

Imagine Peace

A Year of Gifting

POETRY BY ALETA ANTOINETTE

Founder of Imagine Peace Foundation

Your Hosts Today

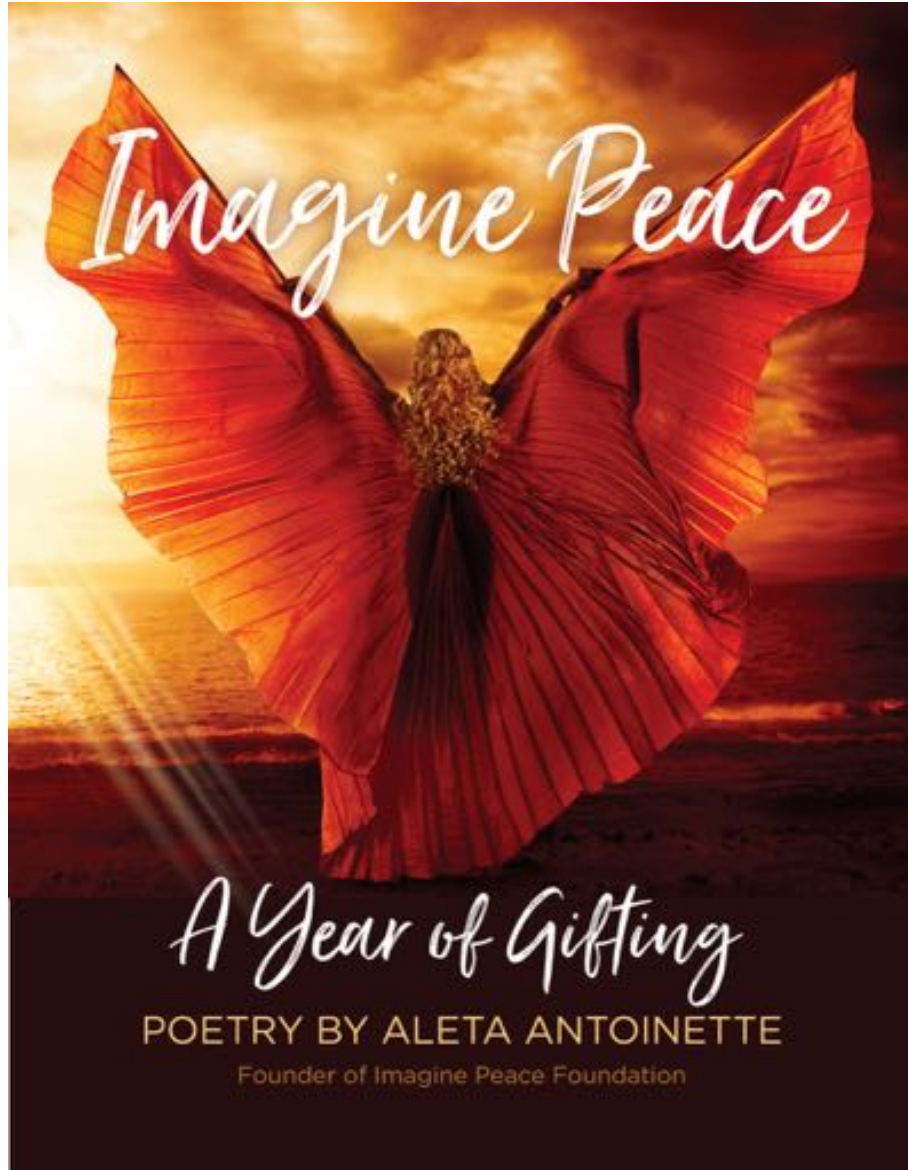


Eric Lupher
Denver7 ABC Anchor & Emcee



Aleta Antoinette, Author
Founder, Imagine Peace Foundation





Imagine Peace

A Year of Gifting

POETRY BY ALETA ANTOINETTE

Founder of Imagine Peace Foundation

The Five C's of Peace Making



Connection

Who in your life have you had a soulful connection with?

Communion

How might you commune more fully with nature?

Compassion

Who has believed in you and enfolded you in compassion in your difficult moments?

Collaboration

Think of a time you were empowered by collaborating with others.

Creativity

How does your creativity connect you to peace?

Nawang Khechog



Chet Sisk, Futurist



List of Charities

LIST OF CHARITIES

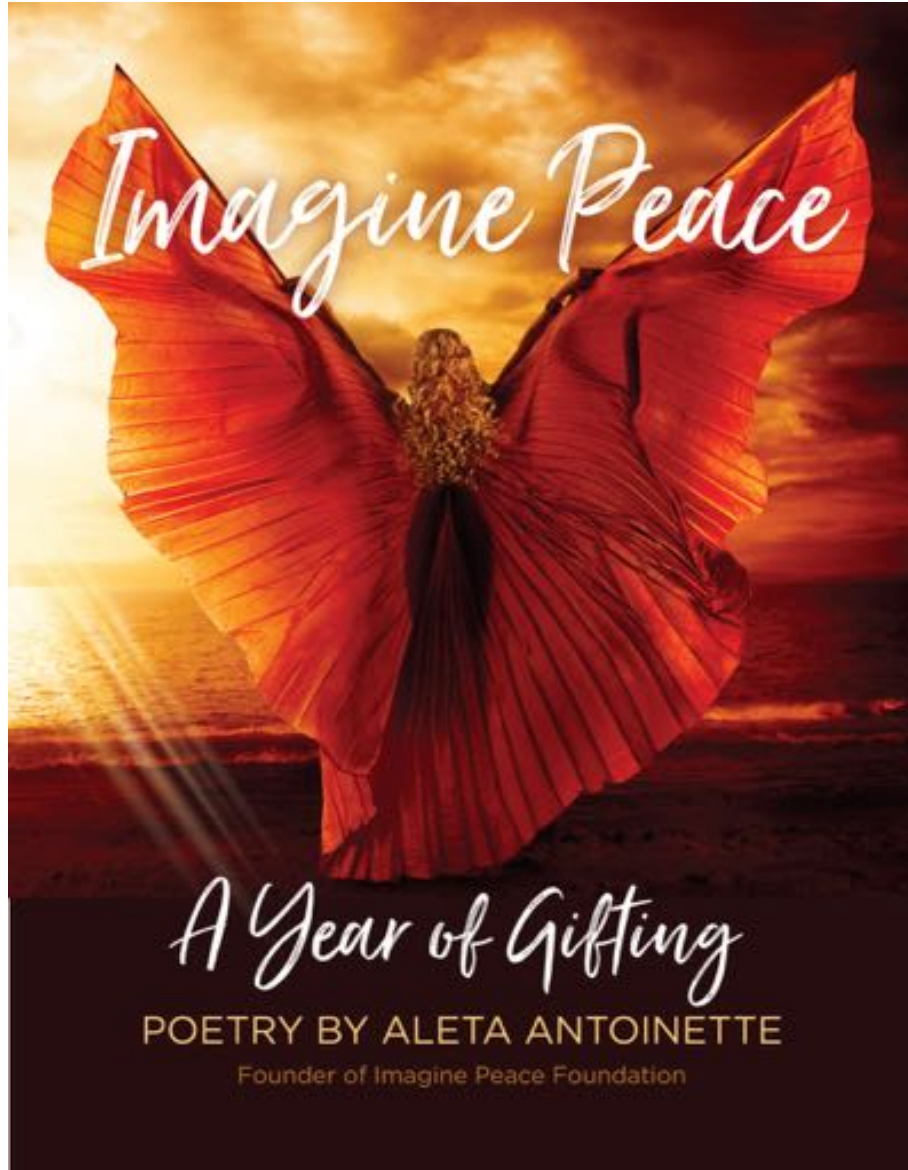
This is a list of all the charities included in this book. When you connect with any or all of them, a space is provided for you to place a mark. Please be inspired to donate a few dollars every week, or reach out and send your appreciation. Consider sharing their good work, send them a token of your gratitude and prosperity, wish them peace and love in whatever ways that are possible for you. As of the date of publication all information was accurate. This book will be made available at a discount to all 501(c)3 charities who'd like to use it as a fundraiser. Imagine a world where the charity model is no longer necessary because the world has been brought to peace, prosperity, and calm due to the number of people who've acted on—and imagined—it.

<input type="checkbox"/> A Little Help	www.alittlehelp.org	720.242.9032
<input type="checkbox"/> Alley Cat Allies	www.alleycat.org	240.482.1980
<input type="checkbox"/> Alz's Association	www.alz.org	800.272.3900
<input type="checkbox"/> American Bird Conservancy	www.abcbirds.org	540.253.5780
<input type="checkbox"/> American Eagle Foundation	www.eagles.org	800.2EAGLES
<input type="checkbox"/> American Fnd for Suicide Prevention	www.afsp.org	877.913.1185
<input type="checkbox"/> American Heart Association	www.heart.org	800.242.8721
<input type="checkbox"/> American Red Cross	www.redcross.org	800.733.2767
<input type="checkbox"/> Bridges to Prosperity	www.bridgestoprosperity.org	720.460.1046
<input type="checkbox"/> Butterfly Pavilion	www.butterflies.org	303.469.9201
<input type="checkbox"/> Cactus Conservation	www.cactusconservation.org	
<input type="checkbox"/> Candlelighters	www.candle.org	713.270.4700
<input type="checkbox"/> Catholic Charities	www.catholiccharitiesusa.org	800.919.9338
<input type="checkbox"/> Charity Water	www.charitywater.org	646.688.2323
<input type="checkbox"/> Child's Play Charity	www.childsplaycharity.org	
<input type="checkbox"/> CO Coalition for the Homeless	www.coloradocoalition.org	303.293.2217
<input type="checkbox"/> Colorado Horse Rescue	www.chr.org	720.494.1414
<input type="checkbox"/> Doctors Without Borders	www.doctorswithoutborders.org	212.679.6800
<input type="checkbox"/> Dream Foundation	www.dreamfoundation.org	888-4Dreams
<input type="checkbox"/> Earth Day	www.earthday.org	202.518.0044
<input type="checkbox"/> Earth Share	www.earthshare.org	800.875.3863
<input type="checkbox"/> EcoLife Conservation	www.ecolifeconversation.org	760.740.1346
<input type="checkbox"/> Enduring Hearts	www.enduringhearts.org	240.343.2781
<input type="checkbox"/> Fdn for Alcoholism Research	www.alcoholismresearch.org	312.989.2390
<input type="checkbox"/> Fly a Kite Foundation	www.flyakitefoundation.org	917.846.0414
<input type="checkbox"/> Gill Foundation	www.gillfoundation.org	888.530.4455
<input type="checkbox"/> Good Sun	www.goodsun.life	302.Good-Sun
<input type="checkbox"/> Human-i-T	www.human-i-t.org	888.268.3921
<input type="checkbox"/> Humane Society	www.humane.org	866.720.2676
<input type="checkbox"/> I Have a Dream Foundation	www.ihaveadreamfoundation.org	303.444.3636
<input type="checkbox"/> Imagine Peace Foundation	www.imaginepeacefoundation.org	303.229.9210
<input type="checkbox"/> Initiatives of Change	www.us.iofc.org	804.358.1764
<input type="checkbox"/> Inner City Youth Foundation	www.icycf.org	
<input type="checkbox"/> Izaak Walton League of America	www.iwla.org	301.548.0150
<input type="checkbox"/> Keeping the Blues Alive	www.keepingthebluesalive.org	954.428.4440
<input type="checkbox"/> KidPower	www.kidpower.org	800.467.6997
<input type="checkbox"/> Love 146	www.love146.org	203.772.4420

<input type="checkbox"/> Mountain Peace Shelter	www.peaceworksinc.co	303.838.7176
<input type="checkbox"/> National Audubon Society	www.audubon.org	844.428.3826
<input type="checkbox"/> National Forest Foundation	www.nationalforests.org	406.452.2805
<input type="checkbox"/> Nature Conservancy	www.nature.org	703.841.5300
<input type="checkbox"/> Ocean Conservancy	www.oceanconservancy.org	800.519.1541
<input type="checkbox"/> Oceana	www.oceana.org	831.643.9266
<input type="checkbox"/> Opera Foundation	www.operafoundation.org	212.664.8843
<input type="checkbox"/> Oprah Winfrey Foundation	www.oprahfoundation.org	323.272.6851
<input type="checkbox"/> Parents of Murdered Children	www.pomc.org	513.721.5683
<input type="checkbox"/> Peace Corps	www.peacecorps.org	855.855.1961
<input type="checkbox"/> PETA	www.peta.org	757.622.7382
<input type="checkbox"/> Project Giving Kids	www.projectgivingkids.org	617.249.7179
<input type="checkbox"/> Purple Field Productions	www.purplefieldproductions.org	
<input type="checkbox"/> Reach for the Moon	www.reachforthemoonfoundation.com	630.906.6815
<input type="checkbox"/> Reach for the Stars	www.reach4thestars.org	951.538.7368
<input type="checkbox"/> Sailing Heals	www.sailingheals.org	978.886.2561
<input type="checkbox"/> Sea Save	www.seasave.org	310.458.1020
<input type="checkbox"/> Seasonal Affective Disorder	www.youarecollective.ca	833-456-4566
<input type="checkbox"/> Smile Train	www.smiletrain.org	800.932.9541
<input type="checkbox"/> Soar for Youth	www.soarforyouth.org	510.632.0888
<input type="checkbox"/> Songs of Love	www.songslovely.org	800.960.7664
<input type="checkbox"/> Special Olympics	www.specialolympics.org	720.359.3100
<input type="checkbox"/> Spotlight UK	www.spotlightuk.org	+44 1256.242330
<input type="checkbox"/> St. Jude Children's Hospital	www.stjude.org	800.822.6344
<input type="checkbox"/> Swings and Smiles	www.swingsandsmiles.co.uk	+44 1635.285170
<input type="checkbox"/> The Feel Good Foundation	www.feelgoodfoundation.org	440.478.3051
<input type="checkbox"/> The Flying Seagull Project	www.theflyingseagullproject.org	+44 7958.176160
<input type="checkbox"/> The Gathering Place	www.tgpdenver.org	303.321.4198
<input type="checkbox"/> The Heart Foundation	www.theheartfoundation.org	818.865.1100
<input type="checkbox"/> The Kindness Ranch	www.kindnessranch.org	307.735.4177
<input type="checkbox"/> The Leaf Charity	www.theleafcharity.com	+44 7971.353958
<input type="checkbox"/> The Lotus Flower	www.thelotusflower.org	
<input type="checkbox"/> The Parachute Foundation	www.parachutefoundation.org	
<input type="checkbox"/> The Wildlife Trusts	www.wildlifetrusts.org	+44 1636.677711
<input type="checkbox"/> Tibet House	www.tibethouse.us	212.807.0563
<input type="checkbox"/> Watches for Charity	www.watchesforcharity.co.uk	+44 8088.080000



Photo courtesy of BlackJack3D and iStock



Imagine Peace

A Year of Gifting

POETRY BY ALETA ANTOINETTE

Founder of Imagine Peace Foundation



SAVED A SPIDER TODAY

Saved a spider today,
It got lost along the way
in my shower, while at play,
long legs dancing a clumsy ballet.

Saved a spider today,
Hip, hip, hooray,
He'll live to weave a web of dismay
for the poor soul of a fly who won't get away.

Saved a spider today,
What a great start to my day,
Something to delight in, to make me feel okay,
A simple cause—like rescuing a stray.

Saved a spider today,
Put him in a cup, down the stairway,
through the archway, past the fairway,
under a flower display, away from the hungry blue jay.

Saved a spider today,
Hope someone saves me someday
when I lose my way..
...gently, so I don't become a victim of prey.

Saved a spider today,
For now, he won't be anyone's snack at a buffet,
He proudly rests on a lovely bouquet.
Dear spider, my gift to you. Happy rebirthday!

*This poem was written in honor of my friend Nawang Khechog who teaches about kindness and compassion to all sentient beings. His book, *Awakening Kindness*, and his recording of Tibetan flute titled, "Music is Medicine," are inspirational beyond measure, and I am blessed to have been in his presence.
www.nawangkhechog.com*

Photo courtesy of Kopobko and Pixels.

Tibet House U.S. was founded at the request of His Holiness the Dalai Lama. In 1987, he stated his wish for a long-term cultural institution to ensure the survival of Tibetan civilization and culture, whatever the political destiny of the six million people of Tibet itself.
www.tibethouse.us

Although March 14th is Save a Spider Day, you could consider saving any that may be in your way.



UNEXPECTED FRIEND

Twirling, whirling, swirling squirrel,
You make me laugh with your furry tail,
Sitting under the shady tree
you often come and visit me.

You, on a branch overhead!
Fly down here from your comfy bed,
I know you don't want to be rude,
Truth be known, you're just looking for food.

You sit inches away on your hind legs so cutely,
Sniffing me, twitching your whiskers, waiting resolutely,
I call you Guiseppe in honor
of an Italian friend, fun-loving and feisty, today a godsend.

I look forward to daily walks
so I can rest on the bench where we hold our talks,
I call you 'cute boy' and make noise with my puckered lips
then you come running, sometimes doing front flips.

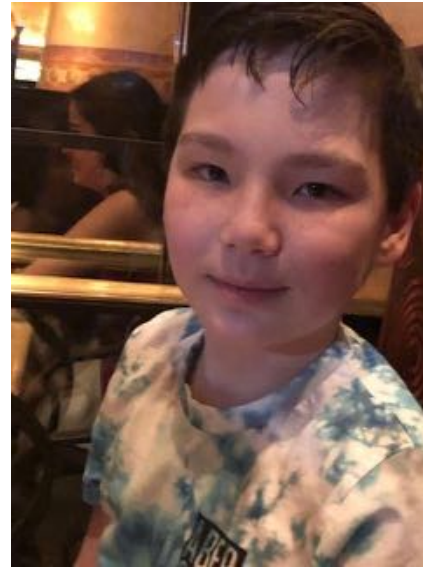
You've become such a fun friend,
I wait by the tree while you cautiously descend
each time tiptoeing closer and closer to me,
When I gesture toward you, you scurry to the safety of your cozy tree.

Be well darling creature, I adore your features,
Make me giggle, frolicking teacher,
you remind me of how to have fun under the sun,
Dream tonight of tasty acorns,
and sleep sweetly, dear one.

Photo courtesy of Francesco Ungaro and Perels.

The Wildlife Trusts is a charity dedicated to the well-being of wildlife. For example, red squirrels are an endangered species in the U.K. Their vision is of people being close to nature, with lands and seas rich in a diversity of wildlife. Their mission is to bring about living landscapes, living seas, and a society where nature matters.

www.wildlifetrusts.org/saving-species/red-squirrels





IMAGINE PEACE FOUNDATION *Presents*
IMAGINE PEACE CENTER

Our mission is to provide educational and creative activities and events in a setting that allows individuals to explore and connect with what peace means to them and to empower them to live it. Imagine Peace Center offers an interactive journey toward peace through education, creative expression, connecting with spirit and understanding that nonviolence is a choice. Peace begins with each one of us. We are a mirror...we can choose to reflect a state of joy, love, compassion, and kindness. By making the choice we become like the pebble tossed into the water becoming a ripple of change. Imagine Peace Center is a place where we can come together to learn all the special ways we are different, so we can see all the wonderful ways we are the same.



Photo courtesy of Gustrocal Web Design and Photos

Imagine...

The Center will consist of:

- An Appreciation Room - highlighting great visionaries on the subject of Peace such as Martin Luther King, Jr., Mother Theresa and Mahatma Gandhi, as well as other peace leaders around the world.
- A Creation Room - where children and adults can create their expression of what peace looks like to them. Visitors to this room will work with painters, sculptors, poets, photographers, and other artists to create their vision. Each day a different craft will be represented.
- A Relaxation Room - visitors to this room will learn relaxation and visualization techniques. This room will show individuals that if they can reframe their thinking and experience relaxation, their lives can be transformed one breath at a time.
- An Imagination Room - consisting of a theater and music arena for guest artists who will entertain, enlighten, and inspire the audience.
- A Rejuvenation Room - where healing modalities from all over the world will be represented.
- A Recreation Room - where children from all walks of life can play with and learn about each other.
- A Communication Room - A safe environment to assist individuals and families with their concerns and provide them tools to become more empowered.
- An Inspiration Room - a round table discussion room for cultivating thoughts and ideas surrounding peace and how to creatively transform from living in fear to living in peace.
- A Conservation Room - will represent ideas and scientific findings about conserving our planet.
- An Education Room - where workshops will be held for people of all ages.
- An Information Room - a resource center/library on topics of self-esteem and peace.
- A Contribution Rooms/Gift Shop - where various works of art representing peace, memorable gifts regarding peace and other memorabilia are offered for sale.

**For more information, please visit www.imaginepeacefoundation.org
...creating peace one person at a time**



Peace on Wheels

PEACE on WHEELS

IMAGINE PEACEMOBILE

Solution:

The concept of a specially equipped vehicle designed to provide the mobile delivery of Imagine Peace Center activities greatly enables the Foundation to meet its goals for outreach program delivery both before and after construction of the Imagine Peace Center. The purpose, design and operation of this vehicle, the Imagine PeaceMobile is patterned after the familiar bookmobile used by many metropolitan library districts.

Purpose:

The purpose of the Imagine PeaceMobile is to compliment and extend the areas served by currently planned outreach programs by bringing selected experience rooms and programs to those who are unable to travel to Imagine Peace Centers.

Description:

A PeaceMobile borrows its concept from the familiar bookmobiles used by public library systems through the nation to bring reading, learning and entertaining experiences to those library patrons who are unable to travel to library facilities due to economic or health reasons. As the name implies, a PeaceMobile is a large vehicle capable of housing the space, equipment, supplies, and staff needed to deliver the experience of selected rooms and programs that can be found in the Imagine Peace Center facility to those guests who are unable to travel to or are unaware of the Imagine Peace Center.

Benefits:

The PeaceMobile concept offers tremendous benefits to achievement of the goals of the Foundation.

- Visibility/Name Recognition
- Portability/Mobility
- Office Space
- Extends the geographic reach of outreach programs
- Increase the audiences participating in outreach programs
- Adds versatility to events the Imagine Peace Center can participate in and conduct
- Primary delivery vehicle for programs prior to the construction of the Imagine Peace Center
- Significantly augments the delivery of outreach programs once the Center is complete
- A fleet of PeaceMobiles based out of the Center can further extend the delivery of programs

Operations:

- Schools
- Churches
- Recreation Centers
- Community Centers
- Libraries
- Public Parks
- Nursing Homes/Long term care facilities
- Fairs, Festivals, Concerts, other public events

...creating peace one person at a time
www.imaginepeacefoundation.org



Photo courtesy of Deepblue4u and iStock



IMAGINE PEACE FOUNDATION *Presents*
IMAGINE PEACE CENTER

Our mission is to provide educational and creative activities and events in a setting that allows individuals to explore and connect with what peace means to them and to empower them to live it. Imagine Peace Center offers an interactive journey toward peace through education, creative expression, connecting with spirit and understanding that nonviolence is a choice. Peace begins with each one of us. We are a mirror...we can choose to reflect a state of joy, love, compassion, and kindness. By making the choice we become like the pebble tossed into the water becoming a ripple of change. Imagine Peace Center is a place where we can come together to learn all the special ways we are different, so we can see all the wonderful ways we are the same.



Photo courtesy of Gustrooal Web Design and Photos

Imagine...

The Center will consist of:

- An Appreciation Room - highlighting great visionaries on the subject of Peace such as Martin Luther King, Jr., Mother Theresa and Mahatma Gandhi, as well as other peace leaders around the world.
- A Creation Room - where children and adults can create their expression of what peace looks like to them. Visitors to this room will work with painters, sculptors, poets, photographers, and other artists to create their vision. Each day a different craft will be represented.
- A Relaxation Room - visitors to this room will learn relaxation and visualization techniques. This room will show individuals that if they can reframe their thinking and experience relaxation, their lives can be transformed one breath at a time.
- An Imagination Room - consisting of a theater and music arena for guest artists who will entertain, enlighten, and inspire the audience.
- A Rejuvenation Room - where healing modalities from all over the world will be represented.
- A Recreation Room - where children from all walks of life can play with and learn about each other.
- A Communication Room - A safe environment to assist individuals and families with their concerns and provide them tools to become more empowered.
- An Inspiration Room - a round table discussion room for cultivating thoughts and ideas surrounding peace and how to creatively transform from living in fear to living in peace.
- A Conservation Room - will represent ideas and scientific findings about conserving our planet.
- An Education Room - where workshops will be held for people of all ages.
- An Information Room - a resource center/library on topics of self-esteem and peace.
- A Contribution Rooms/Gift Shop - where various works of art representing peace, memorable gifts regarding peace and other memorabilia are offered for sale.

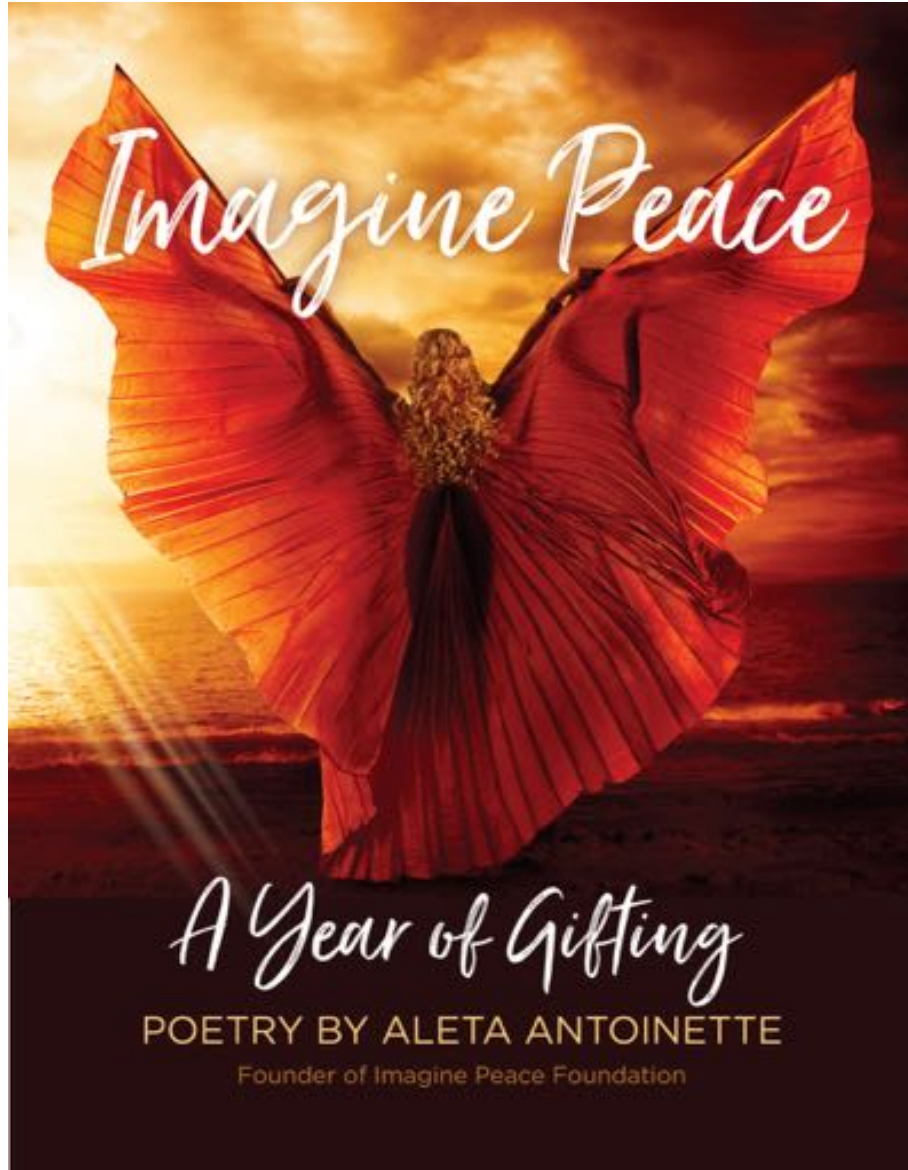
**For more information, please visit www.imaginepeacefoundation.org
...creating peace one person at a time**



Imagine Peace Foundation Goals



- **Identify a youthful presence**
- **Generate increased sponsorship and funding**
- **Expand our board**
- **Increase participation and membership**



Imagine Peace

A Year of Gifting

POETRY BY ALETA ANTOINETTE

Founder of Imagine Peace Foundation