

Chime In Youth Ambassador Call 11.11.15

Kelly began the call by posing a question: How have things changed for you since the beginning of our time together?

Manda answered first. She said this has given her a chance to learn more about the world and how people are dealing with situations in all parts of the world. The focus of her project has been on environmental sustainability. There are huge problems in her country, Mongolia, and her project has been helpful in educating people there about the environment. She created videos and Kelly asked her to share them with the group.

Susan said the whole process has been an amazing growth opportunity for her. She has been challenged by taking everything she has ever learned, starting first with the World Peace Caravan and then transition into Chime In and planning the trip to Guatemala. She has especially enjoyed watching everyone else grow as well and see them all accomplish great things. She is now working behind the scenes to get as many ambassadors to Guatemala as possible and is talking to the airlines about getting free or reduced fare tickets.

Susan also emphasized that Chime In is continuing on into the future and that if for some reason you are unable to make the trip to Guatemala, there will be another group trip in September 2016.

Kelly turned the discussion to healthy lives, the main topic for this month. She began by reciting a quote that shows how important it is to do something, even if it only helps one person. Kelly said there is a part of her that is satisfied that she is doing something, by leading this group and building even a few houses in Guatemala. It would be easy for her to be overwhelmed by all the needs in the world that she can't do anything about, but knowing that she's doing something positive makes her feel as if she's making a difference in this world.

Jessica said she's focusing on writing letters to or her close friends and family about what the organization is about. She's planning an event at a coffee shop to publicize the work of the group and to get the word out.

Susan talked about healthy lifestyles and how to bring that to the trip to Guatemala. The most important thing is to drink enough healthy water in your system and in Guatemala everyone will have to drink bottled water to keep themselves hydrated and not to use ice from tap water. They will also have to be careful about eating fruits and vegetables there, making sure only to eat them cooked. She also emphasized the importance of eating healthy snacks, like protein bars with no sugar in them, packaged nuts, peanut and almond butter, rice crackers, protein cookies. You will want to bring light clothes and layers that can be removed as the day gets warmer. She also suggested bringing flip flops, sneakers and in general items that you don't mind getting dirty or muddy. Also you will need to bring a sturdy bag for your personal

belongings, and items like antibacterial products. She will be providing a list of recommended items as the trip grows nearer.

Jessica asked where everyone will be sleeping. Susan said they will be spending two nights in a hotel and then they will be staying in a school close to the building sites. She suggested bringing a light sleeping bag or a sheet in which you can slip into at night. It will be a camping type situations. There will be bathrooms but not a typical shower so you will have to bring products to help keep yourself clean. There is no need to dress up so bring comfortable clothes including several T-shirts. Jessica suggested bringing a yoga mat to sleep on.

Susan also talked about items you can bring to give to the children in the community, things like pens or toys or clothing or books.

Susan also asked the group for their thoughts on how they'd like to see Chime In function moving forward. There are already many plans in the works but we are soliciting advice from everyone on how they'd like to see this group working to promote change in the world. Jessica says she sees herself doing a summit, raising awareness in the world, and using the Youth Ambassador Program as a means to get others to contribute to the world. Manda looks forward to being a mentor to guide and help someone to find themselves.

Kelly then directed the group to the website and thoughts from Barbara Marx Hubbard about quantum evolution, how we can grow as a society exponentially. She talked about the moment of the meltdown, when everything seems to go wrong, but is also the opportunity for new growth to begin. Hubbard says that most people relate to the meltdown as a bad thing and stop there. But if we know that we're on the brink of finding our wings we can work with the meltdown instead of fighting against it, as we can realize that something bigger and better will happen. We can evolve more quickly as humans if we can ask ourselves what old structures of mine are breaking down and what new aspect of my life is wanting to come into being. Then we can be engaged in the process of making those new structures happen. This is a positive way of being in the meltdown instead of stopping or giving up.