Mindfulness means paying attention in a particular way: intentionally, in the present moment, non-judgmentally and with the presence of heart.”

—Jon Kabat-Zinn, Professor Emeritus, UMass School of Medicine

Mindfulness has been practiced for centuries in Eastern contemplative religions. The best-known method is through yoga, which many of you may already practice. The good news is that we can all practice a useful form of mindfulness by setting aside a specific time each day to be silent, to be aware of the present moment. We can take time to quiet our busy minds and work to change our brain patterns to include the practice of thinking before automatically reacting to any situation. We can learn to focus on making conscious choices “with the presence of heart.”

Be mindful of your own convictions. Are they based on truthful research or are they based on information passed from generation to generation without questioning? Seek information and facts that reveal the basis and consequences of what you believe, and support that to which you do make a commitment. Be mindful of statements that are untruthful or propaganda, statements that fan the embers of hatred and racism, and encourage blind acts of violence in support of extremist views across the globe.

Be mindful of others’ needs and respond with kindness. It can be as simple as listening, sharing, phoning or emailing a note of caring and encouragement. Research at the University of British Columbia, the University of California, Riverside and the University of North Carolina supports the finding that being kind to others results in the giver having improved physical health and happiness in the form of less depression, better self-esteem, better immune system, lower blood pressure, and increased creativity.

By practicing being mindful we will further develop and maintain our inner peace. Individual inner peace brings peace to others and magnifies and resonates far and wide. Peaceful thoughts have the power to encourage cooperation and understanding. Be mindful to be part of the current groundswell of goodwill that will lead us to a Culture of Peace.

The Eight Keys for Promoting a Culture of Peace are actions adopted by the UN General Assembly in 1999 (see page 2). Over the past 15 years the focus on a culture of peace has been slowly gaining momentum. Internationally in acts of solidarity, there are significant actions being taken by hundreds of organizations to preserve the planet, to work for women’s equality and to realize the Millennium Development Goals (see page 9). Millions of small grassroots actions of compassion and altruism are taking place worldwide. Other efforts involve hundreds and thousands as in marches, benefits, walks, etc. to help wipe out poverty and eradicate diseases. In peaceful demonstrations we are rejecting all violence: outrageous acts of murders, abductions, executions, attempted genocides, blatant acts of racial bigotry and unjust political policies. We now seem more aware that every person’s actions have an impact on all living beings everywhere.

This issue provides each of us with contact information, resources, and opportunities that can support our peacemaking efforts. Our actions do matter. Our own inner peace is at the very core of world peace. Let us each join in the steady march toward a culture of peace by being mindful wherever we are and in whatever we do. May peace be with us always.

Jeanne Morascini, Founder
Since 1997, the United Nations General Assembly has adopted resolutions every year in support of a culture of peace. The initial resolution in 1997 called for a "transformation from a culture of war and violence to a culture of peace and non-violence." The resolution defines the culture of peace as based on "respect for human rights, democracy and tolerance, the promotion of development, education for peace, the free flow of information and the wider participation of women." These seven points, along with an eighth point of disarmament, became the base of the Programme of Action on a Culture of Peace adopted in 1999, on which CPNN is based.

Responsibility for the program was given to UNESCO, the United Nations Educational, Scientific and Cultural Organization. To put the resolutions into action, UNESCO launched the International Year for a Culture of Peace (2000) and the International Decade for a Culture of Peace and Non-Violence (2001-2010). To involve people at a local level, UNESCO circulated the Manifesto 2000 through global networks of National Commissions, UNESCO and UN field offices and non-governmental organizations. The Manifesto, drafted by Nobel Peace Laureates on the basis of the UN resolutions, was signed during the International Year for a Culture of Peace by 75 million people, pledging to work for a culture of peace "in my daily life, in my family, my work, my community, my country and my region."

The mobilization around the Manifesto was the first step in the development of a global movement for a culture of peace. The global movement is advancing, according to the World Civil Society Report submitted to the United Nations in 2005 at the midpoint of the International Decade and again in 2010 at the end of the Decade.

Source: David Adams, the Director of Unit for the Int’l Year for Culture of Peace at UNESCO and developer of a Culture of Peace News Network (CPNN). http://cpnn-world.org/

Skills, Knowledge, and Attitudes of Peace (United Nations, 2009)

**Skills**
- Communication, active listening and reflection.
- Cooperation, empathy and compassion.
- Critical thinking and problem solving.
- Mediation, negotiation, and conflict resolution.
- Patience and self-control.
- Responsible citizenship.
- Imagination, leadership, vision.

**Attitude**
- Ecological awareness.
- Self respect.
- Tolerance.
- Respect for human dignity and difference.
- Intercultural understanding.
- Gender sensitivity.
- Caring and empathy.
- Non-violence and reconciliation.
- Social responsibility.
- Solidarity, world-mindedness.
- Resolution.

**Knowledge**
- Self-awareness, recognition of prejudice.
- Issues relating to conflict and war.
- Peace and non-violence.
- Environment and ecology.
- Nuclear and other weapons.
- Justice and power.
- Theories of conflict analysis, prevention and resolution.
- Culture, race, gender, religion.
- Human rights and responsibilities.
- Globalization.
- Labor.
- Poverty and international economy.
- International law and criminal court.
- United Nations, international system.
- Healthcare, AIDS.
- Drug trade.
Caring for Our Planet

Outdoor Classrooms
Many children today do not have the opportunity to explore and experience nature. They don’t climb trees, plant and care for gardens, or simply explore the environment around them. As children are the future stewards of our planet, they must have experiences that allow them to learn about, value, and love nature.

Nature Explore Classrooms enable children to engage in explorations of trees, bugs, leaves, seeds, light, shade and more, through art, music, story experiments, and construction. Find out more about Nature Explore Outdoor Classrooms in your state, and how to support and create classrooms by visiting www.natureexplore.org. A free resource guide is available.

Support Your Local Farmers’ Market
Farmers’ markets are one of the oldest forms of direct marketing by small farmers. From the traditional “mercados” in the Peruvian Andes to the unique street markets in Asia, growers all over the world gather weekly to sell their produce directly to the public. In the last decade they have become a favorite marketing method for many farmers throughout the United States, and a weekly ritual for many shoppers. In a farmers’ market, a group of farmers sell their products once or twice a week at a designated public place like a park or parking lot. Some farmers’ markets have live entertainment. Shopping at a farmers’ market is a great way to meet local farmers and get fresh, flavorful produce—not the time and expense of growing it yourself. To find a farmers’ market near you visit localharvest.org.

More Monarchs!
- Plant milkweed in your yard for the Monarch egg and larva.
- Visit Monarch Watch to find out how to become a citizen scientist who tracks monarchs. www.monarchwatch.org/.
- Go to www.makewayformonarchs.org to read articles.
- Find out more about planting your own garden at www.flightofthebutterflies.com.
- Find out more about the pollinator and food community restoration work at www.borderlandsrestoration.org
- Contact your legislators and encourage them to include milkweed as a plant seeded along roadsides, and in parks.
- Visit The Butterfly Website butterfly-website.com/ for information and activities for children.

—from Oblate Ecological Initiative
Summer 2014

E-Waste
The use of electronic products has grown substantially over the past two decades, changing the way and the speed in which we communicate and how we get information and entertainment. According to the Consumer Electronics Association (CEA), Americans now own approximately 24 electronic products per household.

Donating used electronics for reuse extends the lives of valuable products. Recycling electronics prevents valuable materials from going into the waste stream. Consumers now have many options to recycle or donate for reuse their used electronics. Many computer, TV, and cell phone manufacturers, as well as electronics retailers, offer some kind of take back program or sponsor recycling events. About half of the states currently have laws on disposal and recycling of electronics and several other states are considering passing similar laws.

Unfortunately not every electronic recycler follows environmentally sound recycling practices; however, responsible electronics recyclers and refurbishers can now become certified by demonstrating to an accredited, independent third party that they meet available standards on responsible recycling practices. EPA encourages all electronics recyclers to become certified and all customers to choose certified recyclers. —EPA

Visit www.epa.gov/ows/conserve/materials/recycling/to find information.

Reusing Newspaper Bags
What do you do with the bags that keep your newspapers dry? They are light and take up almost no room. Instead of throwing them out, keep some in your car, some in your purse, and some in your garage. They have a myriad of uses including emergency trash bags, holding items that are wet, and emergency pooper scoopers.

The onboard laundry services of Crystal Cruises uses EcoHangers to help reduce the consumption and waste of wire and plastic hangers. These hangers are made of 100% recycled materials and are made in EPA-regulated factories in the U.S.. Over 3.5 billion wire hangers and 5 billion plastic hangers are disposed of in landfills in America every year.

Green Leaders
The Environmental Defense Fund is pairing graduate students with businesses looking to become more energy efficient. Called EDF Climate Corps fellows, the students recommend ways to cut greenhouse gas emissions, lower utility bills and help the environment. It is estimated that almost 60% of the energy produced in the United States is wasted, from waste at power plants to inefficient appliances and light bulbs. Since 2008, the EDF Climate Corps has found $1.3 billion in energy savings and more than 3.6 million metric tons of emissions have been avoided. www.edf.org
"We must not, in trying to think about how we can make a big difference, ignore the small daily differences that we can make which, over time, add up to big differences that we often cannot foresee."

~Marian Wright Edelman, lawyer, educator activist
More Resources

The Language of Learning: Teaching Students Core Thinking, Listening and Speaking Skills
Margaret Berry Wilson
Northeast Foundation for Children, Inc. 2014
Grades K-6
216 pages
This book focuses on proven, practical strategies for teaching children the foundational communication skills critical to high-level learning and success at school. It gives educators tools to move students towards fluency in five core competencies:
1. Listening Essentials
2. Speaking Essentials
3. Asking and Answering Questions
4. Crafting an Argument
5. The Art of Agreeing and Disagreeing

In addition to skills chapters, the teaching strategies integrate into existing curriculum. There are Common Core correlation tables connecting each chapter to specific speaking and listening standards. www.responsiveclassroom.org

“Happiness is when what you think, what you say, and what you do, are all in harmony.”
~Mahatma Gandhi

Stay up-to-date with the most current information with newsletters and bulletins!
⇒ Greater Good Science Center, University of CA at Berkeley focuses on the science of a meaningful life. www.greatergoodscience.org
⇒ Responsive Classroom Newsletter, is sent three times a year in the mail. www.responsiveclassroom.org
⇒ Bullies 2 Buddies The Bullies to Buddies mission is to create harmony in the school, home, workplace, politics and elsewhere by teaching the practical application of the Golden Rule. They offer a great variety of articles, video clips, songs and audio recordings for free. To receive access you need to sign in to the Bullies to Buddies membership list. www.bullies2buddies.com
⇒ Good News Agency, from Rome, Italy, reports monthly on the emerging culture of peace. www.goodnewsagency.org

The 2014 –2015 Planning to Change the World plan book for educators is available. In addition to being a plan book, it includes important social justice birthdays and historical events, references to online lesson plans and resources, tips from social justice teachers, and inspirational quotes and thought-provoking essential questions to share with students. Proceeds support NYCoRE, the Education for Liberation Network, and Rethinking Schools. $18 www.justiceplanbook.com/

Kiva U
Kiva U brings together high school and college students and teachers in a virtual community, where they can access tools, lesson plans, and other resources to create opportunity for people throughout the world. Kiva is a micro-financing program that provides the opportunity for people to fund a project of their choice. www.kiva.org/do-more/kivau

⇒ Teaching Tolerance offers a weekly newsletter to keep educators in touch with news, conversation and support on issues of diversity, respect for differences, and equal opportunity in schools. www.teachingtolerance.org
⇒ The Learning Revolution highlights virtual and physical events to bring together education, learners, and others to rethink and reinvent education issues. www.learningrevolution.com
⇒ Environmental Defense Fund, connects you the latest efforts to solve environmental problems. www.edf.org
⇒ National Geographic has many different newsletters available including the monthly Education Compass: Educator which features lesson plans, quick quizzes, news reports, and EdNet resources and opportunities. www.nationalgeographic.com
⇒ UN Foundation Blog, keeps you updated on work being done by the United Nations. http://unfoundationblog.org

“Your life and mine shall be valued not by what we take... but by what we give.”
~Edgar Allen Founder of Easter Seals
Opportunities

**Barbara McAfee** is a singer/songwriter, keynoter, author, and voice coach who merges lessons from 12 years in organization development with the transformative power of music. Find out more at: barbaramcafee.com.

**Light in the Soul: A Creative Retreat for Women and Men**
With Quanita Munday & Barbara
August 15-17
Cincinnati, OH
This program will also be held October 10—12 at The Marsh House Whidbey Island, WA

**Goddesses, Circles, and Empowered Women**
With Jean Shinoda Bolen & Barbara
September 7-12
Omega Institute, Rhinebeck, NY

**LaVista Ecological Learning Center**
**Herbal Medicine Cabinet**
August 24th
1:30—4:30

**Celebrating the Autumn Equinox and Fall Monarch Migration**
September 20

**The New England League of Middle Schools** offers two exciting opportunities.
www.nelms.org

**NELMS Summer Institute**
North Conway Grand Hotel
North Conway, NH
July 28-29

**Summer Literacy Institute—Keys to Literacy**
Keys to Literacy Office
Rowley, MA
August 4—7

**Responsive Classroom Leadership Conference**
October 27-28
JW Marriott-Chicago, IL
“Celebrating What Works in Schools”
https://www.responsiveclassroom.org/school-district-services

**Responsive Classroom Summer Institutes**
Visit www.responsiveclassroom.org/summer-2014 to find dates and locations (including Toronto, Ontario, and London) for The Responsive Classroom Course and The Responsive Classroom II—an advanced course for educators who have completed Responsive Classroom training.

**Education Program for Teachers at the UN**
A three day program which can be consecutive, or three days of three consecutive months, focusing on: an overview of the UN, an overview of the Post-2015 Agenda focusing on Poverty Eradication. Presentations are offered on the following issues: trafficking, indigenous peoples, human rights, disarmament, migration, sustainable development, social development, poverty/homelessness. Information on assistance for student visits to the UN. is also available.

This program also includes: UN tour, a diplomatic visit/conversation with a representative of a developing country and/or a diplomatic visit/conversation with a representative of the U.S. Mission or another Mission. Preparation and follow up materials will be available for teachers and staff.

For more information on this program, including pricing, please contact: Maureen Welch, OSU, Associate Director of the Partnership for Global Justice, 211 East 43rd Street, Suite 708, New York, NY 10017
Email: partnershipforglobaljustice@gmail.com
Phone:212-682-6481
Website: www.partnershipforglobaljustice.com

**Responsive Classroom**
Leadership Conference
October 27-28
JW Marriott-Chicago, IL
“Celebrating What Works in Schools”
https://www.responsiveclassroom.org/school-district-services

**Global Education Online Events**
Homeschool Conference II August 7—8
Gaming in Education September 15—19
Connected Librarians Day Oct 3
Global Ed Conference November 17—22

Connect with educators and organizations worldwide via online conferences
www.learningrevolution.com

**Summer Destinations**
See Heifer’s work at one of the five U.S. locations.
Heifer Ranch
Perryville, AR
Heifer Farm
Rutland, MA
Heifer Village
Downtown Little Rock, AR
Howell Nature Center
Howell, MI
Shepherd’s Spring
Sharpsburg, MD

**Beyond Hunger: Communities of Change**
14 events across the country celebrate 70 years of Heifer International’s impact on hunger and poverty with a series of lively events. Enjoy exhibits, screenings, art and more.
September—November
http://www.heifer.org/beyond-hunger/index.html

**Lied Lodge and Arbor Day Farm**
Nebraska City, NE
arbordayfarm.org
liedlodge.org
Explore and enjoy the 260 acres of Arbor Day Farm—family fun!
Calendar

August

14 National Day of the Dragon

September

8 International Literacy Day
   • www.reading.org/international-literacy-day-2014. In 2014, the International Reading Association and NASA have partnered to help students “Lift Off to Literacy.”
   • www.unesco.org/new/unesco/events/prizes-and-celebrations/celebrations/international-days/literacy-day/

20 Playing For Change Day
   • www.playingforchange.org. Playing for Change Day was started in 2011 by the Playing for Change Foundation, a non-profit dedicated to improving the lives of children in underserved communities through music and arts education programs. It was established to coincide with the International Day of Peace in recognition of a shared set of core values, and to express solidarity with the larger global effort. In 2013 there were over 300 registered events in 56 countries.

21 International Day of Peace
   • www.internationaldayofpeace.org
   • www.cultureofpeace.org
   • www.peaceoneday.org

27 National Public Lands Day
   • www.publiclandsday.org

October

6 World Habitat Day
   • www.unhabitat.org

16 World Food Day
   • www.worldfooddayusa.org

17 International Day for the Eradication of Poverty
   • www.timeanddate.com/holidays/un/international-day-for-poverty-eradication

19-25 Worldwide Character Counts Week
   • http://charactercounts.org/programs/ccweek/

24 United Nations Day
   • www.un.org

25 Make a Difference Day
   • www.makeadifferenceday.com

28 Mix It Up Day
   • http://www.tolerance.org/mix-it-up/faqs

November

11 Veterans Day (Remembrance Day in Canada)
   • www.va.gov/opa/vetsday/index.asp
   • www.scholastic.com/teachers/lesson-plan/veterans-day-and-patriotism

16 International Day for Tolerance
   • www.un.org/en/events/toleranceday/

20 Universal Children’s Day
   • www.un.org/en/events/childrenday/
   • www.savethechildren.org

25 International Day for the Elimination of Violence Against Women
   • www.un.org/en/events/endviolenceday/Women
Peacemakers at Work

Congratulations to Tsipi Ben-Haim on 25 Years of Running CITYarts!

Twenty-five years ago, Ben-Haim re-founded the nonprofit organization CITYarts to engage and inspire youth in communities to have a voice through the creation of murals and mosaic walls. CITYart’s mission is to bring young people and professional artists together to create public art—empowering youth and connecting them locally and around the world to become active participants in transforming communities. Since 1968 CITYarts has created 300 projects that have impacted more than 100,000 children. More than 500 artists, 1,500 sponsors, and 500,000 volunteers have been part of the process which brings businesses, schools and community organizations together to develop youth programs and construct playgrounds and gardens. New this spring, a sixth Global Peace Wall was created in Sao Paulo, Brazil in time for the World Cup. Other mosaic peace walls are located in Berlin, London, Harlem, Karachi, Pakistan and Jaffa, Israel. www.cityarts.org

Estella Pyfrom is not your typical retired educator. Estella has used her pension and savings to help the students and families in Palm Beach County, Florida, to gain access to technology. Realizing that students and families had little access to computers and Internet at home, Estella bought a school bus and turned it into a mobile computer lab—Estella’s Brilliant Bus. The bus serves the students in Miami-Dade, Palm Beach, and Broward County and runs four to six days a week. Find out more about Estella, and this idea that has made a difference in the lives of over 20,000 families. www.estellasbrilliantbus.org/

Better World Books was founded in 2002 by three friends from the University of Notre Dame who started selling textbooks online to earn some money, and ended up forming a pioneering social enterprise — a business with a mission to promote literacy. They are breaking new ground in online bookselling. Believing that education and access to books are basic human rights, books sold on BetterWorldBooks.com help fund high-impact literacy projects in the United States and around the world. Every purchase on their website is matched with a book donation to someone in need. All books are available with free shipping worldwide. Every order shipped from Mishawaka is carbon balanced with Green-e Climate certified offsets from 3Degrees, a leading green power and carbon balancing services firm. In addition to selling new titles, Better World Books supports book drives and collects used books and textbooks through a network of over 2,300 college campuses and partnerships with over 3,000 libraries nationwide. So far, the company has converted more than 117 million books into over $15 million in funding for literacy and education. In the process, they've also diverted more than 73,000 tons of books from landfills. Better World Books has donated over 10 million books to partner programs around the world, with their four primary literacy partners being Books for Africa, Room to Read, Worldfund, and the National Center for Families Learning. Better World Books is committed to their mission of creating a better world, one book at a time. www.betterworldbooks.com.

Carter and Olivia Ries, elementary students in Fayetteville, GA, founded One More Generation, a conservation group that fights to save endangered animals. Carter (now 13) and his sister Olivia (now 11.5), are both extremely passionate about animals and conservation. They have been adopting cheetahs in South Africa over the past few years and when they heard that cheetahs, along with so many other species, were close to extinction, they knew they had to act. Olivia and Carter started their own nonprofit in an effort to help educate kids and adults about the plight of endangered species so they can save them for at least One More Generation… and beyond. One More Generation (OMG) was formed in late 2009 and officially filed with the state of GA as a nonprofit in January of 2010. OMG was granted their 501(c)(3) status by the IRS in May of 2010. They have an incredible amount of initiatives including starting a Plastic Awareness Coalition which led to a Plastic Awareness Week. Curriculum has been developed, which they hope to get into every school. www.onemoregeneration.org

“The purpose of life is not to be happy —
but to matter, to be productive, to be useful, to have it make some difference that you have lived at all. “

~Leo Rosten
Millennium Development Goals

The 8 Millennium Development Goals

http://www.un.org/millenniumgoals/

Progress is tracked against 21 targets and 60 indicators addressing extreme poverty and hunger, education, women’s empowerment and gender equality, health, environmental sustainability and global partnership. The good news is progress is being made, but there is still much work to be done. Go to www.un.org/millenniumgoals/pdf/2012_Progress_E.pdf to read the full 2012 report.

All UN groups are currently evaluating and rewriting the MDG goals and recommending goals that should be continued or added. For example, a briefing about the media strongly recommended that safety for media persons should be included as a new goal. The goals will be introduced by the General Assembly meeting in 2015 hence they will be called the Post 2015 goals. In August, the NGO’s from all over the world will be gathering to discuss the Post 2015 goals.

Key Findings (World Health Organization May 2014):

* Globally, the number of deaths of children under 5 years of age fell from 12.6 million in 1990 to 6.6 million in 2012. In developing countries, the percentage of underweight children under 5 years old dropped from 25% in 1990 to 15% in 2012.

* While the proportion of births attended by a skilled health worker has increased globally, fewer than 50% of births are attended in the WHO African Region.

* Globally, new HIV infections declined by 33% between 2001 and 2012.

* Existing cases of tuberculosis are declining, along with deaths among HIV-negative tuberculosis cases.

* In 2010, the world met the United Nations Millennium Development Goals target on access to safe drinking water, as measured by the proxy indicator of access to improved drinking-water sources, but more needs to be done to achieve the sanitation target.

Teach UNICEF
www.teachunicef.org

World Food Programme
www.wfp.org/

Sunlite Solar
www.sunlite-solar.com/

U.N Foundation
http://unfoundation.org/

Doctors Without Borders
www.doctorswithoutborders.org

Shotalife
www.shotatlife.org

The Interdependent
www.theinterdependent.com/

Oxfam Education
www.oxfam.org

Energy Access Practitioner Network
http://energyaccess.org/

Nothing But Nets
www.nothingbutnets.net

Girl Up
www.girlup.org
Curriculum of Hope to Host  
Global Peace Roundtable  
At the 2014 Delta Kappa Gamma International Convention in July, Curriculum of Hope members will convene with two members from each of DKG’s 18 member countries to discuss educational initiatives on topics including promoting peace, valuing diversity, human rights, critical thinking, conflict resolution, and environmental issues. The committee will compile and disseminate the information shared at this unique opportunity.

“Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).”  
~ James Baraz

Our newsletter can be found online at www.deltakappagamma.org/CT/hopenews.php.  
If you would like to receive a PDF version by email, please contact  
Linda Shea  
Subscription Manager  
hshea@snet.net

Curriculum of Hope is a Standing Committee of Alpha Kappa State of The Delta Kappa Gamma Society International.  
Our intent is to promulgate resources and information, not to endorse products.

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