



World Citizen Update

Spring 2015

Empower communities to educate for a just and peaceful world.

Hidden Valley Elementary Becomes International Peace Site

The day before Christmas Eve, Hidden Valley Elementary School in Savage, MN, became an International Peace Site. The school combined it with its Annual Holiday Sing-Along, which consisted of a wide variety of songs from around the world. These songs reflected the student body, families and community members present for this wonderful, annual community building activity.

The Principal of Hidden Valley Elementary School, Jon Bonneville, unveiled a Peace Pole which was purchased by a parent, Holly Circle Steffen, in honor of her parents. Martha Roberts, World Citizen President, shared World Citizen's Five Peace Actions and noted the many examples present at Hidden Valley that already support peace. With an invitation to the staff and community members to check out peace education opportunities on World Citizen's website, Hidden Valley was officially declared an International Peace Site on behalf of World Citizen and its board members.

Holly Circle and her husband Jimmy Steffen, both professional musicians, shared a wonderful variety of peace songs just before the dedication.

Congratulations, Hidden Valley Elementary!



Congratulations to the following International Peace Sites for their commitment to educating for a just and peaceful world!

- » Hidden Valley Elementary, Savage, MN
- » Hippie House of Ocean Beach, home of activist band Liquid Blue, San Diego, CA (home peace site)
- » Peaceful Wellness, Mahtomedi, MN (home peace site)
 - » Lawn Manor School, Oak Lawn, IL
 - » Hamlin Upper Grade Center, Alsip, IL
- » Meadow Lane Intermediate Center, Merrionette Park, IL
 - » Laguna Yoga Shala, Laguna Niguel, CA
 - » St. John United Church of Christ, Aurora, IL

Two Peace Sites have also ordered new flags in the past year: Normandale Hills Elementary in Bloomington and Brickton Montessori School in Chicago.

INTERESTED IN BECOMING A PEACE SITE?



If you would like to know more about Peace Sites or want to become a Peace Site, here is some information about the program. An International Peace Site can be a city, school, place of worship, business, park, home or exhibit where people want to dedicate themselves to becoming a peaceful community.

Anyone connected to a Peace Site is committed to Five Peace Actions:

- » Seek peace within yourself and others
 - » Reach out in service
 - » Protect the environment
 - » Respect diversity
- » Be a responsible citizen of the world

For further inquiries about becoming a Peace Site please call the World Citizen office at 651-695-2587 or visit www.peacesites.org.

Peace Education Update

Peace Education Workshops Bring Educators Together with Discussions of School Success

We were privileged once again to have Erin Walsh of “Mind Positive Parenting” as our guest presenter at our Peace Education Workshop on Jan. 27, 2015. Her topic was “Nurturing Caring, Resilient Youth in a Digital Age”. At this workshop, Erin continued to build from the October session by focusing on practical strategies for helping children and youth develop the skills they need to be successful both online and offline. Using stories, science, and humor, Erin focused on strategies to bridge the classroom, the family, and the community. Her presentation included setting limits and saying “no,” emotion coaching and self-regulation, conflict resolution, growth mindset and *real* self-esteem, and working with adolescents.

Participants at this workshop learned that self-discipline is twice as strong a predictor of school success as intelligence. Yet powerful cultural messages that scream, “More, Fast, Easy, and Fun” are making it difficult for children to develop this critical character trait. Erin explained with facts and statistics from brain science research that fostering self-discipline and regaining the ability to set loving limits are important for our kids’ health and happiness. She stressed the core ingredients for character and resilience in our digital world that should not be overlooked are connections, boundaries, and participation.

“Connection is the foundation of executive function,” Erin stated. A strategy for connecting is using the approach of “Four at the door; name, head, heart, and hand.” (Knowing a person’s name, recognizing them, knowing something about them, and extending an inviting touch or handshake.)

Erin’s message was well received, as more than 52 percent of the participants *specifically* made note of the importance of making connections in their feedback to the day. Just a few examples of what they had to say:

“Good reminders on how to build connections, set boundaries.”

“Plans and real ideas about making/enhancing connections.”

“Remembering that connectedness and social development is not just another part of what a child learns, it is the foundational piece.”

We were also proud to introduce Lynn Elling to this group of participants. Lynn spoke briefly about how and why he founded World Citizen in 1972. He explained to the participants that his idea was to dedicate Peace Sites, and that a Peace Site needs to make a commitment to work on peace within itself, with others at home and throughout the world, and with the natural world. There should be a commitment to learn about nonviolent conflict resolution as well as learning about and showing respect to all the world’s cultures, Lynn said. Many of the participants mentioned their appreciation for hearing from Lynn:

“Great to have Lynn join us.”

“I enjoyed hearing from Lynn—he’s inspiring and thoughtful.”

“Loved listening to Lynn.”

These were just a few among many comments from Peace Education participants. When asked, “What learning will you take away from today that will impact your work with family/community/students?,” one Peace Educator said:

“My notes are many. I have a To Do list for my school, one for myself, as well as one for home and family!”

Remember that YOU are invited to attend any and all of our workshops! These workshops are of no cost to our participants, and are made possible because of funders (like you) who are dedicated to our Five Peace Actions. As we work to grow our program of Peace Education (both online and onsite) and provide professional speakers such as Erin Walsh of “Mind Positive Parenting,” we invite you to share information about World Citizen and our programs with businesses, schools, communities, and family.

This past year, World Citizen designed Peace Education Scholarships to be purchased by organizations and individuals. There are three tiers to the Scholarships: Bronze (\$500 donation), Silver (\$1,500 donation), and Gold (\$2,500 donation). If you would like to find out more about Scholarship opportunities, or to learn more about Peace Education, please e-mail Lonnie Strand at Lonnie.strand@peacesites.org

— Lonnie Strand,
WCI Peace Education Coordinator

World Citizen News and Updates

Planet Earth Posters Available Online

Are you interested in displaying a poster of Planet Earth near your Peace Site or incorporating it into a poster you create? You can download the Planet Earth image from World Citizen by following these steps:



1. Visit www.peacesites.org/sites/become-a-peace-site
2. Scroll down to section titled "Planet Earth Poster"
3. Click on "Full Size" link and wait for image to load
4. Right click on image and choose "Save Image As" to save to your computer
5. Print the image on its own or incorporate into your own design

Optionally, you can also elect to purchase a Planet Earth Flag for \$35 through World Citizen. Flags can be purchased at www.peacesites.org/sites/become-a-peace-site. Call 651-695-2587 for more information.

Newly Designed Peace Site Plaque Ready for Purchase; Highlights the Five Peace Actions

This past year the World Citizen marketing committee has focused on making our mission and the Five Peace Actions visible in all of the work we do; therefore, it seemed like the right time to re-design the Peace Site plaques.

The new design includes the Five Peace Actions, which are the very core of World Citizen's work. The practice of the Peace Actions is what it means to be a World Citizen International Peace Site.

The new plaques cost \$55. Plaque overlays are also available, and can be added to current plaques for \$25.

These are available for purchase by sending a check to World Citizen. Please include your name, Peace Site name, contact information, and address. Shipping is free. If your organization or home would like to update your plaque, please call us at 651-695-2587 or visit our website at www.peacesites.org for more information.

The design and production was done by Winning Edge, Inc. in Maple Plain, Minn. Bart G. Cuderman, President & CEO, has provided World Citizen with in-kind assistance.



New World Citizen Plaque

Register Now for World Citizen's Online Peace Education Course

Bring your dreams and passions for peace and turn them into action! **May 12, 2015** is the next starting date for the Online Course.

What Are People Getting Out of Peace Ed Online?

A recent participant describes it well as part of her reflection on her learning experience:

"To write down and think about Peace Education and how it can benefit my world view was eye opening. It has moved my thoughts to become actions."

"This class has helped me put down concrete thoughts and validate the importance of me doing my part to make it happen. I have the tools I need to know how to proceed."

For more information about the course, please visit our website at:

<http://www.peacesites.org/educators/peace-ed-online>

From War to Reconciliation: 70 Years of Peace Between Us

World Citizen joins Hamline University and St. Paul-Nagasaki Sister City as 70 Years of Peace is commemorated August - November, 2015. Join us at Landmark Center for Hiroshima and Nagasaki Exhibitions. Learn about our "Teaching Peace Workshops" January - August, 2015. Details and Registration: www.stpaulpeace.org or 952-261-3891.

PLEASE WELCOME LINNEA GODERSTAD TO WORLD CITIZEN!

World Citizen is so fortunate to have Linnea Goderstad as a part-time Administrative Assistant. She graduated from New York University in 2009 with a concentration in Journalism, Anthropology, and Creative Writing. Linnea has had experience as a stage manager for Dangerous Productions and Rosetown Playhouse. She has also had experiences as an Associate Publicist, Marketing Manager, and Managing Editor.

Linnea brings a number of technology skills with her as well as outstanding qualities of organization and communication skills.

Information About Donating to World Citizen

Donating to World Citizen is Easy with Options that Fit Individual Needs

Your gifts to World Citizen help fund our ongoing programs of Peace Education and International Peace Sites, which make a lasting difference in our communities. You, too, can join us in our mission as we seek to provide a peaceful future for our children.

There are several giving opportunities available, including:

- » Mail in cash or checks to the World Citizen office
- » Donate online at www.peacesites.org/donate
- » Consider the following options to direct dollars to World Citizen, at no additional cost to you:
 - » **Thrivent Choice Dollars:** If you are a Thrivent Financial member, you can choose to designate your portion of Thrivent Choice Dollars to World Citizen. Thrivent will donate \$25 to \$2,500 a year to World Citizen on your behalf, depending on the amount of your investment. Visit www.thrivent.com/thriventchoice to learn more about this option, or contact your financial representative.
 - » **AmazonSmile:** If you enjoy shopping online, consider signing up for AmazonSmile to easily support World Citizen as you shop. Visit www.Smile.Amazon.com to start your shopping, and choose World Citizen as your charitable organization. AmazonSmile shows the same products at the same price as you would normally see on www.amazon.com; the only difference is that 0.5 percent of the price of eligible purchases is donated to World Citizen on your behalf!
 - » **Employee Matching Gifts:** Does your employer match donations to charitable organizations? Many companies encourage their employees to participate in charitable giving to non-profits through payroll deductions, and will match your gift with a gift of their own. Please consider talking to your employer about the possibility of a matching gift to World Citizen.

Thank you for your continued support to our World Citizen programs!

World Citizen is a 501(c)(3) nonprofit organization so your gift is tax deductible.

NEED ANOTHER OPTION TO SUPPORT THE WORK OF WORLD CITIZEN?

1. SCHOLARSHIPS: If you know of an organization or individual who would be willing to support World Citizen because the mission or ideals of both match, please let them know we are looking for Scholarship support. Each scholarship provides substitute costs when needed, facilitator costs, guest speakers/specialists, supplies/materials, and website management for the event scheduled. There are three levels of sponsorship: Gold Sponsor \$2,500 (equivalent to 5 scholarships); Silver Sponsor \$1,500 (equivalent to 3 scholarships); and Bronze Sponsor \$500 (equivalent to 1 scholarship). Highland Bank System and North St. Paul/Maplewood Rotary are supporters of our scholarship opportunity.

2. SPONSORSHIP: If you know of a company or service that would benefit the work of World Citizen, please recommend them to us for contact. Listed below are examples of people and organizations who already provide sponsorship to World Citizen, and we would like to acknowledge their contributions:

- » All of the volunteers who contributed to World Citizen by dedicating more than 1,200 hours of their time. World Citizen would not be able to reach as many adults and young people without your important commitment. Thank you for your time and dedication to the World Citizen mission!
- » Expert Benefit Solutions (EBSO) in St. Paul provides office

- space and office services through in-kind donation.
- » St. Michael's Lutheran Church in Roseville provides space for Peace Education workshops at no cost.
- » Lowell and Carol Erdahl in Roseville provide meeting space for our Board of Directors meetings and Annual Retreat at no cost.
- » Bart G. Cuderman, CEO of Winning Edge, Inc. in Maple Plain, Minn., provides in-kind support for the design and production of Peace Site plaques.
- » Highland Bank provided a Scholarship to World Citizen.
 - » North St. Paul-Maplewood Rotary also provided a Scholarship.

What are the benefits to the Scholarship and/or Sponsorship provider?

- » Recognition of tier sponsorship
- » Recognition in all written World Citizen communications
- » Recognition/link opportunity on World Citizen website
- » Recognition of sponsorship at all Peace Education Sessions and in all Peace Education written broadcasts
 - » Tax deductible

We are so grateful for this assistance.

Thank you to all who provide such services at no cost or a reduced cost for World Citizen.

THANK YOU WORLD CITIZEN DONORS!

*If we have missed anyone, please accept our sincerest apologies.

<p>Catherine Abbott Sarah Adams and Aaron Salasek Gary and Bonnie Anderson Anna Barker Catherine Beck Carl Besser and Jo Monti Amy Blumenshine and Mike Troutman Lisa Boland Blake Bess Braeden Valerie Brass Don Bungum Fredrik and Mary Christiansen Sandra and Rick Curry Liv Dahl Duane and Garnet Ellertson Lynn Elling Michael Elling Elizabeth Erdahl Lowell and Carol Erdahl Paul Erdahl Rebecca Erdahl Ruthena Fink and Martha Sternberg Charles and LaVon Fisher Joe Foss Richard and Katherine Fournier Rita Franchett Garden of Hope Montessori Sarah Garrett for Catherine Beck Norman and Helen Groth Hilton and Donna Hammer Robert and Rita Hanle Stuart and Gail Hanson James F. Hart Howard Hass</p>	<p>Barbara Hays Anne and Peter Heegaard Earl and Lou Holdridge Donald Iris Lisa Isenberg Ruhel Islum, Little Taj Mahul William and Muriel Jensen Karen Johnson Marilyn Johnson Alice Jones/Lloyd Mielke Cindy Kramer Myron and Sheila Kronisch Gene Link and Anne Marie Hirsch Ed and Signe Martell Betty Fletcher Mast Daniel McNeil Duke and Kathy Millington Donald and Patricia Moberg Jim Moen Joanne Montie and Carl Besser Gwendolyn Mosborg Paul Moss Charles Mueller Francis Neir James Nelson Marjorie O'Hara Arlo and Janice Pannkuk Mary Pease Robert and Penny Peters Anne Picard Sandra Potter Martha Roberts Don and Susan Ruble Edmund Rydell</p>	<p>Susan and Eric Schenk Dale and Kay Schwie Mavis Simon Jackie and Stephen Sinykin Wheeler Smith Paul and Nell Sponheim Kerwin Stenzel Martha Sternberg Judith Anderson Stoutland Lonnie Strand Dan Thiede Caroline and Richard Thompson Inga Thompson Jan and Jim Tift Catherine Tilman Dean and Jo Tollefson Dean and Flora Tsukayama Mary Jo Vene Andrea Vizenor Elizabeth and Mark Voge Roger and Nancy Wangen Stuart Webb Madeline Wegner James and Mary White Thomas and Darlene White Ashley Wittig Mildred Wolfe Evelyn and Charles Wood Thomas and Brenda Wright John and Eleanor Yackel</p> <p>Thank you for your contributions! We would not be able to provide what we do without them.</p>
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An Excerpt from Daily Advice From the Heart By the Dalai Lama

“Peace in the world depends on peace of mind, and peace of mind depends on an awareness that all human beings are members of a single family, despite the variety of beliefs, ideologies, and political and economic systems. These are mere details compared to what brings us together. The most important thing is that we are all human beings living on the same planet. We all need to cooperate with each other, both individually and between states, if only to ensure our survival.”

World Citizen’s Five Peace Actions

- » Seek peace within yourself and others
- » Reach out in service
- » Protect the environment
- » Respect diversity
- » Be a responsible citizen of the world

Not only do the Five Peace Actions give us the direction we need to understand and practice the advice given by the Dalai Lama, but they strengthen our World Citizen Mission Statement:

**Empower the Community to Educate for a
Just and Peaceful World**



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RETURN SERVICE REQUESTED

Envisioning a Just and Peaceful World

World Citizen Update

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WORLD CITIZEN NEEDS YOUR ASSISTANCE TO KEEP OUR PROGRAMS GOING

\$1,000	Provides an entire school with trained leadership in peacemaking skills
\$750	Contributes to the facilitation needed for an ON-SITE Peace Education Program
\$500	Contributes to the facilitation needed for ONLINE Peace Education Program
\$250	Contributes to ongoing maintenance of website to communicate with educators worldwide
\$100	Provides materials for Peace Site Dedications
\$50	Provides materials for ON-SITE Peace Education sessions
Other	_____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

*Please make checks payable to World Citizen. No credit cards please. Donations can also be made online at www.peacesites.org/donate.

Your donations truly make a difference.
Please consider making a contribution to provide a peaceful future for our children.