



Real Stories From Real People

EMPOWER

November 2011

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Dear friends,

Welcome to the third edition of **EMPOWER** – real stories from real people to empower you every day.

What are we bringing in this edition? Inspiring stories showing that people care and do things for others, interesting videos incl. revelation of what Google and Facebook are hiding from us and a few personal stories about life. Enjoy this newsletter!

To read all received news go to our website Empowering Global News (www.empoweringglobalnews.com).

Thanks go to all who contributed their news, to Lahiru for a big help with the new website and to Milos for his help with TV news planning – thank you!

Have a great December and keep sending empowering news.

P.S. Lahiru from [Bluerock Design](#) has been working on a new website that will focus on news from you and similar websites. We'll let you know when we'll launch it...

Martina, Move Now! Coaching / Empowering Global News, Spain

People Living in the Following Countries Contributed to this Edition

CZ

Spain

Sri Lanka

United Kingdom

USA

Inspiring News from People around the World

Journalism on trial as Leveson inquiry gets underway



The judge-led inquiry set up in the wake of the phone-hacking scandal begins its public hearings today.

Lord Justice Leveson is set to probe the culture, practice and ethics of the press in the first part of his inquiry. He has spent the buildup to today visiting newspapers to gain an insight into how they work.

Read more at: <http://uk.news.yahoo.com/journalism-trial-leveson-inquiry-gets-underway-102654596.html>

Martina, Spain

Are We Getting Nicer?

It's pretty easy to conclude that the world is spinning down the toilet. So let me be contrary and offer a reason to be grateful this Thanksgiving. Despite the gloomy mood, the historical backdrop is stunning progress in human decency over recent centuries. Read more at: <http://nyti.ms/ubdWvJ>.

Mitsi, Spain

People for People 1

Good Samaritans Rescue Plane Crash Victim



A normal Sunday fishing trip on Louisiana's Lake Pontchartrain became a rescue mission, Sunday, turning one man into a good Samaritan and saving the life of a distressed pilot.

The United States Coast Guard became aware of a plane crash around 10:30 a.m. involving a small craft over New Orleans' Lake Pontchartrain. The aircraft, piloted by Thomas Glass, crashed into the water nearly three and a half miles North of nearby New Orleans Lakefront Airport. At the time Glass' condition was unknown but fate would have it that New Orleans' citizen Donald Davis, Jr and local firefighter Captain Tony Collins were already on the scene

fishing and witnessed the crash, allowing them to respond instantly.

Upon arrival, the pair found Glass stranded on the tail of the partially-submerged S/R 20 single-engine plane. The pilot was miraculously still conscious. Bringing Glass back to Lakefront Airport, the two men carried him to ambulance that was already waiting to take the crash victim to a nearby local hospital. (*Read more at the EGN website*)

Brian McDonald from [Amazing News](#)

Youth for Peace Workshop 2011

It will be hosted by Sarvodaya from 08th to 12th December with participants from Argentina, El Salvador, Guatemala, Belgium, Bosnia & Herzegovina, Tanzania, Uganda, Somalia, Jordan, Palestine, Israel, Pakistan, Nepal, India and Sri Lanka!

Suchith, Sri Lanka

eCoberta – how a personal solution has become the starting point for a new invention

This month I launched my first physical product. Designed by accident, because I didn't find the exact solution to my problem, I approached a social workshop to ask for information. What started as a personal solution, soon became a full-fledged product, giving work to people that otherwise would not be able to participate in today's economy. The eCoberta is a light-weight iPad cover that joins the iPad2 with the wireless keyboard, protecting it during transport and use in public spaces. Three models, from sober to playful, are made from excess fabric and produced by people in risk of social exclusion. The eCoberta (www.eCoberta.com) shows that you can be stylish and social at the same time. And that your personal problem might well be the starting point for a new invention.



Believe in yourself, and get the help you need to start growing!"

Val, Spain

Driver who helped women change tyre has good deed repaid when one saves his life two miles later

When a driver stopped to help two stranded women change their tyre, he had no idea his good deed was about to save his life.

Just minutes later, Victor Giesbrecht began having a heart attack.

And the people who stopped to give him CPR were the same motorists the Canadian had put back on the road.

Read more at: <http://www.dailymail.co.uk/news/article-2058920/Driver-helped-women-change-tyre-good-deed-repaid-saves-life-CPR-miles-later.html>

Pippa, Spain

People for People 2

How your support made a difference

Last week, I was in Cannes at the G20 summit. As you know, media coverage of the meeting was full of the eurozone and Greece, and you might be forgiven for thinking that's all they discussed. But behind the headlines, something else really important happened. **G20 leaders heard your voice, and the voices of more than 400,000 others who backed our Hungry No More campaign.**

What's more, they committed themselves to a number of the short and long term agricultural solutions we've been pushing for to break the cycle of famine. With over 13 million people still in crisis in the Horn of Africa, I wanted to let you know what the G20 have pledged, how you helped achieve this, and what we need to do next. *(Read more on the EGN website)*

Together as ONE, we are making a difference. Adrian Lovett, ONE.org (<http://www.one.org>)

Dileepa, Sri Lanka

When a race isn't about running



While the coastal town of Savannah, Georgia, fills with spectators on Saturday for the Rock 'n' Roll marathon, Chris Fenton and Laura Devrieze will be focused on the finish line.

For Fenton, crossing that line means completing his 10th marathon in six months. For Devrieze, it means finishing her first. For both, it's about running 26.2 miles for a

parent with cancer.

Read more at: <http://edition.cnn.com/2011/11/04/health/lis-team-training-marathon/index.html>

Dileepa, Sri Lanka

Climbing Kilimanjaro for the Giving Africa charity

When I signed up to climb Kilimanjaro for charity, over a year ago, I had very little idea what to expect. I had seen the Comic Relief film, and knew that it was very high and would be a challenge, but at that time the biggest hurdle to me seemed to be raising the £3500 to guarantee my place on the team. I really enjoyed my fundraising, I tried to put on events that served my local community, as well as raising money to support education in the second least educated country in the world, Burkina Faso, and as the time grew nearer, I learnt more about what Kili had to offer and the specialised kit required. (...)

Yet, despite the conditions, my time on Kilimanjaro was one of my best – there are not many people that can say they have actually been over the rainbow! And to have been part of such an amazing team is a real privilege. If you'd like to know more about my next challenge, or would be interested in taking part in a challenge to support Giving Africa yourself, please get in touch at www.lottimoore.co.uk, or find me on Facebook at www.facebook.com/lottimoorefb, and it's not too late to sponsor this year's team climb at www.justgiving.com/olaura, every little helps! *(Read more on the EGN website)*



Laura, UK

Life

"To the friendships we've made along the way"

After having come through very hard time, it's coming now to peace, at long last.

I was having some relaxing time the other day, where I caught a dialogue in "One Tree Hill".

It was something like that:

"It's that we found a story worth telling.. we got the script just right, we got the crew just right, we got the perfect cast, and we were oh so close to being able to make something that would actually affect someone."

Someone we'd never met, but for two hours we would have a dialogue with that person. Speak to them. And maybe, haha just maybe, illuminate a small part of their world by telling a story in ours. But here's the piece of the puzzle you boys are missing. Sometimes... the beauty is in the attempt. We took a shot, we gave it everything we could... we did it well. It just didn't work out. When that happens, you have two options: you can sit... pouting... OR you could celebrate the attempt. Raise your glasses right now... to the friendships we've made along the way. But above all -- don't let this get you down. Pick yourself up, find the next one. It's what we do boys. It's what we know."

Looking back to the bumpy road behind, I feel so grateful to the friends that touched my life.

Evren, UK

Only one week...



This month was crazy. The first two weeks the world seemed to stand still, despite of my efforts. No advance anywhere. And then, suddenly, within a week, the stars aligned. I found the perfect flatmate, a super cute flat to share with her, and a well-paying job at a reputable company that will give me the tranquillity needed to piece my life back together after a sad break-up story. A week ago I didn't know how to pay the next rent. This week I can look forward to organizing a house warming party with great food and fun people. So if you are feeling like treading water this week, keep going. It means that you are still doing something to keep your head above the water and you might just notice that the tide has shifted and new shores are ahead. 2012 will be our year!"

Saludos sostenibles,

Val, Spain

All we need is LOVE

Although we hear it around many times, I feel it is so true: it is wonderful to love and be loved and with the time we live, the speed of life, the way of living, we sometimes forget how powerful and nice this feeling is. I just invite you all to think for a minute of a situation in which you love and are loved.

Goretti, Spain

Henri Monfort - Prana's nutrition

Last Friday I visited with my friend happening here in the Czech Republic, where a French guy called Henri Monfort had a lecture about his 9 years long experience with Breatharianism, which is also known as Prana's nutrition.

Henri was just celebrating 58th birthdays and his youthful appearance, which is connected with his lifestyle, was evident on the first sight. This way of living is based on changing inner settings of human body, that is then able to get required nutrition for optimal function from the surroundings and own activity only.

Of course if you would like to become a Breatharian, you have to carefully prepare your body for about a year and focus on the food you consume. It is about reducing the quantity but increasing the quality of accepting food, but mainly it's about complete change of thinking and attitude in a life of everyone, who wants to start live like this. *(Read more at the EGN website)*

Isn't it amazing?! And that's not everything at all what humanity can gain from this transformation. You can check more details by yourself. For start - <http://en.wikipedia.org/wiki/Inedia>

Good luck to you, Men and Women from The EARTH. Let be Force with Us all. Love you <3

EarthMan Adam, Czech Republic



A few interesting videos at the end...

Unconditional love no matter what



Incredible video about the relationship between a father and his son. The son wants to take part in a marathon and then he goes even further and expresses his wish to take part in the Ironman (swim – 3,86km, bicycle – 180,2km and run – 43,19km). And now watch! It's simply amazing what "we" can do if we don't set any limits to ourselves...

<http://www.godtube.com/watch/?v=JMEE1NNU>

Marty, UK

What FACEBOOK and GOOGLE are Hiding from World.

Interesting Resources

Recommended Films



Saw 'Tahrir 2011: The Good, The Bad, and The Politician' at the BFI London Film Festival.

Unlike many documentaries, this was a current one with much of the filming done during the Tahrir sq. protest and its aftermath. Accurate or not, balanced or not, more than anything else it captured the energy, the power and sometimes the humour of what people moving together can achieve.

Kavitha, UK

Recommended Website

I've been a user and although they are new in the web, it is really multilingual and getting better every week!!!

<http://www.universalsubtitles.org/en/>

Miguel-Angel, Spain

WATERMELON CREDO™

W Whatever you believe creates your reality

A Attitude is the magic word

T Together everyone achieves more

E Enthusiasm is the wellspring of life

R Respect yourself, as well as others

M Make commitments, not excuses

E Everyday can be a fun day

L Love is the answer



An insightful watch for the news streaming / content usage on the internet...

<http://youtu.be/bOE1HFEL8XA>

Craig, Spain

Lord of Recycling – LOTR Parody

This short film certainly gets an A+ in creativity and



in packaging a sustainability message in a way that will virally spread around the

Interweb.

<http://blogs.worldwatch.org/transformingcultures/lord-of-recycling/>

Miguel-Angel, Spain

"The People v. The State of Illusion" by Austin Vickers. I just saw this film which is a documentary/drama that endorses, scientifically supports and expresses the transformation that is possible for all of us. It is a "life changing" and "world changing" expression of information that is grounded in neuroscience and biopsychology. The film is a limited release that has been playing to "packed movie houses" since September 9, 2011 in Phoenix. This film has generated a tremendous conversation on transformation here in Phoenix and I "say" this is a timely, global message for all of humanity. Check it out on the web!

Dave, US

O One day at a time

N Never give up or become a victim

Source: "Motivational and Inspirational ACRONYMS" edited by Valentino Salvato. www.valentino-salvato.com

Craig, Spain