



Dear Friends of Goodness To Go,

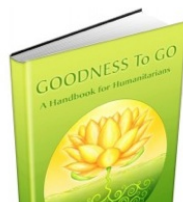
October is a month of beauty and bounty. In some regions of the world, trees blaze crimson and gold. Harvests of grain, corn, fruits, and vegetables are abundant where weather conditions have been favorable. It's natural to feel gratitude during this season and Canadians celebrate their Thanksgiving Day on October 8th, which is also Indigenous Peoples' Day. Mahatma Gandhi's abundant goodness to go supported a non-violent independence movement that freed India from British colonial rule. Around the world, Gandhi's birthday is celebrated on October 2nd and, two weeks later, Indians honor the feminine aspect of the divine during the nine nights of Navaratri.

October 2012 also provides an extraordinary opportunity to invest in the education and empowerment of girls in the developing world. This October 11th marks the first annual **International Day of the Girl**. When we educate girls, we change the world. There are 50 million twelve year old girls living in our global village and millions more adolescent girls. Many social action campaigns share a common commitment to the empowerment of girls and young women around the world. **Child In Need Institute** is Goodness to Go's partner in West Bengal, India, where our daughter Grace Shanti was born twelve years ago. Through its holistic, community-based programs, CINI has uplifted the lives of millions of impoverished girls, their families, and their communities for nearly 40 years.

One girl whose life was supported and protected by a prenatal-through-adolescence safety net created by CINI's programs is Reshma Khatun. Like impoverished girls around the globe, many girls in Calcutta slums are deprived of receiving an education. CINI provided funds for Reshma's school tuition, uniforms, and books, informed her family about the importance of educating daughters as well as sons, and supported her successful entrance to university. After graduating, Reshma worked in CINI's urban programs, and now earns a higher salary working in a cancer hospital. CINI assisted Reshma in overcoming almost impossible odds and manifesting her dreams. Recently, the founding-director of Child In Need Institute, **Dr. Samir Chaudhuri**, was delighted to receive Reshma's warm letter of appreciation.

Girls + Education = A Better World. Research consistently proves that empowering girls breaks the cycle of generational poverty. The Center for Global Development noted that female leaders decrease corruption and extremism, and increase democratic processes. Studies reported by the United Nations show that with only seven years of schooling, girls marry four years later and have 2.2 fewer children. Educated mothers understand how to provide better nutrition for their children, how to decrease the transmission of HIV and other diseases, and are 50% more likely to immunize their children. It's meaningful that the **United Nations** has chosen to increase global recognition of the importance of empowering girls by inaugurating the **International Day of the Girl**.

Mobilize Your Goodness



Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Investing in girls creates a ripple effect of change that

support the mission of the Goodness To Go social enterprise, including [Goodness To Go](#) Institute's girl empowerment and brothel prevention programs. You're invited to visit [Goodness To Go](#) to receive a free excerpt and to order your eBook. A paper edition will be available in the next few months.

There are many ways to amplify your commitment and your voice to champion girl empowerment. A powerful PBS documentary on October 1st and 2nd at 9 p.m. EST is entitled **Half the Sky: Turning Oppression into Opportunity for Women Worldwide**. Find meaningful ways to celebrate the first International Day of the Girl on 10-11-12. Consider the basic math (**#BasicMath**). When girls are educated, GDPs rise, early marriage decreases, population growth stabilizes, agricultural output grows, and health outcomes improve.

You may want to support the **Global Campaign for Education** or the United Nations Foundation's **Girl Up - Uniting Girls to Change the World**. Next year, **10 x 10** will release a powerful documentary about ten girls from ten developing nations entitled **Girls Rising**. If elections are being held in your part of the world, learn which political candidates genuinely support agendas and policies that empower girls and women. The whole world benefits by the equal economic, intellectual, and political participation of women, and their education and empowerment begins when they are young girls. We're all in this together and when we join hearts, minds, and hands, our impact is multiplied. With our abundant resilience, compassion, and generosity, let's make this world a healthier, more equitable home for us all.

Celebrating integral service,



Fran I. Hamilton, M.D.



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