



**One Thousand Trees: The Magazine**  
**Production Schedule: October 2017 through September 2018**

**OCTOBER 2017**

TOPIC: Facing Our Fears

**NOVEMBER 2017**

TOPIC: Celebrating Our Selves

**DECEMBER 2017**

TOPIC: The Inner Child

**JANUARY 2018**

TOPIC: Sound Healing

**FEBRUARY 2018**

TOPIC: Equine Therapy

**MARCH 2018**

TOPIC: The Healing Power of Art

**APRIL 2018**

TOPIC: Aboriginal/Indigenous Issues

**MAY 2018**

TOPIC: Laughter is the Best Medicine

**JUNE 2018**

TOPIC: LGBTQ Issues

**JULY 2018**

TOPIC: The Power of Telling Our Stories

**AUGUST 2018**

TOPIC: Spiritual Practices

**SEPTEMBER 2018**

TOPIC: Time Management

If you would like to write on any of the above topics, or for any of our regular departments (Connections, Creativity & the Arts, Food & Nutrition, Giving Back, Health & Wellbeing, The Library), please email [lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com). We also accept submissions of short stories, poetry, or artwork. All submissions are due on the 20th of the month prior to publication.

Articles can be as short or as long as you need them to be, to say what you need to say. As a general guideline, though, articles usually run around 1000 words. Please submit by email, either in the body of your message, or as a Word doc attachment, by the above-stated deadlines. Please do not send PDFs.

If possible, please send any photographs or other artwork that enhance your article, in JPEG format.

If you have not previously submitted an article for One Thousand Trees, please also send a brief (three to four sentence) bio of yourself, and a head shot in JPEG format.