



Stand As One

A GRASSROOTS PROJECT

Concept: A single choice made by a single person changes their world, their life. That same choice, multiplied by many people, changes the rest of the world little by little.



Together, we can make a difference

To change the world we live in is a big goal, but it begins with each and every one of us and the way we view the world. How do you view your world? Does it begin and end with you? Or do you see yourself as part of a Global Community of people, all living on one planet, sharing the playground so to speak?

If we really want to take care of this beautiful place we call the Earth, we need to make better choices in our everyday lives.

Get involved, *Stand As One!* Begin to inspire others by making small changes in your own life. Share what you're doing with your friends on Twitter, Facebook, and re-tweet, Facebook-wall and blog about it!

As you go about your day and make better choices, document your changes and send us your photos and videos! Write us a message and tell us what you did differently and how it changed your world for the better. We'll be happy to post your photos and messages on our blog so everyone can check it out!

Below are some ideas on how you can spark some change in your life and do something good for the world! Think of what would happen if millions of people started to think this way and started making changes like these everyday...



Get Involved, *Stand As One!*

The truth is, there are so many small changes we can make to our daily lives; once the mind is set on bettering our world, the possibilities are really endless. Take *action* in your own life, make a *change* in your day to day choices, or connect with one of the many non-profit groups in your area!



Small Changes, Big Impact

Our Challenge To You: Pick two or more of the changes below and commit to them!

1- **Think Water!** Use only one reusable drink container for your water or for your hot drinks, instead of buying plastic bottles and containers that you use once and throw away!

2- Say **NO to plastic** bags from now on. Use your backpack or something you can re-use!!

3- Eat one **locally grown** meal per week. Start your own little garden, or support your local food supply!

4- **Carpool!** It's a great way to meet the people who are travelling to the same place you're going to and build community. It also reduces the amount of cars on the road, air and noise pollution!



5- This is a fun one... Introducing the **Black Out Night**. A **Black Out Night** is a night where you don't use lights after dark. Have a Black Out Night every two weeks, or more often if you can! Light your way with a beeswax candle. Take the time to read a book, play a game or an instrument. By doing this you reduce the amount of hydro electricity that you need every month.

6- **Volunteer** for a non-profit organization of your choice for a couple hours a month.

7- **Spread the love!** Start encouraging one person you meet every week, or more if you can!

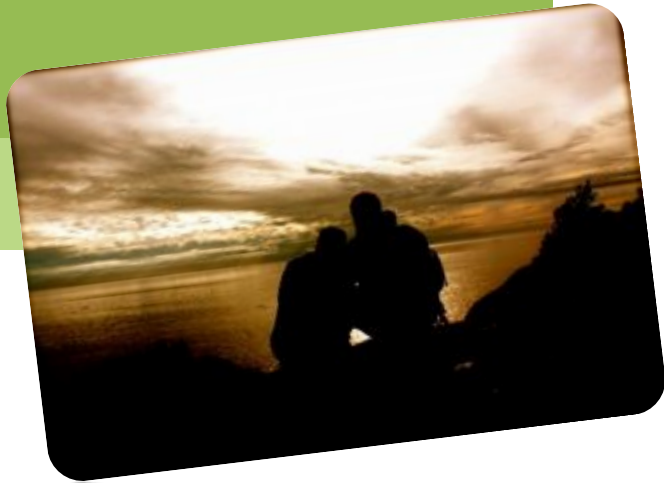
Document your *actions*

We encourage you to send us your photos and videos as you capture your actions for change!



The Easy Three

Sometimes changing can be really challenging, especially if we've formed habits. If you'd like to get involved and make some small changes, but feel a bit intimidated by the idea, try *The Easy Three*! It's an easy start, with three small and very simple things that you can do to change your world for the better!



The Easy Three

Simplify. Is there something that's stressing you out or something that you don't need? Get rid of it! Its amazing how much better we feel when we rid ourselves of unnecessary sources of stress.

Get outside. Go ride your bike, get on your skateboard, tear it up on your mountain bike, shred the hill on your snowboard or skis, paddle into a wave, run with a friend or your dog, walk in the park, show a friend a special spot you discovered.... Just get out there!! Its good for everyone!

Take time to yourself. Turn off your cell phone once a week for one hour and give yourself a break. Spend that time relaxing, breathing, and being thankful for the small things you DO have and not focusing on the things you DO NOT have.



Vancouver Island
singer/songwriter Vince Vaccaro
in Avatar Grove, Port Renfrew BC



Sign up as a member of *Stand As One* by sending an email to vincevaccaroband@gmail.com and receive a link to download a **FREE** unreleased song!



RESOURCES & CONTACT INFORMATION

Contact *Stand As One* by sending an email to vincevacaroband@gmail.com

Ancient Forest Alliance	web: www.ancientforestalliance.org
Autism Society of BC	web: www.autismbc.ca
BC Children's Hospital	web: www.bcchildrens.ca
BC Guardians	web: www.bcguardians.ca
Big Brothers/Sisters Canada	web: www.bbbsc.ca
Big Brothers/Sisters Victoria	web: www.bbbsvictoria.com
Boarders Without Borders- Columbia	web: boarderswithoutborders.org
Carpool World	web: www.carpoolworld.com
Capital City Volunteers	web: www.capitalcityvolunteers.org
CRD	web: www.crd.bc.ca
CPAWS	web: www.cpaws.org
Integreen	web: integreen.ca
Living Oceans Society	web: www.livingoceans.org
Nature Conservancy Canada	web: www.natureconservancy.ca
Northern Lights Wildlife Wolf Center	web: www.northernlightswildlife.com
Organic Islands	web: www.organicislands.ca
Plastic Pollution Coalition	web: plasticpollutioncoalition.org
South Island Mountain Bike Society	web: www.simbs.com
SPCA BC	web: www.sPCA.bc.ca
SurfAid International	web: www.surfaidinternational.org
Surfers Healing	web: surfershealing.com
Surfrider Foundation	web: www.surfrider.org
The Land Conservancy of BC	web: blog.conservancy.bc.ca
The Queen Alexandra Foundation	web: www.queenalexandra.org
United Way of the Lower Mainland	web: www.uwlm.ca
Vancouver Park Board (Urban Gardens)	web: vancouver.ca/parks/parks/comgardn.htm
Wild Arc Wildlife Rescue	web: wildarc.com
Yellowbird Project	web: www.yellowbirdproject.com

WWW.VINCEVACCARO.COM FOR MORE INFO

