

Inspiring Tales...

by Lauren Baker

from homeless to record breaker

For Mike Buss, there is much more to his tale than just a passion for running.

Mike was discharged from the British forces after nearly being killed by an IRA Car Bomb whilst serving in N. Ireland. Ten years in the Army made the civilian world a very unfamiliar place and Mike soon became homeless. On the streets, he could use his skills and experience in survival and feel like he was a soldier again.

Though this familiarity helped Mike through the difficulties of homelessness, he felt there was something more he could do to positively channel his energy

and skills. Paddy Doyle, an endurance athlete, was Mike's main motivation for getting himself off the streets and into the record books. Using his love for running to move forward in his life, Mike now raises money for the charity *Help For Heroes*. Talking of his cause, Mike stresses that there is not enough support for soldiers leaving the forces and that charities can only do so much.

Sponsors include Jeep, Saucony, and ISO2 Nutrition. Mike is sincerely grateful to them, but now needs financial sponsorship deals to secure his future as one of the UK's top endurance athletes. In the past decade Mike has broken many



records but he's not stopping there. On a mission to break 20 world records this year, Mike is hoping to raise £100,000 by the end of 2010, £500,000 by 2012 and £1,000,000 by 2014. He sets his sights high!

Mike also works as a physical trainer and motivational speaker, talking to people about how he turned his life around. By doing this he hopes to capture their imagination, and pass on a little bit of the inspiration that motivated him during difficult times.

www.mike-buss.com

the eco-bridesmaid: wales to oz

Barbara Haddrill certainly opts for the road less travelled. Back in 2006, she set off on a low-carbon journey from Wales to Australia to be a bridesmaid at a friend's wedding. Her travel blog, "Babs2Brisbane," later became a book of the same name.



Prior to the journey, Barbara didn't know much about low carbon travel. Just before receiving the wedding invite, Barbara had started working at the Centre for Alternative Technology (CAT), which had begun a project called the Carbon Gym, one of the first 'carbon calculators'. Barbara worked out her carbon footprint at 6 tonnes of CO2 for the previous year. The UK average is 9.8, which climate scientists say is too much for the planet to sustain. When Barbara included flights to Australia, this added 11.2 tonnes to her total. Determined to reduce her carbon emissions, Barbara wanted to get to Australia without flying at all. This proved to be a tremendous act of emotional strength, preparation, spontaneous decision making and compromise. One leg of her journey found her spending two weeks at sea with only Russian and Filipino sailors for company. Inspired by the kindness she found along the way, Barbara is full of confidence that we can change our behaviour to save our beautiful planet.

Closer to home Barbara now runs a horse drawn delivery service of local produce. For now, a 10 mile radius is far enough for her to travel, but one day we may hear of Barbara taking her horse and cart on another long distance, overland adventure. 'Babs2Brisbane' is available from any bookshop or online at www.cat.org.uk. Read more on www.babs2brisbane.com.

de-clutter your life

Mike Morone is a man with a vision. Having grown up with a lot less than his own kids, Mike tries to live as resourcefully as possible, and to spread the benefits as far as he can. Based in the USA, he once ran a computer recycling program where he picked up surplus computers, refurbished them, and gave them to over 2,000 urban students.



This really ignited his passion for limiting waste in the world. Mike endorses the simple act of putting out with your weekly rubbish, items that you may no longer want or need, but could be used by someone else. By separating them from your actual rubbish, and making it easy for others to spot items they may want, unwanted items could go to a good home. Some people already do this but everybody should.

Give Your Stuff Away Day is the result of Mike's vision. He is promoting one day each year as a nationwide, no... global, giveaway event. So how does it work? On May 15th, people, far and wide, place their unwanted items outside and anyone is free to pick them up. This not only reduces our personal clutter, it provides someone else with something free, and it gives the already overused landfill a break. It's down to each of us to make this a recognised day in Britain too!

By spreading his campaign worldwide, Mike is hopeful that the event will gain momentum, hopefully some sponsors and definitely a less cluttered world. www.giveyourstuffaway.com gives you full details... waste no time in de-cluttering your life!