



A CURRICULUM OF
HOPE FOR A
PEACEFUL WORLD

A Curriculum of Hope for a Peaceful World Newsletter

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EDITOR'S MESSAGE

The world around us seems to be moving fast, which gives us the feeling that we need to move faster, make quicker decisions, and we tend to expect instant results. Patience and time often feel like outdated qualities that it seems like few people are using anymore. Yet, when we step back from the hustle and noise, it becomes clear that the most meaningful achievements and deepest personal growth come not from haste, but from endurance, reflection, and the quiet strength of waiting. Patience and time, though often overlooked, are two of life's most powerful tools.

Patience is more than just the ability to wait—it is the art of waiting well. It is the strength to withstand discomfort, delay, or hardship without complaint or frustration. Whether one is nurturing a relationship, mastering a skill, healing from pain, or building a dream, patience is essential. It teaches resilience, humility, and grace. It reminds us that not everything is within our control, and that some things—perhaps the most important—can only unfold at their own pace.

Time, on the other hand, is the great equalizer. Everyone, regardless of wealth, status, or background, is given the same 24 hours in a day. How we use that time shapes our lives. Time heals, reveals, and transforms. With time, pain dulls, wounds close, and clarity emerges. It allows us to see situations from new angles and gain insight that may not have been visible in the moment. Time gives perspective, and with it, wisdom.

Together, patience and time form a powerful partnership. Patience allows us to trust the process, while time does the quiet work of change beneath the surface. Consider the way a tree grows. You cannot force it to bear fruit overnight; it must be planted, nurtured, and given time to take root and flourish. The same is true for our ambitions, our healing, and our growth.

In relationships, patience helps us understand others, forgive, and grow closer. In careers, it allows us to stay focused on long-term goals rather than short-term wins. In personal development, it enables us to face setbacks with courage and continue moving forward. Those who honor patience and respect time often find themselves not only achieving their goals but becoming better, wiser people along the way.

True fulfillment often lies in the quiet, steady embrace of patience and the slow, transformative power of time. They teach us to trust, to persevere, and to believe that everything unfolds as it should, in its own time. After all, the best things in life aren't rushed—they're worth waiting for.

—Janice McKusick, Editor

"THE BAD NEWS IS THAT TIME FLIES. THE GOOD NEWS IS THAT YOU'RE THE PILOT."

—MICHAEL ALTSHULER





Global Giving is a nonprofit that supports other nonprofits by connecting them to donors and companies throughout the world. Since 2002, Global Giving has helped community-led organizations access the tools, training, and support they need to make our world a better place. They have helped raise more than \$1,010 million from 1,940,505 donors who have supported 39,807 projects in more than 175 countries. Below are a few of **Global Giving's** current challenges. Go to <https://www.globalgiving.org/> to find more.

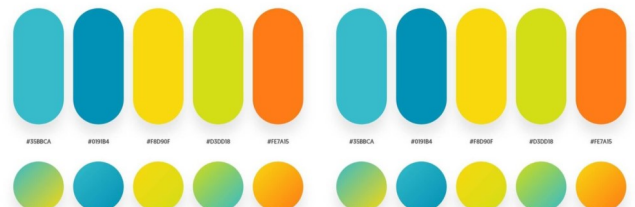


Alkhidmat Foundation Pakistan is working to help the 2.2 million people living under extreme war conditions in the Gaza Strip, Palestine. The air strikes from Israel have taken more than 52,000 lives; 18,000 have been children. More than 100,600 people have been reported injured. The Israeli authorities have cut food supplies, drinking water and electricity further complicating for the survivors to get access to the basic necessities of life. Alkhidmat Foundation Pakistan through GlobalGiving's ground partners is actively providing food packages and medical aid in Gaza in addition to the direct aid of \$17.52 million USD. The donations from this project go directly towards 500,000 children, helping the children and their families access the basic necessities of life.

Rajasthan Samgrah Kalyan Sansthan (RSKS India) is a Grassroots Indian Non Profit organization (NGO). RSKS helps marginalized women & girls, promoting women empowerment, sustainable livelihood, girls education, gender equality, child rights and welfare, agriculture, environmental and water issues for the marginalized and deprived sections of the community. Approximately 27,933 cases of violence against women are registered in police station yearly in Rajasthan. The main objective of this project is to bring gender equality within this male dominated society, respect for women, end social malpractices, decrease in dowry system, end child marriage and work towards giving women equal rights. Awareness programs such as Road shows, posters, street play, wall paintings etc. will bring awareness in the society, so that the cases of gender inequality may reduce in number. \$14,717 remain of a \$175,000 goal.

The Rwandan Youth Development and Voluntary Organization (RWAYDAVO) is working to reverse the continuous deforestation that is happening in Rwanda because of the need for food, medicine, charcoal, and timber. The loss of tree cover in this rainy, mountainous country has had severe environmental consequences. In addition to tremendous loss of biodiversity, the region is experiencing soil degradation, erosion, and landslides. RWAYDAVO will plant and maintain 40,000 trees in the Northern Rwandan region, and enable environmental protection as well as economic support of the local Rwandan community. Donations will go towards RWAYDAVO's planting and maintaining of 40,000 Trees. There is a \$90,000 total goal with \$7,632 remaining.

All donations to **California Wildfires Fund** will support wildfire relief and recovery efforts in California. Initially, the fund helped first responders meet survivors' immediate needs for food, fuel, clean water, medicine, and shelter. As needs emerged, there is support for longer-term recovery efforts run by local, vetted organizations in the impacted areas, particularly those working with low-income, historically underserved communities. This fund will remain open throughout 2025 to remain responsive to new fires. Through 4,602 donations \$2,280,894 has raised of a \$3,000,000 goal.



Caring for Our Planet



In our last issue we featured an article about clothing production and the fact that it contributes to **10%** of the pollution driving climate change. Here are some of the positive actions now being taken by denim industry, the biggest single textile product type sold around the world, and some brands leading the charge in sustainable denim, whether through eco-friendly materials, cleaner production, or circular design.

Denim, especially blue jeans, is extremely popular in all geographic regions, social groups and ages. In order to meet global demand, there needs to be bulk production. This means that the overall environmental impact of denim or blue jeans manufacture is significant. Improvements in each step of production offer potentially significant reductions in overall environmental impact as well as cost-saving for the industry.

1. WATER REDUCTION TECHNIQUES

Laser and Ozone Finishing: Brands are ditching water-intensive stone-washing for laser and ozone technology, which can reduce water use by up to 90%. **Water Recycling Systems:** Factories are installing closed-loop water systems to clean and reuse water instead of discharging it.

2. SUSTAINABLE COTTON

Organic Cotton: Uses less water and no synthetic pesticides. Major brands are committing to higher percentages of organic or regenerative cotton. **Better Cotton Initiative (BCI):** Aims to make conventional cotton farming more sustainable through improved practices.

3. ECO-FRIENDLY DYES & FINISHES

Indigo Innovations: New dye technologies use plant-based indigo or dyeless processes. **Foam Dyeing (Dry Indigo®):** Replaces water with foam—cutting water use by 90% and energy by 65%.

4. RECYCLING & CIRCULAR FASHION

Recycled Denim Fibers: Brands are incorporating post-

“PATIENCE IS BITTER, BUT ITS FRUIT IS SWEET. “

—JEAN-JACQUES ROUSSEAU

consumer waste into new jeans. **Take-Back Programs:** Levi’s, Nudie Jeans, and others accept old jeans for repair or repurposing. **Design for Disassembly:** Jeans made to be easier to take apart and recycle at end of life.

5. ENERGY EFFICIENCY & RENEWABLES

Green Factories: Solar panels, biomass boilers, and energy-efficient machines are reducing carbon footprints. **Carbon Accounting:** More brands are now publishing carbon emissions and setting Science-Based Targets for reduction.

6. TRANSPARENCY & TRACEABILITY

Blockchain and QR Codes: Some companies now let you scan your jeans to see exactly where materials came from and how they were made. **Certifications:** Look for OEKO-TEX®, GOTS, and Cradle to Cradle labels as signs of lower environmental impact.

LARGER BRANDS WITH SERIOUS SUSTAINABILITY COMMITMENTS:

Levi’s – Investing in Water<Less® technology and cottonized hemp, plus take-back programs.

Madewell – Offers denim recycling in stores (through Blue Jeans Go Green) and uses Fair Trade certified factories.

Gap – Member of the Better Cotton Initiative, and rolling out water-saving dye techniques.

H&M (Conscious Collection) – Includes organic and recycled cotton denim with transparency on impact.

Nudie Jeans (Sweden) – 100% organic cotton, free repairs for life, and reuse/resell programs.

MUD Jeans (Netherlands) – Pioneers of “Lease a Jeans” program, and their jeans are made



Caring For Our Planet

“NOT ALL CLASSROOMS HAVE FOUR WALLS.”

— UNKNOWN

Innovative Fishing Gear to Protect Whales

In California, crab fishermen are testing "pop-up" fishing gear designed to reduce whale entanglements. Traditional vertical lines connecting crab pots to surface buoys pose risks to migrating whales. The new gear eliminates these lines, using remote acoustic-release devices to retrieve pots, allowing whales to pass safely overhead. This initiative aims to balance fishing activities with whale conservation efforts .

[New gear could keep California crab fishermen on the water longer, and whales safe | AP News](#)

Responding to Sea Lion Health Crises

SeaWorld San Diego's animal rescue team is addressing a surge in sea lion rescues due to domoic acid poisoning from toxic algae blooms. The team has doubled its staff to manage the influx of emergency calls, providing critical care to affected animals. This response highlights the importance of rapid intervention in marine wildlife health emergencies .

[Inside the fight to save California's dying sea lions from toxic algae: 'We're like 911 operators' | California | The Guardian](#)

Utilizing Technology for Seabird Conservation

In Bermuda, conservationists are using modified GoPro cameras with infrared capabilities to monitor the elusive cahow seabirds in their underground nests. This non-intrusive method provides valuable insights into the birds' behaviors and aids in their protection, demonstrating how accessible technology can support wildlife conservation .

[Hacking GoPros to help save the Atlantic's rarest bird | The Verge](#)

Community-Based Shark Conservation

In Indonesia, community-led conservation efforts have successfully reduced thresher shark fishing by 91%. By involving local communities in conservation strategies, this approach has led to significant declines in shark catches, showcasing the effectiveness of community engagement in marine conservation .

[Conservation news on Marine Conservation](#)

Seal 'oceanographers' reveal fish abundance

A new study used northern elephant seals — marine predators that forage in the twilight zone — to help understand fish abundance deep down, both five decades into the past and two years into the future. The open ocean's twilight zone, a vast deep ecosystem rich in fish biomass, is poorly understood because it is expensive and challenging for humans to reach its depths 200–1000 meters (660–3,280 feet) below the surface. The findings show how apex marine predators, such as elephant seals, can serve as lookouts in understanding how fish abundance flows through marine food webs. Given increased interest in fishing in the twilight zone and the unfolding effects of climate change, seals and other deep-diving marine predators could help keep an eye on changes in the oceans' depths.

[Seal 'oceanographers' reveal fish abundance in Pacific Ocean's twilight zone](#)



Thinking Ahead

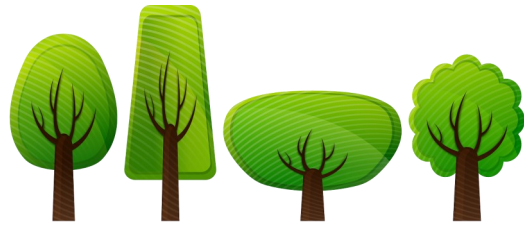
Here in the Northeast we have some very old trees and we thank the forward thinking tree enthusiasts who planted them perhaps 100 years ago or more. However many trees are reaching the end of their life cycles and are being taken down as power companies need to ensure safety and prevent service disruptions. In addition, many homeowners are cutting down trees that are diseased or dangerous. Should we replace these trees?

Planting Trees Helps the Environment

- ♦ Trees absorb carbon dioxide – Trees act like natural carbon vacuums, soaking up CO₂ from the air and storing it.
- ♦ Trees produce oxygen – A mature tree can produce enough oxygen for up to 2 people per year.
- ♦ Trees fight climate change – Forests cool the planet and help regulate weather patterns.
- ♦ Trees prevent soil erosion – Tree roots stabilize soil and reduce the risk of landslides and flooding.
- ♦ Trees supports biodiversity – Trees provide homes and food for birds, insects, mammals, and fungi.
- ♦ Trees clean air & water – Trees filter out air pollutants and help maintain clean water sources.

The Benefits of Planting Trees in Cities:

Reason #7 Trees are good for our mental health and well-being. Being around nature, specifically trees, has been shown to reduce the levels of cortisol in our brains. This is otherwise known as the stress hormone, and lowering it can help to reduce the symptoms of anxiety and stress. You can find the other nine reasons at [Trees in our cities: 10 reasons we need to plant more | Trees for Cities](#)



Tree-Planting Organizations

One Tree Planted: One Tree Planted is a non-profit organization dedicated to global reforestation efforts. Since its founding in 2014, it has planted over 135.5 million trees across 82 countries, restoring more than 118,518 hectares of forest. The organization operates in six global regions, including North America, Latin America, Africa, Asia, Europe, and Oceania, partnering with local communities and environmental organizations to create a positive impact on the environment. <https://onetreepanted.org/>

Eden Reforestation Projects: Eden Reforestation Projects is a nonprofit NGO that works in developing countries to rebuild natural landscapes destroyed by deforestation. They partner with local leaders to produce, plant, and protect native tree species in affected geographies around the world. So far, they have planted more than 500 million trees globally. <https://eden-plus.org/about/>

Trees for the Future: Trees for the Future is a non-profit organization focused on land restoration in developing communities worldwide. It has been recognized as a UN World Restoration Flagship, aiming to restore 229,000 hectares of drylands by 2030. The organization trains farmers in agroforestry and sustainable land use practices to promote environmental health and community resilience. <https://trees.org/>

**“THE BEST TIME TO PLANT A TREE
WAS 20 YEARS AGO.
THE SECOND BEST TIME IS NOW.”
– CHINESE PROVERB**





GOOD FOR THE GARDEN

Worms

Worms are very beneficial to gardens. They are critical to soil health and provide crucial benefits such as improving soil structure and aeration, breaking down organic matter, increasing nutrients in the soil, improving soil porosity and water-holding capacity, reducing erosion and nutrient runoff. By increasing porosity they aid oxygen in getting into the roots of the plants. You are probably thinking earthworms and nightcrawlers, but check out using Red Wigglers. Red Worms are best at this for lawns and gardens because they work close to the surface.

<https://unclejimswormfarm.com> or
[Best Worms For Vegetable Garden Guide](https://www.bhg.com/is-wood-ash-good-for-the-garden-8704010)

Coffee Grounds

Coffee is acidic and coffee grounds can be used as fertilizer in the garden. They are a source of organic matter and contain small amounts of nitrogen, as well as trace amounts of phosphorus, potassium, and micronutrients. Coffee grounds can be used as a slow-release fertilizer by sprinkling them thinly onto the soil or adding them to compost. Acid-loving plants include azaleas, blueberries, camellias, daffodils, hydrangeas, mountain heather, nasturtiums, and rhododendrons like coffee grounds. Tomatoes, Black-eyed Susans, daylilies, lavender, yarrow, kiwi, forsythia, and horse chestnut trees do not. House plants like coffee grounds too!

<https://www.fullcoffeeroast.com/use-coffee-grounds-as-fertilizer/>

Wood Ash

The ashes from a wood-burning fireplace or wood-stove can help improve your garden soil. Wood ash can raise soil pH, fertilize vegetable gardens, and lower the carbon footprint, but they can also harm acid-loving plants and burn roots. Wood ash has nutrients plants need, like potassium and phosphorus, so it can be a way to feed plants in your garden. However, you don't want to use too much. Visit this website for tips that will help you use wood ash in the garden safely and effectively.

<https://www.bhg.com/is-wood-ash-good-for-the-garden-8704010>



WE MAY THINK WE ARE
 NURTURING OUR GARDEN.
 BUT OF COURSE,
 IT'S OUR GARDEN,
 THAT IS REALLY NURTURING US.
 —JENNY UGLOW

Hope Heroes

Educators know of **Salman "Sal" Khan**. He is the founder of **Khan Academy**, a non-profit organization offering free, world-class education for anyone, anywhere. What started as simple YouTube tutorials to help his cousin with math has grown into a global platform used by millions of students, teachers, and schools.

By offering lessons in dozens of languages and covering subjects from math to science, history, and even test prep (like SATs), he's made high-quality learning accessible to all.

Khan Academy gives people the ability to learn on their own schedule, regardless of location, income, or background. It's also a powerful classroom tool, helping educators tailor lessons to student needs.

<https://www.khanacademy.org/>

**"DON'T COUNT THE DAYS,
MAKE THE DAYS COUNT."**

– MUHAMMAD ALI

Jason Tatum of the Boston Celtics is committed to giving back through **The Jayson Tatum Foundation**, which supports children, youth, and families through educational initiatives, sports programs, and support through mentorship, and community outreach.

Inspired by the values instilled in him by his mother and his faith, Jayson's love for his hometown of St. Louis runs deep, shaping both his journey and his unwavering commitment to giving back. For Jayson, giving back isn't just an obligation—it's a lifelong mission to uplift the city that helped shape him.

<https://thejaysonatumfoundation.org/>

José Andrés is a world-renowned chef, restaurateur, and humanitarian originally from Spain, now based in the U.S. He's best known not just for his innovative cuisine, but for using food as a powerful tool for emergency relief and human connection.

In 2010, after the devastating earthquake in Haiti, he founded **World Central Kitchen**, a nonprofit that delivers fresh, nutritious meals to people in disaster zones. Since then, WCK has provided tens of millions of meals around the world including:

Ukraine – Fed millions of displaced families during the ongoing war.

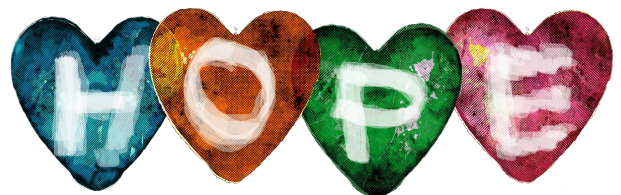
Puerto Rico – Delivered meals after Hurricane Maria when other aid systems were overwhelmed.

Maui, Hawaii – Rapid response to the 2023 wildfires.

Turkey & Syria – After the 2023 earthquakes.

COVID-19 pandemic – Set up food distribution sites across the U.S.

Andrés shows that a warm meal can restore dignity, hope, and strength during chaos. He leads by doing—often showing up in person at disaster sites, cooking alongside volunteers. He uses his platform to challenge slow-moving government responses and push for faster, more compassionate aid systems.



The Last Word



The Black Spot

One day, a professor asked his students to prepare for a pop quiz. As the students waited anxiously, the professor handed out the quiz with the text facing down as usual. Once he handed them all out, he asked the students to flip the page over and begin the quiz.

To the students' surprise, the paper had no questions on it, just a black dot in the center of the page.

The professor told the students to write what they saw on the page. The students found this task to be inexplicable, but started writing on the blank page. At the end of the quiz, the professor took all the answer papers and read each one of them in front of the students.

Without exception, all of the students described the black dot, explaining its position, color, size, etc. The classroom was silent as the professor read their answers.

Then the professor explained, "This test was meant to give you something to think about. You all wrote about the black dot on the paper, and no one focused on all of the white around it.

The same thing happens in our lives. We always focus on the dark spots, even though we have reasons to celebrate, friends around us, jobs that provide our livelihood, and miracles surrounding us every day."

When we focus only on the dark spots, our failures, health issues, lack of money, complicated relationships, disappointments, etc., our minds are polluted by a very small element compared to all of the good things we have going on in our lives.

Take your eyes away from your failures and anything holding you back. Remember all of the positive things you have going for you to keep moving forward through the rough times.

Reprinted from [11 Short Stories About Perseverance & Never Giving Up](#)

Why are some phrases blue?

Click on control and the blue words at the same time and you will be taken to the website.

Curriculum of Hope is a Standing Committee of Connecticut State Organization, DKG.

Our intent is to promulgate resources and information, not to endorse products.

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"Time is a great healer, but a poor beautician."

— Lucille S. Harper