

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



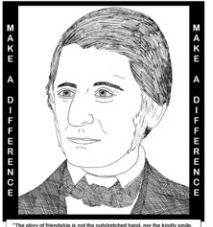
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



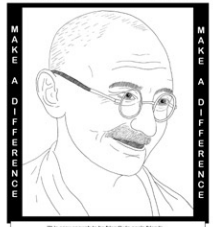
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

What's Your  
**BetterWorld**  
 Issue:  
**FRIENDSHIP**  
 ...make a difference...

Do One Thing  
for a Better World.

Together  
We Make a World of Difference!

BE A HERO FOR A BETTER WORLD



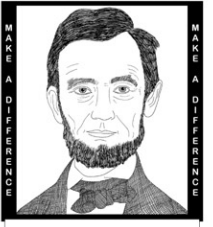
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



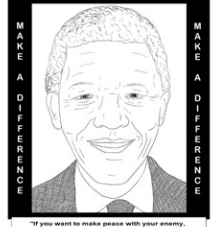
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



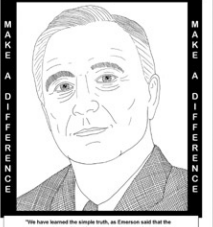
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



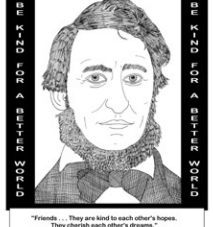
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



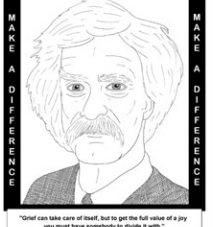
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



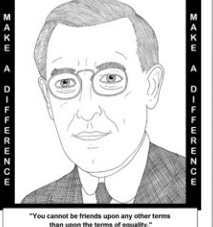
Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



Do One Thing for a Better World

© The Emily Fund  
Distribute freely - no endorsement implied

[DoOneThing.org](http://DoOneThing.org) - [EmilyFund.org](http://EmilyFund.org)

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"We need each other, deeper than anyone ever dares to admit even to themselves. I think it is a genetic imperative that we huddle together and hold on to each other. There is no question in my mind that there is nothing else in life, really, than friendship." -- Dr. Patch Adams

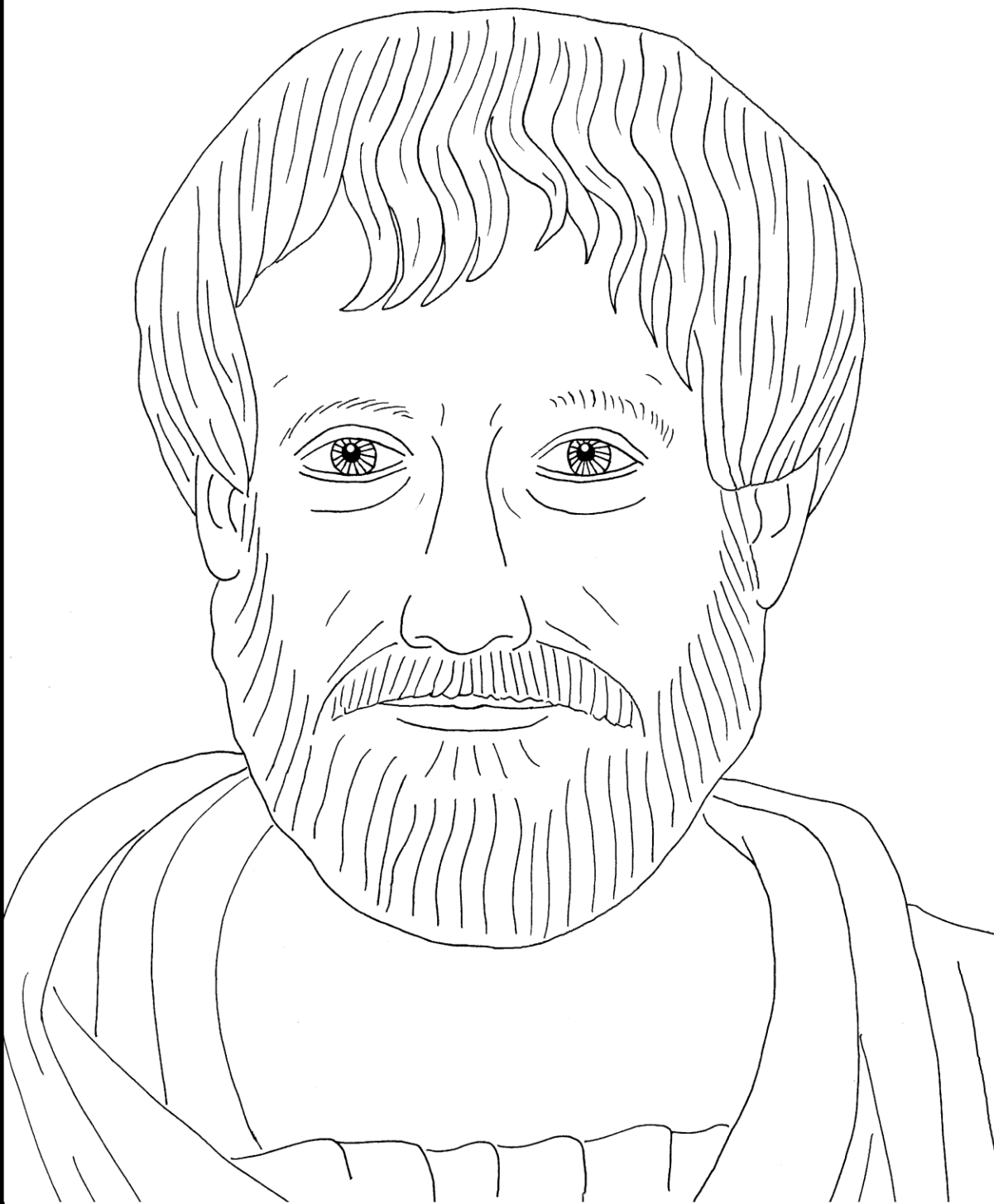
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Friendship is essentially a partnership."  
-- Aristotle**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"...to have a friend, and to be true under any and all trials,  
is the mark of a man!**

**-- Charles Eastman (Ohiyesa)**

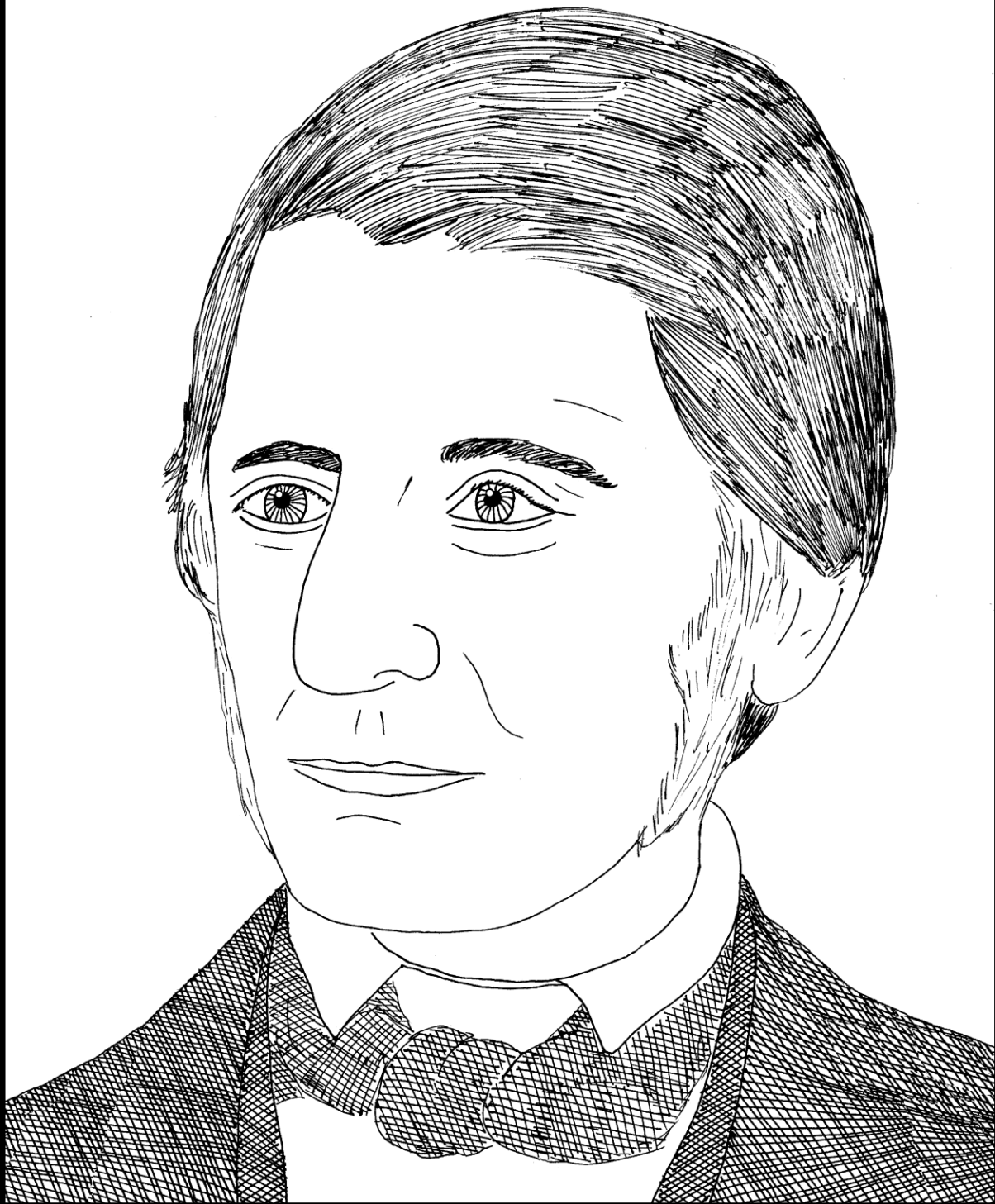
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it is the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him with his friendship." -- Ralph Waldo Emerson

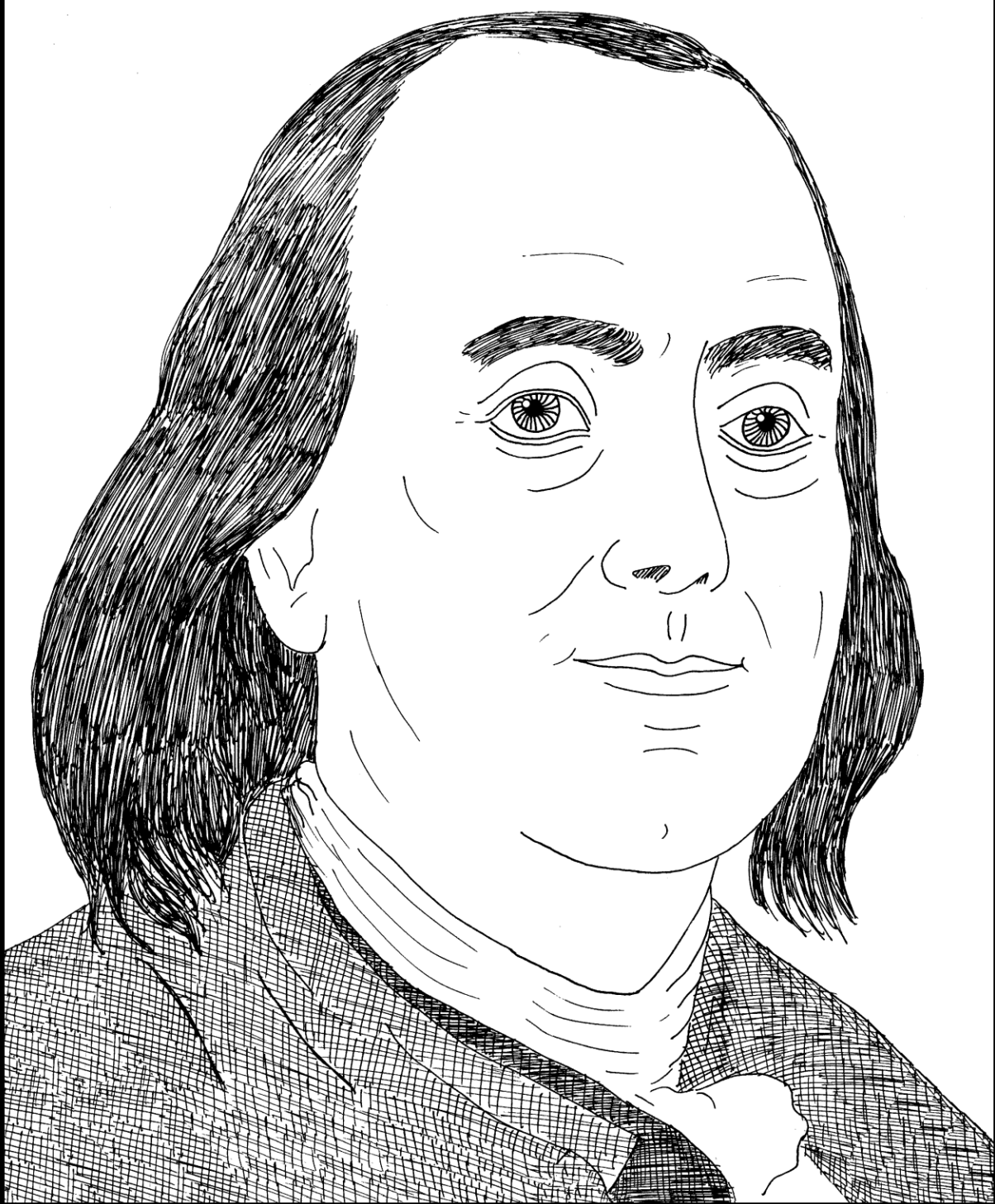
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Be slow in choosing a friend, slower in changing."  
-- Benjamin Franklin**

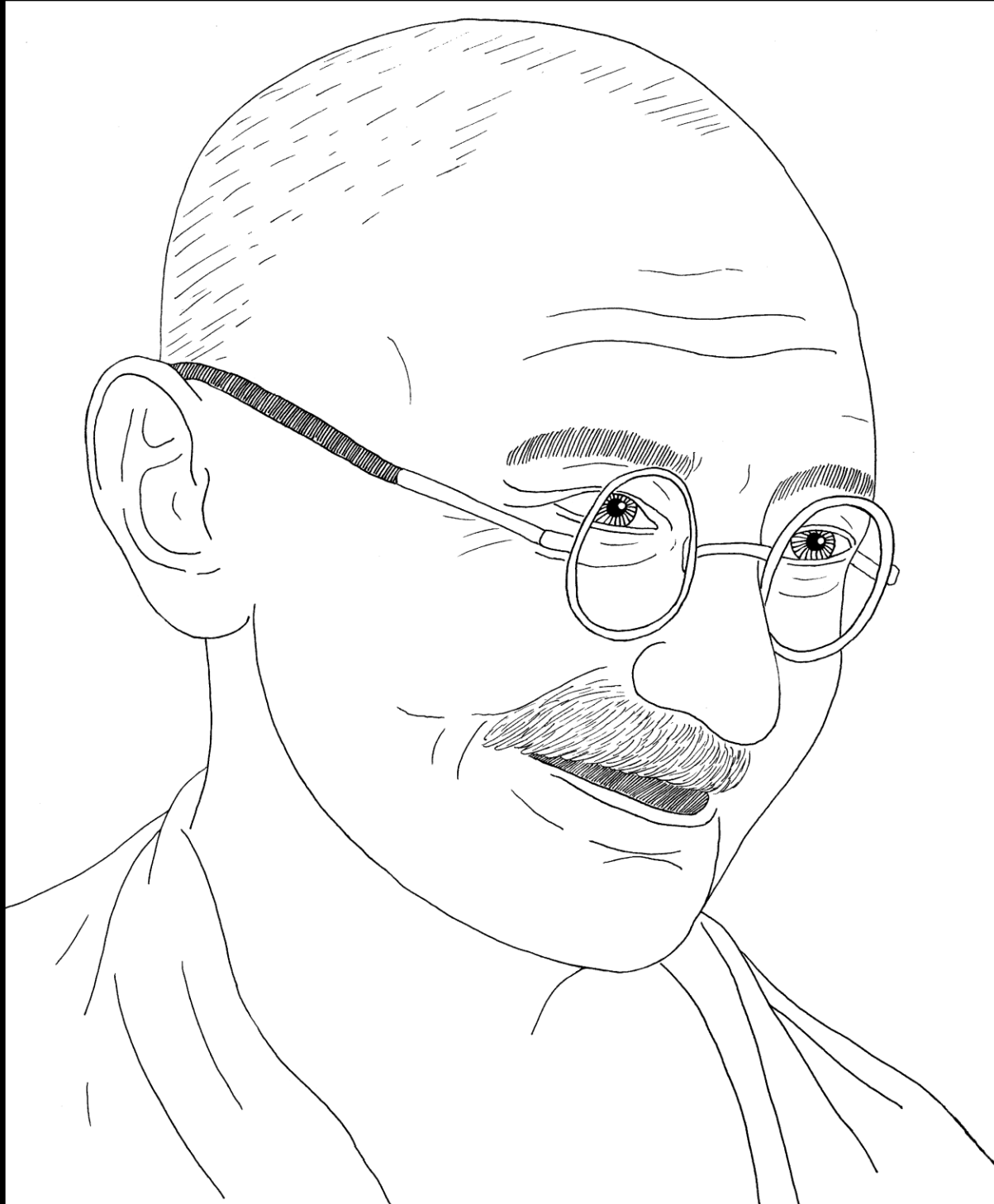
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"It is easy enough to be friendly to one's friends.  
But to befriend the one who regards himself as your enemy  
is the quintessence of true religion. The other is mere business."

-- Mohandas K. Gandhi

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Friendship needs no words -  
it is solitude delivered from the anguish of loneliness."  
-- Dag Hammarskjold**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BE A HERO FOR A BETTER WORLD

MAKE  
A  
DIFFERENCE



MAKE  
A  
DIFFERENCE

**"The best preparedness is the one that disarms  
the hostility of other nations and makes friends of them."  
-- Helen Keller**

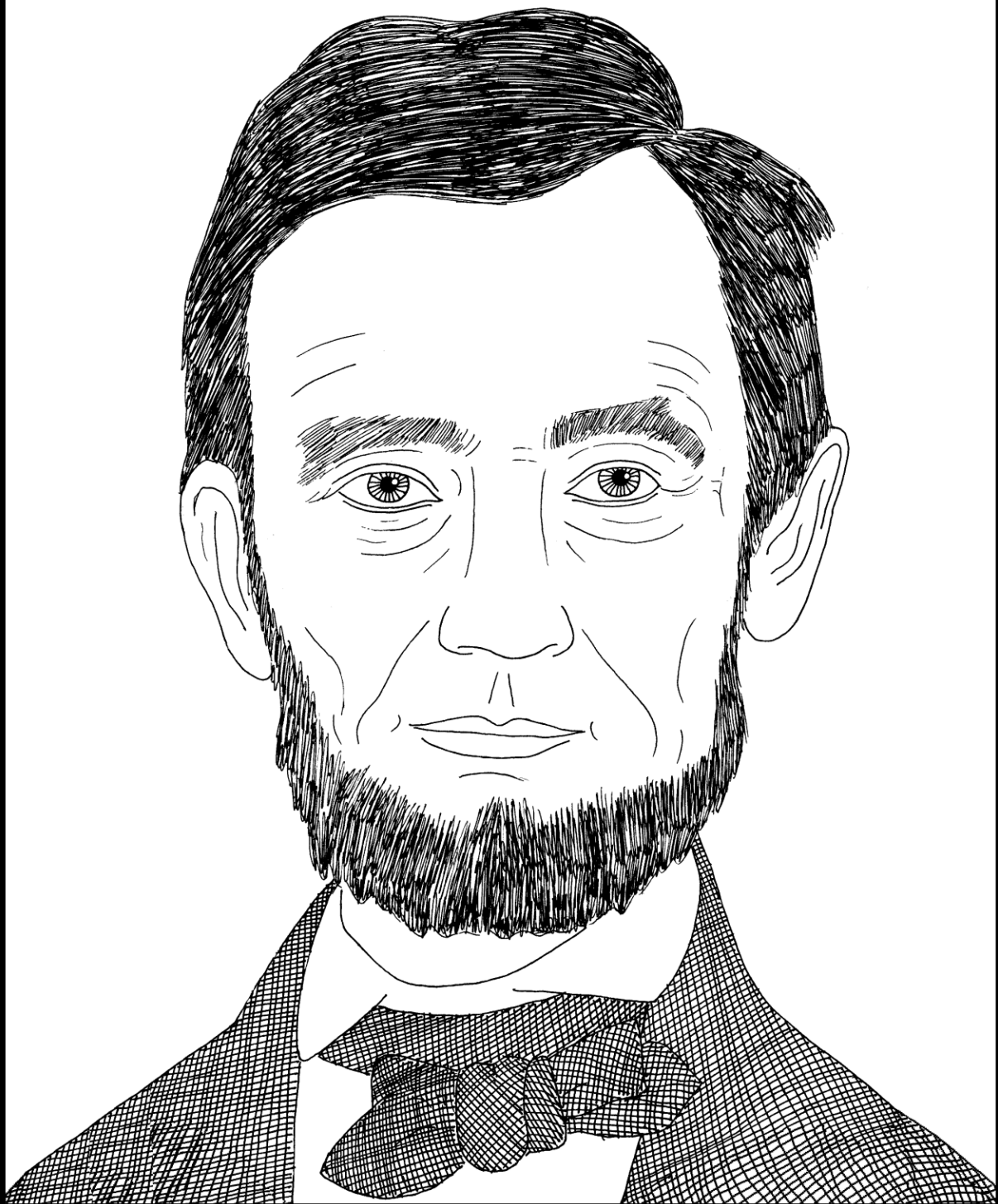
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"I destroy my enemies when I make them my friends."  
-- Abraham Lincoln**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"If you want to make peace with your enemy,  
you have to work with your enemy.**

**Then he becomes your partner."**

**-- Nelson Mandela**

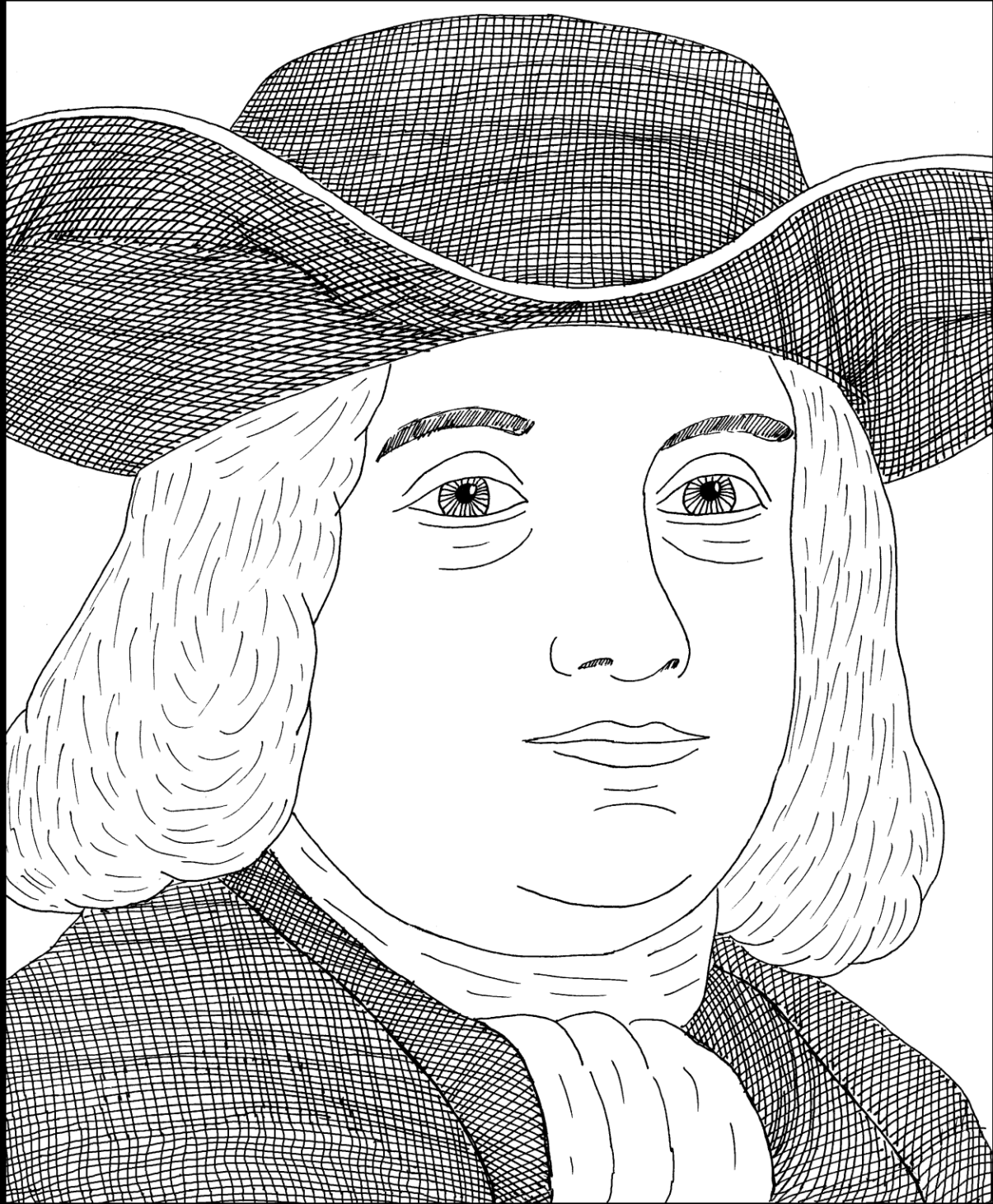
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Friendship is the union of spirits..."**

**-- William Penn**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Before we can make friends with anyone else,  
we must first make friends with ourselves."**

**-- Eleanor Roosevelt**

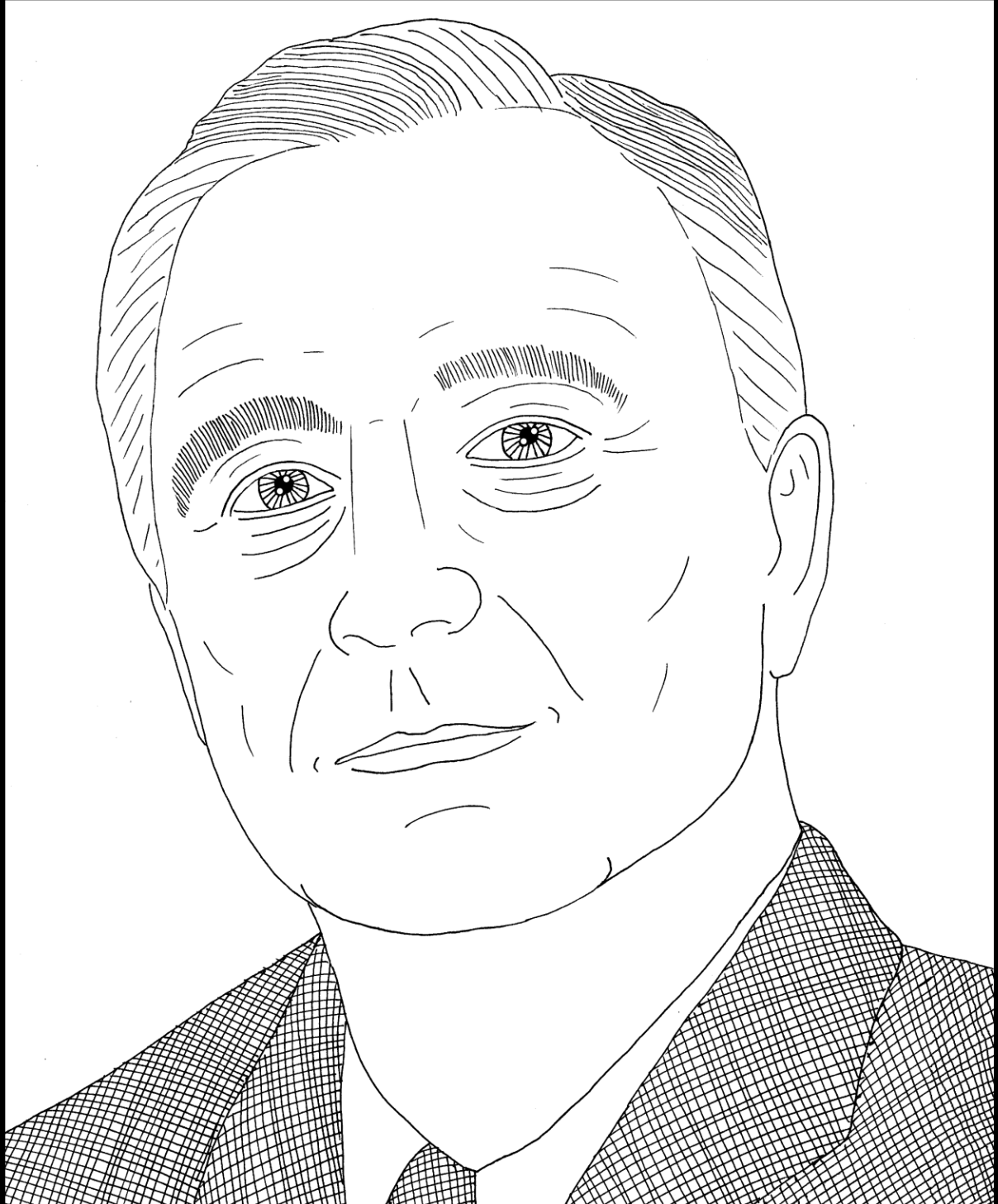
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"We have learned the simple truth, as Emerson said that the only way to have a friend is to be one. We can gain no lasting peace if we approach it with suspicion or mistrust or with fear."

-- Franklin Delano Roosevelt

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

**"If we let our friend become cold and selfish and exacting without a remonstrance, we are no true lover, no true friend."**

**-- Harriet Beecher Stowe**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Peace starts with a smile"  
-- Mother Teresa**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Every child deserves a chance at a life filled with love, laughter, friends and family."  
-- Marlo Thomas**

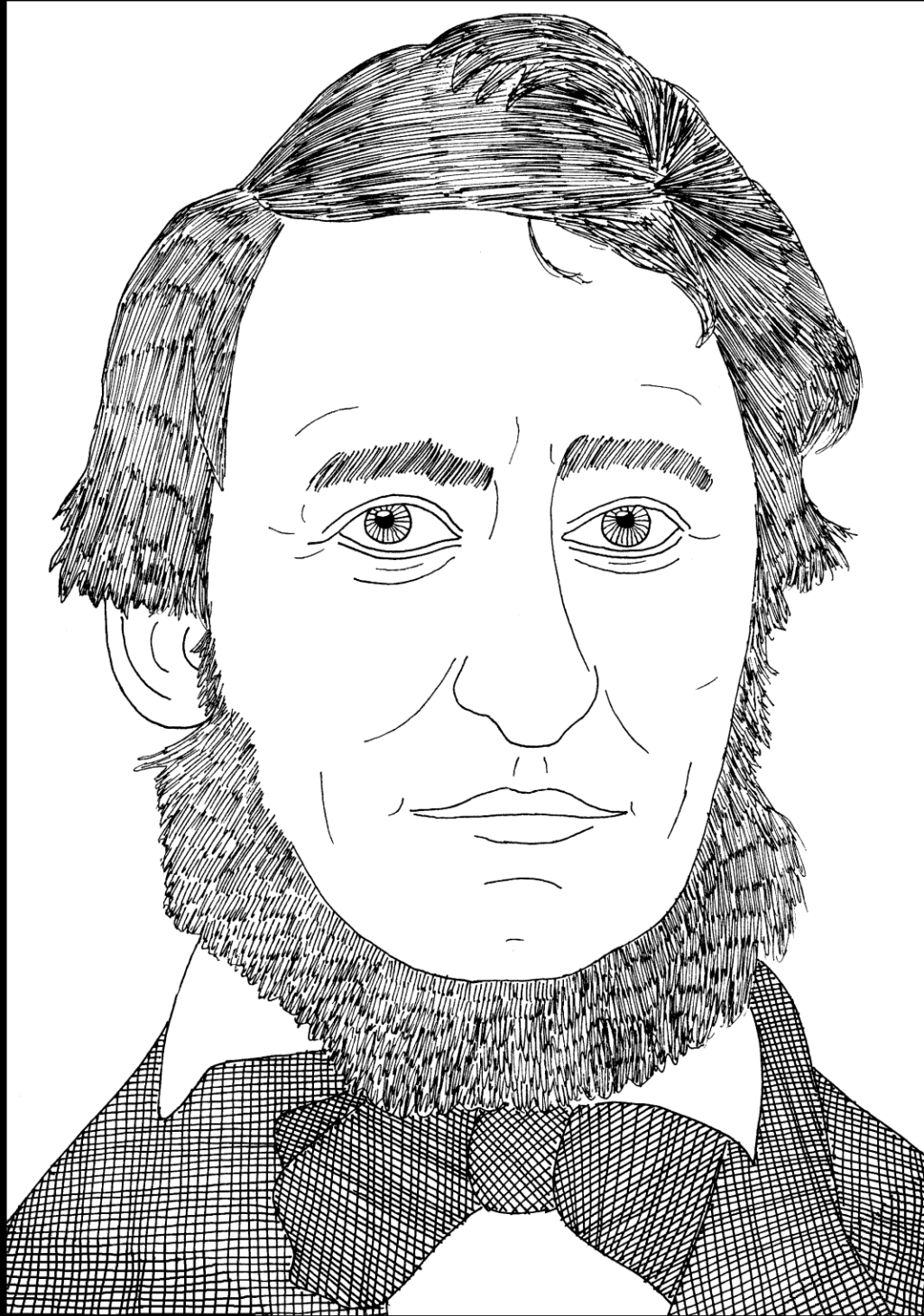
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

BE  
K  
DZ  
A  
R  
B  
T  
E  
B  
R  
E  
T  
T  
E  
R  
W  
O  
R  
L  
D



BE  
K  
DZ  
A  
R  
B  
T  
E  
B  
R  
E  
T  
T  
E  
R  
W  
O  
R  
L  
D

"Friends . . . They are kind to each other's hopes.  
They cherish each other's dreams."  
-- Henry David Thoreau

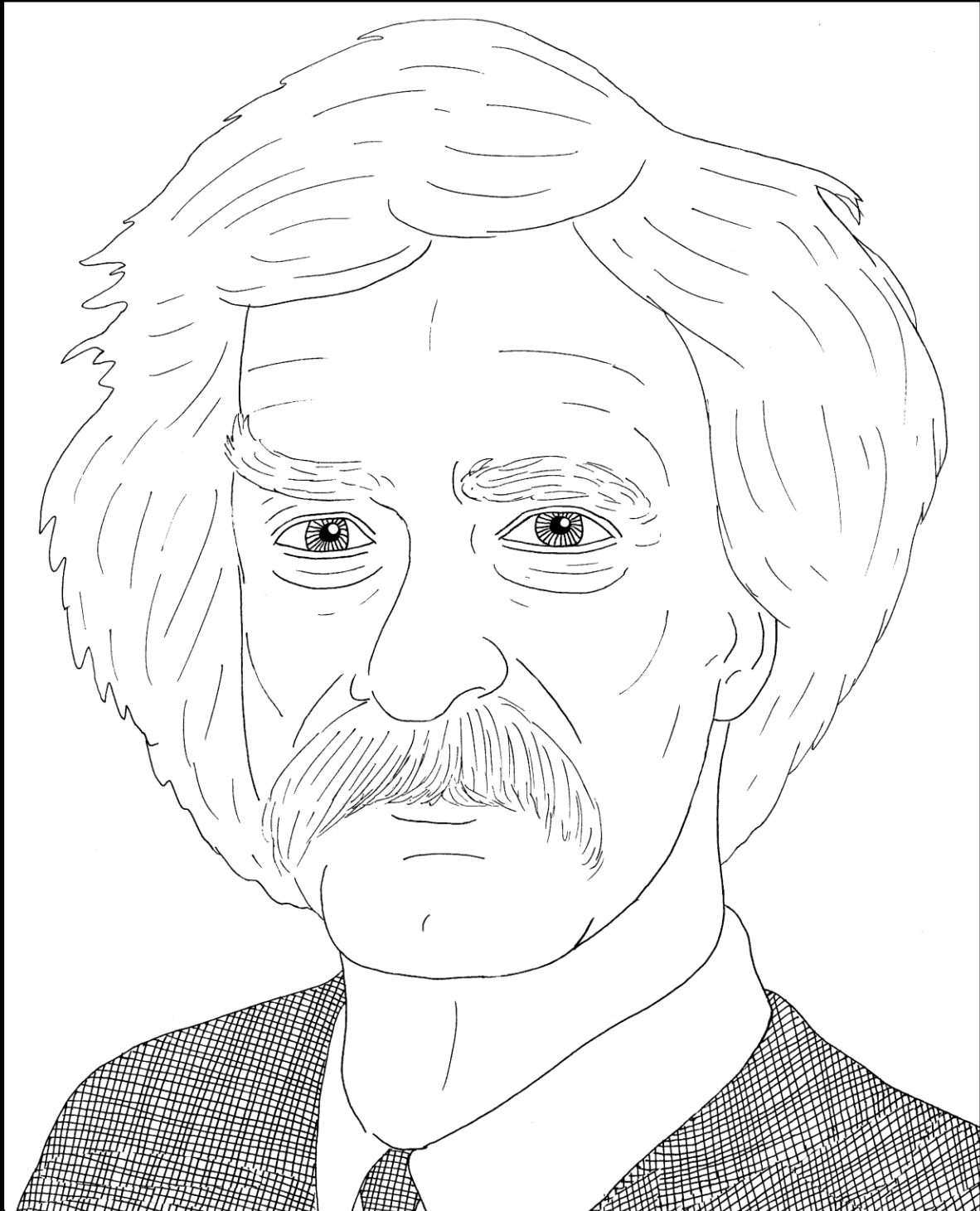
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

**"Grief can take care of itself, but to get the full value of a joy  
you must have somebody to divide it with."**

**-- Mark Twain**

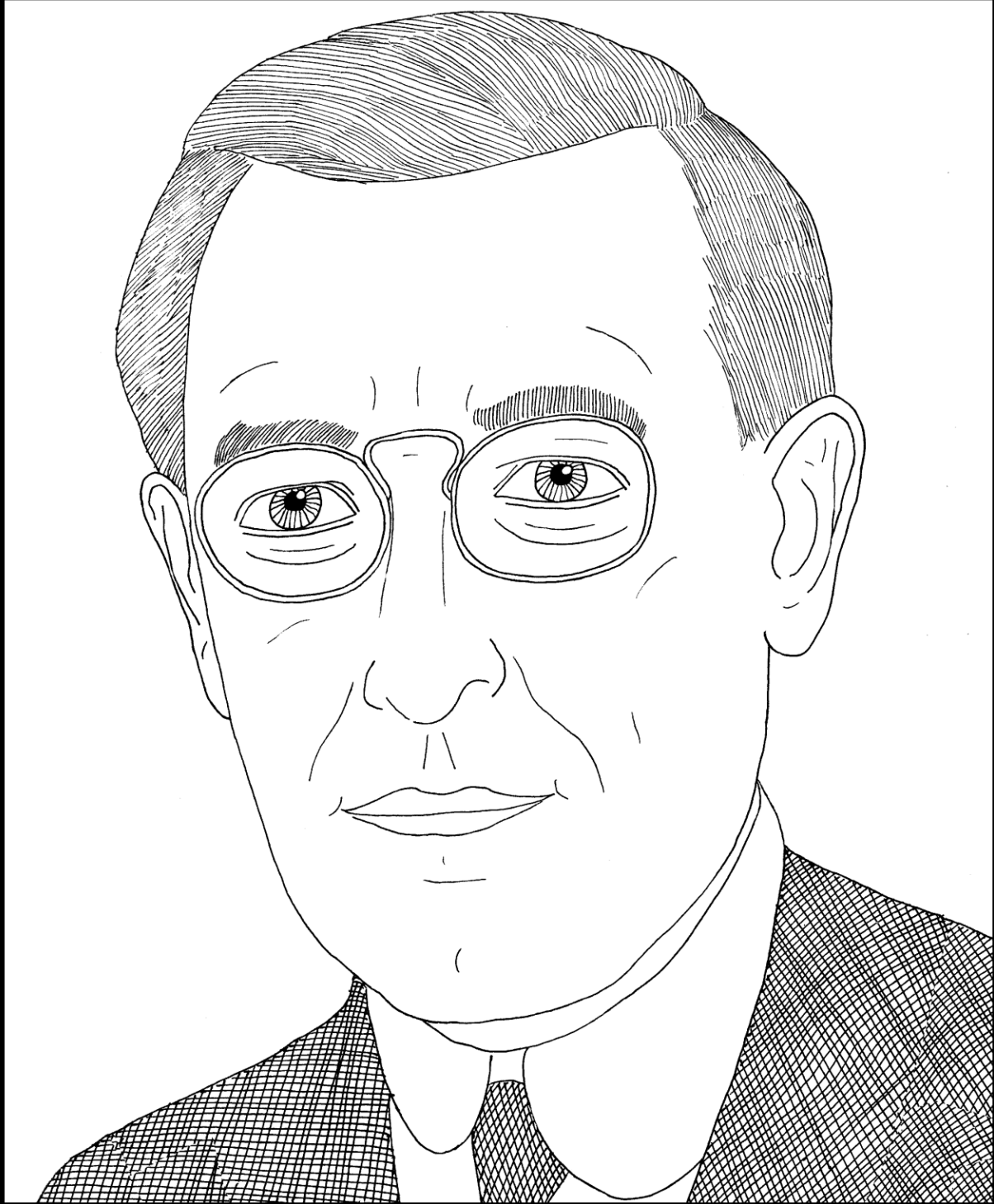
## **Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"You cannot be friends upon any other terms  
than upon the terms of equality."**

**-- Woodrow Wilson**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**