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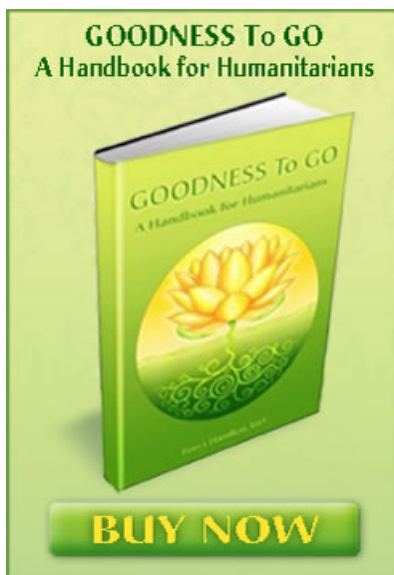
March 2014 Newsletter



Dear Friends of Goodness To Go,

For more than a century, nations around the globe have celebrated March 8th as International Women's Day (IWD). The Goodness To Go social enterprise supports the equality and emancipation of girls and women through donations to Child In Need Institute's award-winning development programs in West Bengal where our daughter Grace was born. Mark Sherman, co-director of CINI-USA, returned from India two weeks ago. Soon, we'll be sharing his video footage of CINI's 40th anniversary celebrations and stories of girls empowered by CINI's holistic programs.

Women are essential to social development and peace efforts. IWD is a time to express appreciation, respect, and love for women and their achievements. As we reflect on progress made toward equal economic, social, and political rights for all people, we also celebrate women's acts of courage and determination now and throughout the evolution of human society. IWD is also a call for action to increase awareness of women's struggles worldwide and to look ahead for increased opportunities to free the potential of future generations of girls.



Mobilize Your Goodness



Peace is every step and begins within. *"If non-violence is the law of our being, the future is with women,"* wrote Mahatma Gandhi. As we celebrate IWD globally, how might you act locally to enhance the full and equal participation of all girls and women in your community? What is a small, specific, scheduled step that you could take this week to increase gender equity in our world? Remember that the effect of one good-hearted person is incalculable.

March is Women's History Month in the U.S.A. and a copy of Goodness To Go - A Handbook for Humanitarians is a meaningful gift for the women in your life wherever you live. Copies for your local school and public libraries provide a

uniquely valuable resource for enhancing personal wellness, resourcing resilience, and mobilizing integral service. Proceeds support brothel prevention programs in West Bengal, an under-resourced region of the world where millions of girls and women live in extreme poverty.

Spring Equinox approaches. You're warmly invited to attend my author talk at the Boulder Bookstore on March 20th. Please share the word about this event with your Colorado friends and support both the locally owned bookstore serving our community for 40 years and Child In Need Institute. I'll be giving another book talk at the Selby Library in Sarasota, Florida on March 27th. Ask if your book club, philanthropic, or networking group would be interested in supporting Goodness To Go. Happy International Women's Day and first day of spring!

Celebrating integral service,



Fran I. Hamilton, M.D.



P.S. Thank you for spreading the word about Goodness To Go through your social networks.

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