

Mesa dedicates peace pole at City Plaza

February 25, 2013 at 3:30 pm



In recognition of World Understanding Month the Mesa Sunrise Rotary Club dedicated a Peace Pole in front of Mesa City Plaza.

Dr. Ruth Lim speaks at the dedication of a Peace Pole at Mesa City Hall. Other speakers included Councilman Dennis Kavanaugh, Mesa Sunrise Rotary President Rory Gilbert and incoming Mesa Sunrise Rotary President Glen Steiner.

We welcome the citizens of Mesa to come together and build a community of peace and nonviolence.



LETTER OF INTENT

The undersigned, as citizens of (the City) Mesa, in (state/province) Arizona, in the country of United States of America hereby acknowledge our intention to help build a community City of Peace.

A City of Peace, as officially defined by International Cities of Peace, is a community that endeavors to make progress against violence and foster a culture of peace. A Culture of Peace is determined by the citizens of each community. As a guideline, United Nations Resolution A/RES/52/13 defines a Culture of Peace as a set of values, attitudes, modes of behavior and ways of life that reject violence and prevent conflicts by tackling their root causes to solve problems through dialogue and negotiation among individuals, groups, and nations.

For peace and non-violence to prevail, we endeavor to:

- Foster a culture of peace through education
- Promote sustainable economic and social development
 - Promote respect for all human rights
 - Ensure equality between women and men
 - Foster democratic participation
- Advance understanding, tolerance and solidarity
- Support participatory communication and the free flow of information and knowledge
 - Promote international peace and security

In addition to the UNESCO statement on a culture of peace, the Golden Rule (variously stated including "Do for others as you would have them to do for you") provides a universal statement for compassion and respect among a community's diverse philosophies, religions, and personal creeds.

Dated: 4-1-2022

Initiators and Primary Liaison

Kevin Lane Lewis

Shirley Carmichael

Bill Peters

Wendy Bergman

John I.

Title/Organization, if applicable

Exec. Director/Children's Benefit Foundation

President/Mesa Sunrise Rotary

Lieutenant/Mesa Police Dept.

Interim President/Mesa Community College

Senior Pastor/St. Matthew UMC

Cities of Peace, Inc. • 5818 Wilmington Pike #234, Dayton, OH 45459
www.InternationalCitiesOfPeace.org • Info@InternationalCitiesOfPeace.org

Paul M. Ostuday

Founder + owner of Inner Health Now



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| Salutation | Given Name | Middle Name | Surname |
|---|------------|-------------|----------|
| | Brooke | | Isingoma |
| Email: Brooke@stm Brooke@stmatthewmesa.org | | | |

Please print more pages if needed. Thank you.

Mesa, Arizona, United States: International City of Peace

VISION

To promote a diverse and inclusive community where each of our citizens reaches their fullest potential; we are a community known for its citizen engagement, volunteerism, and commitment to a high quality of life with peace and non-violence for all.

MISSION

To create a community that is caring, compassionate, respectful, inclusive and equipped to serve its citizens, the surrounding communities, and the world.

GOALS

- To promote programs and advocacy events to empower children and families.
- To launch activities that empower youth to be champions for peace.
- To expand the Proclamations for Peace and Non-violence throughout the community.
- To bridge the divides that separate people and neighborhoods.
- To create space to explore and promote peace through educational programs and community events.

FOUNDING PEACE COMMITTEE

Ruth T. Lim, M.D., Executive Director, Childrens Benefit Foundation, Co-Liaison

Theresa Carmichael, President, Mesa Sunrise Rotary

William Peters, Lieutenant, Mesa Police Department

Lori M. Berquam, PhD, Interim President, Mesa Community College

Brooke Isingoma, Senior Pastor, St. Matthew United Methodist Church

Paula Osterday RN, Founder and Owner, Inner Health Now, Co-Liaison

Local Mesa Events Promoting a Culture of Peace

Since 2005, the Children's Benefit Foundation invited the Mesa Sunrise Rotarians and other community leaders to form and take leadership of a task force for a community advocacy event promoting a culture of peace and nonviolence (see task force member logos below). A focus of the task force is to develop youth leaders who will be the future peacemakers of the Mesa community.



Rotary



MESA
COMMUNITY COLLEGE

A MARICOPA COMMUNITY COLLEGE





Children's Benefit Foundation



ADVISORY BOARD MEMBERS

President

Ruth Tan Lim MD MD(H)
FAAP, FAAARM
*Dobson Integrative Medical
and Pediatrics Center*

Secretary/Treasurer

Fred Kling III
Business Accounting Services

Carol Kling

*Marketing Services
Administrative support*

Ruth Tan Lim MD

Community Liaison

Luis Tan MD FAAP

Community Pediatrician

George Stavros MD

Family Practice

Milnat Communications

Public Relations

Gidget Poler

Community Events

Susan Stevens-Clarke

Consultant, Special Events

MAKING A DIFFERENCE FOR CHILDREN

OUR FUTURE

501© (3) Organization
Tax ID 86-0694314

2058 S. Dobson
Suite #6

Mesa, AZ 85202
Phone: 480-820-4507-
FAX: 480-491-2439

**PLEASE REMEMBER
CBF IN YOUR WILL OR**

PRESS RELEASE

INVITING COMMUNITY LEADERS TO **SUPPORT 2021 WEEK WITHOUT VIOLENCE OCTOBER 24th-30th** (A COMMUNITY ADVOCACY EVENT PROMOTING PEACE & NONVIOLENCE)

This is the 23rd year, that the Children's Benefit Foundation Inc. has taken leadership in promoting this Community Advocacy Event ...**Campaign/Champions Advocating Nonviolence C.A.N.®**.

The mission: to promote a culture of peace and nonviolence; together we C.A.N.®

The vision: Unite and empower all to Champion a Violence Free Community.

The Strategies are: through awareness, education, participation and involvement, we can make nonviolence a way of life.

A Safe Community is a COOL and GOOD place to live!

Join us and empower all (children, families, friends, schools, businesses, organizations, towns, cities, States, countries) to be **champions advocating nonviolence (C.A.N.®)**,

ACTIVITES:

- Peace Poster Poetry contest due on October 14, for ages below 6, 6-10, 11-14,15-18 and over 18 years. Judging on October 14. All participants will receive a special certificate.
- Peace Pole Dedication Sunday October 24th, 10AM at St. Matthew United Methodist Church
- Peace Pole event South West College of Naturopathic Medicine at 2140 East Broadway Rd, Tempe , Arizona 85282 .
- We will be asking for support with a Proclamation from Governor Ducey and the Mayors of Apache Junction, Avondale, Chandler, Gilbert, Glendale, Mesa, Phoenix, Scottsdale, and Tempe. We also will be asking for a letter of support from the Police Chiefs of: Chandler, Mesa, Gilbert and Tempe.

Our Task Force members are leaders from community organizations:

City of Mesa, Chandler I.C.A.N., Chandler DV Commission, Chandler UFS 80, Chandler Baha'i Community, Dignity Health, Dobson Pediatrics; Mesa Arts Academy; Mesa Police Department, Mesa Public Schools, Mesa Sunrise Rotary, Mesa Community College, Southwest College of Naturopathic Medicine. St. Matthew United Methodist Church. Rotarians, citizens, Educators, Families

Peace begins with a smile..... Mother Theresa

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." ~ **Martin Luther King, Jr.**

Those who promote peace have joy. **Proverbs 12:20**

It is COOL and GOOD to Promote Peace and Nonviolence. Please copy and share.

For more information- please call CBF Inc .at Dr Ruth Lim's office 480-820-4507 or Fax 480-491-2439

Mission: To enhance every child's journey through life; to champion wellness and preventative care for all children
Vision: To enable and encourage families to raise healthy and secure generations of children

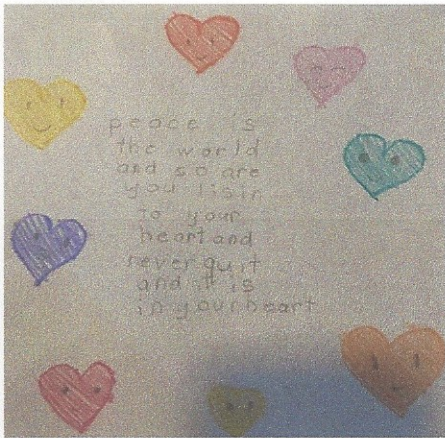
In conjunction with the Children's Benefit Foundation, Mesa Community College, St. Matthew United Methodist Church, and Mesa Police Department, the annual Week Without Violence event champions strong families, safe children, and a peaceful community for all. The vision is to empower children and families for generations to be advocates for peace and nonviolence.



Proclamations for peace and non-violence acknowledging this effort received from the governor of Arizona and the mayors of Mesa, Tempe, Chandler, Gilbert, Avondale, Scottsdale, Phoenix and Glendale. Displayed at the Week Without Violence event, Oct. 2019.



Student winners of the Peace Poster Poetry Contest receive certificates on stage at the Mesa Community College Performing Arts Center

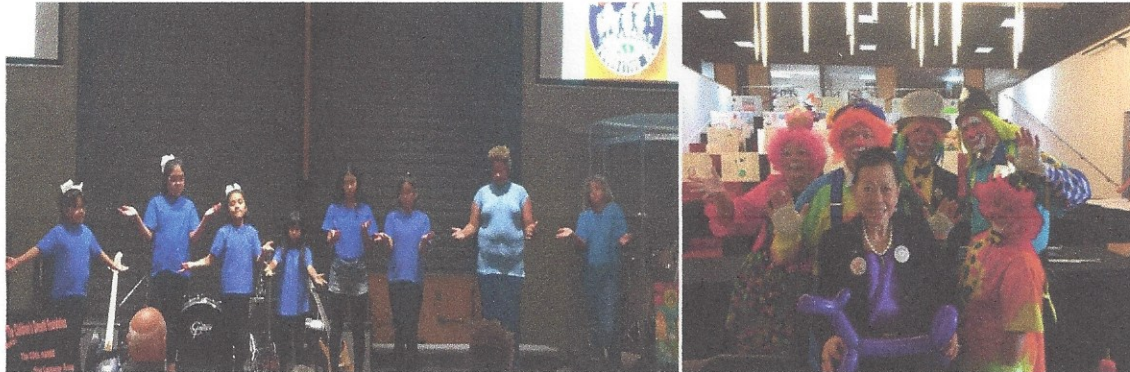


Children's Poster and Poetry Contest for Peace



Winning art work displayed in the lobby of the Performing Arts Center.

SAVE THE DATE! All children, ages 6- 18 years are invited to participate in the Peace Poetry Contest, October 2-8, 2022! The contest will conclude with a celebration at the Mesa Community College Performing Arts Center on Saturday, October 8, 2022, 2:00 – 4:00 PM.



Children’s Benefit Foundation - COOL Hands Sign Language Group Signing Peace Songs



Mesa Sunrise Rotary Club Celebrating Peace and Nonviolence at the Week Without Violence Event



Mesa Sunrise Rotarians with other rotary clubs participate with the IRC (The International Refugee Center)

St. Matthew United Methodist Church

St. Matthew United Methodist Church in Mesa, AZ, prays for peace regularly on Sunday mornings. Many members are involved in projects involving peace, reconciliation and nonviolence. They have a Peace Pole and rededicate it with a large gathering of members every fall. This year, the church, along with its partners, provided furnishings for an apartment for an Afghan refugee family. They are in partnership with the Korean United Methodist Church who share the church's sanctuary each week. They have a strong commitment to racial justice and have ongoing education for their members to promote equality and acceptance.



The church prays for Peace on Sunday mornings. Many members are involved in projects involving peace and nonviolence. Peace pole rededication; youths receiving awards for their winning posters

Mesa Community College

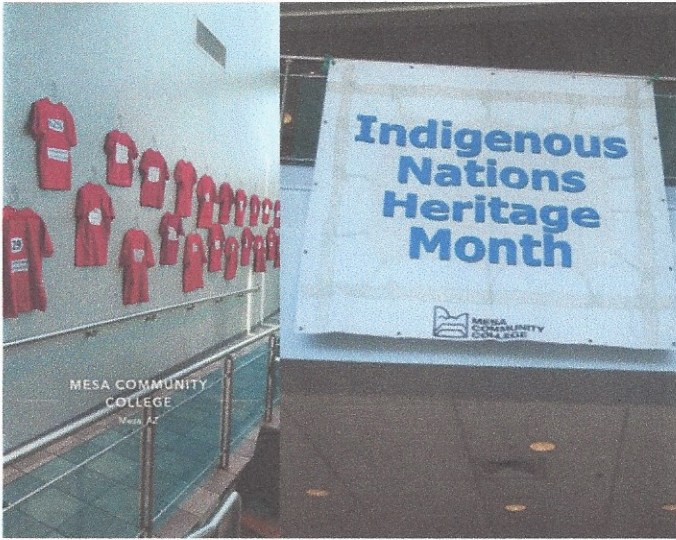
Mesa Community College (MCC) is a public community college in Mesa, Arizona. It is the largest of the 10 community colleges in the Maricopa County Community College District, the largest community college district in the United States in terms of enrollment.

MCC was launched in 1963 as an extension branch of Phoenix College. Capital funds from the bond election in 1964 enabled Mesa Community College to purchase 120 acres, with an option to purchase an adjoining 40 acres, for the new campus at Dobson and Southern Roads in Mesa.

Phase I construction began for Red Mountain Campus in 2000 and a groundbreaking ceremony was held in April 2000. The college now has two comprehensive campuses and additional locations to serve students. It offers more than 200 degrees, transfer, career and certificate programs and is one of the largest transfer providers to ASU, while many programs prepare students for immediate entry to the job market. Traditional, online and hybrid courses provide flexibility for students. Additionally, MCC Community Education offers hundreds of non-credit classes providing opportunities for lifelong learning in the arts, technology, fitness and personal development for all age groups. MCC is accredited by the Higher Learning Commission.

MCC promotes a culture of peace and inclusion through a variety of events and programs. Some of these are listed below:

1. Annual Day of Unity organized by Professor Danny White with Dr. Karen Hardin-Counseling Department promoting peace and nonviolence in October
2. The red silhouettes in the library for Women's History Month
3. Sponsor an Indigenous Nations Heritage Month
4. Clothesline Project - Every October Student Life at both the Red Mountain and Southern & Dobson campuses coordinate the Clothesline Project for Domestic Violence Awareness Month. They have worked with classes throughout the years to create the shirts. The Clothesline Project is probably our signature event for Domestic Violence Awareness Month, but we do put together a variety of other events to bring awareness to domestic violence.
5. Living Library
6. Peace recognition at the Performing Arts Center for student contest winners of poster poetry through the Children's Benefit Foundation, Inc.
7. Week Without Violence Proclamation signed by the college president presented at the annual Week Without Violence event for the Children's Benefit Foundation, Inc.
8. Peace poles in the campus and MCC Rose Garden



Women's History Month and Indigenous Nations Heritage Month



Clothesline Project

Mesa Community College at Red Mountain

LIVING LIBRARY

Wed. April 13
9:30am-12:30pm

M200

*30 minute sessions

Ch. 1: 9:45 am
Ch. 2: 10:25 am
Ch. 3: 11:05 am
Ch. 4: 11:45 am

Sat. April 30
9:00 am- 12:30 pm

Saguaro Building

*50 minute sessions

Ch. 1: 9:10 am
Ch. 2: 10:10 am
Ch. 3: 11:10 am

*Refreshments served at the close of each day



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***The Living Library showcases humans as books,
who engage in conversation with their readers as
they tell their stories.***

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**MESA
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE

Red Mountain Campus

7110 E. McKellips Rd (Power/McKellips)
Call (480) 461-6266 for info.



The Maricopa County Community College District (MCCCD) is an EEO/AA institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District.

The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, <http://www.maricopa.edu/non-discrimination>.



Living Library Event in 2018



Mesa Community College: two peace poles located in the rose garden and one opposite the library

Mesa Police Department – Commander Bill Peters

The Mesa Police Department provides law enforcement services and promotes peace and non-violence in the Mesa community through its founding of the Family Advocacy Center and its emphasis on community and volunteer engagement.



See display table at the Week Without Violence event 2019 at Mesa Community College

Provides community education and training for peace and safety for all.

Ruth Tan Lim MD , MD(H) , ND (Hon)



“Dr. Ruth “is a practicing physician in Mesa, Arizona since 1980. She is the founder of Dobson Integrative Medical Center. Her practice provides primary care services including newborns and adults in allopathic medicine, homeopathy, and botanical medicine. The goal is to optimize function and prevent diseases.

She served in Operation Desert Storm and retired with the rank of LTC from the active reserves in 2003. In 1992, she founded and is the volunteer director for the Children’s Benefit Foundation (CBF Inc., a 501 c3 charity) whose mission is to enhance every child’s journey through life; champion wellness and preventative care for all children

Since 2005 she has been the volunteer chair of the Task Force for the Week Without Violence, a community advocacy event, organized by the CBF INC. The mission is to empower children and families to champion peace and nonviolence ensuring a safe community for all. The event is supported by proclamations from the Governor of Arizona, Mayors of Mesa, Tempe, Chandler, Gilbert, Phoenix, Avondale, Scottsdale, Glendale.

She is a devoted peace and arts champion, donor and volunteer. She is also a passionate advocate board member and volunteer of organizations addressing health care for uninsured children, the homeless, migrant workers, and have participated in 23 medical missions in over 10 countries.

She serves/has served on many boards across the valley, including Mesa Arts Center Foundation, Idea museum, Mesa Sunrise Rotary, Southwest College of Naturopathic Medicine, Health care consortium, Parenting Arizona, Starlight foundation, Development Board of Mesa Community College, Chicano Por La Causa HHS Board, Chandler Domestic Violence Commission.

She recently received the 2022 Rotary District 5495 Champion of Peace Award. Other awards include the Woman of Distinction award from Soroptimist International (1994), Hon Kachina Award (2001) Mesa Woman of the year (2011), Governors Arts Award 2015, Heroes of Education Award from Mesa Community College, and APCA Lifetime Achievement Award (2016).

With the initiative from the CBF Inc., board, the organization has placed Peace Poles with the words "May peace prevail on earth." Peace poles have been placed at the City of Mesa Main Plaza in 2013, Campus of Mesa Community College in the Rose Garden and library, East Valley Institute of Technology, Mesa Arts Academy school, Montessori School, Queen of Peace School, Chandler Boys and Girls Club, and several domestic violence shelters in Arizona as far as Winslow and Navajo Nation. In 2012, a peace pole was placed at the Queens Park, a world Heritage site in Barbados.

Since 2005, the Peace Poster and Poetry Contest for Children from ages 6-18 is another activity to recognize children for their peace advocacy efforts.....creating the new future peace thought leaders for the community.

Contact information:

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Paula Osterday, RN, CH, RET



Paula is a registered nurse, Reiki Master Teacher, a Consulting Hypnotist and Rapid Eye Technician. She has also worked as a professional community organizer with the Industrial Areas Foundation, inspiring ordinary people to believe in themselves and to join together, across race and class, to build power for change in their churches, schools, neighborhoods and communities. In addition, she provides fundraising consulting to schools and churches who have a vision for their children and families that inspire the gifts of time, talent and treasure required to make positive change possible.

Currently, she is the owner and founder of Inner Health Now, a practice to promote physical, emotional and spiritual healing and balance to clients who desire it. Standing on the Western Medicine skills from her nurse's training, she now embraces Eastern Medicine practices and the new frontier of energy medicine. Through the intersection of these two perspectives, she arms people with the knowledge and practices they need to promote their own healing and to live happy and fulfilled lives.

Paula has been married for 46 years and has three grown children and 4 grandchildren.

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City of Mesa, Arizona

Historical and Current Peace Legacy and Challenges

Mesa is a city in Maricopa County, Arizona. It is the most populous city in the East Valley section of the Phoenix Metropolitan Area.

Mesa is the third-largest city in Arizona after Phoenix and Tucson, and is home to 504,258 people as of 2020 according to the Census Bureau.

The City of Mesa has a long history of peace and continues to make it a priority today. Mesa established the Alston House Center for Peace and Solstice, a public community space for convening and sharing ideas. They installed a peace pole with the support of City Council and the Human Relations Advisory Board in 2013. The pole is in front of Mesa City Plaza, so employees and visitors see it on their way into the building. They also participate in the annual Regional Unity Walk where seven local communities gather to celebrate their differences together. Their most recent accomplishment is passing a non-discrimination ordinance for the City of Mesa. In addition, they are launching a new diversity initiative 'Together Mesa' that showcases the voices that make up their dynamic city across media platforms, to foster the awareness and understanding that strengthens them as a community. All of this shows their commitment to diversity, equity and inclusion for all residents and visitors. They have committed to continue to take every opportunity to meet the challenges ahead to ensure a healthy and peaceful community.



Alston House Center for Peace and Solstice