



Personal Safety Nets® e-Newsletter



It Does Take A Village

July 2013, Issue 61

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Be In Charge - Be The Change You Want to See -VOTE!

Why let other people decide what is best for you when you can have a voice? **VOTE.** You can help decide. You can vote. Even if you don't think you know enough, VOTE on what you do know. Hold a **Ballot Party!** (This clicks to our October 2012 edition which tells you all about voting party planning.) It can be fun AND interesting.



In the state of Washington, ballots for the August 6th primary have gone out. You have the choice of mailing it back (which requires you to purchase a stamp) or you can drop yours off. Here's a map and information on the **location** of the drop boxes in King County. **Many cities and counties around the**

Hillary was Right

Helping kids through the healing power of creativity, that's the goal of the nonprofit, **Art with Heart.**



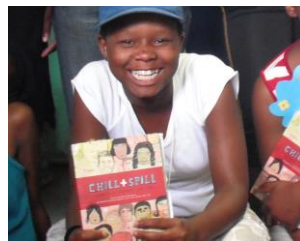
They create and distribute therapeutic books and programs and offers supportive trainings that **help children dealing with the stress and strain of unbearable hardship. In this way, Art with Heart supports their emotional and social growth, paving the way for success in school and in life.**

One of their publications, **Chill & Spill** (which underwent a year-long evaluation study to discover the benefits of its use with high-risk youth and the professionals that serve them), **is a therapeutic, guided journal that benefits kids dealing with overwhelming stressors such as illness, death, abuse, homelessness, and more.** From the survivors of disaster to children of divorce, **Chill & Spill** helps teens and 'tweens convey both their suffering and strength, reducing the symptoms of trauma, facilitating healing, promoting coping skills and building self-confidence.



Chill & Spill gives youth a safe place for self-expression. **It allows them to become active participants in their own healing, to communicate grief and loss, and to see themselves as survivors rather than victims - a critical step in trauma recovery.**

We've been tracking one of their wonderful stories . . . a group of young women between the ages of 13 and 18, from Soweto, South Africa who came together to enjoy a **Chill & Spill** workshop. The teacher there adapts the activities to fit relevant issues related to their lives in South Africa, as the girls hail from an area which suffers from poverty, high unemployment, child-headed households resulting from the HIV/Aids pandemic, crime, and teen pregnancy. All the girls live with guardians or are in foster care.



United States will be having a primary on August 6th.

Check for information on line or with your local government agency (just a phone call away) and let's have our voices heard!

Letters & Stories . .
Thanks for Sharing!



Dear Friends at PSN:
When I lived in Seattle, a city bus went off the Aurora Bridge. It was a bus I usually ride. Fortunately, I was not on the bus at the time of the accident.

Reading and hearing about the bus made me think. I worked four part-time jobs at the time, all on my own schedule. I lived alone. **If I had been on that bus and my purse had been thrown away from me, no one would have been available to identify me, and because of my lifestyle, no one would have known I was "missing."**



I did not have a support network. I had friends, but no one I was in regular contact with.

I believe there are many in my baby boomer generation who are disconnected geographically, if not also

Using themes developed in the book, the girls are able to discuss self-awareness, being good to oneself, and loving who they are. **The goal is for each young woman to feel seen, validated and indelibly connected to each other through a sense of abundance!**



Aside from problems associated with growing up and the situations they face in Soweto, Stacey, the group's leader, tells us: "My heart ached when a few said that they won't write in their journals till the next workshop. When I asked why, they said they didn't have any pens." Since then, Stacey has been able to get some supplies donated.



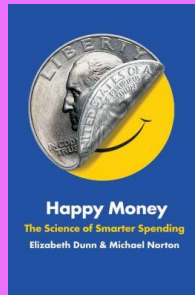
Organizations here in the United States and around the world are using the variety of materials (for ages 6+) developed by Art With Heart and you can read more at their website, subscribe to their newsletter and consider a donation. It's an organization that is making a difference

for all of us.

Seen These? Items we find interesting



In **Happy Money: The Science of Smarter Spending** (Simon & Schuster), academics **Elizabeth Dunn and Michael Norton**, using



recent behavioral research, **conclude that the most rewarding ways to spend money can be counterintuitive. The research leads back to the old/new idea: satisfaction with material things wears off quickly, while experiences - especially ones that include memories or feelings connected to others - are more satisfying and long-lasting.** They also have some (maybe obvious) **tips** to make

you more happy: shorten your commute, help you spend more time with friends & family, watch less television and give to charity - contributing your time, treasure or talent.



A recent article in the NY Times by Professor Andrew Cherlin speaks to new insights on family arrangements reported by the **Pew Research Center** and the **National Marriage Project**. **Young adults without college degrees are increasingly likely to put off marriage and have their first child in cohabiting relationships. In contrast, more**

than 90% of women with four-year college degrees wait until after they are married to have children. (*Mothers with infant children in the U.S. today are more educated than they ever have been.*) For all American women, the median age of at the birth of their first child continues to edge higher (now averaging 25.3 years old). Likewise, the age of those who do get married (first marriage) has edged up from below 23 years old just thirty years ago to a current average age of 26.6. Do these

emotionally and spiritually, from their family of origin - from their roots. They are fiercely independent. They may not feel ready for, or think they are in need of, a support network. However, **I think there is a real potential need for support networks for me and for these people.**



I have since moved into low-income senior housing with many friends and neighbors who check in with me several times a day. (I am home-bound while recovering from surgery). I have made a real effort to re-connect with my family and to become a contributing member of my community as a volunteer.

After some work to reach out and try to connect, I am blessed with a wonderful support network now.

- Maggie Lough

Still Time - SURVEY

You - part of the PSN powered network that has spread around the world - are truly appreciated here at Personal Safety Nets - where we're all about people.

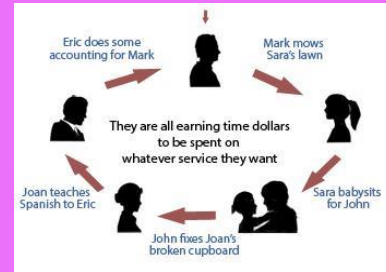


To achieve our goals we'd very much appreciate your help in moving us forward - by completing this very short survey. It will take less than a minute to **submit your answers to the multiple choice question, and only a few minutes more to complete the other short**

results fit YOUR situation? Do they surprise you? What do you think the practical results might be?



"Time Banking" (sometimes called Time Trade) is a service exchange that uses units of time as currency. **Time Bank members earn credit in "time dollars" for each hour they spend helping others.** All services, such as legal help, labor, art or providing a ride to a doctor's office, are equal in the time bank. For practical reasons, time banks are neighborhood-based which also helps foster a sense of community and trust. **If you're in the Puget Sound area you can gain more information here. For those of you in West Seattle a new time bank has been launched. If you live outside these areas or want to find out more about starting or joining a Time Bank, check here.**



Sample Time Bank system

At Your Fingertips

If you're fairly new to the Personal Safety Nets® newsletter and interested in seeing "back editions" - it's simple.



At our website you'll have access to our entire Newsletter Library - every edition we've produced. With

your help - through letters and suggested topics - approximately ten times a year we pull together research, stories, tips, answers to questions, upcoming events, Cool Free Downloads and more.



Share Your Story

We're always seeking Personal Safety Net stories - how YOU have dealt with a situation by building a network, or gathering with others to solve problems; putting plans, people and resources together to make a task or journey easier. What has worked, or what has not -- either way, your experience can inform others, and we'll be grateful.



When you have some time, **tell us your story** face-to-face by using your smart-phone and then upload it to **info@personalsafetynets.com** or you can write out your story by **clicking here. Sharing is a wonderful thing and your story will certainly be a helpful learning tool to many others!**

answers. You can click here to go to the survey now.

Together we will create a more informed, connected, effective world.