic of all human rights, but throughout history many individuals and nations have had to struggle to be free. For this reason, the first ten Amendments, known as the Bill of Rights, were added to the American Constitution to guarantee basic freedoms for our new nation's citizens.

The Bill of Rights was a tremendous milestone in the pursuit of freedom for all, and yet when our nation was founded, not all Americans were allowed to be free. Slavery is the ultimate loss of freedom, and it was nearly another 100 years before Abraham Lincoln signed the 13th Amendment abolishing slavery. **National Freedom Day** commemorates this momentous occasion on February 1, 1865.

The first article of the United Nations' Universal Declaration of Human Rights states the most important starting point for all human rights - "All human beings are born free and equal in dignity and rights." Much progress has been made in helping to win freedom for all. But even though international law forbids slavery, it still exists in many parts of the world. In fact, there are more slaves today than ever before -- more than 27 million men, women and children are forced against their will to work as prostitutes or in sweat shops or agricultural fields. And even though all nations agreed to uphold basic human rights for their citizens, many people are not allowed these basic liberties.

Freedom Day, on February 1, is an opportunity to celebrate the victories for freedom that have been won and to re-dedicate our commitment to work for freedom for all.

Be A Hero For A Better World!

1. Learn about history of slavery and human trafficking today
2. Hold an event to raise awareness that not all are free
3. Contribute to organizations working to promote freedom

Organizations Protecting Freedom

- American Civil Liberties Union (aclu.org)
- Amnesty International (amnesty.org)
- Coalition Against Trafficking in Women (catwinternational.org)
- Freedom House (freedomhouse.org)
- Global Alliance Against Traffic in Women (gaatw.net)
- Women's International League for Peace & Freedom (wilpf.org)

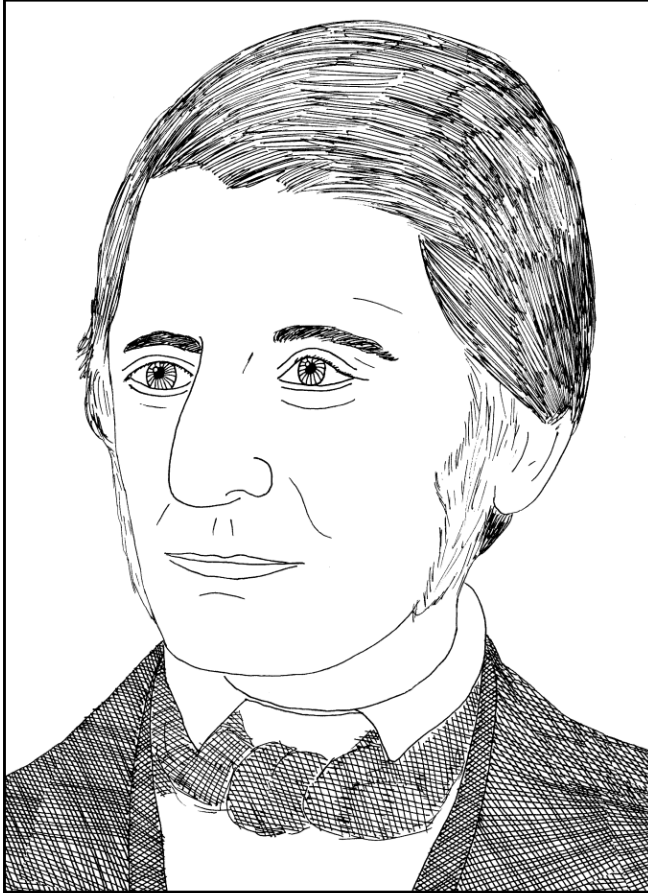
For more on Freedom Day - www.BetterWorldCalendar.com/freedomday.htm

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LANGUAGE DAY - FEBRUARY 21



"Language is the archives of history"

**"Thought is the blossom; language the bud;
action the fruit behind it."**

-- Ralph Waldo Emerson

You probably know that many of the world's plants and animals are in danger of extinction, but did you know that many human languages are in danger of becoming extinct, too?

Globalization has helped to make the world a smaller place. But it has also contributed to the loss of many languages around the world. Now only 10 languages make up over half the world population's mother languages. Once there were about 8000 different languages spoken on our planet. Now there are only about 6500, and half of them are endangered. In fact, every two weeks another language disappears forever!

Languages are important. They do much more than help people communicate. A language helps define a culture, history and ancestry of a group of people. Once a language is lost, humanity loses a part of our rich culture and heritage. Preserving endangered languages is important to keep traditions alive.

UNESCO promotes events and activities on **International Mother Language Day** on February 21 to help encourage the recognition and celebration of the diverse heritage of humanity's mother tongues, especially minority ones, and to raise awareness about the need to preserve endangered languages. The Day provides a wonderful opportunity to discover and celebrate the rich diversity of languages spoken in our own communities.

"Language is a city to the building of which every human being brought a stone."

-- Ralph Waldo Emerson

Be A Hero For A Better World!

1. Find out more about saving languages
2. Learn about another language and culture
3. Find out how many languages are spoken in your community
4. Support organizations preserving language and culture

Mother Language Links

- Ethnologue (ethnologue.org)
- Foundation for Endangered Languages (ogmios.org)
- Modern Language Association (mla.or)
- Rosetta Project (rosettaproject.org)
- Terralingua (terralingua.org)
- UNESCO International Mother Language Day (tinyurl.com/pchfr)

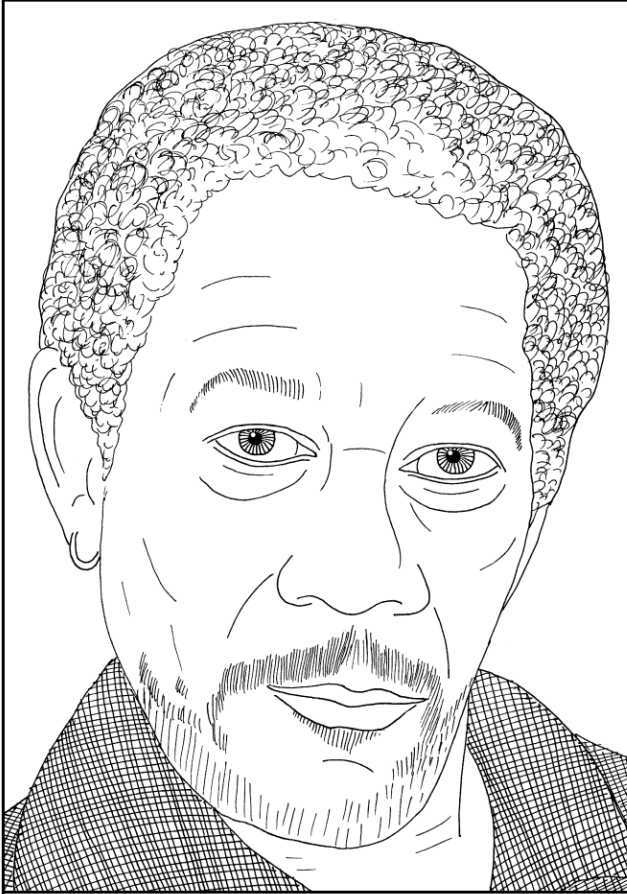
For more information: www.betterworldcalendar.com/language/day.htm

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PERSEVERANCE DAY - FEBRUARY 27



**"The best way to guarantee a loss is to quit."
-- Morgan Freeman**

*"Great difficulties may be surmounted by
patience and perseverance."
-- Abigail Adams*

Most of the achievements and victories for a better world that have been won by individuals, nations and movements have come after long periods of dedication, hard work and struggle.

Perseverance Day, on February 27, is an opportunity to commemorate the important victories for a more peaceful, just and sustainable world that have been won, despite the odds and the hardships that brave, courageous better world heroes have had to endure.

Perseverance Day is also a time to remind ourselves to follow our dreams of a better world, and to keep on trying, even when there seems to be little hope, because it is the right thing to do. We may never know how the seeds of kindness that we plant may help others on their journey, today, or even sometime far in the future. But every act of compassion makes a difference!

*"To every obstacle oppose patience,
perseverance and soothing language."
-- Thomas Jefferson*

*"If you really want something, and really work hard, and take advantage of opportunities,
and never give up, you will find a way.. Follow your Dreams."
-- Jane Goodall*

Be A Hero For A Better World!

"The best way to guarantee a loss is to quit."

**"I always tell my kids if you lay down, people will step over you. But if you keep scrambling, if you keep going, someone will always, always give you a hand. Always. But you gotta keep dancing, you gotta keep your feet moving."
-- Morgan Freeman**

Try, Try Again

**"If there is no struggle, there is no progress."
-- Frederick Douglass**

**"Our greatest glory is not in never failing, but in rising up every time we fail."
-- Ralph Waldo Emerson**

**"Energy and persistence conquer all things."
-- Benjamin Franklin**

For more information: www.betterworldcalendar.com/perseveranceday.htm

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ENERGY DAY - MARCH 1



"I urge individuals around the world to stand up, and ask local leaders ... to pledge to purchase cleaner cars, build green facilities, and buy green power like wind or solar energy. Our actions may determine if we become a casualty in the war for a habitable planet for generations to come."

-- Leonardo DiCaprio

Everything needs energy to work – machines, plants and animals. Most of the energy on our planet comes from the sun. Plants convert energy from the sun and store it. When animals eat plants, their bodies use the stored energy to breathe, move and grow. Today humans have many machines that help us to do work, move around and provide heat. These all need energy.

Most machines run on heat or electricity, and much of it is produced by burning coal, oil and natural gas. These are called **fossil fuels**, because they come from ancient plants and animals. They are **non-renewable energy sources** because but they took millions of years to form and there is only a limited supply. Humans will use up most of these stored materials in less than 200 years!

There is an almost unlimited supply of **renewable energy**. It is harnessed from sunlight or from the natural flow of wind or water, or by growing easily replaceable plants that can be turned into biofuel. Conserving energy -- not using energy-consuming machines when you don't have to, and using more efficient machines – is an even wiser energy choice!

Switching to cleaner, renewable energy is becoming more urgent. Burning fossil fuels causes air pollution. Coal mining and oil drilling destroy natural habitats. Scientists are concerned about the terrible events that may happen because of global climate change caused by burning fossil fuels. As the public becomes more aware of the reasons to switch to renewable energy, governments are paying attention.

Energy Day on March 1 is an opportunity to raise awareness in your community about renewable energy sources and ways to conserve energy. We can create a more sustainable, cleaner and safer world by making wiser energy choices.

Be A Hero For A Better World!

1. Find out more
2. Urge national leaders to fund renewable energy research
3. Urge local leaders to use renewable energy sources
4. Conserve energy go green
5. Support organizations promoting renewable energy

Renewable Energy Links

- Alliant Energy Kids (alliantenergykids.com)
- Alternative Energy Network (alternate-energy.net)
- Enersol (enersol.org)
- National Renewable Energy Lab. (nrel.gov)
- Re-energy.ca
- Solar Electric Light Fund (self.org)
- Solar Energy Intl. (solarenergy.org)

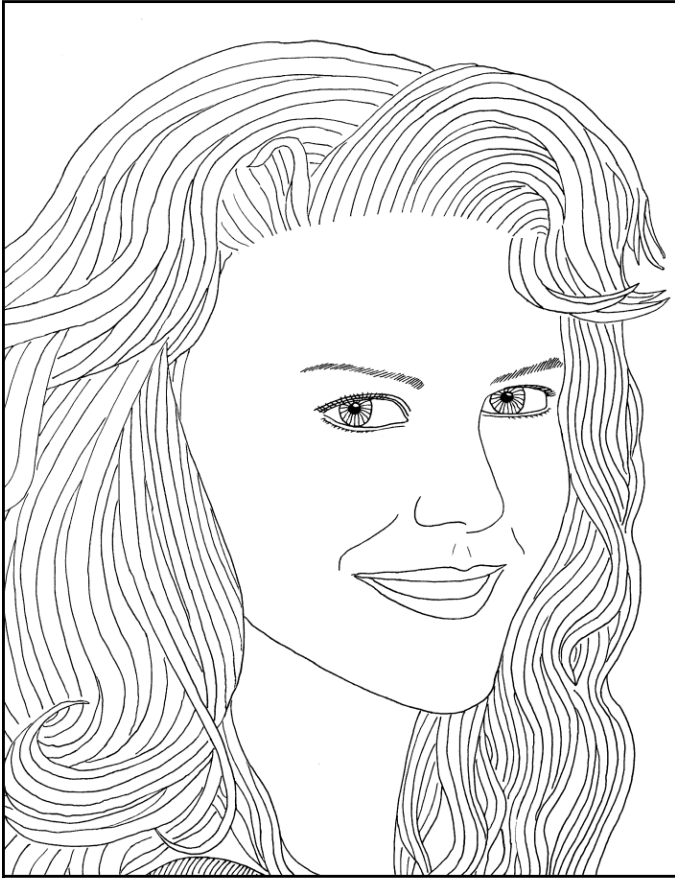
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WOMEN'S DAY - MARCH 8



"Violence against women is an appalling human rights violation. But it is not inevitable. We can put a stop to this."
-- Nicole Kidman

Even though they make up half the population, women and girls have endured discrimination in most societies for thousands of years. In the past, women were treated as property of their husbands or fathers - they couldn't own land, they couldn't vote or go to school, and were subject to beatings and abuse and could do nothing about it. Over the last hundred years, much progress has been made to gain equal rights for women around the world, but many still live without the rights to which all people are entitled.

The United Nations Charter was a major milestone for women's rights because it was the first international agreement to affirm the equality between men and women. Since then, the UN has been an important advocate for the rights of women. The UN adopted an international bill of rights for women in 1979 and sponsored four global women's conferences. The Millennium Development Goals, which all nations agreed to at the UN in 2000, sets tangible goals for nations to achieve by 2015, several of which deal with empowering women.

International Women's Day on March 8 and Women's Equality Day, on August 26 (commemorating the certification of the 19th Amendment which granted women the right to vote), are important annual rallying points to help eliminate discrimination and build support for the rights of women everywhere.

*"We hold these truths to be self-evident: that all men and women are created equal."
-- Elizabeth Cady Stanton*

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness about promoting equal rights for all
3. Contribute to organizations working to promote women's rights and equality

Links for Women's Rights

Center for Women's Global Leadership
(cwgl.rutgers.edu)
Global Fund For Women
(globalfundforwomen.org)
Peace X Peace (www.peacexpeace.org)
Women's Intl League for Peace & Freedom
(wilpf.org)
Women Watch (un.org/womenwatch)

For more on Women's Day - www.BetterWorldCalendar.com/womensday.htm

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END RACISM DAY - MARCH 21



"...we all sometimes have some...harbor some prejudices...but we have to know in our heart it's wrong. And we all want to remember that we are connected. And that any kind of racism is wrong."

— Russell Simmons

Throughout history, many of the horrible things that people have done to each other have occurred because one group of people felt superior to another. They learned to see differences in others -- such as race, color, gender, age, disability, religious belief or sexual orientation -- as a reason for thinking that people with that characteristic were not worthy of the same rights as they were. This "prejudice" justified their decision to discriminate against the other group - the other group was humiliated, excluded, restricted or marginalized because of these perceived differences.

When the United Nations was formed to help countries work together to create a more peaceful, just and sustainable world, a cornerstone of its Charter declared that all people are entitled to the same human rights and freedoms, regardless of their color, sex, language or religion. Our global community has come a long way in helping to eliminate discrimination, but we still have far to go.

End Racism Day on March 21, officially known as The International Day for the Elimination of Racial Discrimination, is a perfect opportunity to help our communities celebrate human unity and the diversity of the human race, rather than allow our differences to become an excuse for racial separation. It's a chance to recognize prejudice, stereotypes and discrimination in our society, and how each of us may have our own prejudices and may be making people feel excluded without our even realizing it.

End Racism Day is a chance to reaffirm our commitment to eliminate all forms of discrimination and help create communities and societies where all citizens can live in dignity, equality and peace.

Be A Hero For A Better World!

1. Find out more about hidden prejudices, discrimination and racism
2. Think about ways you might be acting with prejudice and find ways to change
3. Support organizations working to protect against discrimination

End Racism Links

- Anti-Racism Information Service (antiracism-info.org)
- AntiRacismNet (antiracismnet.org)
- Artists Against Racism (artistsagainstracism.org)
- Intl. Movement Against All Forms of Discrimination and Racism (imadr.org)
- Minority Rights Group (minorityrights.org)
- World Against Racism (endracism.org)

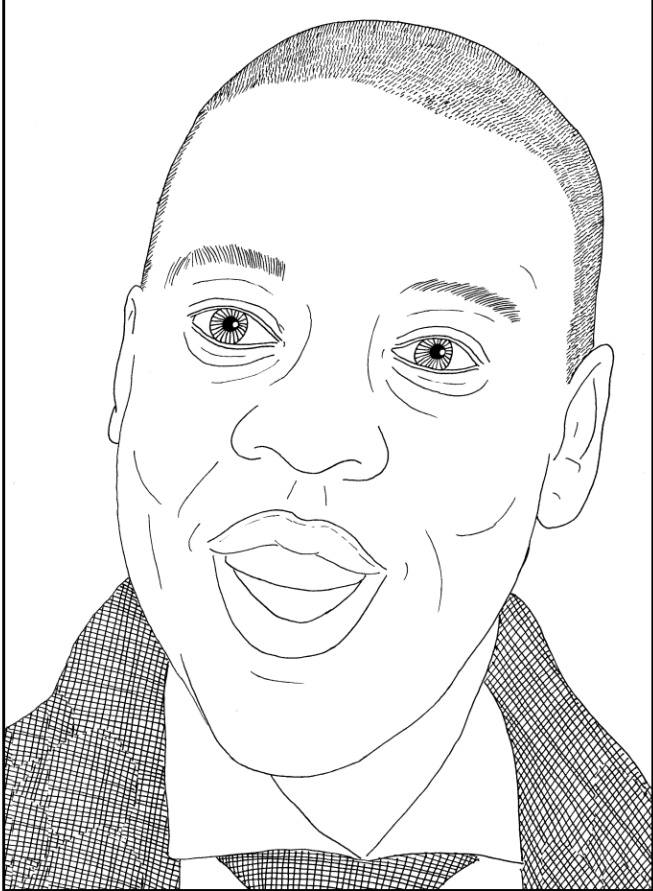
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WORLD WATER DAY - MARCH 22



"So many people that I've seen
can't get clean water. It's a crime."
-- Jay-Z

Water is one of the most basic of all needs -- we cannot live for more than a few days without it. And yet, most people take water for granted. We waste water needlessly and don't realize that clean water is a very limited resource.

More than 1 billion people around the world have no access to safe, clean drinking water, and over 2.5 billion do not have adequate sanitation service. Over 2 million people die each year because of unsafe water - and most of them are children!

World Water Day, observed on March 22, is an important opportunity to educate ourselves and our communities about this most vital of all resources, explore ways to conserve it and protect the waters of our rivers, lakes, oceans and streams. It's a chance to address the issue of helping those without access to clean drinking water. World Water Day is also a time for ethical and moral discussion about water rights, particularly the growing trend of corporations taking over community access to water.

On March 22, 2005, the United Nations launched the **UN International Decade for Action on Water**, to help bring greater awareness to the global community about the growing problem of access to clean water for everyone.

*"We must treat water as if it were the most precious thing in the world, the most valuable natural resource.
Be economical with water! Don't waste it!
We still have time to do something about this problem before it is too late."
-- Mikhail Gorbachev*

Be A Hero For A Better World!

1. Find out more about our most precious resource: water
2. Hold an event to raise awareness about conserving water, and access to clean water for all (WorldWaterDay.net)
3. Show the World Water Day film
Rent free at:
thefilmconnection.org

Water Links

- UN World Water Day
(worldwaterday.org)
- World Water Council
(worldwatercouncil.org)
- Sweetwater Alliance
(waterissweet.org)
- To locate a World Water Day event near you:
WorldWaterDay.net

For more information: www.betterworldcalendar.com/waterday.htm

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RECONCILIATION DAY - APRIL 2



"If we really want to love,
we must learn how to forgive."
— Mother Teresa

Forgiveness is one of the most important first steps to ending conflicts in our families, our communities and between nations. Most conflicts begin because one person or group feels they have been wronged by another person or group.

Forgiveness is not glossing over a problem or excusing it without consequences, or letting someone continue to treat you badly. It's always important to first get out of a dangerous situation, such as a violent or abusive relationship. Forgiveness does not have to include reconciliation, where both sides work to create a healthy and peaceful ongoing relationship. Forgiveness is a personal decision to not allow anger, hurt and resentment to control your life, and to forgive someone who has wronged you, even if they don't deserve it.

Learning to let go and forgive isn't always easy, but when we truly forgive, it helps foster better health, better relationships, a deeper sense of purpose and self worth and a feeling of connection to others. The healing power of forgiveness reached international attention after the end of apartheid in South Africa when the Truth and Reconciliation Commission helped to bring the bitterly divided nation together after decades of segregation and violence.

Because of its importance, there several days devoted to forgiveness and reconciliation. Advice columnist Ann Landers is responsible for popularizing the April 2 celebration of Reconciliation Day, as a day to try to try to patch up a broken or strained relationship. In South Africa, Reconciliation Day is celebrated on December 16. The Worldwide Forgiveness Alliance promotes the first Sunday in August as International Forgiveness Day, hoping to spread awareness about the healing power of forgiveness to create "a safer, more joyful and peaceful world."

Be A Hero For A Better World!

1. Find out more about the power of forgiveness and reconciliation
2. Think about someone who has wronged you and work towards forgiving them
3. Seek forgiveness from someone you have wronged

Forgiveness Links

- Campaign for Forgiveness Research (forgiving.org)
- Campaign for Love & Forgiveness (fetzer.org/LoveAndForgive)
- The Forgiveness Project (theforgivenessproject.com)
- Forgiveness Web (forgivenessweb.com)
- Worldwide Forgiveness Alliance (forgivenessday.org)

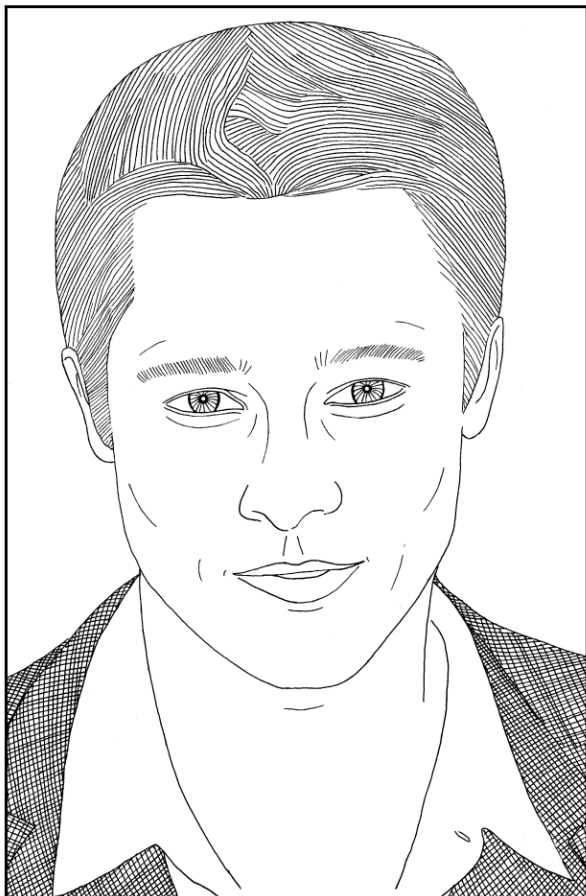
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WORLD HEALTH DAY - APRIL 7



"Kids are dying from diarrhea ... that just shouldn't be in this day and age, and it's that kind of thing that needs to be changed. Enough is enough..."
-- Brad Pitt

Good health is one of the most important ingredients for a happy and productive life. And yet, many people do not have access to health care and live in conditions that spread disease. Nearly 11 million children die before they reach their 5th birthday and each year half a million women die in pregnancy or childbirth. Most of these deaths can be prevented!

World Health Day, on April 7, is an opportunity to highlight the progress that has been made to create a safer, healthier world and the steps that still need to be taken. This day commemorates the creation on April 7, 1948 of the World Health Organization (WHO), the United Nations' specialized agency for health.

World Health Day is a good time to debate the issue of 'universal health care.' In 1948, one of the declarations in the Universal Declaration of Human Rights stated that all people should have access to the medical care they need to lead healthy lives. Today, the United States is the only major industrialized country that does not provide health care for all of its citizens.

World Health Day is also a time to remind governments about their commitment to focus on health issues in the Millennium Development Goals, which all of the World's leaders agreed to at the UN in the year 2000. All nations have pledged to specific goals in reducing child mortality, improving maternal health and fighting HIV/AIDS, malaria and other diseases by the year 2015. Some progress been made, but more needs to be done.

On World Health Day thousands of global activities take place to re-ignite interest from the public, media, organizations and governments to focus attention on sustainable activities throughout the year to create a healthier world for all, and to remind us that 'good health' is more than just the absence of disease - it is a state of complete physical, mental and social well-being.

Be A Hero For A Better World!

1. Find out more about universal health care
2. Sponsor a showing of SICKO
3. Write to Congress urging universal health care
4. Support organizations working for universal health care

Health Links

- Family Health International (fhi.org)
- Global Health Council (globalhealth.org)
- SICKO (sicko-themovie.com)
- Universal Health Care Action Network (uhcan.org)
- World Health Day (who.int/world-health-day)
- World Health Organization (who.org)

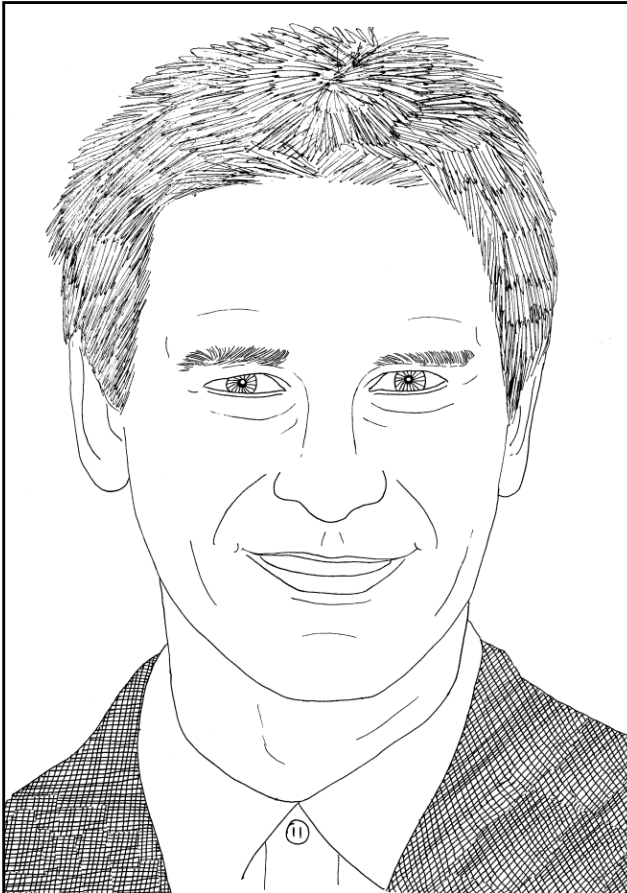
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EARTH DAY - APRIL 22



"When we protect the places where the processes of life can flourish, we strengthen not only the future of medicine, agriculture and industry, but also the essential conditions for peace and prosperity."
~ Harrison Ford

The environmental movement is one of the most successful social change movements. Popularizing Earth Day celebrations can be credited with bringing the movement to the mainstream. Through grassroots efforts, festivals, fairs, assemblies and concerts have helped popularize concern for our environment in the public's mind. Since so many people participate in Earth Day activities, Earth Day is the perfect opportunity to get people to tap-into the *better world movement*, so that they can find the inspiration and encouragement to continue activities for a more peaceful, just and sustainable world all year long.

When is Earth Day? Actually, there are 3 Earth Days - 3 dates that are dedicated to helping raise awareness about the health and well being of the land, skies and water of our planet Earth. The original Earth Day is celebrated on the Spring Equinox each year (usually it falls on March 20 or March 21 each year). April 22 is the date that most people know as Earth Day. Both of these Earth Days were first celebrated in 1970. In 1972, the United Nations designated June 5 as World Environment Day to commemorate the opening of the Conference on the Human Environment in Stockholm that year, which ultimately led to the creation of the United Nations Environment Programme (UNEP), the main UN body devoted to protecting our environment.

There are many different ecological issues to raise awareness about, on Earth Day and all year long – global climate change, protecting wildlife habitat, preventing pollution and cleaning up polluted air, water and land, conserving our natural resources, and many other issues ... What's your ecological passion?

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness and funds for environmental protection
3. Contribute to an organization promoting ecology
4. Reduce, Reuse, Recycle

Organizations Promoting Ecology

CoOp America - CoOpAmerica.org
Earth Charter - EarthCharter.org
Earth Day Network - EarthDay.org
Earth First - EarthFirst.org
EnvironmentalDefense Fund
- EnvironmentalDefense.org
Goldman Environmental Prize
- GoldmanPrize.org

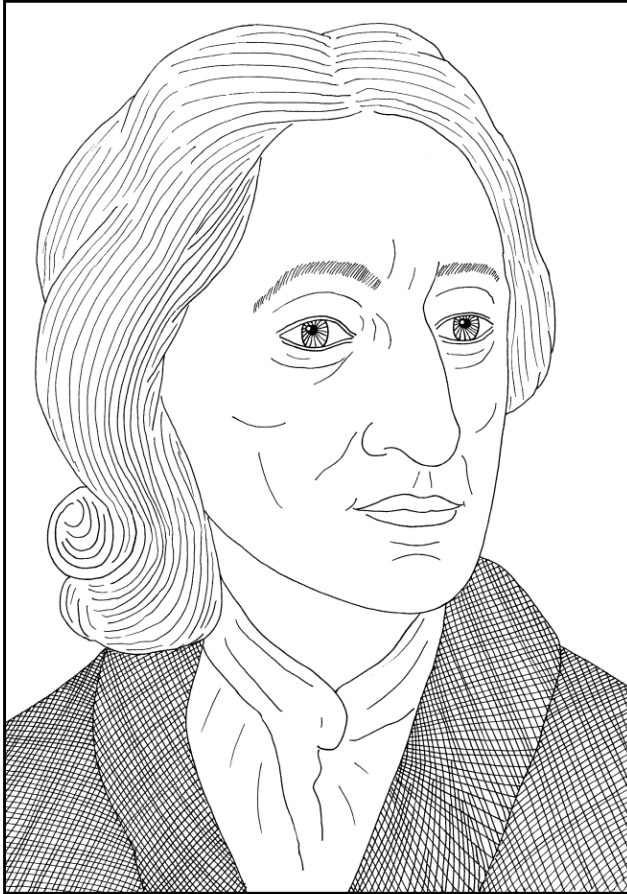
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LAW DAY - MAY 1



**"The end of law is not to abolish or restrain,
but to preserve and enlarge freedom.
For in all the states of
created beings capable of law,
where there is no law, there is no freedom."
-- John Locke**

For thousands of years, societies have imposed rules or "laws" that tell people what they can and cannot do. Without rules, anyone could do whatever they wanted, even if it hurt others and disrupted society. Greek philosophers, like Plato and Aristotle described this as the "rule of men" versus the "rule of law." Others pointed out the important difference between "rule of law" and "rule by law." With "rule by law", governments can make up any rules they wish and are above the law. With "rule of law" everyone must obey the law.

It is ironic that in a democracy where all are free and enjoy equal rights, we must also have equal responsibilities so that the rights and freedom of others are protected. However, in a democracy, laws must also be fair, clearly defined, and applied equally to all members of the society -- both citizens and rulers.

Nations have long relied on treaties and other legal agreements to help them get along better. In the past century, with two global wars taking place, the need for a more comprehensive set of international laws became more apparent. International bodies, like United Nations, were created in order to provide a forum for countries to work together. An important part of the UN Charter adopted in 1945 was the establishment of the International Court of Justice, to help settle legal disputes between nations. In 2002, the International Criminal Court was established to prosecute individuals for genocide, war crimes and other crimes against humanity. More than 100 nations are members, but 3 major powers - China, India and the United States - have refused to participate.

Law Day, celebrated on May 1, is an opportunity to bring attention to the importance of the rule of law as a necessary foundation for democracy.

Be A Hero For A Better World!

1. Find out more
2. Write to national leaders urging them to support the International Criminal Court
3. Support organizations working to ensure that all receive equal protections and accountability under our laws including leaders

Rule of Law Links

- ABA Rule of Law Initiative (abanet.org)
- American Civil Liberties Union (aclu.org)
- Center for the Rule of Law (ruleoflaw.org)
- International Bar Association (ibanet.org)
- International Court of Justice (icj-cij.org)
- International Criminal Court (icc-cpi.int)
- Intl. Rule of Law Directory (roldirectory.org)
- Law Day (lawday.org)
- UN - International Law (un.org/law)

For more information: www.betterworldcalendar.com/lawday.htm

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INTERNATIONAL WORKERS' DAY - MAY 1



"The people united will never be divided."
— Cesar Chavez

A nation's well-being depends on those who work to provide the goods and services that allow its citizens to lead productive and healthy lives. Often throughout history, societies have been divided into different classes, with one class typically having to do much of the work that keeps that society running. Employers and governments have not always treated the working classes well – often workers had to work long hours, in hazardous conditions for little pay.

The labor movement arose in Europe during the Industrial Revolution in the 18th and early 19th centuries, beginning with working people organizing into groups called labor unions and trade unions. With strength in numbers, workers had a better chance to convince employers and governments to treat them more fairly. The movement met with great resistance from the privileged classes. But by the late 1800s it began to grow into a worldwide movement after Pope Leo XIII advocated reforms for the working class, including the elimination of child labor, the right for workers to organize into unions, to have shorter work days and liveable wages.

Although some workers are still forced into sweatshops and other inhumane working conditions, the labor movement has won numerous victories that many of us take for granted, such as the 5-day work week, 8-hour work day, paid holidays and the end of child labor.

Most of the world celebrates May 1 as **International Workers' Day**, a time to celebrate the victories that have been won to make many workers' lives safer and more sustainable, and to rally around workers' rights to insist that all workers are treated fairly. Even though this date commemorates the US labor movement's demand for an eight-hour work day to come into effect on May 1, 1886, in the United States the labor force is celebrated on **Labor Day** on the first Monday in September.

Be A Hero For A Better World!

1. Find out more about historical labor leaders, labor victories, and ongoing labor injustice
2. Hold an event to raise awareness about sweatshops & other violations of workers' rights
3. Support organizations working to defend workers' rights

Labor Links

- AFL-CIO (aflcio.org)
- Fair Labor Association (fairlabor.org)
- International Labour Organisation (ilo.org)
- Jobs With Justice (jwj.org)
- LaborNet (labornet.org)
- National Labor Committee (nlcnet.org)
- US Dept of Labor (dol.gov)

For more information: www.betterworldcalendar.com/workersday.htm

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WORLD PRESS FREEDOM DAY - MAY 3



"The free press is the
mother of all our liberties
and of our progress under liberty."
-- Adlai Stevenson

The media has become a major influence in shaping the world. Many are concerned that fewer and fewer corporations are controlling the vast majority of our media -- in the United States just 5 or 6 corporations control most of the newspapers, magazines, TV and radio stations, books, music, movies, videos, wire services and photo agencies. This is alarming because it limits the perspectives and points of view that help us to shape our individual perceptions of events in the world.

Media Democracy Day, on October 18, has become an important opportunity to speak out against the commercialization of our media. It is a time to call for media reforms that promote diversity, and better representation and accountability to local communities.

In 1996, a coalition of groups in Toronto and Vancouver organized a Media Democracy Day to challenge the monopolization of media outlets by a few corporations. Previously, organizations had organized a Media Democracy Day in Britain on October 18, commemorating the 1922 establishment of the BBC (British Broadcasting Company). By 2002, Media Democracy Day was being celebrated in cities throughout the world.

Since 1993, the United Nations has promoted May 3 as **World Press Freedom Day** -- an important opportunity to remind governments and civil society about the "crucial role a free press plays in strengthening democracies and fostering development around the world."

Help promote a free world press, media reform and support alternative media sources.

Be A Hero For A Better World!

1. Find out more about media reform
2. Hold an event to promote a free world press, media reform and alternative media.
3. Support groups working for media reform.

Media Reform Links

Center for Public Integrity
(openairwaves.org)
FAIR (fair.org)
Free Press (freepress.net)
Media Alliance (media-alliance.org)
MediaChannel.org (mediachannel.org)
Reporters Without Borders (rsf.org)
World Press Freedom Committee
(wpfc.org)

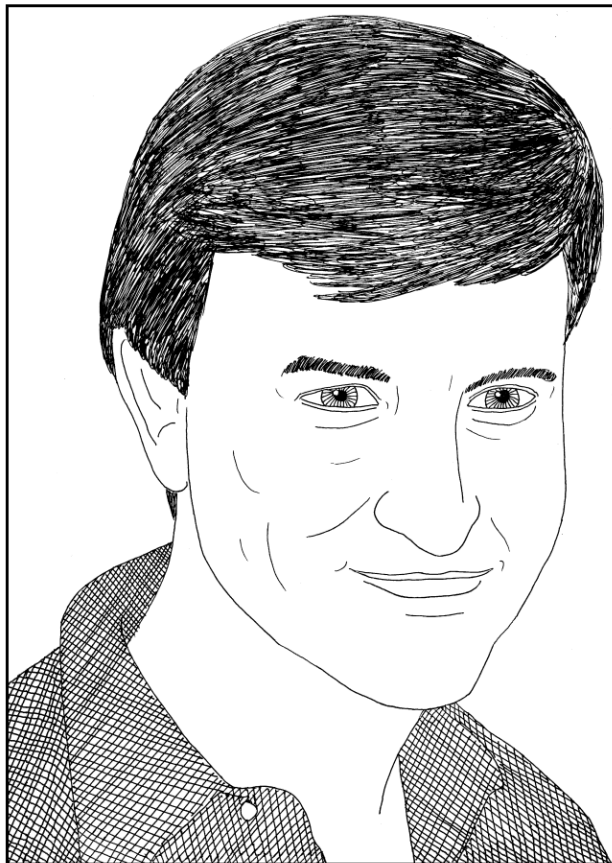
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FAIR TRADE DAY 2ND SATURDAY IN MAY



"Fair Trade is a market-based, entrepreneurial response to business as usual: it helps third-world farmers developing direct market access as well as the organizational and management capacity to add value to their products and take them directly to the global market. Direct trade, a fair price, access to capital and local capacity-building, which are the core strategies of this model, have been successfully building farmers' incomes and self-reliance for more than 50 years."

-- Paul Rice, FairTrade USA

In the 1940s, some churches raised funds for poverty-stricken communities by selling the handicrafts created by the poor communities. This was the start of the Fair Trade movement. Now, Fair Trade goods, like coffee, tea, cocoa, wine, nuts, clothes, handicrafts and jewelry, amount to \$500 million in annual sales! The Fair Trade movement is growing as people realize that they can help alleviate poverty and protect the environment by choosing Fair Trade products.

Fair Trade means that the item has been made or grown by workers who work in safe conditions and are paid a livable wage. Fair Trade promotes gender equality and safe environmental practices. Workers are often part of a co-op, benefiting the entire community, and there is no middleman to take a cut of the profits. So, Fair Trade goods are generally not more expensive and are of equal or better quality than conventionally produced goods.

In the late-1980s, a "certified Fair Trade" label made it easy for consumers to identify fair trade goods. Today there are more than 3000 Fair Trade grassroots organizations in 60 countries working with over a million small-scale workers. Fair Trade products are sold in thousands of Fair Trade shops and in a growing number of traditional supermarkets, shops and restaurants.

Fair Trade Day, on the second Saturday in May, is an opportunity to educate your community about Fair Trade products, and the Fair Trade movement's goal to create a more equitable, just and sustainable model for ALL international trade.

Be A Hero For A Better World!

1. Find out more about Fair Trade
2. Buy Fair Trade products
3. Help organize a Fair Trade Fair to raise awareness about Fair Trade
4. Support organizations promoting Fair Trade

Fair Trade Links

- Equal Exchange (equalexchange.com)
- Fair Trade Federation (fairtradefederation.org)
- Fair Trade Resource Network (fairtraderesource.org)
- Global Exchange (globalexchange.org)
- International Fair Trade Assoc. (ifat.org)
- TransFair USA (transfairusa.org)
- World Fair Trade Day (wftday.org)

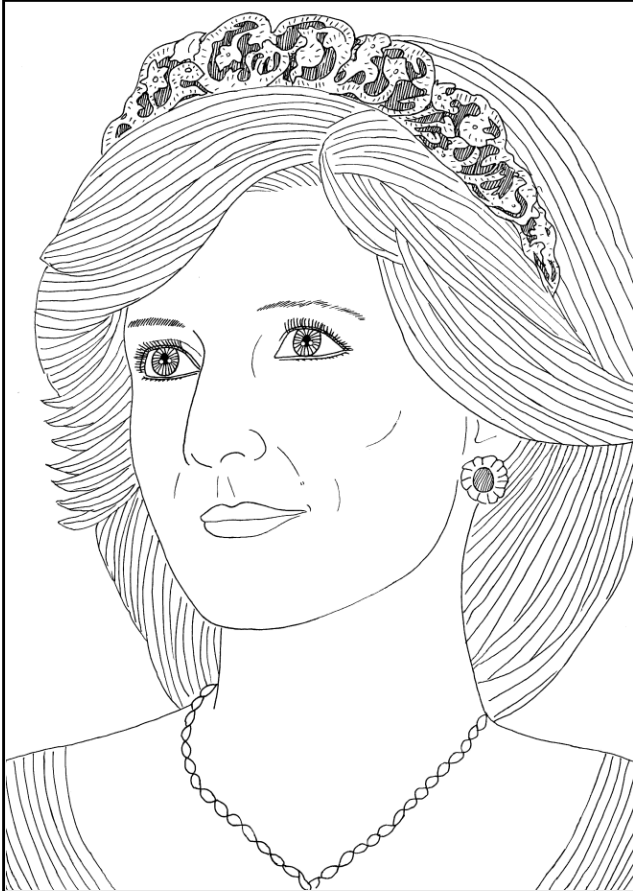
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FAMILIES DAY - MAY 15



**"Family is the most important thing in the world."
-- Princess Diana**

The ideal of "a family" is one of the most basic models of what a better world can be like. In a perfect family, the members are joined by bonds of love; they help each other meet all of their physical and emotional needs. Of course no family is perfect, but a family that strives together to become a "family for a better world" can help each member to feel more fulfilled and better about themselves and the world. They also provide a real-life example of how the human family can work together to create a more peaceful, just and sustainable world.

The first step to becoming a "Better World Family" is to decide to become one. It will be an ongoing learning experience with lots of mistakes. You might decide to set a regular time to discuss and work out family problems and issues. You'll want to make sure that you show your concern and encouragement for each other, regularly. You'll need to let things go and apologize and accept apologies and make amends when apologies aren't enough. You're a team and you want to work it out. You may decide to work together on projects for a better world as a way to strengthen your dedication.

In 1993, the United Nations decided that May 15 should be observed as the International Day of Families to help increase awareness of family issues and improve the capability of nations to tackle family-related problems.

In the United States, Family Day is also observed on September 26 by Presidential Proclamation.

Be A Hero For A Better World!

- Find out more about building a strong family
- Invite your family to start a regular Family Time to discuss ways to improve your family life
- Invite your family to work together on a 'better world project'
- Support organizations that support families

Family Links

- Families Australia (familiesaustralia.org.au)
- Family Research Laboratory (unh.edu/fri)
- International Day of Families (un.org/esa/socdev/family/IntObs/IDF/IDFframe.htm)
- UN Program on the Family (un.org/esa/socdev/family)
- Building a Strong Family (Univ of Florida) (edis.ifas.ufl.edu/HE326)

For more information: www.BetterWorldCalendar.com/familiesday.htm

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DIVERSITY DAY - MAY 21



"I know there is strength
in the differences between us.
I know there is comfort where we overlap."
-- Ani DiFranco

The tragedy of September 11, 2001 clearly illustrated that serious conflicts can arise over "cultural differences." Shortly after this tragic event, 185 nations unanimously adopted the UNESCO Universal Declaration on Cultural Diversity to proclaim that our cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of us. It rejected the claims that a clash of cultures and civilizations is unavoidable, and stressed that intercultural dialogue is the best guarantee of a more peaceful, just and sustainable world.

What is culture? A culture is a community's language, arts and literature. It is also its values system, traditions, beliefs and way of living. Respecting and protecting culture is a matter of Human Rights. Everyone should be able to participate in the cultural life of their choice. The Convention on the protection and promotion of the diversity of cultural expressions was adopted in October 2005 to outline legal rights and obligations regarding international cooperation to help protect cultural diversity throughout the world.

Diversity Day, officially known as World Day for Cultural Diversity for Dialogue and Development, is an opportunity to help our communities to understand the value of cultural diversity and learn how to live together in harmony.

Be A Hero For A Better World!

1. Learn about another culture
2. Hold an event celebrating the rich cultural diversity in your community
3. Contribute to organizations working to promote and protect cultural diversity

Organizations for Cultural Diversity

- Coalition for Cultural Diversity (cdc-ccd.org)
- Cultural Commons (culturalcommons.org)
- EdChange (edchange.org)
- International Network for Cultural Diversity (incd.net)
- UNESCO Culture Sector (unesco.org/culture)

For more on Diversity Day - www.BetterWorldCalendar.com/diversityday.htm

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BIODIVERSITY DAY - MAY 22



"As custodians of the planet it is our responsibility to deal with all species with kindness, love and compassion."

-- Richard Gere

Many people are helping to make the world a better place, but humanity as a whole is making it difficult for other living creatures that share our planet to survive. As humans clear the land to build, and pollute the land, air and water, wildlife habitats are being destroyed. Some scientists estimate that each year 140,000 species of plants and animals become extinct -- there are no more of those kinds of plants or animals left on the planet! Scientists estimate that if we keep doing what we're doing, 20% of all living species will be extinct in 30 years, and half of all living species will be extinct within the next century!

Recognizing the importance of protecting other living species, 150 nations signed the Convention on Biological Diversity at the Rio Earth Summit in 1992. One definition of "biological diversity" or "biodiversity" is the totality of genes, species, and ecosystems of a region, and this document helps set up real and tangible goals for nations to achieve in order to protect living species and their habitats.

BioDiversity Day is a chance to promote conservation of biological diversity and call for the sustainable and equitable use of the resources of the natural environment.

Be A Hero For A Better World!

1. Find out more about biodiversity
2. Hold an event to raise awareness and funds for biological diversity
3. Contribute to an organization promoting biodiversity

Organizations Promoting BioDiversity

BioDiversity Project (biodiversityproject.org)
Convention on Biological Diversity (biodiv.org)
Center for Biodiversity and Conservation (cbc.amnh.org)
Nature Conservancy (nature.org)
Redlist of Threatened Species (redlist.org)
World Conservation Union (iucn.org)

For more information: www.betterworldcalendar.com/biodiversityday.htm

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UN PEACEKEEPERS DAY - MAY 29



"Peace is a fulltime job. It's protecting civilians, overseeing elections, and disarming ex-combatants. The UN has over 100,000 Peacekeepers on the ground, in places others can't or won't go, doing things others can't or won't do. Peace, like war, must be waged."
-- George Clooney

The mission of the United Nations is to help create a more peaceful, just and sustainable world. For most of us, this is a noble ideal we can hope for while we go about our daily lives, but for countries torn apart by war, peace is an urgent need. UN Peacekeepers help countries ravaged by conflict create conditions for peace. UN Peacekeepers are soldiers, police and civilian personnel from many countries around the world. They help monitor peace processes, and help conflicting sides to carry out peace agreements they've agreed upon. In its over 60 year history, United Nations Peacekeepers have been involved in 172 peaceful settlements!

The mission of the United Nations is to help
In 1988, the Nobel Peace Prize was awarded to the United Nations Peace-keeping Forces. May 29 was designated by the United Nations as the International Day of United Nations Peacekeepers, to honor the men and women who have served and who are serving in United Nations peacekeeping operations, and to pay tribute to those who have lost their lives helping to bring peace.

UN Peacekeepers Day is also a time to remind our governments of the importance of supporting the United Nations. Some nations, like the United States have not lived up to their financial obligations to the UN, making it difficult for the UN to do its important work. Governments spend more than 1 trillion dollars each year for weapons and wars, but only a tiny fraction of that amount for the peace-building work of the UN. You can help governments see that the price of peace is much cheaper than the price of war.

Be A Hero For A Better World!

1. Find out more about UN Peacekeeping
2. Hold an event to raise awareness about the work of the United Nations

For More Information

- United Nations Peacekeeping (un.org/Depts/dpko/dpko)
- Better World Campaign's Price of Peace Petition (PriceOfPeace.org)
- United Nations Association (UNAUSA.org)

For more on UN Peacekeepers Day - BetterWorldCalendar.com/peacekeepersday.htm

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WORLD ENVIRONMENT DAY - JUNE 5



"We are all together in this single living ecosystem called planet earth."
— Dr. Sylvia Earle

The environmental movement is one of the most successful social change movements. Popularizing Earth Day celebrations can be credited with bringing the movement to the mainstream. Through grassroots efforts, festivals, fairs, assemblies and concerts have helped popularize concern for our environment in the public's mind. Since so many people participate in Earth Day activities, Earth Day is the perfect opportunity to get people to tap-into the *better world movement*, so that they can find the inspiration and encouragement to continue activities for a more peaceful, just and sustainable world all year long.

When is Earth Day? Actually, there are 3 Earth Days - 3 dates that are dedicated to helping raise awareness about the health and well being of the land, skies and water of our planet Earth. The original Earth Day is celebrated on the Spring Equinox each year (usually it falls on March 20 or March 21 each year). April 22 is the date that most people know as Earth Day. Both of these Earth Days were first celebrated in 1970. In 1972, the United Nations designated June 5 as World Environment Day to commemorate the opening of the Conference on the Human Environment in Stockholm that year, which ultimately led to the creation of the United Nations Environment Programme (UNEP), the main UN body devoted to protecting our environment.

There are many different ecological issues to raise awareness about, on Earth Day and all year long – global climate change, protecting wildlife habitat, preventing pollution and cleaning up polluted air, water and land, conserving our natural resources, and many other issues ... What's your ecological passion?

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness and funds for environmental protection
3. Contribute to an organization promoting ecology
4. Reduce, Reuse, Recycle

Organizations Promoting Ecology

CoOp America - CoOpAmerica.org
Earth Charter - EarthCharter.org
Earth Day Network - EarthDay.org
Earth First - EarthFirst.org
EnvironmentalDefense Fund
- EnvironmentalDefense.org
Goldman Environmental Prize
- GoldmanPrize.org

For more information: www.betterworldcalendar.com/environmentday.htm

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WORLD REFUGEE DAY - JUNE 20



"In countries where people have to flee their homes because of persecution and violence, political solutions must be found, peace and tolerance restored, so that refugees can return home. In my experience, going home is the deepest wish of most refugees." ~ Angelina Jolie

After Hurricane Katrina, thousands of survivors were left without homes. As refugees, they were taken in by communities across the nation. Disasters cause many people to leave their homes around the world, but millions of people have to flee their homes for another reason - violent conflicts cause them to fear for their lives.

Over 50 million people are currently victims of forced displacement. Of those, 14 million fit the international legal definition of a refugee - people who have left their country because of fear of persecution based on their political opinion, ethnic background, religion or nationality.

The United Nations set up UNHCR - the UN Refugee Agency in 1951 to help the 1.2 million Europeans who were left homeless after World War II. Since then the organization has helped protect 50 million refugees.

World Refugee Day is an important opportunity to remind us about the ongoing plight of millions of refugees around the world.

Be A Hero For A Better World!

- 1) Find out more about refugees
- 2) Hold an event to raise awareness and funds for refugees
- 3) Contribute to a nonprofit working to help refugees

Organizations Helping Refugees

10 Million Clicks For Peace
(10millionclicksforpeace.org)
American Refugee Committee (arcrelief.org)
Amnesty International
International Rescue Committee (theirc.org)
Mercy Corps (mercycorps.org)
Refugees International (refintl.org)
UNHCR - The UN Refugee Agency (unhcr.org)
US Committee for Refugees (refugees.org)

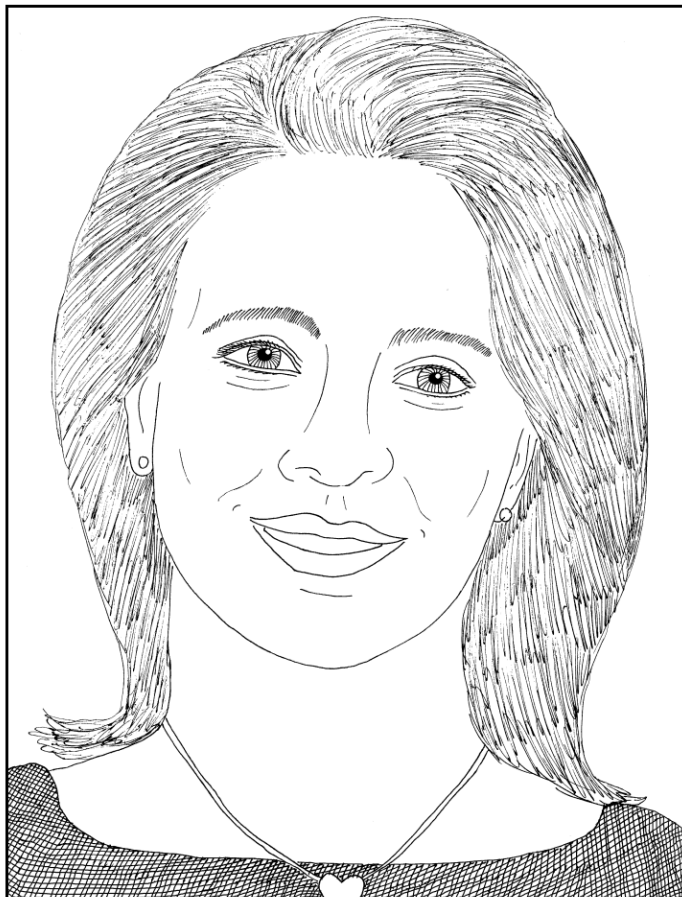
For more on World Refugee Day - www.BetterWorldCalendar.com/refugeeday.htm

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INTERFAITH DAY - JUNE 22



"As believers we all have an opportunity and moral obligation to recognize our spiritual common ground; to rise above our differences; to combat prejudice and intolerance."
~ Queen Noor of Jordan

Some of the wars and conflicts of the past and present were fought over land and resources, but many have been over religious differences. In this past century, a global interfaith movement has been growing, helping to raise consciousness about the need for tolerance and understanding between different cultures and religions. This movement has helped highlight the common goals that most religions share, such as the Golden Rule, which is at the heart of nearly all religious traditions. At the same time, many throughout the world are discovering that 'spirituality' -- a deep connection to a greater purpose for humanity -- is an important driving force in their lives, even if they aren't religious.

UNESCO, working with religious and spiritual NGOs, is currently developing an action plan for Interfaith Cooperation for Peace. Interfaith Day, June 22, is an opportunity for all who value spirituality in their lives to connect and unite in our wish for a more peaceful, just and sustainable world based on values grounded in our deeper spiritual connection to each other and the world around us.

World Spirituality Day, December 31, is another opportunity to celebrate our spiritual diversity and rededicate our priority to follow our spiritual paths.

Be A Hero For A Better World!

1. Learn about a faith different from your own
2. Hold an interfaith event
3. Contribute to organizations promoting interfaith spirituality

Interfaith Promoting Organizations

The Inerfaith Alliance (interfaithalliance.org)
Interfaith Center of NY (interfaithcenter.org)
Interfaith Youth Core (ifyc.org)
Network of Spiritual Progressives
(spiritualprogressives.org)
Temple of Understanding
(templeofunderstanding.org)
United Religions Initiative (www.uri.org)
World Peace Prayer Society (worldpeace.org)

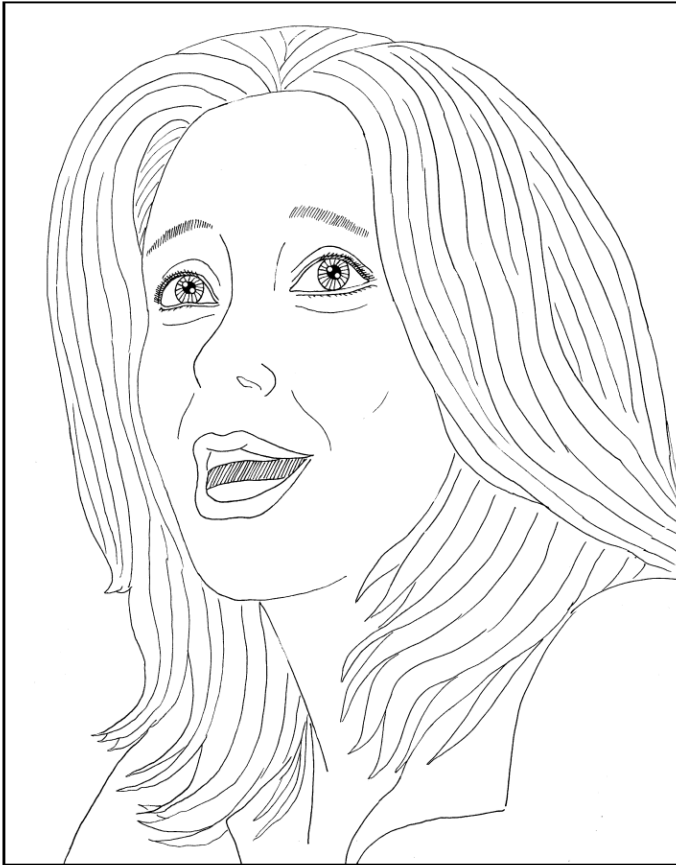
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END TORTURE DAY - JUNE 26



"It's only when we imagine for ourselves what it would be like to run from state terror, torture, rape, the destruction of our homes and families that we can understand how vital it would be to find a place that welcomed us and tried to heal our wounds."

-- Emma Thompson

Torture -- the intentional infliction of severe mental or physical pain or suffering -- is a violation of the most basic of all human rights. Many agreements have been made over the years to try to end the use of torture. Finally, the United Nations passed a Convention, a comprehensive legal document outlawing torture, which went into force on June 26, 1987. However, since then government-sanctioned torture has taken place in 150 countries, and in 70 of those countries torture by state officials was widespread.

Anyone can be a victim of torture -- soldiers, prisoners, men, women and children, young or old. The pain a torture victim experiences is only the beginning -- many victims suffer psychological scars for years.

Organizations like the Intl. Rehabilitation Council for Torture Victims help torture victims rebuild their lives with psychological and medical treatment. Other groups like Amnesty International monitor torture violations and bring legal actions to stop torture.

June 26 is the UN International Day in Support of Victims of Torture. It is an opportunity to educate your community about the widespread use of torture. It's a chance to urge countries that haven't signed the Convention against torture to do so, and to ensure that countries that have signed it never allow torture to take place.

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness about the widespread use of torture
3. Contribute to organizations working to end torture

Organizations Ending Torture

- Amnesty International (amnesty.org)
- International Rehabilitation Council for Torture Victims (irct.org)
- Coalition of Intl NGOs Against Torture (cinat.org)
- Survivors International (survivorsintl.org)
- Survivors of Torture Intl (notorture.org)

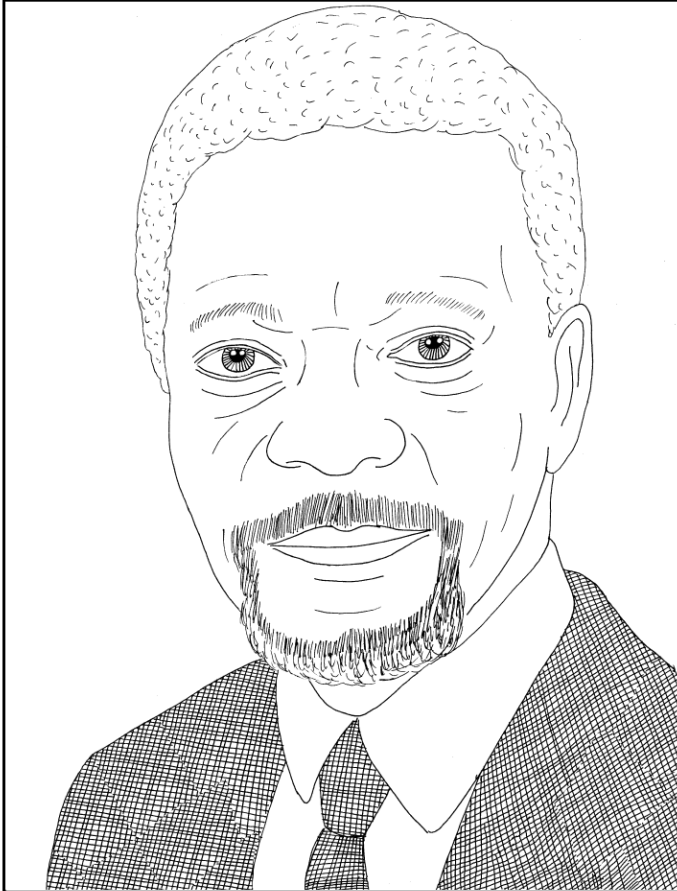
For more on End Torture Day - www.BetterWorldCalendar.com/endtortureday.htm

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CO-OP DAY FIRST SATURDAY IN JULY



"Founded on the principles of private initiative, entrepreneurship and self-employment, underpinned by the values of democracy, equality and solidarity, the co-operative movement can help pave the way to a more just and inclusive economic order." ~ Kofi Annan

For most people, "CoOp" brings to mind a local health food store which is owned and run by its members. This is only one example of a cooperative. Cooperatives - community or employee owned businesses or groups - can be formed for businesses of any kind, including cooperative banks (called credit unions), insurance and health care companies, day care, agricultural distribution and housing co-ops. Cooperatives are much more popular than most people realize -- almost a third of American farmers' products are marketed through cooperatives, half of the electricity in rural areas comes from rural electric cooperatives and more than 70 million Americans use credit unions! More than 1/2 million American workers have taken control of their lives and economic choices by being part of employee-owned businesses.

The cooperative movement is growing throughout the world. The International Cooperative Alliance (ICA) was formed in 1895 - today it has more than 200 participating organizations with over 800 million members in 100 countries!

CoOp Day has been celebrated on the first Saturday in July since 1927 to promote cooperatives as an important community-building economic model. Since 1930, October has been observed as National Co-Op Month.

Be A Hero For A Better World!

1. Learn more about co-ops.
2. Join or start a co-op in your community
3. Support organizations that promote the cooperative movement

Organizations Promoting CoOps

- Center for Cooperatives (uwcc.wisc.edu)
- Committee for the Promotion & Advancement of Cooperatives (copacgva.org)
- Co-Op Month (co-opmonth.coop)
- International Cooperative Alliance (coop.org)

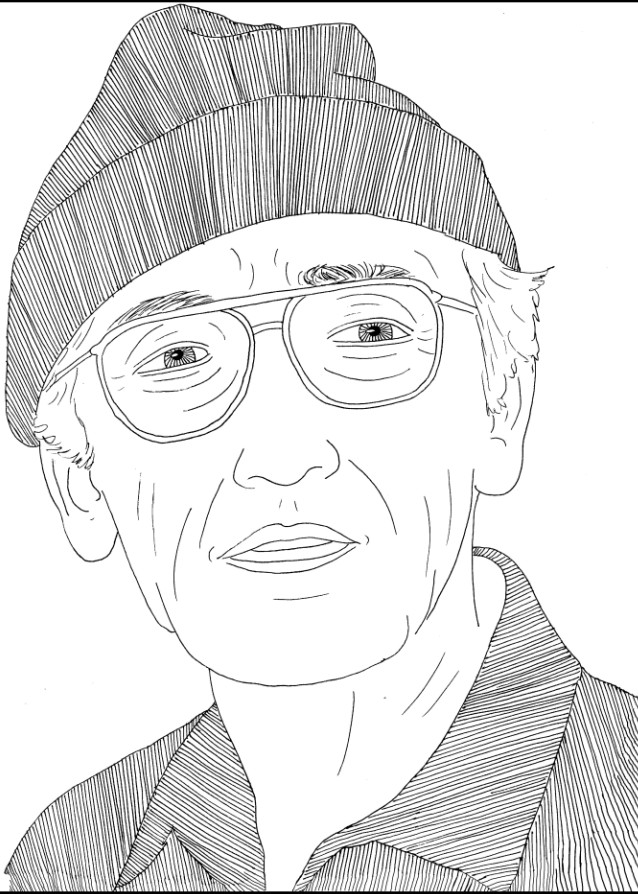
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WORLD POPULATION DAY - JULY 11



"Overconsumption and overpopulation underlie every environmental problem we face today."
-- Jacques Cousteau

The number of people living on the planet has greatly increased in recent years -- 2000 years ago there were about 200 million people; by 1900 that number had grown to 1.6 billion; by 2007 there were 6.7 billion people alive. The more people there are, the more resources are consumed and the greater the strain on the ecosystems of the world.

The United Nations Population Fund (UNFPA) partners with governments and organizations in 140 countries to promote reproductive health. These programs help to save lives, slow the spread of HIV and encourage equal rights for men and women. This helps to reduce poverty and stabilize population growth, creating more healthy and prosperous families, communities and a better world.

Education is one key to stabilizing the world population. When girls have equal access to education and equal participation in the workforce, they don't start families at such a young age and don't have as many children when they do start families.

At the Millennium Summit in the year 2000, the world's leaders agreed to achieve universal access to reproductive health by 2015, promote gender equality and end discrimination against women. World Population Day, on July 11, is a time to remind our leaders about their promise to meet these goals.

Be A Hero For A Better World!

1. Find out more about World Population and reproductive health
2. Plan an event to raise awareness of population issues
3. Contribute to organizations working on reproductive health and world population issues

Organizations Addressing Population

- Intl. Planned Parenthood Federation (www.ippf.org)
- Population Action Intl (populationaction.org)
- Population Council (popcouncil.org)
- World Population Foundation (wpf.org)
- World Population Fund (unfpa.org)

For more on World Population Day - www.BetterWorldCalendar.com/populationday.htm

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JUSTICE DAY JULY 17



"If you are neutral in situations of injustice,
you have chosen the side of the oppressor."
-- Archbishop Desmond Tutu

After the shock and horror of the Holocaust and the devastation that took place because of World War II, the United Nations was formed to try to prevent these atrocities from ever happening again. But millions of civilians have died in dozens of wars since then and genocide - systematically killing people based on their religion or ethnic background - has occurred again and again.

For more than a century, people have lobbied and worked to create an international criminal court to bring to justice those who are responsible for crimes against humanity -- war crimes and genocide. Finally, on July 17, 1998, the Rome Statute of the International Criminal Court was adopted. In October 2005, Mexico became the 100th nation to ratify this international statute to create a permanent International Criminal Court.

Justice Day, on July 17, is an opportunity to rally support for the International Criminal Court that will bring perpetrators of crimes against humanity to justice, especially in

countries like the US, whose government does not yet support this institution, even though the majority of Americans do. Justice Day is also a chance to highlight the ongoing work that Amnesty International and thousands of other organizations are doing to defend human rights and create a more just and peaceful world.

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness about efforts to bring justice for all
3. Contribute to organizations working on justice issues

Organizations Working For Justice

- Amnesty International
(amnesty.org)
- American Friends Service Committee
(afsc.org)
- Freechild Project (freechild.org)
- Tolerance.org
- United For Peace & Justice
(unitedforpeace.org)

For more information: www.betterworldcalendar.com/justiceday.htm

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FORGIVENESS DAY **FIRST SUNDAY** **IN AUGUST**



**"Forgiveness does not overlook the deed.
It rises above it."
-- Pumla Gobodo-Madikizela**

Forgiveness is one of the most important first steps to ending conflicts in our families, our communities and between nations. Most conflicts begin because one person or group feels they have been wronged by another person or group.

Forgiveness is not glossing over a problem or excusing it without consequences, or letting someone continue to treat you badly. It's always important to first get out of a dangerous situation, such as a violent or abusive relationship. Forgiveness does not have to include reconciliation, where both sides work to create a healthy and peaceful ongoing relationship. Forgiveness is a personal decision to not allow anger, hurt and resentment to control your life, and to forgive someone who has wronged you, even if they don't deserve it.

Learning to let go and forgive isn't always easy, but when we truly forgive, it helps foster better health, better relationships, a deeper sense of purpose and self worth and a feeling of connection to others. The healing power of forgiveness reached international attention after the end of apartheid in South Africa when the Truth and Reconciliation Commission helped to bring the bitterly divided nation together after decades of segregation and violence.

Because of its importance, there several days devoted to forgiveness and reconciliation. Advice columnist Ann Landers is responsible for popularizing the April 2 celebration of Reconciliation Day, as a day to try to patch up a broken or strained relationship. In South Africa, Reconciliation Day is celebrated on December 16. The Worldwide Forgiveness Alliance promotes the first Sunday in August as International Forgiveness Day, hoping to spread awareness about the healing power of forgiveness to create "a safer, more joyful and peaceful world."

Be A Hero For A Better World!

- 1. Find out more about the power of forgiveness and reconciliation**
- 2. Think about someone who has wronged you and work towards forgiving them**
- 3. Seek forgiveness from someone you have wronged**

Forgiveness Links

- Campaign for Forgiveness Research (forgiving.org)**
- Campaign for Love & Forgiveness (fetzer.org/LoveAndForgive)**
- The Forgiveness Project (theforgivenessproject.com)**
- Forgiveness Web (forgivenessweb.com)**
- Worldwide Forgiveness Alliance (forgivenessday.org)**

For more information: www.betterworldcalendar.com/forgivenessday.htm

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HIROSHIMA DAY - AUGUST 6



"As a doctor, as well as a mother and a world citizen, I wish to practice the ultimate form of preventive medicine by ridding the earth of these technologies that propagate disease, suffering, and death."

-- Dr. Helen Caldicott

On August 6, 1945 the US dropped an atomic bomb on Hiroshima, Japan, and three days later another one on Nagasaki. More than 100,000 people, mostly civilians, were killed. Fortunately, nuclear weapons have not been used again, but they remain a constant threat. Thousands of nuclear weapons remain on alert, ready to be fired at a moment's notice. These bombs could go off at any time by accident or at the hands of terrorists.

Recognizing the danger, most nations signed the Non-Proliferation Treaty (NPT), agreeing to prevent the spread of nuclear weapons and to work towards eliminating them. The NPT went into effect in 1970, but the number of nations with nukes has nearly doubled and there is still no timetable to eliminate nuclear weapons. A people's movement has grown to convince governments to rid the world of the nuclear threat. More than 250 municipalities around the world have declared themselves as Nuclear Free Zones.

Many also worry about nuclear energy which produces wastes that can't be safely disposed, threatening our environment and our future.

August 6, Hiroshima Day (No Nukes Day), is an opportunity to raise awareness about the threat of nuclear weapons and the dangers of nuclear energy. It's the perfect time to urge your Mayor to declare your city a Nuclear Free Zone.

Be A Hero For A Better World!

1. Learn more about the No Nukes Movement.
2. Hold an event to raise awareness about the nuclear threat.
3. Contribute to organizations working for a nuclear free world

Organizations For a Nuclear Free World

- Abolition 2000 (abolition2000.org)
- Atomic Mirror (atomicmirror.org)
- International Physicians for the Prevention of Nuclear War (ippnw.org)
- Middle Powers Initiative (middlepowers.org)
- NoNukes.org
- Nuclear Age Peace Foundation (napf.org)
- TriValley CAREs (trivalleycares.org)

For more information: www.betterworldcalendar.com/hiroshimaday.htm

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INTERNATIONAL YOUTH DAY - AUGUST 12



"Our generation has the ability and the responsibility to make our ever-more connected world a more hopeful, stable and peaceful place."
-- Natalie Portman

Youth - young people aged 15 to 24 -- make up nearly one-third of the world's population. Youth are directly affected by social, economic and political developments around the world. But in many countries, youth are not allowed to be involved in the decisions that shape their societies.

The United Nations General Assembly declared 1985 as International Youth Year to highlight the important role that young people play in our world and their great potential to help make the world a better place.

Ten years later, the United Nations adopted the World Programme of Action for Youth to the Year 2000 and Beyond, an international strategy designed to address many of the problems youth around the world face, and to help increase their opportunities to participate in the life of their societies. This blueprint for action covers ten important areas: education, employment, hunger, poverty, the environment, drug abuse, juvenile delinquency, leisure-time activities, girls and young women, and the full and effective participation of youth in the life of society and in decision-making.

The United Nations declared August 12 International Youth Day, as an annual opportunity to raise awareness about the important contribution youth make and to highlight the goals of the World Programme of Action.

Be a Hero for a Culture of Peace

1. Find out more about issues affecting global youth
2. Join a youth service group:
betterworldclubs.com
serviceforpeace.org
servenet.org
wfuna-youth.org
3. Volunteer in your community
4. Organize or participate in an event on Youth Day and other 'Culture of Peace Days'
5. Support youth organizations

Youth Links

- ChangeMakers.org.uk
- DoSomething.org
- [Global Youth Action Network \(youthlink.org\)](http://GlobalYouthActionNetwork.org)
- GlobalYouthConnect.org
- [International Youth Foundation \(iyfnet.org\)](http://InternationalYouthFoundation.org)
- [Oxfam International Youth Partnerships \(iyp.oxfam.org\)](http://OxfamInternationalYouthPartnerships.org)
- [Taking It Global \(takingitglobal.org\)](http://TakingItGlobal.org)
- [World Federation of UN Associations Youth \(wfuna-youth.org\)](http://WorldFederationofUNAssociations.org)
- YouthActionInternational.org
- [Youth at the United Nations \(un.org/youth\)](http://YouthattheUnitedNations.org)

For more information: www.peacecalendar.net/youthday.htm

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WOMEN'S EQUALITY DAY - AUG 26



"We hold these truths to be self-evident:
that all men and women are created equal."
-- Elizabeth Cady Stanton

Even though they make up half the population, women and girls have endured discrimination in most societies for thousands of years. In the past, women were treated as property of their husbands or fathers - they couldn't own land, they couldn't vote or go to school, and were subject to beatings and abuse and could do nothing about it. Over the last hundred years, much progress has been made to gain equal rights for women around the world, but many still live without the rights to which all people are entitled.

The United Nations Charter was a major milestone for women's rights because it was the first international agreement to affirm the equality between men and women. Since then, the UN has been an important advocate for the rights of women. The UN adopted an international bill of rights for women in 1979 and sponsored four global women's conferences. The Millennium Development Goals, which all nations agreed to at the UN in 2000, sets tangible goals for nations to achieve by 2015, several of which deal with empowering women.

International Women's Day on March 8 and **Women's Equality Day**, on August 26 (commemorating the certification of the 19th Amendment which granted women the right to vote), are important annual rallying points to help eliminate discrimination and build support for the rights of women everywhere.

"I never doubted that equal rights was the right direction. Most reforms, most problems are complicated. But to me there is nothing complicated about ordinary equality."
-- Alice Paul

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness about promoting equal rights for all
3. Contribute to organizations working to promote women's rights and equality

Links for Women's Rights

Center for Women's Global Leadership
(cwgl.rutgers.edu)
Global Fund For Women
(globalfundforwomen.org)
Peace X Peace (www.peacexpeace.org)
Women's Intl League for Peace & Freedom
(wilpf.org)
Women Watch (un.org/womenwatch)

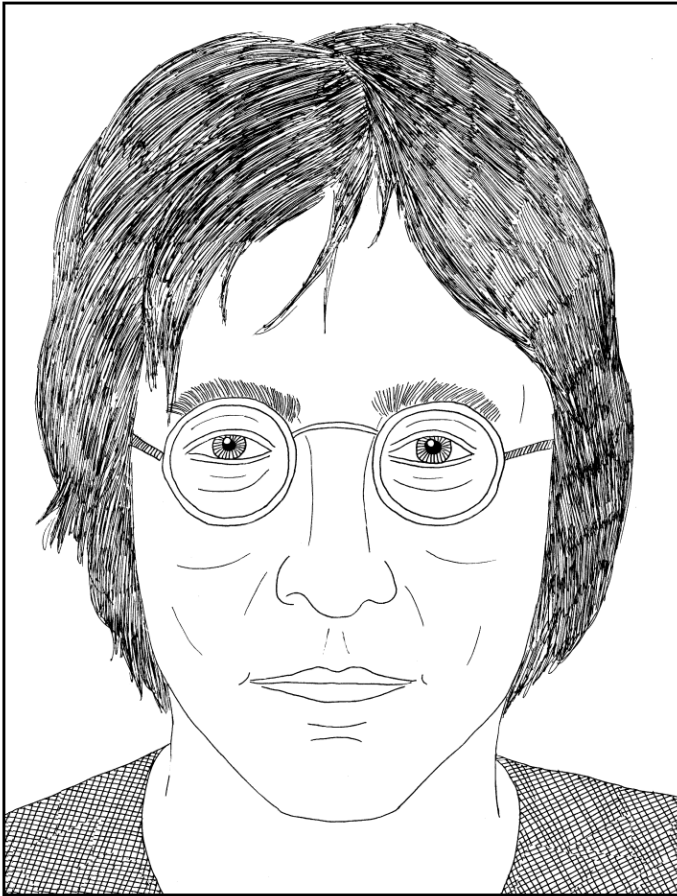
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PEACE DAY - SEPTEMBER 21



"All we are saying, is give peace a chance..."
-- John Lennon

Peace is more than the absence of war. It is living in a state of balance and harmony, where the rules are fair and just for all. Peace is about how we handle problems and how we get along with others. Peace is about community - about encouraging and helping each other to live better, more fulfilling lives. Most of all, peace is about respect -- respect for ourselves, each other, and the planet we share.

Peace is an ongoing process that requires our constant attention, but we begin to make our lives more peaceful the moment we decide to try to be peacemakers. When we convince the world to make working for a more peaceful, just and sustainable world our priority, we will transform our global community and begin to create a culture of peace.

The **International Day of Peace**, also known as **Peace Day**, is a celebration of our shared wish for a better world. It is an opportunity to look at the things that have been done over the year to help create a more peaceful, just and sustainable world, and to note the things that still need to be done. It's an opportunity to spread hope for our wish to live in a world without war. It's a time to rededicate our commitment to working for a more peaceful planet.

The United Nations has called for Peace Day to be observed as a day of peace and Global Ceasefire. If we can live in peace for one day, we can learn to work together to create a peaceful world, one day at a time.

What can you do to help create humanity's first day of peace on Peace Day?

Be A Hero For A Better World!

1. Do something for peace each day
2. Plan an event to raise awareness for peace
3. Contribute to organizations working for a culture of peace

Links For Peace

Culture Of Peace Initiative
(cultureofpeace.org)
InternationalDayOfPeace.org
Peace Action (peace-action.org)
Peace Alliance Foundation
(peacealliancefound.org)
United For Peace (unitedforpeace.org)
Veterans For Peace (veteransforpeace.org)

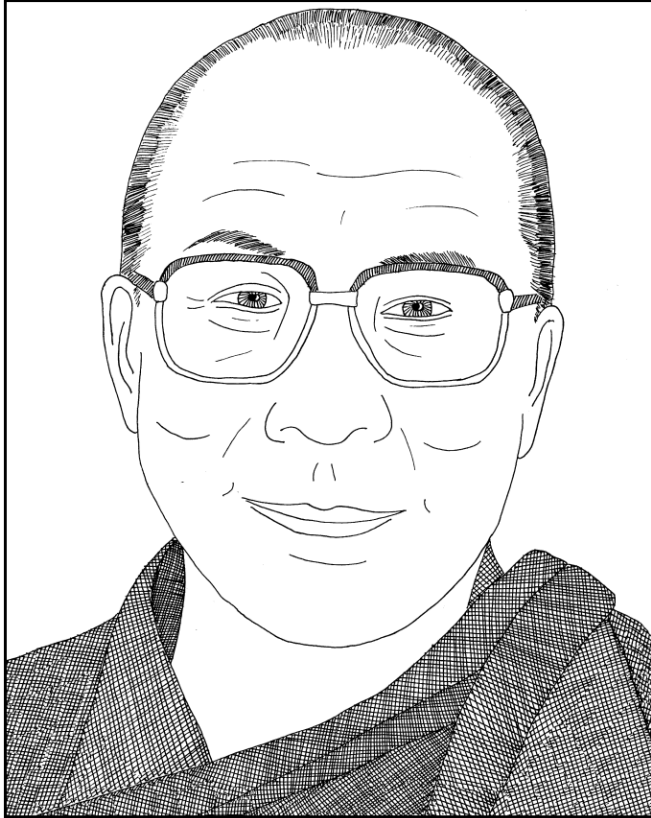
For more about Peace Day - www.BetterWorldCalendar.com/peaceday.htm

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WORLD ANIMAL DAY - OCTOBER 4



"Killing animals for sport, for pleasure, for adventure, and for hides and furs is a phenomena which is at once disgusting and distressing. There is no justification in indulging in such acts of brutality."
-- The Dalai Lama

Many people feel drawn to advocate for animals because even though they can feel pain and suffer just as we do, they do not have a way to advocate for their own welfare. In fact, animals are viewed by many as nothing more than property to be treated however the owner wishes. This view has created an inhumane situation for billions of animals that share our world.

- many of the world's 60 billion farm animals are not treated humanely
- 80% of the world's 1 billion cats and dogs are stray or neglected
- millions of wild animals are killed or sold illegally on the black market worth \$10 billion a year
- animals suffer greatly and are often forgotten during natural disasters

World Animal Day is a time to celebrate and appreciate our relationship with the animals that share our planet and the ways in which they enrich our lives. It is also an important opportunity to speak out to ensure the humane treatment of farm animals and to advocate for protection of the habitats that are home to wild animals. It was started in 1931 by ecologists in Florence who wished to bring attention to the plight of endangered animals. October 4 was chosen because it is the Feast Day of St. Francis, the patron saint of animals. Today World Animal Day is observed throughout the world.

World Farm Animals Day is observed on October 2 as another day to mobilize around the humane treatment of farm animals, and **Vegetarian Day** on October 1 is a chance to educate our communities about the benefits provided by an animal-free diet.

*"There are viable (and usually better) alternatives to the use of animals for food, sport, clothing, & experimentation. I beg you to discontinue any actions that might cause or condone animal torture, abuse, or destruction."
-- Moby*

Be A Hero For A Better World!

1. Find out more
2. Consider vegetarianism
3. Don't buy products made from or tested on animals
4. Support animal rights and animal welfare groups
5. Sign the Universal Declaration on Animal Welfare (animalmatters.org)

Animal Welfare Links

- ASPCA.org
- AnimalConcerns.org
- Animal-Rights.org
- FarmUSA.org
- The Humane Society of the US (hsus.org)
- PETA.org
- WorldAnimalDay.org.uk
- World Society for the Protection of Animals (wspa-international.org)

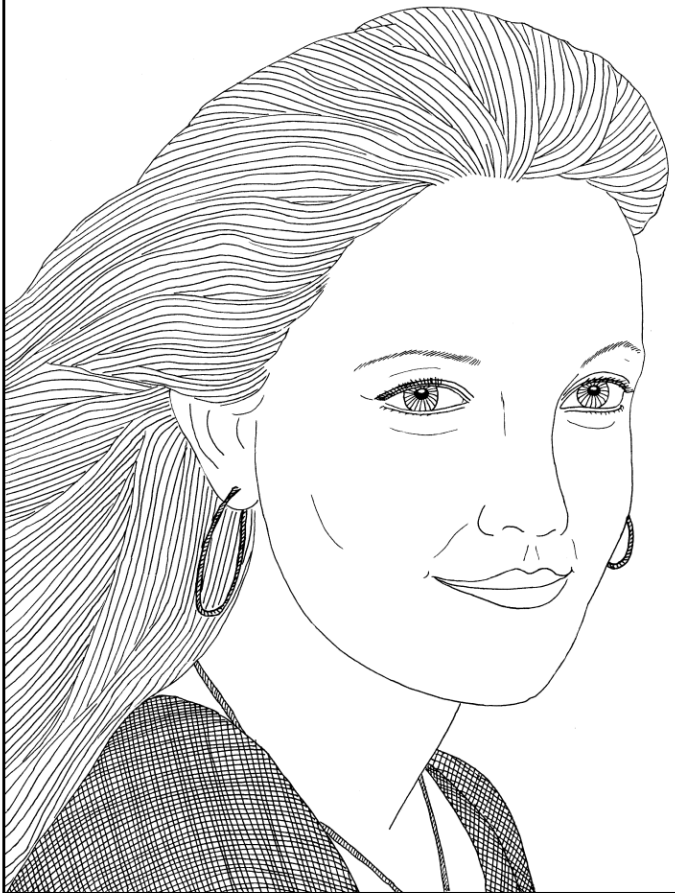
For more information: www.betterworldcalendar.com/animalday.htm

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WORLD FOOD DAY - OCTOBER 16



"I can't think of any issue that is more important than working to see that no schoolchild in this world goes hungry."
-- Drew Barrymore

More than 850 million people in the world go hungry, and as many as 35 million of them are Americans! Worldwide, some estimate that 40 million people die each year because of hunger and diseases related to malnutrition -- and many of them are children!

There is more than enough food in the world so that no one need ever go hungry. Those who wish for a more peaceful, just and sustainable world are helping to make ending world hunger a major priority. In fact, all of the world's leaders agreed to cut the number of starving people in half by the year 2015 as the first priority of the Millennium Development Goals.

World Food Day (End Hunger Day) was adopted by the UN to commemorate the founding of the Food and Agriculture Organization (FAO) of the United Nations on October 16, 1945. The official goal of the day is to "heighten public awareness of the world food problem and strengthen solidarity in the struggle against hunger, malnutrition and poverty."

Together, WE CAN END HUNGER!

Be A Hero For A Better World!

1. Find out more
2. Pledge to help end hunger (iaahp.net)
3. Hold an event to raise awareness about the problem of world hunger
4. Contribute to an organization working to end hunger

Organizations Helping End Hunger

- Alliance To End Hunger (alliancetoendhunger.org)
- America's Second Harvest (secondharvest.org)
- End Hunger Network (endhunger.com)
- Food For All (foodforall.org)
- Oxfam America (oxfamamerica.org)
- World Hunger Year (worldhungeryear.org)

Free Online: EndHungerBook.com

For more information: www.betterworldcalendar.com/worldfoodday.htm

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END POVERTY DAY - OCT 17



"Do we have the will to make poverty history?"
— Bono

Globalization has improved the lives of people throughout the world, but it has also widened the gap between rich and poor. Half the world lives on less than \$2 a day and 30,000 children die each day because of poverty. Even in America, 36 million people are poor. Poverty affects families, communities and nations. When people are not able to get the food and shelter they need, conflicts arise. Working to end poverty will make the world safer.

At the UN Millennium Summit, the world's leaders pledged to help end poverty as the first of 8 Millennium Development Goals. The rest of these goals address ways to eliminate poverty such as ensuring education for all children, improving health and empowering women. Many campaigns are working with the UN's Millennium Campaign to pressure governments to live up to their promises, such as Britain's Make Poverty History Campaign and the ONE Campaign in America. 2005's global Live 8 concert, organized by Bob Geldof and U2's Bono, helped to bring

worldwide attention to the end poverty movement, and the White Band Campaign makes it easy for everyone to show their support.

End Poverty Day, on October 17, is an opportunity to mobilize to remind governments about their pledge to achieve the Millennium Development Goals, and to inspire individuals to see that together we can end poverty.

Be A Hero For A Better World!

1. Find out more about global poverty
2. Wear the White Band to show your support
3. Hold an event to raise awareness about ending poverty
4. Contribute to organizations working to end poverty

Organizations Helping End Poverty

- ACCION International (accion.org)
- FINCA International (villagebanking.org)
- Make Poverty History (makepovertyhistory.org)
- Millennium Campaign (millenniumcampaign.org)
- NetAid (netaid.org)
- ONE Campaign (one.org)

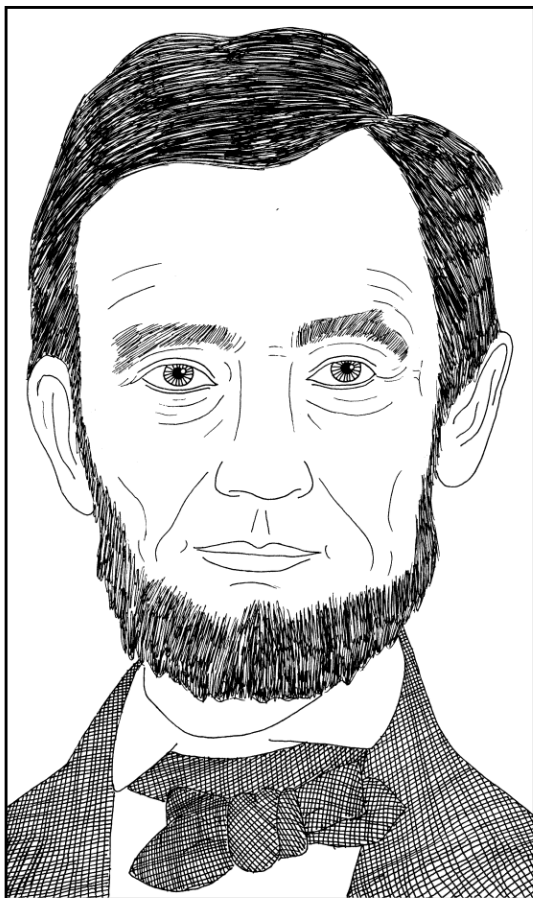
For more on End Poverty Day - www.BetterWorldCalendar.com/endpovertyday.htm

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DEMOCRACY DAY - OCT 18



"Democracy is the government
of the people, by the people,
for the people"

"Democracy" is one of the most important principles for a better world. In its truest sense, a democracy is a community in which all members have an equal say in the running of that community. Unfortunately in reality, democratic societies have fallen short of this ideal. Nevertheless, because of its very nature, once a democracy is established, its citizens can work together to make their society more and more democratic, if they choose to do so.

The Global Youth Democracy Campaign is an annual opportunity for youth to observe October 18 as the **World Youth Day for Democracy**. The campaign aims to raise awareness about the positive contributions youth are making to promote democracy around the world and to mobilize youth to participate in democracy-building discussions, debates, rallies and educational campaigns about the importance of democratic principles like human rights and civic participation.

Since the early 1990s, a coalition of groups has been promoting **Media Democracy Day** on October 18 to challenge the monopolization of media outlets by a few corporations. Democracy Day has become an important opportunity to speak out against the commercialization of our media and to call for media reforms that promote diversity, and a better accountability to local communities.

Currently there is an international campaign to urge the United Nations to declare October 18 as **Global Democracy Day** -- the official international day for democracy.

Be A Hero For A Better World!

1. Find out more about democracy, voting and citizenship
2. Hold an event to promote and celebrate democracy
3. Support organizations working to promote democracy

Links for Democracy

- Global Democracy Day
(GlobalDemocracyDay.net)
- World Youth Movement for Democracy
(ymd.youthlink.org)
- Media Democracy Day
(mediademocracyday.org)
- Why Democracy (whydemocracy.net)
- World Movement for Democracy
(wmd.org)

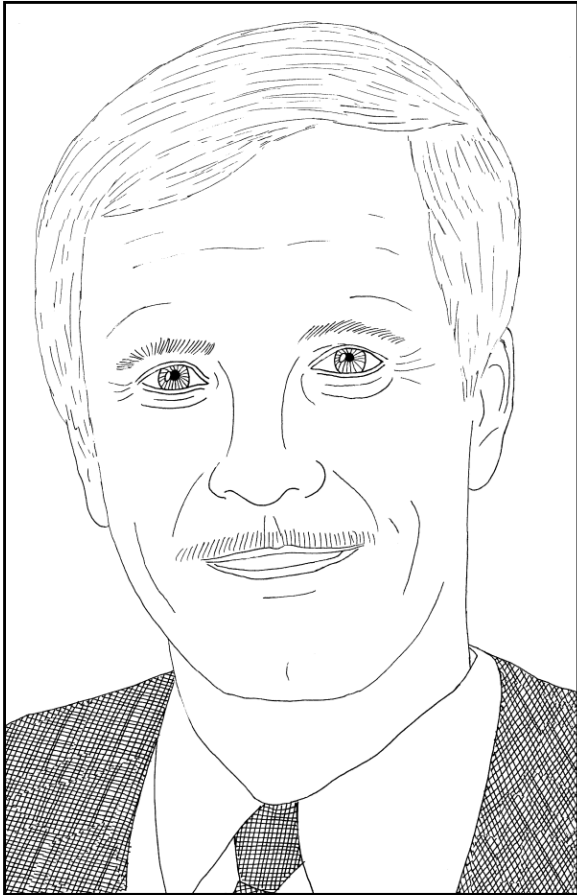
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MEDIA REFORM DAY - OCT 18



"The media is too concentrated, too few people own too much. There's really five companies that control 90 percent of what we read, see and hear. It's not healthy."
-- Ted Turner

The media has become a major influence in shaping the world. Many are concerned that fewer and fewer corporations are controlling the vast majority of our media -- in the United States just 5 or 6 corporations control most of the newspapers, magazines, TV and radio stations, books, music, movies, videos, wire services and photo agencies. This is alarming because it limits the perspectives and points of view that help us to shape our individual perceptions of events in the world.

Media Democracy Day, on October 18, has become an important opportunity to speak out against the commercialization of our media. It is a time to call for media reforms that promote diversity, and better representation and accountability to local communities.

In 1996, a coalition of groups in Toronto and Vancouver organized a Media Democracy Day to challenge the monopolization of media outlets by a few corporations. Previously, organizations had organized a Media Democracy Day in Britain on October 18, commemorating the 1922 establishment of the BBC (British Broadcasting Company). By 2002, Media Democracy Day was being celebrated in cities throughout the world.

Since 1993, the United Nations has promoted May 3 as **World Press Freedom Day** -- an important opportunity to remind governments and civil society about the "crucial role a free press plays in strengthening democracies and fostering development around the world."

Help promote a free world press, media reform and support alternative media sources.

Be A Hero For A Better World!

1. Find out more about media reform
2. Hold an event to promote a free world press, media reform and alternative media.
3. Support groups working for media reform.

Media Reform Links

Center for Public Integrity
(openairwaves.org)
FAIR (fair.org)
Free Press (freepress.net)
Media Alliance (media-alliance.org)
MediaChannel.org (mediachannel.org)
Reporters Without Borders (rsf.org)
World Press Freedom Committee
(wpfc.org)

For more information: www.betterworldcalendar.com/mediaday.htm

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CONFLICT RESOLUTION DAY THIRD THURSDAY IN OCTOBER



"We are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic ethic of how we resolve our disputes and to place an emphasis on peace in the way we relate to one another."

— Marian Wright Edelman

Conflicts are a normal part of life; how we deal with them can make a big difference. Often when people resolve conflicts, one person ends up a winner, and one loses out. This may solve the problem for the moment, but resentment and bad feelings can cause more problems later. Another way to look at conflicts is to try to find a WIN-WIN solution, in which both sides can benefit. In this way, conflicts are turned into opportunities to grow and make things better. This approach is the cornerstone of "conflict resolution" – an important tool for bringing peace into our personal lives, our communities and to our world.

Although people have been using conflict resolution techniques for years, the book, *GETTING TO YES, YES*, presented in 1981 by members of the Harvard Negotiation Project, helped bring important ideas about conflict resolution to the public's attention. Since then, the field has grown tremendously; today conflict resolution is being practiced in almost every part of society. In many schools around the world, teachers receive conflict resolution training to become better "peacemakers" when conflicts arise in the classroom. Workshops help students learn how to work out their problems nonviolently. By teaching conflict resolution principles in school, children develop habits that will allow them to use these tools to deal with their problems throughout their lives. Organizations that specialize in conflict resolution are being called on to help families, schools, communities, businesses, and even nations to work out their problems.

Conflict Resolution Day, on the third Thursday in October, is the perfect opportunity to raise awareness about the importance of learning the tools and skills that can help us all to work out our differences peacefully.

Be A Hero For A Better World!

1. Find out more about conflict resolution and WIN-WIN strategies.
2. Help bring a conflict resolution program to your school, community, or workplace.
3. Support organizations that teach conflict resolution.

Conflict Resolution Links

- Angries Out (angriesout.com)
- Association for Conflict Resolution (acrnet.org)
- Alternatives to Violence Project (avpusa.org)
- Conflict Resolution Network (crnhq.org)
- Educators for Social Responsibility (esrnational.org)
- Youth Violence Prevention Resource Center (safeyouth.org)

For more information: www.betterworldcalendar.com/conflictresolutionday.htm

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UNITED NATIONS DAY - OCTOBER 24



**"The United Nations is our one great hope
for a peaceful and free world"**
-- Ralph Bunche

After the horrors of World War II, the United Nations was created to provide a forum for nations to work out their problems in a peaceful way and to help nations work together to create a better world for all. For more than 60 years since then, the United Nations has shone as humanity's greatest hope for a more peaceful, just and sustainable world. It has helped to promote human rights, freedom and democracy, erase poverty and hunger, improve health and education, and urge the governments of the world to work together in peace.

However, the UN can only do what governments allow it to do. Across the globe, a people's movement has been growing to convince governments to help the UN in its goals and to allow the UN to work more closely with civil society in solving the planet's problems. People's Assemblies have convened at the UN and in local gatherings around the world.

United Nations Day is celebrated on October 24, commemorating the anniversary of the adoption of the United Nations Charter on October 24, 1945. United Nations Day is the perfect opportunity to highlight the important achievements for a better world that the UN has won for all humanity and to support the people's movements to make it more democratic and effective.

*"I am working for a better United Nations. Nothing is perfect.
You should never rely on only one source, but rather rely on those you believe in the most."*
-- Angelina Jolie

Be A Hero For A Better World!

1. Learn more about the United Nations
2. Hold an event in support of the United Nations
3. Support the UN Association and other organizations working for a stronger and more democratic UN

United Nations Support

- Better World Campaign (betterworldcampaign.org)
- Citizens for a United Nations People's Assembly (empowertheun.org)
- United Nations (un.org)
- United Nations Association of the USA (unausa.org)
- World Federation of United Nations Associations (wfuna.org)

For more information: www.betterworldcalendar.com/unday.htm

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DISARMAMENT WEEK - OCT 24-30



Many people believe that the world would be a more peaceful place if there were fewer weapons. An important focus of even the earliest peace movements was to advocate for disarmament -- convincing nations to keep only the weapons they need for an adequate police force. "Peace through Disarmament" is a major focus for the United Nations. The UN has made some progress towards disarmament, with treaties and conventions that create guidelines and international laws about weapons production and exportation to other countries. But the UN can only do what nations allow it to do, and unfortunately, the profits many nations make from exporting weapons has slowed progress in disarmament over the years.

Disarmament efforts focus on two basic types of weapons -- **weapons of mass destruction**, including nuclear, biological and chemical weapons, and **small arms**. Much attention has naturally been spent on working to halt the nuclear arms race because of the devastating amount of damage that these weapons can do. Progress has been made, but there are still more than 30,000-50,000 nuclear warheads - enough to destroy the entire planet many times over. WMDs may get much of the public attention, but small arms disarmament is also an important, although controversial issue, for many. There are more than 600 million guns in the world! 1 million people are injured by guns each year, and 300,000 are killed with guns.

"Controlled, universal disarmament is the imperative of our time. The demand for it by the hundreds of millions whose chief concern is the long future of themselves and their children will, I hope, become so universal and so insistent that no man, no government anywhere, can withstand it." -- Dwight D. Eisenhower

Disarmament Week (which begins on October 24 -- the anniversary of the UN's founding) is an important occasion to raise awareness in the public and among governments, about the crucial need to recognize disarmament as a key element in creating a more peaceful, just and sustainable world.

Be A Hero For A Better World!

1. Find out more about nuclear disarmament and gun control
2. Have an event or a dialogue about nuclear disarmament and gun control
3. Support organizations working to stop the proliferation of weapons

Disarmament Links

- Abolition 2000 (abolition2000.org)
- Arms Control Association (armscontrol.org)
- Brady Campaign to Prevent Gun Violence (stopthenra.com)
- Intl. Action Network on Small Arms (iansa.org)
- Intl. Campaign to Ban Landmines (icbl.org)
- NGO Committee on Disarmament (disarm.igc.org)
- Nuclear Age Peace Foundation (napf.org)
- Project Ploughshares (ploughshares.org)
- UN Office for Disarmament (disarmament.un.org)

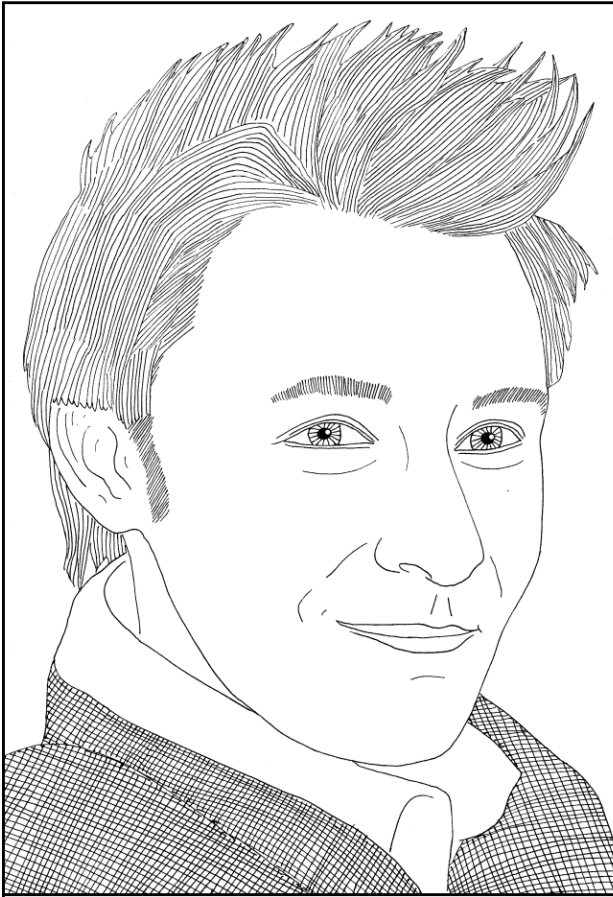
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UNICEF DAY - OCTOBER 31



"UNICEF is working for the survival of children worldwide. What can we do to get more Americans committed to the cause?"
-- Clay Aiken

On Halloween in 1950, school children in Philadelphia started an important tradition that has inspired millions of children to make a difference, by collecting money for the children of the world when they went trick-or-treating. The school children raised \$17 in 1950, but since then children have raised nearly \$200 million dollars for UNICEF's work to provide emergency relief, medicine, clean water, better nutrition and better education for kids in 160 countries.

UNICEF, the United Nations Children's Fund was created by the UN General Assembly in 1946 to provide humanitarian and development assistance to children and mothers in developing nations. UNICEF's focuses include: immunization, child protection, education of girls, HIV/AIDS prevention and treatment and early childhood care. These are the same focuses of the Millennium Development Goals -- specific goals that all of the leaders of the world agreed to work towards.

In addition to providing an opportunity to raise funds for UNICEF's work, UNICEF Day is also a chance for kids, their parents and teachers to learn about the challenges facing children around the world - from poverty and diseases to armed conflicts. It's also a time to learn about the rights of all children as declared in the Convention on the Rights of the Child, and to remind our governments about their pledge to meet the Millennium Development Goals.

"There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they can grow up in peace."

— Kofi Annan

Be A Hero For A Better World!

1. Find out more about UNICEF, the Declaration on the Rights of the Child and the Millennium Development Goals
2. Hold an event to educate others about UNICEF's work
3. Support UNICEF and other organizations working to help children in need

Links for Children's Rights

- Child Rights Information Network (crin.org)
- Children's Defense Fund (childrensdefense.org)
- Children Now (childrennow.org)
- Global Movement for Children (gmfc.org)
- National Youth Rights Association (youthrights.org)
- Save the Children (savethechildren.org)
- UNICEF (unicef.org)

For more information: www.betterworldcalendar.com/unicefday.htm

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"In every community there is work to be done.
In every nation, there are wounds to heal.
In every heart there is the power to do it."
-- Marianne Williamson

In our hectic, fast-paced society, it's common to feel overwhelmed and isolated. Many are re-discovering the healing and empowering role that community can bring to our lives. The sense of belonging we feel when we make the time to take an active role in our communities can give us a deeper sense of meaning and purpose. Getting involved in local government, or volunteering for the school board, local emergency services, or a local nonprofit providing services to the underprivileged in your community are all ways to feel a greater sense of connection to your local community.

Community building activists believe that community building is an effective way to improve social justice, reduce crime, and promote individual as well as community well-being. Community building events range from simple cooperation and collaboration activities like potluck meals and book clubs to organizing a community watch group, volunteer drives or festivals around a shared interest. It can also include even larger projects like engaging local participants to create a community garden, or work together to build or refurbish a community center, park, playground or other shared community resource.

Community Day is sometimes observed on the 1st Saturday in November, but some communities hold Community Day celebrations in the spring or summer. Community Day is an opportunity to help bring your neighborhood together and celebrate both your diversity and your common bond of shared community.

As we build local communities, we are working together to help create a more peaceful, just and sustainable global community.

Be A Hero For A Better World!

1. Find out more about community-building
2. Get involved in your community
3. Plan or get involved in a community-building activity

Community Links

- Action Without Borders (idealist.org)
- Beloved Communities (belovedcommunitiesnet.org)
- Community Building Resource Exchange (commbuild.org)
- Community Collaboration (communitycollaboration.net)
- Institute for the Study of Civic Values (iscv.org)

For more information: www.betterworldcalendar.com/communityday.htm

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ELECTION DAY

FIRST TUESDAY
AFTER THE
FIRST MONDAY
IN NOVEMBER



"Promoting active liberty does not mean allowing the majority to run roughshod over minorities. It calls for taking special care that all groups have a chance to fully participate in society and the political process."
-- Ruth Bader Ginsburg

Politics is all about power. It's about how an individual or group attains and maintains power. Some who wish for a better world don't have the power to be able to choose the leaders who make important decisions about their lives and the future of our world. Many who have that power don't use it.

A government is the body that has the authority to make and enforce the rules that govern a city, state or nation. Over two thousand years ago, the philosopher Plato classified governments as: a monarchy, where one individual rules; an oligarchy, where one group rules; and a democracy, where all the people rule. In modern times, governments are much more complicated and many forms of government have a mix of these three basic types. Today many talk about left-wing and right-wing political views. Generally what is meant is that the right is often associated with social equity -- moral and social conservatism and religion, while the left is often linked with social equality -- redistribution of wealth and resources to all citizens and secularism.

Those who have power in a society can make decisions that affect all who live in that society. For this reason, politics plays an important role in helping to create a better world. It is important to help to elect leaders who will make decisions that are in the best interest of all their citizens, while taking into account what is best for the well-being of the planet as well. Election Day, observed on the 1st Tuesday after the 1st Monday in

November in the United States, is one opportunity to choose leaders who can help create a better world. It's also important to continue to remind leaders in power about our shared priority to create a better world based on more peaceful, just and sustainable communities.

Be A Hero For A Better World!

1. Find out more about election reform
2. Help promote voter registration
3. Support organizations that promote voter registration and election reform

Political Links

- Project Vote (projectvote.org)
- Rock the Vote (rockthevote.org)
- Act For Change (actforchange.org)
- Common Cause (commoncause.org)
- MoveOn.org (moveon.org)
- ReformElections.org (reformelections.org)
- True Majority (truemajority.org)

For more information: www.betterworldcalendar.com/electionday.htm

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KINDNESS DAY - NOVEMBER 13



"If compassion was the motivating factor behind all of our decisions, would our world not be a completely different place?"

-- Sheryl Crow

"Kind words can be short and easy to speak but their echoes are truly endless."

-- Mother Teresa

The best-selling book, *Random Acts of Kindness*, helped to start a movement that has spread around the world. The book, and the many books on kindness that followed, helped to highlight the transformative power that each of has to change the world with kindness, one person at a time.

The Random Acts of Kindness Foundation helps to promote "kindness" by providing inspiration, information, and resources to celebrate kindness throughout the year as well as a special World Kindness Day on November 13, World Kindness Week in November, and a Random Acts of Kindness Week in February.

Others celebrate the first of *every* month as Kindness Day. In this way we begin each month by rededicating ourselves to change the world, one act of kindness at a time. Together we are creating a more peaceful, just and sustainable world through kindness.

The Kind Acts Foundation's website offers educators and parents a free and easy way to create a certificate to reward a child for an act of kindness. (www.kindacts.org)

"When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire."
-- Whoopi Goldberg

Be A Hero For A Better World!

1. Find out more about the power of kindness
2. Use kind words
3. Try to perform an act of kindness each day

Kindness Links

- Blossom International (blossominternational.org)
- Coin-spiracy (investinakinderworld.com)
- HelpOthers.org (helpothers.org)
- Kind Acts Foundation (kindacts.org)
- Kind Acts Network (kindacts.net)
- Random Acts of Kindness Foundation (actsofkindness.org)

For more information: www.betterworldcalendar.com/kindnessday.htm

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RECYCLING DAY - NOVEMBER 15



"What we are living with is the result of human choices and it can be changed by making better, wiser choices."
-- Robert Redford

Each year Americans create about 240 million tons of solid wastes - about 4 1/2 pounds per person each day! Much of this waste ends up in landfills or is incinerated, but most of it can be recycled. Recycling is taking a product or material that is no longer being used and turning it into a raw material that can be used for something else. It is an easy but important way of helping to protect our environment from the pollution that our wastes can cause. Until 'modern times' recycling was a normal way of life. During World War II for example, 25% of all wastes were recycled, but by 1960 less than 8% of our wastes were recycled. Today, 32% of wastes are recycled in America and there are more than 10,000 curbside recycling programs!

You can help conserve resources by practicing the 3 R's - Reduce, Reuse and Recycle. **Reduce:** Precycle - 1/3 of all garbage is packaging - buy products with minimal or recycled packaging; **Reuse:** Many things can be reused before throwing them out. **Recycling:** Take the National Recycling Coalition's Recycling pledge:

-- I pledge to find out what materials I can and cannot recycle in my community; -- I pledge to lead by example in my neighborhood by recycling; -- I pledge to recycle batteries, cell phones and other electronic waste; -- I pledge to email my elected officials to ask them to increase funding for my community's recycling programs. -- I pledge to tell five friends that recycling is the easiest thing they can do to slow global warming.

Recycling Day, on November 15, is an important opportunity to educate people about the importance of recycling for our environment, and how each of us can make a difference for a better world by recycling.

Be A Hero For A Better World!

1. Take the Recycling Pledge
2. Reduce, Reuse, Recycle
3. Hold an event to raise awareness about the importance of recycling
4. Urge elected officials to work to meet the EPA's goal of 35% recycling

Recycling Links

- America Recycles Day (americarecyclesday.org)
- Earth 911 (earth911.org/recycling)
- EPA Office of Solid Wastes (epa.gov/epaoswer)
- Kids Recycle! (kidsrecycle.org)
- Ntl. Recycling Coalition (nrc-recycle.org)
- Paper Industry Assoc. Council (paperrecycles.org)

For more information: www.betterworldcalendar.com/recyclingday.htm

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TOLERANCE DAY - NOVEMBER 16



"World peace, like community peace, does not require that each man love his neighbor -- it requires only that they live together with mutual tolerance, submitting their disputes to a just and peaceful settlement."

~ John F. Kennedy

The human family is very diverse, with many different beliefs and cultures and ways of life. Some conflicts in our world are caused when people are intolerant of the ways that others see the world. Tolerance is an important cornerstone to creating a better world.

Intolerance is often caused by ignorance and fear. When we don't know about other cultures, religions or nations we sometimes fear them. Education is the most important way to promote tolerance. Teaching people what our shared rights and freedoms are is the first step in tolerance education. Learning about other cultures is also important to help us see the similarities between all cultures, and to respect and celebrate our differences.

Building tolerance and trust in diverse communities takes time and commitment. Tolerance Day is an opportunity to see what progress has been made throughout the year, and rededicate our commitment to promoting tolerance, respect, cooperation and dialogue between different cultures in our communities and between nations.

Taking the Tolerance Pledge, found at Tolerance.org, is a way that each of us can help to make every day Tolerance Day. "I pledge to have respect for people whose abilities, beliefs, culture, race, sexual identity or other characteristics are different from my own."

Be A Hero For A Better World!

1. Find out more about tolerance
2. Take the "Tolerance Pledge"
3. Organize an event to help promote tolerance
4. Contribute to organizations helping to promote tolerance

Organizations Promoting Tolerance

- Alliance For Tolerance & Freedom (alliancefortolerance.org)
- Teaching Tolerance (tolerance.org/teach)
- TOLERANCE.ORG
- The Tolerance Project (ccsf.edu/Resources/Tolerance)

For more on Tolerance Day - www.BetterWorldCalendar.com/toleranceday.htm

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CHILDREN'S DAY - NOVEMBER 20



"Have we forgotten about the children,
and thus forsaken the next generation?"
-- Audrey Hepburn

In the past, children were all too often viewed more as property than people. Many victories for children's rights have been won in the last 100 years, such as child labor laws, protecting children from having to work long hours in unsafe conditions; public education, allowing all children to have access to learning; and laws preventing child abuse. On November 20, 1959, the United Nations adopted the Declaration of the Rights of the Child, spelling out specific rights to which all children should be entitled. On the same date in 1989, the UN adopted the Convention on the Rights of the Child, creating a legally binding agreement on rights for children. The Convention was ratified faster and by more member nations than any other international human rights treaty. 192 countries have agreed and only 2 have refused - the US and Somalia.

There is still much to do in protecting children's rights around the world. 40 million children below the age of 15 suffer from abuse and neglect; 180 million children are forced to work in the worst child labor conditions, 300,000 children are forced to be soldiers and over 1.2 million children are trafficked as prostitutes. In 2000, world leaders agreed to reach specific targets to 8 Millennium Development Goals by 2015. The goals range from providing universal primary education, to stopping the spread of HIV and eliminating poverty. 6 of these goals relate directly to children.

Universal Children's Day is celebrated on November 20 to commemorate the adoption of the Declaration and Convention on the Rights of the Child. It is a day to show children that they are valued members of society, and remind us that children need love and respect to grow to their full potential. It is an opportunity to increase awareness about the Convention on the Rights of the Child and to remind governments to live up to their promises to meet the Millennium Development Goals.

Be A Hero For A Better World!

1. Learn more about the Millennium Development Goals and the Convention on the Rights of the Child
2. Urge leaders to honor their pledge to meet the MDGs
3. Support UNICEF and other organizations working for the needs of children

Links for Children's Rights

- Child Rights Information Network (crin.org)
- Children's Defense Fund (childrensdefense.org)
- Children Now (childrennow.org)
- Global Movement for Children (gmfc.org)
- National Youth Rights Association (youthrights.org)
- Save the Children (savethechildren.org)
- UNICEF (unicef.org)

For more information: www.betterworldcalendar.com/childrensday.htm

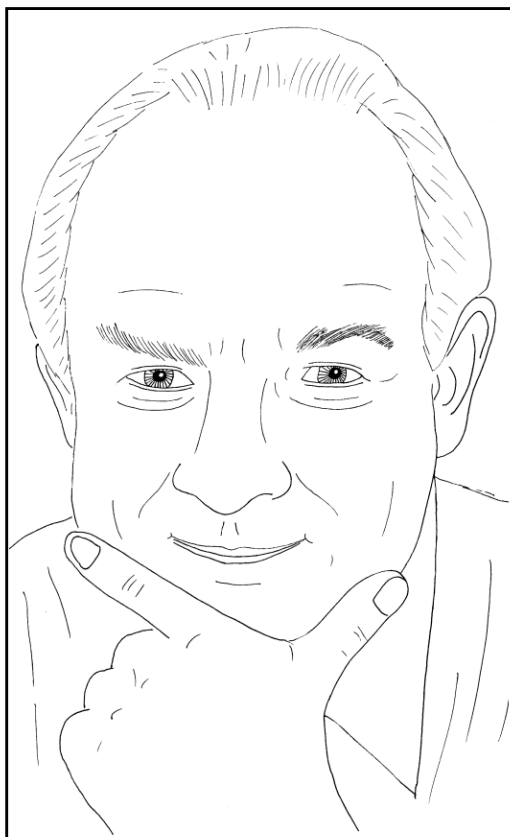
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BUY NOTHING DAY

4TH FRIDAY
IN NOVEMBER



"Driving hybrid cars and limiting industrial emissions is great, but they are band-aid solutions if we don't address the core problem: we have to consume less. This is the message of Buy Nothing Day."
-- Kalle Lasn

The global economy, which sees people as nothing more than consumers, is a runaway train that is causing more and more suffering in the world. The current 'profit before people' system is causing the gap between the very rich and the very poor to grow larger each year. Nothing symbolizes our society's emphasis on consumption more than "Black Friday" -- the day after Thanksgiving, when the media tells us we should begin the holiday season by waking up early and rushing out to the stores to BUY, BUY, BUY.

Around the world, many have decided to take a stand and use the day after Thanksgiving to organize Buy Nothing Day events and activities to raise awareness about the choices that we have to live our lives more simply and sustainably.

By purposely not buying anything on Buy Nothing Day, we have an opportunity to let our friends and communities know that we can help to create a more just and sustainable economic system that puts people and the planet before profits.

Money, when used for good, can help change the world. Put your resources to work for a better world on the other 364 days of the year. Be conscious of the way you spend your money. Purchase Fair Trade products - products that are supplied by workers and growers who are paid fair wages, and work in safe conditions. Support socially responsible businesses by purchasing their products and investing in them.

Demand corporate responsibility -- with our purchasing power, we can force corporations to manufacture and distribute their goods in ways that respect workers and protect our planet. Support local currencies and cooperatives. These are all tangible ways that we can use our economic resources to "buy a better world" and transform the global economy.

Be A Hero For A Better World!

1. Find out more about simplicity, sustainability and a better world economy
2. Try not to buy anything on BUY NOTHING DAY
3. Be conscious of the way you spend your money the rest of the year

BetterWorld Economy Links

- Adbusters (adbusters.com)
- Alternatives for Simple Living (simpleliving.org)
- BetterWorld Shopper (betterworldshopper.org)
- Church of Stop Shopping (revbilly.org)
- CoOp America (coopamerica.org)
- Global Exchange (globalexchange.org)
- Intl. Forum on Globalization (ifg.org)

For more information: www.betterworldcalendar.com/buynothingday.htm

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WORLD AIDS DAY - DECEMBER 1



"It's not fair that people ignore AIDS in Africa because it's Africa. It's not fair."
-- India.Arie

AIDS (acquired immunodeficiency syndrome) is one of the most destructive and widespread epidemics in recorded history. It has killed more than 25 million people since it was discovered in 1981, and it is the world's fourth leading cause of death. In 2006, more than 3 million people died from AIDS and more than 1/2 million of them were children. 15 million children around the world have lost one or both parents because of AIDS. 38 million people are infected with the HIV virus that causes AIDS, and without treatment, many more will die. Less than one in five who need treatment have access to it. These are grim statistics, but many international organizations, charities, governments, scientists and concerned citizens are working to help end the AIDS pandemic.

In 1988, World AIDS Day was started as an opportunity to unite the global community to fight AIDS by raising awareness and support for its prevention and treatment. Spearheaded by the World AIDS Campaign, each year organizations, governments and communities host local and national events and activities throughout the world on December 1. Until 2010, the main theme of the campaigns for World AIDS Day and throughout the year is "Stop AIDS: Keep the Promise." This refers to the Millennium Development Goals all nations agreed to at the United Nations Millennium Summit, with one of the 8 goals being to halt and reverse the spread of HIV/AIDS. Despite this pledge, 4.3 million people became infected with the HIV virus in 2006 - more than in any other year!

There are many things that you can do to help raise awareness and support for the global campaign to end AIDS. Wear a Red Ribbon to show your support for those living with AIDS and the fight against the pandemic. Take the leadership pledge to take a lead in fighting AIDS on the worldaidscampaign.org website. Write letters to local and national leaders to take a greater leadership role in the fight against AIDS, and hold an event to urge your community to get involved.

Be A Hero For A Better World!

1. Find out more
2. Wear the Red Ribbon
3. Hold an event to raise awareness
4. Write letters to leaders asking them to take a leadership role in the fight against AIDS
5. Support organizations working to end the AIDS pandemic

Ending AIDS Links

- AIDS.gov
- Campaign to End AIDS (campaigntoendaids.org)
- Global AIDS Alliance (globalaidsalliance.org)
- Global Fund (theglobalfund.org)
- UNAIDS (unaids.org)
- World AIDS Campaign (worldaidscampaign.org)
- YouthAIDS (youthaids.org)

For more information: www.betterworldcalendar.com/aidsday.htm

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END SLAVERY DAY - DECEMBER 2



"slavery still exists today...if you count the number of women and children in bonded labor, domestic slavery or sexual slavery today, there are more slaves in the world than at any other time in history."

-- Charlotte Bunch

Slavery was abolished 150 years ago, right? While it is true that slavery is illegal almost everywhere on earth, there are more slaves today than there ever were - more than 27 million. Most of the world's slaves are in Africa, Asia and the Middle East, but slaves are everywhere - even America. Each year, more than 50,000 men, women and children are smuggled into the US against their will. This is called "human trafficking." People are tricked into coming with offers of good jobs or education, but instead are forced to work as domestic or sex slaves, or in agriculture fields or sweat shops. They are physically abused and terrorized into staying enslaved.

While some slaves are 'bought' in the way slaves had been in the past, most contemporary slaves are enslaved through "debt bondage" and may not even realize they are enslaved. A person borrows money and agrees to work until they can pay back the loan, but they never can, because the lender keeps increasing the interest rate and changes the books. Many families are indebted for generation after generation from a tiny original loan the family can never pay back.

Most people don't know that there are still slaves, but when they find out they are outraged and want to do something about it. Fortunately there are a number of international organizations working to end slavery and help the victims once they are freed. With more public awareness, more of those enslaved are being set free.

The United Nations has designated December 2 as The International Day for the Abolition of Slavery to commemorate the December 2, 1949 International Convention against human trafficking and to raise awareness about the continuing struggle to end slavery.

Be A Hero For A Better World!

- Find out more about slavery today (Watch a film like "Amazing Grace" or "Not For Sale" for starters)
- Promote the global campaign to end slavery
- Support organizations working to abolish slavery

END SLAVERY Links

- American Anti-Slavery Group (iabolish.org)
 - Anti-Slavery International (antislavery.org)
 - Free The Children (freethechildren.com)
 - Free The Slaves (freetheslaves.net)
 - Not For Sale (notforsalecampaign.org)
 - One Voice To End Slavery (onevoicetoendslavery.com)
- Rescue & Restore Hotline (1.888.373.7888)

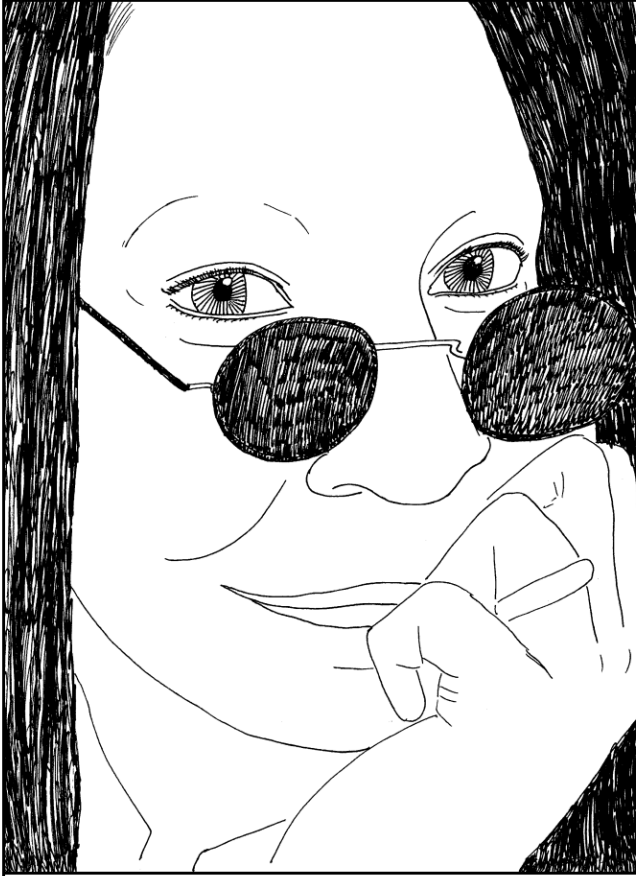
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VOLUNTEER DAY - DECEMBER 5



"If every American donated five hours a week, it would equal the labor of twenty million full-time volunteers."
-- Whoopi Goldberg

Some people are fortunate enough to earn their livelihoods in jobs that directly help to create a more peaceful, just and sustainable world. But much of the efforts to make life better for our communities and our world are done by volunteers -- people who work for a better world without pay.

Around the world, hundreds of millions of people volunteer - nearly 65 million volunteer in America! American volunteers do the equivalent work of over 9 million fulltime employees!

Recognizing the importance of volunteers, the United Nations Volunteers programme (UNV) works with a network of over 20,000 organizations to use International Volunteer Day on December 5 as an opportunity to celebrate the important contribution volunteers make and as a launching point to inspire year-round volunteer involvement.

Many nations have national networks of volunteer organizations. In the US these include Youth Service America; the Points of Light Foundation which connects 2.5 million volunteers who provide services for 170 million people; and Action Without Borders, which links volunteers to 50,000 organizations in 165 countries. US Government agencies promoting volunteerism include AmeriCorps, which provides money for college tuition for youth volunteers; SeniorCorps which connects those over 55 to volunteer opportunities, and the Peace Corps for helping in other countries.

Volunteers ARE creating a better world, one person and one act of kindness at a time.

Be A Hero For A Better World!

1. Find out more about how volunteers are making a difference in your community
2. Volunteer 5 hours a week
3. Plan an event to promote volunteerism
4. Support organizations that promote volunteering

Volunteer Links

- Action Without Borders (idealist.org)
- AmeriCorps (americorps.gov)
- PeaceCorps (peacecorps.gov)
- Points of Light Foundation (pointsoflight.org)
- SeniorCorps (seniorcorps.gov)
- Volunteers of America (volunteersofamerica.org)
- World Volunteer Web (worldvolunteerweb.org)
- Youth Service America (youthserviceamerica.org)

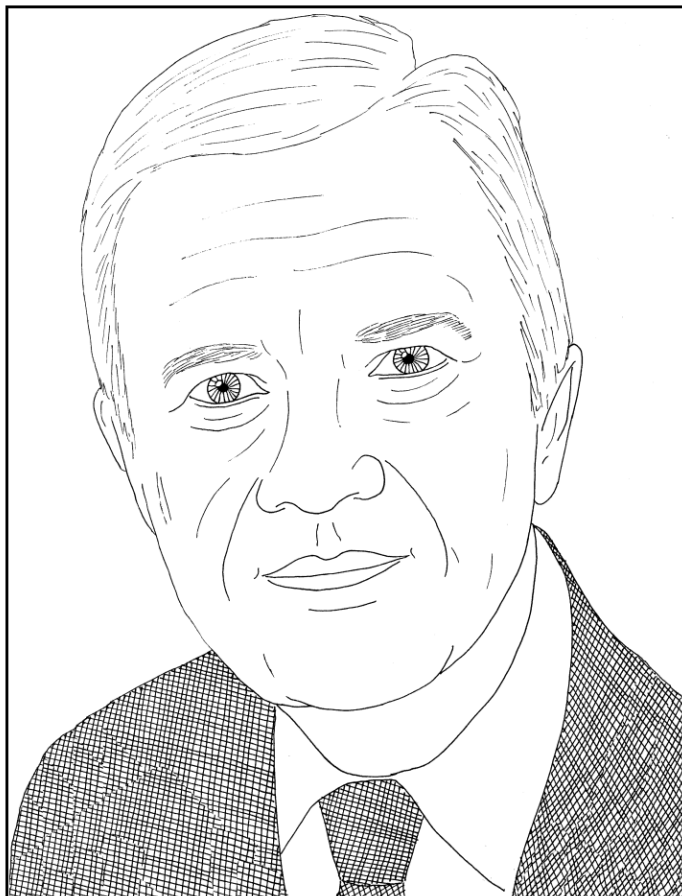
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HUMAN RIGHTS DAY - DECEMBER 10



The evolution of the human rights movement clearly illustrates humanity's ongoing struggle toward creating a better world.

Throughout history, societies have usually been structured with a powerful minority deciding the course of the lives of the majority. Through the ages, people have worked to change those systems so that they are fairer for everyone. As the world has become more global and interconnected, the human rights movement has been able to spread throughout the world, winning rights for people everywhere. Many victories have been won, but there is still a long way to go.

After the horrors of World War II, the United Nations was created to provide a forum for countries to work out their problems peacefully, and to help nations work together to create a more peaceful, just and sustainable world for all. Protecting and promoting human rights is one of the foundations of the goals of the United Nations.

On December 10, 1948, the United Nations adopted the **Universal Declaration of Human Rights**, which clearly outlined the basic human rights and freedoms to which all people should be entitled. This document continues to be a cornerstone in the struggle for a better world.

"Everyone has a right to peaceful coexistence, the basic personal freedoms, the alleviation of suffering, and the opportunity to lead a productive life..."

— Jimmy Carter

Many people and organizations work throughout the year to help protect human rights - often placing their own lives in danger. Human Rights Day, on December 10, is an important global occasion to remind us about the importance of protecting human rights for all.

Be A Hero For A Better World!

1. Find out more
2. Hold an event to raise awareness about human rights issues
3. Contribute to organizations working to defend human rights

Human Rights Organizations

- Amnesty International (amnesty.org)
- Carter Center (cartercenter.org)
- Human Rights First (humanrightsfirst.org)
- Human Rights Watch (hri.org)
- Rights International (rightsinternational.org)
- UN Office of the High Commissioner for Human Rights (ohchr.org)
- Witness (witness.org)
- Women's Human Rights Net (whrnet.org)

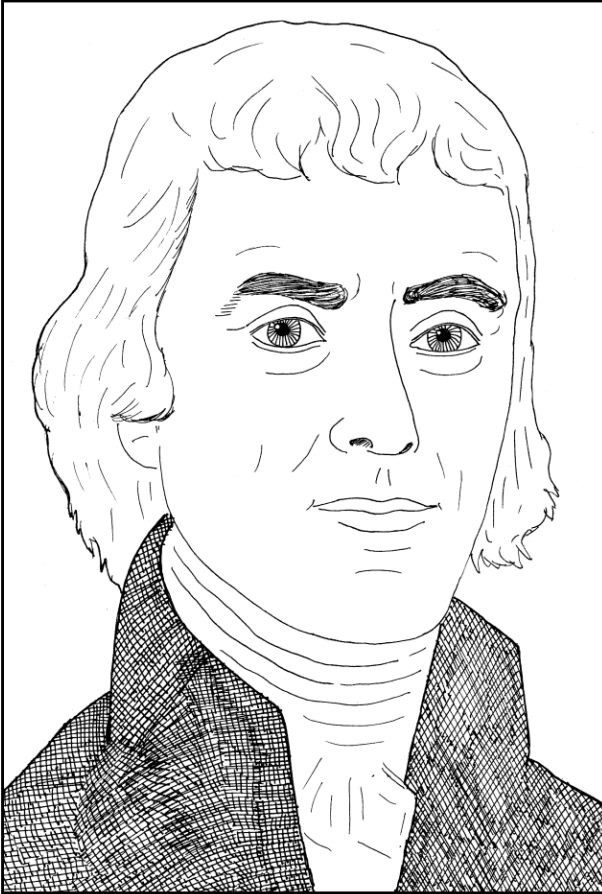
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BILL OF RIGHTS DAY - DECEMBER 15



"A Bill of Rights is what the people are entitled to against every government, and what no just government should refuse, or rest on inference."
-- Thomas Jefferson

Civil Rights are the rights and privileges to which we are entitled under the laws that govern our nation. After the American Constitution was adopted, some states were concerned that it didn't spell out specific rights to which the new nation's citizens would be entitled. James Madison didn't think a Bill of Rights was necessary, but to keep the states from demanding another Constitutional Convention, he suggested including a bill of rights to amend the Constitution. He helped draft ten Amendments that would come to be known as the Bill of Rights. On December 15, 1791 these Amendments were ratified by three quarters of the states.

In 1941, to commemorate the 150th Anniversary of the ratification of the Bill of Rights, President Franklin D. Roosevelt proclaimed December 15 should be observed as Bill of Rights Day, with appropriate ceremonies to celebrate the civil rights guaranteed to all citizens by the Bill of Rights.

The Bill of Rights addresses: 1) Freedom of assembly, press, religion and speech, 2) Right to keep and bear arms 3) Rights regarding the housing of soldiers 4) Regulation against unreasonable search and seizure 5) The right to due process and protection against self incrimination 6) Right of trial by jury with public defense if needed 7) right of jury trial in common law 8) Protection against excessive bail, and unusual punishment 9) Nothing in the Constitution can deny the rights of others 10) Granting power to states or to the people for issues not covered in the Constitution.

Bill of Rights Day is an opportunity to honor those who worked to help create an America where all Americans' civil rights are protected and to stand up for the continuing protection of our civil rights guaranteed in the Constitution.

Be A Hero For A Better World!

1. Find out more about the Bill of Rights and the civil rights this document guarantees us all
2. Get involved in a campaign to protect our civil rights
3. Support organizations that protect civil rights for all

Civil Rights Links

- American Civil Liberties Union (ACLU) (aclu.org)
- Bill of Rights Institute (billofrightsinstitute.org)
- Human Rights Campaign (hrc.org)
- Leadership Conference on Civil Rights (civilrights.org)
- Southern Poverty Law Center (splcenter.org)

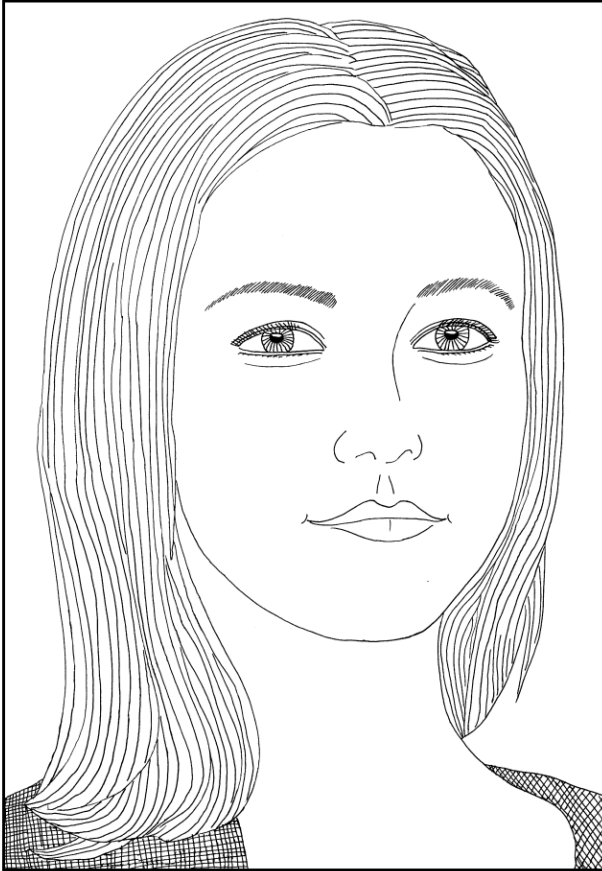
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END HOMELESSNESS DAY - DECEMBER 21



"We must all work together
to end youth homelessness..."
-- Jewel

At any given time in America, there are about half a million people who are "homeless" -- they don't have a "permanent, safe, decent, affordable place to live." Around the world there are about 100 million homeless people, and many of them are women and children.

Homelessness is one of the world's most serious problems. There are many reasons why people become homeless, including mental illness, drugs and domestic violence, but most are homeless simply because they can't afford a decent place to live. One third of the homeless in America are families!

Homeless shelters, operated by nonprofit organizations, religious institutions, and local municipalities, can only provide shelter for some of the homeless families. Many are forced to live out of their cars, or in garages, or move from place to place, staying with friends and relatives. Even short periods of homelessness can result in depression and child neglect, but many families are homeless for months or even years.

To end homelessness, we have to help the homeless find immediate shelter, and affordable long-term housing. The Universal Declaration of Human Rights, which was adopted by the UN in 1948, declares that shelter is a basic human right. Our economic system needs to change in order to do a better job of ensuring that everyone has a chance to find affordable, decent and stable housing.

Every year the National Coalition for the Homeless sponsors National Homeless Persons' Memorial Day around December 21 -- the longest night of the year -- to raise awareness about the growing problem of homelessness. This day is an opportunity for you to speak to your family and friends about ending homelessness. It's a time to hold a food or clothing drive or volunteer in a soup kitchen or homeless shelter. It's a chance to write to local, state and national leaders to advocate for policies and programs that serve the homeless and create more affordable housing.

Be A Hero For A Better World!

1. Find out more
2. Hold a food drive
3. Volunteer in a soup kitchen
4. Write to elected officials about homelessness and affordable housing
5. Support organizations helping the homeless

End Homelessness Links

- Beyond Shelter (beyondshelter.org)
- Help USA (helpusa.org)
- Homeless International (homeless-international.org)
- National Alliance to End Homelessness (naeh.org)
- National Coalition for the Homeless (nationalhomeless.org)
- UN HABITAT (unhabitat.org)

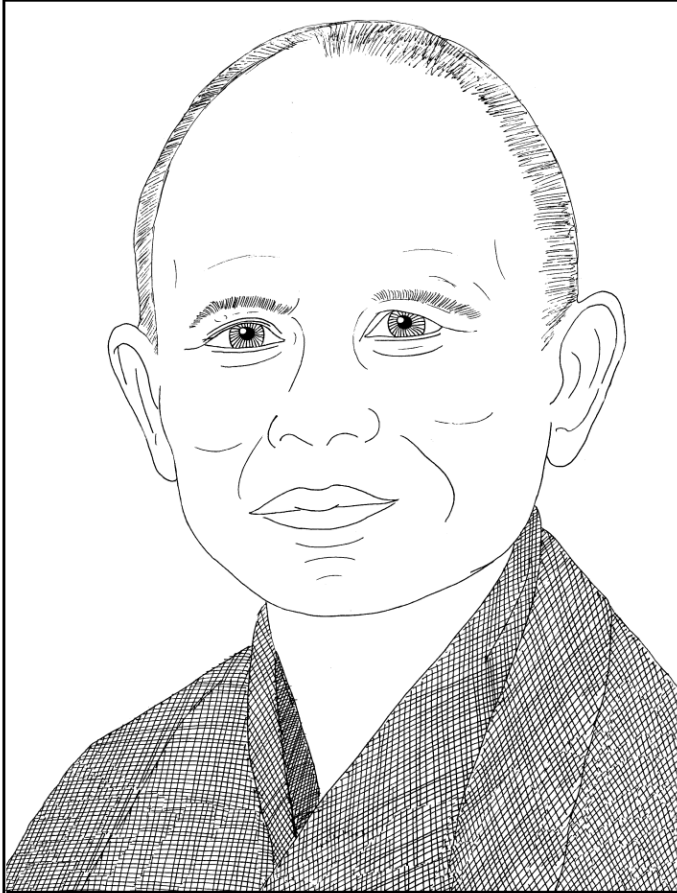
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WORLD SPIRITUALITY DAY - DEC 31



"Seek peace.
When you have peace within,
real peace with others will be possible."
-- Thich Nhat Hanh

Some of the wars and conflicts of the past and present were fought over land and resources, but many have been over religious differences.

In this past century, a global interfaith movement has been growing, helping to raise consciousness about the need for tolerance and understanding between different cultures and religions. This movement has helped highlight the common goals that most religions share, such as the Golden Rule, which is at the heart of nearly all religious traditions.

At the same time, many throughout the world are discovering that 'spirituality' -- a deep connection to a greater purpose for humanity -- is an important driving force in their lives, even if they aren't religious.

UNESCO (the United Nations Educational, Scientific and Cultural Organization) is currently developing a strategy for Interfaith Cooperation for Peace, working with governments and religious and spiritual NGOs affiliated with the United Nations.

World Spirituality Day is an opportunity for all who value spirituality in their lives to connect and unite in our wish for a more peaceful, just and sustainable world based on values grounded in our deeper spiritual connection to each other and the world around us.

*"We are not human beings having a spiritual experience; we are spiritual beings having a human experience."
-- Pierre Teilhard de Chardin*

Be A Hero For A Better World!

1. Learn about a faith different from your own
2. Hold an interfaith event
3. Contribute to organizations promoting interfaith spirituality

Interfaith Promoting Organizations

The Inerfaith Alliance (interfaithalliance.org)
Interfaith Center of NY (interfaithcenter.org)
Interfaith Youth Core (ifyc.org)
Network of Spiritual Progressives
(spiritualprogressives.org)
Temple of Understanding
(templeofunderstanding.org)
United Religions Initiative (www.uri.org)
World Peace Prayer Society (worldpeace.org)

For more information: www.betterworldcalendar.com/spiritualityday.htm

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ONE DAY IN PEACE - JANUARY 1



Now, there is the perfect opportunity for peace... This is the very first time in the history of the world...

For more information, visit www.betterworldclubs.com

MARTIN LUTHER KING, JR. DAY OF SERVICE



Service on the part of the people... This day is a time to honor the life and work of Dr. King...

For more information, visit www.betterworldclubs.com

SEASON FOR NONVIOLENCE



Nonviolence is a philosophy and a strategy that is based on love... It is a way of life that is based on the teachings of Jesus...

For more information, visit www.betterworldclubs.com

FEBRUARY IS BLACK HISTORY MONTH



Black History Month is an opportunity to celebrate the lives and achievements of African Americans... It is a time to honor the contributions of Black Americans to the United States...

For more information, visit www.betterworldclubs.com

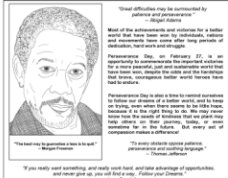
LEADERSHIP WEEK



Leadership is a quality that is needed in every organization... It is the ability to inspire and motivate others to achieve their best...

For more information, visit www.betterworldclubs.com

PERSEVERANCE DAY - FEBRUARY 27



Perseverance is the quality of continuing to do something despite difficulties or opposition... It is the ability to keep going when things get tough...

For more information, visit www.betterworldclubs.com

ENERGY DAY - MARCH 1



Energy is the power that makes things happen... It is the force that drives the world forward...

For more information, visit www.betterworldclubs.com

WOMEN'S DAY - MARCH 8



Women's Day is a day to celebrate the achievements of women... It is a time to honor the contributions of women to society...

For more information, visit www.betterworldclubs.com

END RACISM DAY - MARCH 21



End Racism Day is a day to stand against racism and discrimination... It is a time to promote equality and justice for all...

For more information, visit www.betterworldclubs.com

WORLD WATER DAY - MARCH 22



World Water Day is a day to focus on the importance of water... It is a time to promote sustainable water management...

For more information, visit www.betterworldclubs.com

WORLD HEALTH DAY - APRIL 7



World Health Day is a day to promote global health and well-being... It is a time to focus on preventing disease and promoting health...

For more information, visit www.betterworldclubs.com

EARTH DAY - APRIL 22



Earth Day is a day to celebrate the Earth and its natural resources... It is a time to promote environmental protection and sustainability...

For more information, visit www.betterworldclubs.com

INTERNATIONAL WORKERS' DAY - MAY 1



International Workers' Day is a day to honor the contributions of workers... It is a time to promote labor rights and social justice...

For more information, visit www.betterworldclubs.com

FAIR TRADE DAY - 2ND SATURDAY IN MAY



Fair Trade Day is a day to promote fair trade practices... It is a time to support ethical and sustainable trade...

For more information, visit www.betterworldclubs.com

BIODIVERSITY DAY - MAY 22



Biodiversity Day is a day to celebrate the diversity of life on Earth... It is a time to promote conservation and sustainable development...

For more information, visit www.betterworldclubs.com

WORLD REFUGEE DAY - JUNE 20



World Refugee Day is a day to honor the contributions of refugees... It is a time to promote compassion and support for those who have fled their homes...

For more information, visit www.betterworldclubs.com

INTERFAITH DAY - JUNE 22



Interfaith Day is a day to promote understanding and cooperation between different religions... It is a time to celebrate the common values of all faiths...

For more information, visit www.betterworldclubs.com

JUSTICE DAY JULY 17



Justice Day is a day to promote social justice and equality... It is a time to stand for the rights of all people...

For more information, visit www.betterworldclubs.com

HIROSHIMA DAY - AUGUST 6



Hiroshima Day is a day to remember the victims of the atomic bombing of Hiroshima... It is a time to promote peace and nonviolence...

For more information, visit www.betterworldclubs.com

PEACE DAY - SEPTEMBER 21



Peace Day is a day to promote peace and harmony... It is a time to stand for a world without war...

For more information, visit www.betterworldclubs.com

WORLD FOOD DAY - OCTOBER 16



World Food Day is a day to promote global food security and nutrition... It is a time to focus on sustainable food production...

For more information, visit www.betterworldclubs.com

END POVERTY DAY - OCT 17



End Poverty Day is a day to promote the eradication of poverty... It is a time to stand for economic justice and social equality...

For more information, visit www.betterworldclubs.com

UNITED NATIONS DAY - OCTOBER 24



United Nations Day is a day to celebrate the United Nations and its mission... It is a time to promote international cooperation and peace...

For more information, visit www.betterworldclubs.com

UNICEF DAY - OCTOBER 31



UNICEF Day is a day to promote the welfare of children... It is a time to focus on child development and education...

For more information, visit www.betterworldclubs.com

KINDNESS DAY - NOVEMBER 13



Kindness Day is a day to promote kindness and compassion... It is a time to stand for a more caring and empathetic world...

For more information, visit www.betterworldclubs.com

RECYCLING DAY - NOVEMBER 15



Recycling Day is a day to promote recycling and environmental protection... It is a time to focus on reducing waste and conserving resources...

For more information, visit www.betterworldclubs.com

WORLD AIDS DAY - DECEMBER 1



World AIDS Day is a day to raise awareness about HIV/AIDS... It is a time to promote prevention and support for those affected...

For more information, visit www.betterworldclubs.com

VOLUNTEER DAY - DECEMBER 5



Volunteer Day is a day to promote volunteerism and community service... It is a time to stand for a more caring and helpful society...

For more information, visit www.betterworldclubs.com

HUMAN RIGHTS DAY - DECEMBER 10



Human Rights Day is a day to promote human rights and dignity... It is a time to stand for justice and equality for all people...

For more information, visit www.betterworldclubs.com

WORLD SPIRITUALITY DAY - DEC 31



World Spirituality Day is a day to promote spirituality and faith... It is a time to reflect on our beliefs and values...

For more information, visit www.betterworldclubs.com