



*Real Stories From Real People*

# EMPOWER

October 2011

Vol. 1, Nr. 2

Dear friends,

Welcome to the second edition of Empowering Global News (EGN) with the new name – **EMPOWER** – real stories from real people. This month we received loads of news from you and it was not possible to include all in the newsletter. Thus we have decided to post all news on our new website, and because we want to keep the newsletter short, we have selected news based on its diversity. Enjoy this newsletter!

Before you start to read, I want to share with you a few changes since the last edition – we have a [new website](#) that will focus on news only and it will also serve as a gateway to similar websites as there are many of them and not everybody knows about them. Craig Walker has created a **new logo** that reflects our future plans - to create alternative channels with positive and balanced news where you will be able to read/watch/listen to news from various categories. So watch this space, more is coming...

As part of raising awareness, I did a [webinar](#) where you can learn about the mass media's effects on you (positive and negative), how your mind works and 3 ways how to neutralize "gloom and doom" news. [Check it out](#). Once you are aware of something, then you can do something about it.

Thanks go to all who contributed their news, to Zuzana Sánchez for creating this newsletter, to Craig for the logo and his marketing advices and to Mitsi Ito for proofreading – thank you!

Have a great November and keep sending empowering news.

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

*"As we look ahead into the next century, leaders will be those who empower others."  
Bill Gates*

*"You have power over your mind - not outside events. Realize this, and you will find strength. Very little is needed to make a happy life; it is all within yourself, in your way of thinking." Marcus Aurelius, Roman emperor AD 121-180*

*"The moment you can visualize being free from the things that hold you back, you have indeed begun to set yourself free."  
Unknown*

## People Living in the Following Countries Contributed their News

Afghanistan	Greece	Romania	Sri Lanka
Canada	India	Singapore	United Kingdom
Czech Republic	Luxembourg	Spain	

## Inspiring News from People around the World

### Laughter is the best medicine

Last night my boyfriend and I were laughing at something on the TV, hysterical, uncontrollable giggles to the point where I couldn't breathe, it was great! This morning I remember it, even if not what we were laughing about... it inspired me to pass on the thought to everyone and this quote about laughter really being the best medicine. What better reasons do you need?!

"Laughter reduces pain, increases job performance, connects people emotionally, and improves the flow of oxygen to the heart and brain." By Hara Estroff Marano, published on April 05, 2005, Psychology Today.

**Helen, UK**

### Living in harmony with nature

What I am going to write to you about is seeing and meeting something inspirational that would motivate me for years to come. Some time back the organisation received a letter from person saying that he has developed a new Bio Gas producing unit and needs our support to promote it among poor people. When I did some



research I found that the person is one of the pioneers in promoting organic farming in Sri Lanka during the 70's-80's, but have not heard much about him lately. We went to see him to get information about his new design. It was the man ( I call him Sir') who was 81 years of age and paralysed in one side yet managed to walk with the aid of a walking stick, still doing research on a technology that helps the world to be greener !!

When we decided to test one of his designs in a very remote village in Sri Lanka which was a hectic travel, he decided to come there wanting to guide us so the work gets done correctly. He cannot wear slippers because of allergy in his feet, the soil was burning hot, with his attitude he wanted to walk by himself but couldn't manage for long so we had to carry him to the location. He stayed there till the work was completed.

On our return he said: "I will come back again to see if this is working properly, to see if you have learned it, I might not live for long but the young generation should learn to live in harmony with nature".

This experience will certainly drive me for years to take the way forward "live in harmony with nature".

**Damitha Samarakoon, Sri Lanka**

### Death of Steve Jobs

I'm sure no one is inspired by the news of his death, but perhaps it is a timely reminder of how he chose to live his life, which is why the news of his death is creating the kind of shockwaves that it is doing.

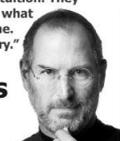
**The Church of Steve Jobs** - <http://www.mercuryrule.com/church-steve-jobs>

**The Steve Jobs' Stanford graduation speech** -

<http://news.stanford.edu/news/2005/june15/jobs-061505.html>

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

**Steve Jobs**  
1955-2011



**Sifaan, Sri Lanka**

## Nobel peace laureate Tawakul Karman

Tawakul Karman, a Yemeni journalist and activist, is one of three women awarded the 2011 Nobel Peace Prize. She becomes the first Arab woman to win the prize. The 32-year-old mother of three founded Women Journalists without Chains in 2005. She has been a prominent activist and advocate of human rights and freedom of expression for the last five years, and led regular protests and sit-ins calling for the release of political prisoners.



Read more at <http://www.bbc.co.uk/news/world-middle-east-15216473>

## Markéta, UK

### 10 Years after the Taliban



On October 7th I told Farid that the Americans came to Afghanistan on this day 10 years ago. He said that he remembered the day, he was around 18 years and heard the aircrafts in the sky, they watched them roar in the sky and he saw distant smoke around Kabul. He said the American fighters bombed the Taliban artillery and battle tanks placed on the mountains around Kabul. The bombings reminded him of the Mujahidin days.

Read more at Asian Tribune: [http://www.asiantribune.com/news/2011/10/14/10-years-](http://www.asiantribune.com/news/2011/10/14/10-years-after-taliban)

[after-taliban](http://www.asiantribune.com/news/2011/10/14/10-years-after-taliban)

## Sun Lai Yung, Afghanistan

### Story about cure will be filmed in December

A woman came to us with cancer about eight years ago. She was cured, and she attributes the cure, to meditation, Ayurveda and changing her whole attitude to life. As a tribute she is now getting many people to team up to prepare a documentary film, on her journey through the disease, cure and life after. I have been part of the cure and hence will be part of the documentary. It will be filmed in December.

## Ritodgata, India

### Eat Your Veggies! (They're Cheaper than Junk Food)



THE “fact” that junk food is cheaper than real food has become a reflexive part of how we explain why so many Americans are overweight, particularly those with lower incomes. I frequently read confident statements like, “when a bag of chips is cheaper than a head of broccoli ...” or “it’s more affordable to feed a family of four at McDonald’s than to cook a healthy meal for them at home.”

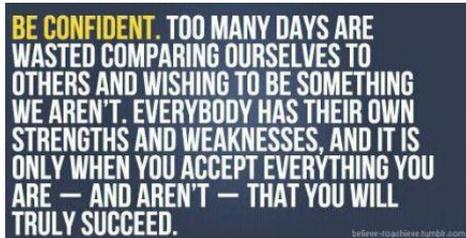
This is just plain wrong. In fact it isn’t cheaper to eat highly processed food: a typical order for a family of four — for example, two Big Macs, a cheeseburger, six chicken McNuggets, two medium and two small fries, and two medium and two small sodas — costs, at the McDonald’s a hundred steps from where I write, about \$28. (Judicious ordering of “Happy Meals” can reduce that to about \$23 — and you get a few apple slices in addition to the fries!)

In general, despite extensive government subsidies, hyperprocessed food remains more expensive than food cooked at home. You can serve a roasted chicken with vegetables along with a simple salad and milk for about \$14, and feed four or even six people. If that’s too much money, substitute a meal of rice and canned beans with bacon, green peppers and onions; it’s easily enough for four people and costs about \$9. (Omitting the

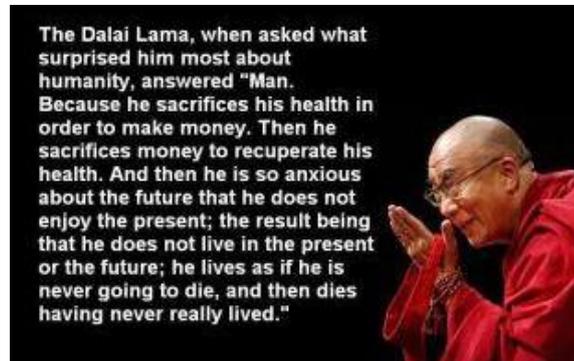
bacon, using dried beans, which are also lower in sodium, or substituting carrots for the peppers reduces the price further, of course.)”

Read more at <http://globalsociology.com/2011/09/26/the-visual-du-jour-eat-your-veggies-theyre-cheaper-than-junk-food/>

### **Miguel-Angel, Spain**



BE CONFIDENT. TOO MANY DAYS ARE WASTED COMPARING OURSELVES TO OTHERS AND WISHING TO BE SOMETHING WE AREN'T. EVERYBODY HAS THEIR OWN STRENGTHS AND WEAKNESSES, AND IT IS ONLY WHEN YOU ACCEPT EVERYTHING YOU ARE — AND AREN'T — THAT YOU WILL TRULY SUCCEED.



### **Young girls challenging the mainstream media**

I got tired of hearing people complain about today's youth and seeing young girls being negatively influenced by the media. My change was to become a Girl Guide leader. I work with the older girls 12 - 18 and am seeing amazing things come from these young women. They are taking on the world around them and challenging the mainstream media and public opinion. I currently have 11 girls who are in my Pathfinder unit and 7 in my Ranger unit. Every one of them has chosen to taken achieving the highest level award available at their branch level. Much of the award work is about leadership and giving back to the communities in which they live in. It's very inspiring to be the leader in these girls' lives. *[Read more at the EGN website.]*

### **Adette, Canada**

#### **The Dream Factory: Next cultural engineer**

Recently I heard that Vidhura Ralapanawe, a former President of AIESEC in Sri Lanka, currently working as Sustainability Manager at MAS Intimates (a large garment manufacturing enterprise in Sri Lanka), had been included in a shortlist of 5 for the selection of a Cultural Engineer for Honda's Dream Factory - an initiative to bring together creative people to come up with ideas that can improve the world. Read more about it and other candidates at: <http://www.guardian.co.uk/honda-dream-factory/the-dream-factory-vote-for-the-next-cultural-engineer>.



Vidhura was the only Sri Lankan to make the shortlist - the other 4 were UK residents. For me, this was inspirational for several reasons:

1. MAS could have competed to become the "cheapest" supplier - that probably wouldn't have worked for very long, due to competition from even "cheaper" manufacturing locations. But they chose a different approach, from The Ethical Bra, to their Women go Beyond initiative, and now - Sustainability (Read more about Vidhura's work at [http://sundaytimes.lk/111023/Plus/plus\\_02.html](http://sundaytimes.lk/111023/Plus/plus_02.html) to find out more).
2. It's nice to know that the work done by in a small country like Sri Lanka is being recognized internationally. This is of course not the first time something like this has happened (e.g. [Maximus](#), a project to make paper from Elephant dung won the [BBC World Challenge in 2006](#)) but it's still rare, so each occasion is something to savour. Especially when there's so much negative media coverage about Sri Lanka globally.

3. I know Vidhura - not very well, but I still know him. I knew he was working in sustainability but not much more than that - certainly I didn't know how involved he was in setting up the green factory Thurulie. I wonder how many more people I know are doing something fantastic that I don't (yet) know about?

*[Note from Martina: Vidhura was selected as the 11th Cultural Engineer for Honda Dream Factory on 2 November! Congratulations!]*

**Sifaan, Sri Lanka**

### 100-year-old finishes marathon

Really inspiring for anyone that ever thinks it's too late in life to accomplish their dreams...



A 100-year-old runner has become the oldest person to complete a full-distance marathon when he finished the race in Toronto. Indian-born Fauja Singh earned a spot in the Guinness World Book of Records for his accomplishment. It took Singh more than eight hours to cross the finish line - more than six hours after Kenya's Kenneth Mungara won the event for the fourth straight year - and he was the last competitor to complete the course....

Read more at <http://bigpondnews.com/articles/OddSpot/2011/10/18/100-year-old-finishes-marathon-674649.html>

**Raquel, Spain**

### Bhutan is a „fairtail country“. Or is it not?

Just on October 13, 2011 the young Bhutan King got married. It was a nice royal wedding, rather personal and intimate affair with the whole nation being a part of the wedding celebration. By that occasion we could have found out more about this „fairtail country“. And some of us (including me) got persuaded again that even today we can live without Gross National Product measure and all that rather pragmatic stuff connected with that. We could see that fairtales are not only in TV or in children books...



#### Gross National Happiness

Bhutan is a country where instead of Gross Domestic Product their main and most important measure is Gross National Happiness (GNH). The term "gross national happiness" was coined in 1972 by then Bhutan's King. He used the phrase to signal his commitment to building an economy that would serve Bhutan's unique culture based on Buddhist spiritual values. At first offered as a casual, offhand remark, the concept was taken seriously, as the Centre for Bhutan Studies developed a sophisticated survey instrument to measure the population's general level of well-being.

**And today?** *[Read more at the EGN website.]*

**Jarmila, Czech Republic**

### Eta announces 'definitive cessation of armed activity'

The Basque separatist paramilitary organisation, Eta, has announced what it calls "a definitive cessation of armed activity". The message came in a video recording passed to the BBC. It follows years of mediation efforts, involving many of those who helped bring peace to Northern Ireland.

Eta's campaign for independence for the Basque region on the border between France and Spain has spanned more than 50 years and led to the deaths of more than 800 people.

Read more at <http://www.bbc.co.uk/news/world-europe-15396691>.

**Alberto, Spain**

## People for People 1

Visit [www.trailsl.com](http://www.trailsl.com)

This is a fantastic people for people story about building a Cancer hospital in Jaffna. The target for fund raising was 2 million USD and they have now got 1.6 million. The trail became a craze in Sri Lanka. At the end of Oct - there is a DJ spin in Colombo to raise the remaining funds.

I feel this is fantastic positive story from Sri Lanka.

**Dileepa, Sri Lanka**



## People for People 2

My friend and 22 others have just this week climbed Mt Kilimanjaro to raise money to build a school in Burkina Faso, they have raised over £90000.

**Tracy, UK**

## Positive Romania



**RomaniaPozitiva** (PositiveRomania) is an online platform for positive information about Romania. Aside positive news, [RomaniaPozitiva](http://RomaniaPozitiva.ro) promotes projects that aim at improving the country we live in.

**Florin, Romania**

## New project START up Live Athens

.... For the past half year specifically, I joined a team which supports young entrepreneurs in Greece, by advising and connecting them with the European ecosystem. So far, we have been mostly successful with many obstacles on the way, but that's what makes it exciting, too!

The dream is not about entrepreneurship only, it is about showing and proving that Greece is not a hopeless case and there are a lot, really a lot of ambitious people, who want to change things for the best and are ready to work...work hard!

Our project is called STARTup Live Athens, if you have some time, have a look :-)  
<http://www.starteurope.at/event/startup-live-athens-1/>. [Read more at the EGN website.]

**Petroula, Greece**

## Life Lesson

"Is it possible to deviate from the path God has made? Yes, but it's always a mistake. Is it possible to avoid pain? Yes, but you'll never learn anything. Is it possible to know something without ever having experienced it? Yes, but it will never truly be a part of you." From the book "Aleph" by Paulo Coelho

**Dasha, Singapore**

## Action for Happiness

Action for Happiness is a movement of people committed to building a happier society. Would you like to put on a local screening of movie called HAPPY? Read more at <http://www.actionforhappiness.org/about-us/happy-local-screenings>.

### A few interesting videos at the end...

**Bunker Roy** – Learning from an extraordinary school in India that teaches rural women and men -- many of them illiterate -- to become solar engineers, artisans, dentists and doctors in their own villages.



Watch here: [http://www.ted.com/talks/bunker\\_roy.html](http://www.ted.com/talks/bunker_roy.html)

**Misa, UK**

**The greatest speech ever** - Best motivational speech in history: Ch. Chaplin, very powerful and truthful!



Watch here: <http://youtu.be/WibmcsEGLKo>

**Radovan, Luxembourg**

**Jim Carrey's video** - First a show and after 2 minutes an impressive video about the correlation between consciousness and electromagnetism.



Watch here: [http://youtu.be/ridm\\_FH4kP0](http://youtu.be/ridm_FH4kP0)

**Craig, Spain**

**He changed the way of my thinking** - Inspiring video. Enjoy it!



Watch here:

<https://www.facebook.com/video/video.php?v=2306564737364>

**Suchith, Sri Lanka**