

# Peacemakers, Inc.

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Dallas, Texas 75230

Website: [www.womenspeaceconference.org](http://www.womenspeaceconference.org)

Myspace: [www.myspace.com/peacemakersinc](http://www.myspace.com/peacemakersinc)

Volume 1, Issue 2

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## News & Events

*"BePeace"*

### A Peace Studies Workshop

by

Rita Marie Johnson



**Saturday, June 7, 2008**

**10:00 AM to 3:00 PM**

The Women's Museum

3800 Parry Avenue

Dallas, TX 75226

Enter through Gate 2

(on Haskell at the corner of Parry)

Parking is free.

#### Tickets:

**\$50.00** On or Before **5/30/2008**

**\$60.00** After 5/30/3008

*(Price includes 4-hour workshop + lunch.)*

#### Register Online:

[www.womenspeaceconference.org/  
BePeaceWorkshop.htm](http://www.womenspeaceconference.org/BePeaceWorkshop.htm)

#### Pricing:

**Teens & Adults** \$8.00 each

**Children 13 & Under** \$6.00 each

\*Price includes paints, brushes, stencils, glazing and firing or materials for mosaics.

Pottery pieces are purchased separately and range in price from \$9.00+. The average total price per person averages \$20.00 - \$25.00 for kids and \$25.00 - \$30.00 for adults.

Proceeds will benefit Peacemakers, Inc.

#### **Register by Phone:**

(972) 239 - 2942

#### **Register Online:**

[www.womenspeaceconference.org/  
Paintforpeaceparty.htm](http://www.womenspeaceconference.org/Paintforpeaceparty.htm)

## Paint for Peace Party

Peacemakers invites you to find inner peace in self-expression at Quiggly's Clayhouse, a fun and safe art studio for children and adults.

**Friday, May 2, 2008**

**5:30 PM to 9:30 PM**

**Quiggly's Clayhouse**

1344 East Belt Line Road

Richardson, TX 75081



News and Events 1

Rita Marie Johnson 2-3

Other Programs 3

Peace Teens 4-5



## Rita Marie Johnson

After learning that Costa Rica did not have an army, Rita Marie Johnson moved from the US to Costa Rica almost 15 years ago to help strengthen its peace model. She currently serves as director of the Rasur Foundation, which she founded in 1997 to inspire and educate toward a culture of peace in Costa Rica.

In 2006, Rita Marie wrote a Ministry for Peace initiative that was embraced by Costa Rica's current president, Oscar Arias, a Nobel Peace Prize laureate. The Ministry for Peace bill has no opposition and is now in the final process before coming to vote before the Legislative Assembly. Rita Marie was authorized by the Vice President of Costa Rica to represent Costa Rica at the Summit of the Global Alliance for Ministries and Departments for Peace that took place in Japan in September 2007.

In 2002, Johnson discovered the synergy between two methods, HeartMath for "feeling peace" and Nonviolent Communication for "speaking peace". This combination, now known as *BePeace*, inspired her to found the Academy for Peace of Costa Rica (APCR) in 2003 with the aim of citizens passing this skill from generation to generation. By 2005, the APCR had won the *Changemakers Innovation Award*, chosen from 79 projects in 32 countries. This year the APCR will work in all the public schools in two counties and will finalize a plan to upscale to the national level. In addition, the APCR will respond to invitations from five Central American countries for training in *BePeace*.

Johnson served the UN University for Peace in Costa Rica from 1999–2002. In 2000, Johnson's book, *The Return of Rasur: The story that offers an answer to education in our time* was published, which led her to producing the musical *Rasur*, and writing its libretto. The musical was based on the poem *Rasur*, written by Roberto Brenes Mesén in 1946, that predicted Costa Rica would become a model of peace. *Rasur* was decreed a cultural event of national interest by the President and was performed at Costa Rica's largest theatre.

As an international peacemaker, Johnson has presented workshops in the US, Europe and Central America. In November 2006, she completed a speaking tour in Japan on Costa Rica as a model of peace. In July 2007, she served on the plenary panel, "Women of Power" at the *International Women's Peace Conference* in Dallas. In September 2007, she was the keynote speaker for the World Day of Prayer at Unity Village, Missouri.

Johnson holds a B.A. in Psychology from the University of Missouri. In the 80s, Johnson served as Chief of Volunteer Services at the Texas Department of Health and initiated the Texas Senior Volunteer Conference and Texas Senior Games. The Governor of Texas presented her with an *Outstanding Leadership* award for this work.

## Rita Marie Johnson (*continued*)

Rita Marie and her husband, Rev. Juan Enrique Toro, introduced the UNsponsored educational campaign, *The Season for Nonviolence*, to Costa Rica, which is now sponsored by governmental ministries each year. In 2002, the couple purchased a 2acre property as headquarters for the Rasur Foundation. The people who live and work there strive to practice *BePeace* in each moment so that an authentic culture of peace can be experienced. For further information, contact [ritamarie@rasurfoundation.org](mailto:ritamarie@rasurfoundation.org)

### Other Programs & Events

#### *Peacemakers Peace Parties*

<http://www.womenspeaceconference.org>

Join Peacemakers, Inc. every month for a Peace Party! Peace Parties are held once or twice a month and have a peace-related theme. Past Peace Party themes include Wine Tasting, St. Patrick's Day, and Painting. Check the Peacemakers, Inc. website for details about the next Peace Party!

#### *Women Stand With Iraq*

<http://www.womenstandwithiraq.org/>

We invite you to become informed about Iraq; build personal connections to women and their families in Iraq; and/or donate time, funds, or volunteer direct services to improve the lives of Iraqi women and families. Please let us know of your interest in any of the following areas below.

#### *Peace Pole Dedication*

<http://www.womenspeaceconference.org/PeacePole.htm>

On September 19, 2007, a Peace Pole was dedicated at Dallas City Hall and planted in front of the Dallas Convention Center, on Marilla between Field and Akard. Suzanna Brown, a Peace Conference volunteer coordinator, organized the events with the assistance of City of Dallas officials: Mary Suhm, Jack Ireland, and Deborah Shelby-Bunton.

The Peace Pole was presented to the City of Dallas by Paula Christine of [The World Peace Prayer Society](#), headquartered in New York. Ms Christine also conducted the Peace Flag Ceremony with the help of the girls of the third grade class of Hockaday School, Dallas, Texas.



# Peace Teens



## Take Action!

## Global Warming

The U.S. is the world's leader when it comes to global warming--we are responsible for 25% of the worldwide carbon dioxide emissions today. Through various political campaigns and scientific debates, global warming has become a "hot topic" for Americans. With continued global warming, our earth will face several detrimental effects including more floods and infectious diseases. Look ahead to the future--instead of waiting for this stuff to happen, why not act now to prevent them?

## 10 Cool Ideas to Stop Global Warming:

Global warming is not too big of an issue for you to tackle. There are tons of small things you can do on your own or encourage others to do to help stop the threat of global warming. The important thing is to raise awareness so that everyone takes responsibility NOW to make small changes in their life. Lots of small changes = big change over time. Here are some small changes you can make to your everyday life to do your part to stop global warming.

**Energy Conservation-** the increasing concentration of carbon dioxide (CO<sub>2</sub>) in the atmosphere appears to be the most important cause of recent warming. How can you help, you ask?

- 1.) Turn the thermostat down by 2 degrees in the winter. Reduce CO<sub>2</sub> emissions by 0.62%.
- 2.) Replace the incandescent light bulbs in your house with compact florescent ones. These use less energy and last longer and cut down on CO<sub>2</sub> emissions. It's a win-win-win situation.
- 3.) Dry your clothes outside on a clothesline or inside on a rack instead of putting them in the dryer.
- 4.) Carpool next time you and your friends are going somewhere together.

**Water Conservation-** humans can live up to a month without food, but no more than approximately 7 days without water. While there is a LOT of water on this planet, only 3% of it can be used as drinking water. Let's do something now to ensure this lasts us!

- 5.) Shorten your showers to less than 10 minutes. Already doing it in less than 10 minutes? Make it 7.
- 6.) Turn off the water while you're brushing your teeth, shaving, or washing your face.
- 7.) Ask your parents if they'd like to invest in low-flush toilets, shower heads and faucet aerators. You'll save thousands of gallons of water each year and your parents' water bill will be lower!

**Pollution Prevention-** We all know that we are supposed to reduce, reuse, and recycle, but what exactly does that mean? It's not just putting your soda bottles out every week and using grocery bags as lunch bags. Here are some other ideas that are easy enough for you to do and encourage others to do as well.

- 8.) Reuse bags and containers: brown paper bags are great for wrapping packages. Wash out plastic containers and glass jars you buy food in and use them as Tupperware.
- 9.) Use old newspapers as wrapping paper and jazz it up with pretty ribbon or a bow. If you're lucky you might get Sunday's color comic section.
- 10.) Looking for a new car? Research the numerous companies who make hybrid cars. Some examples, Toyota Prius, Toyota Camry, Honda Civic, and Ford Escape.

## Peace Teens *(continued)*

### Go from Prom Queen to Prom Green.

Here are 6 ways to make the big dance environmentally-friendly.

#### **Dress for eco success**

Chances are you'll spend \$200+ on a gown that you'll only wear once before suffocating in plastic where it will remain in the back of your closet until it becomes hideously out of date and thus rendered unwearable.

Here, some options: Check out the dresses by Passenger Pigeon, an eco-friendly clothing line that uses organic fabrics like bamboo and hemp, so the material is biodegradable! (That means it won't sit festering in a landfill for hundreds of years until it finally decomposes!) The natural fabrics let skin breathe so dancing up a storm will be no sweat! (For Passenger Pigeon Dresses click [here](#).

If you'd rather wear a more traditional dress, why don't you and your friends from other schools have a swap (bff's almost always covet each other's style anyway!).

What to do the day after? Consider donating it to a teen who can't afford to purchase her own dress via [The Corsage Project](#), [Fairy Godmothers Inc.](#), [The Glass Slipper Project](#), or [The Princess Project](#).

#### **Borrow the blooms**

Attention prom committee members: Discussing going local with your centerpiece flowers, then talk to the nearby greenhouse or nursery about renting plants. Really! It saves energy because you're not getting flowers that were shipped from some far off place and then preserved in greenhouses. If you decide to buy, ask the principal if you can plant them afterward to brighten up your school. Finally, consider finding an organic grower in your area. Pesticide-free flowers are healthier for the environment and the people who handle them and they smell better!

#### **Travel with your posse**

You're all going to the same place, so why not share the ride? You'll save big on emissions and carbons, not to mention on gas, chauffeur tips, and the price of renting individual limos. If you're bent on going solo in a limo with your date, consider this: Those boat-sized autos are so pre-millennium – why not do what the eco-chic stars do for the Oscars and arrive in a hybrid?

#### **Provide a delicious AND healthy dinner**

Rally to get food options that are good for your taste buds and the planet. Opt for organic and, if possible, local produce. That way, you'll know the crops were treated with care -- and so were the workers who harvested it.

#### **Go paperless**

Keep the price of prom tickets down by doing away with unnecessary printing costs. Instead of the prom invites, go the tree-saving approach by using a service like [evite.com](#).

#### **Make prom matter**

If you do any or all of the above, you'll save a bundle, so why not consider giving a portion of your prom proceeds to a charity or non-profit organization? If your prom has a theme – say A Day at the Beach – write a cheque to a clean oceans charity like the [Surfrider Foundation](#).



# Bringing Peace Home

## PEACEMAKING IN MY HOME CHECKLIST

- 1) \_\_\_ In my home, we talk rather than fight when we have a problem.
- 2) \_\_\_ In my home, we use words that de-escalate rather than escalate a problem.
- 3) \_\_\_ In my home, we often do activities as a family.
- 4) \_\_\_ In my home, we are good listeners when others are speaking.
- 5) \_\_\_ In my home, we can talk openly about family issues.
- 6) \_\_\_ In my home, we try to help out when someone is sad or upset.
- 7) \_\_\_ In my home, we celebrate each other's successes and achievements.
- 8) \_\_\_ In my home, we are honest with each other.
- 9) \_\_\_ In my home, we try to deal with the little problems before they get too big.
- 10) \_\_\_ In my home, we are able to laugh together.
- 11) \_\_\_ In my home, we \_\_\_\_\_.

Congratulations! You should celebrate and honor all the peacemaking that goes on in your home! Continue to work towards a more peaceful home and add more peacemaking examples to the list whenever you want.