



# ONE THOUSAND TREES

*editing and publishing  
inspiration and encouragement*

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## One Thousand Trees: The Magazine Production Schedule: October 2018 through September 2019

### OCTOBER 2018

TOPIC: YOU ARE WHAT YOU EAT

### NOVEMBER 2018

TOPIC: ADDICTION

### DECEMBER 2018

TOPIC: CRYSTALS AND OILS

### JANUARY 2019

TOPIC: MEDITATION AND MINDFULNESS

### FEBRUARY 2019

TOPIC: CHILDLESS: BY CHOICE OR CIRCUMSTANCE

### MARCH 2019

TOPIC: WOMEN AND ENTREPRENEURISM

### APRIL 2019

TOPIC: POETRY

### MAY 2019

TOPIC: ENERGY HEALING

### JUNE 2019

TOPIC: AGING GRACEFULLY

### JULY 2019

TOPIC: METAMORPHOSIS

### AUGUST 2019

TOPIC: PHOTOGRAPHY

### SEPTEMBER 2019

TOPIC: SUICIDE PREVENTION

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.

Interested in speaking? *One Thousand Trees* hosts a monthly Sharing Evening, bringing in speakers on topics that coincide with the monthly focus of each magazine. If you're interested in being a speaker, email [lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com).

Articles should be written in first person, and 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, 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. Placeholders (ie INSERT ILLUSTRATION 1 HERE) should be included in your word document.

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.