

Upcoming Events

- Take Two Classic Movie : February 15, 4 PM, Belleville Church
- Take Two Classic Movie : March 15, 4 PM, Belleville Church
- Together with Ralph Ayers and Dick Cunningham: May 3, 2 PM Library

Contact us:

- 2cents4change@gmail.com
- 978-463-0507 (Cathie) or 978-358-7579 (Laurie)
- www.2cents4change.povertyprogram.com



Feb-Mar 2009

Pennies for Poverty: 2 Cents 4 Change Funding

2 Cents Grant: Funds the grants by donating 2 cents a day or \$7.30 a year! 100% of the money donated is given out in grants! Have a 2 Cent Jar to save your change and when full, deposit directly into the 2 cent bank accounts or write a check to *Pennies for Poverty* and note on the memo line: *2 Cent Grant*

Pennies for Poverty: Support the overall program! If 200 people donate just \$10, our program costs of \$2,000 a year are covered! Please help fund the overall costs of the program! Write a check to *Pennies for Poverty* and note on the memo line: *Pennies for Poverty*.

Pennies for Poverty: 2 Cents 4 Change
282 High St., Newburyport, MA 01950
978-463-0507

2cents4change@gmail.com
www.2cents4change.povertyprogram.com

2 CENT GRANT FUND

Starting Bal: \$1,709.24

Current Bal: \$1,972.08

2 CENT GRANT GIVEN OUT

\$0

PENNIES FOR POVERTY

Program Operating Account

Previous Bal: \$2,030.98

Current Balance:

\$2,030.98

Pennies for Poverty: 2 Cents 4 Change is a program run by volunteers from the community, funded by the community for the benefit of the community.

Pennies for Poverty: 2 Cents 4 Change, Inc.

Two Cents, Two Cans, Two Hours, **TOGETHER!**

Penny News

Pennies for Poverty: 2 Cents 4 Change, Inc. needs your help! We have initiated several new projects this year and are asking for the help and support of the community. Please help us by volunteering, financially supporting both the 2 Cent Grant fund and the overall program.

Myspace: Pennies now has a myspace page! www.myspace.com/2cents4change

Poverty Survey: Because of the economic times, an increase in the number of local families living at poverty level is expected and is already being seen. A Poverty Survey has gone out to all City Departments and Service Agencies and is available on our website. The results of the survey will be announced in March.

Common CENTS Garden: First Parish Church of Newbury has generously donated a vegetable plot. Pennies for Poverty is looking for volunteers to help plant, maintain, harvest and distribute the produce to the local food pantries and soup kitchens in Newburyport. If you would like to be part of this new initiative, please contact Fran Larkin at franlarkin@comcast.net.

Organic gardening classes are as followed and is required by First Parish of all volunteer gardeners: Deb Whalen's organic vegetable class will be on Friday, February 20, from 6:30 - 8:30 and repeated on Saturday, March 7, 5 - 7 PM. Our required organizational meeting will be held on Saturday, February 28, starting at 9AM. All of these events will be held at First Parish Church.

Common CENTS Resource Bank: Do you have a special skill? Do you have special knowledge such as home finance,

resume writing etc? Are you interested in being a mentor? If you would like to be part of this new volunteer opportunity, please call or email Dudley Glover at dgplumisle@aol.com.

2 Cent Grant: Help us fund the 2 Cent Grant by donating just 2 cents a day or \$7.30 a year! Just save your pennies; write a check and deposit at one of the 4 local banks that have 2 cent accounts (Institution for Savings, Eastern Bank, Provident Bank, or 5 Cent Savings Bank). Please help us fund books for literacy programs, fresh vegetables for the food pantries, and other programs and new initiatives! One hundred percent of the money donated to the grant is awarded to local organizations or individuals that work to reduce poverty here in Newburyport.

Pennies for Poverty: If 200 people donated just \$10, we would have our annual budget covered! We are a program run by volunteers from the community, funded by the community, for the benefit of the community.

Volunteers Needed Be a DoCENT

Can Drive at Shaw's to Benefit the local food pantries! March 27, 28, 29

Can you help for just 2 hours to help collect food? Sign-up for a 2 hour shift and help restock the food pantries!

March 30 ~ 9-11 AM

Help deliver food to the food pantries!

To sign up, contact Eleanor
978-358-7484

eleanor.turke@comcast.net

**GOOD PEOPLE, GOOD MOTIVES,
GOOD IDEAS AND GREAT PASSION
CAN ACCOMPLISH GREAT CHANGE!**

OTHER VOLUNTEER OPPORTUNITIES

Common CENTS Garden

Common CENTS Resource Bank

Be a Pennies Presenter and help us spread the word by doing speeches and presentations!

Write articles for the Pennies Newsletter.

Bloggers, myspace & facebook: give us a shout-out and link!

Join the Pennies Board!

Host a Penny Party: Invite your friends and ask them to bring 2 cents & 2 cans to donate! Raise awareness about poverty.

Help with an event.

Have an idea for a new project?

Send us an email!

What I've Learned From Getting Laid Off Twice in Three Months
By Daniel Higginbotham
www.happyjobsearch.com

In August of 2008 I got laid off because the startup I was working for was running out of funds. After getting a new job, I got laid off again in October, for the same reason. The first time was distressing to the point where I began to feel general anxiety - I would be sitting doing nothing and I would still feel a lot of anxiety. The second time around I handled the fallout and the job search much better, to the point where it was even fun. Here are some practices that worked well:

1. Unwind.

The first time I got laid off I immediately started to freak and start to look for new jobs. Half of the emails I sent didn't have a resume attached. My cover letter was sloppy.

The second time I went out and got some dinner with my girlfriend and watched a movie. I was able to approach my situation much more objectively afterwards.

If you immediately get frantic or distraught, it's hard to get yourself out of that place. Getting yourself in the right frame of the mind at the beginning will allow you to approach your job search with calmness.

2. Ask for help.

The first time I got laid off I tried to deal with everything myself. The result that

was I felt like no one cared (surprise!). Having to struggle with that on top of everything else made me miserable.

The second time I immediately talked to my girlfriend about it, and talked to a couple friends soon after. I asked my friends to see if they knew anyone who needed a web developer. I didn't get any referrals from them, but it was nice to feel cared for.

Looking back, the reason I tried to handle it myself the first time was because I felt ashamed. I pride myself on my work (and my ability to take care of my girlfriend, who is chronically ill), so getting laid off was a blow to my ego in a way. There's no reason to feel this way, though.

3. Exercise.

I actually got this right the first time. Exercise helps freaking everything. It helped reduce my anxiety and it gave me more energy. It also gave me a feeling of accomplishment.

A great book, "Spark: The Revolutionary New Science of Exercise and the Brain" by John J. Ratey has recently been written on the incredible benefits of exercise, and if you don't already have a regimen I recommend you read it.

4. Get organized

Getting organized allowed me to feel in control. The first time, I was pretty haphazard in my approach to searching for jobs and following up. The result was that I felt constant anxiety because I wasn't sure what I needed to next. I also didn't have any clear way to see what I was accomplishing in my job search, so I never felt OK with the effort I was putting forth.

I created this web site to help me get organized, and using it helped reduce my anxiety. In addition to this site, here are a couple lists I used to get organized:

- Job Checklist- what do with each application
- "Things I can do" - a list I made of possible projects to enhance my marketability and possibly provide revenue. I picked one major one (working on this site) and focused on it.

5. Always have something to move forward on.

The real benefit of getting organized was that I always had something to move forward on. This helped keep me from dwelling on rejections and it kept me motivated and excited. This was a huge improvement from the first layoff, where I was basically a mess :)

All of these practices helped me cope better. If you have any techniques that worked for you, please email them to me!

Looking for work? Need help with your job search? This new website, developed by a Newburyporter, is a super way to stay on track!
www.happyjobarch.com

Happy Job Search
get organized • reduce stress

Regulations Stifle Small Business Start Ups
by Bill Silsby

Many of the poor have become "enslaved" because the same regulations, which protect our society also restrict the poor from using assets and basic life skills to regain a foot-hold in life. It is illegal for businesses to hire contractors unless they are licensed and insured or run the risk of personal and/or business liability. Baked goods or meals can not be sold out of a home kitchen. Cars can not be turned into taxi cabs without special licensing and permits - all of which cost money and time. Did I mention what it costs to become licensed to do day care in your home, legally? In our country, small cottage industries are just about illegal.

Education and retraining is vital for these people but when food and shelter is needed immediately to survive, training and education take second place.

Programs, such as Cathie Gould's Poverty Program, often can not begin due to technicalities in the law, which make programs expensive to start and more expensive to maintain. The same regulations that protect society from misuse of charity funds also inhibits the creation of legitimate creative programs.

What further complicates the economic situation for many people is the high tech world into which we have evolved. For those who are not good with computers, numbers and other advanced skills, jobs are often few and far between. In the song lyrics, **King of the Road** by Roger Miller, The days of "8 hours of pushing broom, buys an 8 x 12 four bit room" are over.

The same laws which are designed to protect us unfortunately have a double edge to them which put those living in poverty at a disadvantage. For instance many poor people have skills which they could use to assist themselves out of poverty but are prevented by licensing bureaus, permits, and numerous other codes. Perhaps they have a skill at baking, but current laws in this country prevent food being sold from a home kitchen. An individual may have skills at doing handy-man type repairs but is not allowed unless he is registered with at least the city who will ask for a fee, and then most home owners will insist on a statement from his insurance company that he is insured in case of accident. Those who might be willing to drive acquaintances to and from work are not allowed unless they are licensed and insured as taxi-drivers. When the poor want to attempt to use their skills to better themselves, their efforts are thwarted by those same laws that were designed to protect society.

Willey's Candy Shop
4 Broadway
Salisbury, MA 01952

Willey's Candy Shop

Looking for a speaker?

Looking for someone to speak to your club, church, organization, board or other company group? We'd be happy to come out and talk about what the Pennies for Poverty: 2 Cents 4 Change is all about.



Feb. 20: UN Day of Social Justice

"Nothing is as powerful as an idea whose time has come."

~Victor Hugo~

STATE OF TODAY'S WORLD:

Global Climate Change, Extinctions, Militarism, Terrorism, Gitmo, Poverty, Oil ~Water~ Food Shortages, Genocide, Greed, Corporate Corruption, Bailouts, Recession/Depression, Income Disparity, Inequality, Disinfranchised

THE PEOPLE'S RESPONSE

THROUGHOUT HISTORY:

Anti-Slavery, Women's Suffrage, Civil Rights Movement, Non-Violent Protest, Environmentalism, Peace Movements, End Poverty Movements, Corporate Moral Responsibility

WHAT WILL YOU DO?

We want to hear from you! What are your ideas? How can we help those in need? How will you make a difference?

Poverty Ends With ME!

2 Cent Grants

2 Cent Grants are now available online! The grants are available to either service organizations or to individuals with new ideas to lift people out of poverty.

Sister CENTS

The Pennies for Poverty: 2 Cents 4 Change was designed so that it could be done anywhere. Our program is specific to Newburyport. If another town or group would like to use our idea or modify our logo, please email us and we will present the proposal for a Board vote. *The Pennies for Poverty: 2 Cents 4 Change does not fund any other program that uses our idea, nor is Pennies for Poverty: 2 Cents 4 Change responsible in any way for other programs that use our idea.*

**Belleville Church Thrift Store
 February \$3 Bag Sale!**

February \$3 bag sale! Fill an entire shopping bag with gently used clothing for just \$3! Best deal in town! Household items, children's toys, books at affordable prices are available as well. Service agencies can call the church for gift certificates for clients in need.

Upcoming Events

Take Two Movies

Classic Comedies

Sunday

Feb. 15 ~ 4 PM &

March 15 ~ 4 PM

For details, call 978-465-7734

Belleville Church - Bannister Room 300

High Street, Newburyport

Bring Your Own Popcorn!

Comfortable beach chairs or pillows for the folding chairs.

Upcoming Farm Fair

Feb. 22 11AM-4PM

Newburyport Farmer's Market

A Farm and CSA Fair will be held on Sunday, February 22, 11am-4pm in The Tannery Mall, 50 Water St. Newburyport, MA. Open to all and free of charge, the fair is the first in a series offered by **The Newburyport Farmer's Market**. The market itself will make its debut this June and will take place in The Tannery's main parking lot on Sundays throughout the summer.

The fair provides an opportunity to meet area farmers and gather information about joining a local **Community Supported Agriculture program (CSA)**. A growing trend is sustainable living, CSA's allow consumers a direct connection to their local farm grown food, and farmers have a guaranteed customer base to support their growing season. By joining and paying an annual fee, CSA members commit for the season, visiting the farm on scheduled days to collect freshly harvested fruits and vegetables.

Founder and coordinator of The Newburyport Farmer's Market, Shari Wilkinson explains her vision: "The goal is to increase the support for sustainable agriculture on a local level by encouraging consumers to be engaged with the local farmers in the area. We promote a mutual appreciation between consumer and farmer by maximizing the use of healthy, local foods. Through this we enhance the viability of protecting our environment and preserving the planet's resources".

The event is sponsored by The Tannery Mall. For additional information on The Newburyport Farmer's Market or to learn about sponsorship opportunities, please visit www.thenewburyportfarmersmarket.com or call 978/547.6644. Contact: Shari Wilkinson 978/457.6644
shari@thenewburyportfarmersmarket.com

February 20
The Newburyport Farmers'
Market presents
"Funk the Farm" –
A Dance Party!

The Newburyport Farmer's Market will host a Motown, Funk & Disco dance party, at 7:00pm on Friday February 20 at The Mission Oak Grill, 26 Green St. Newburyport. Tickets are available in advance at The Mission Oak Grill or at the event. Admission is \$11 per person plus a can of baked beans, or, and additional \$1. Food donations will be given to Our Neighbors table, serving people in need in our community. Additional proceeds will benefit *Portal for change*, Connecting Volunteers to the Service Organizations in our communities. Bean donations will be donated to a local food bank.

Guests are invited to kick back and enjoy an evening of groovy dancing (appropriate '70s dress is encouraged) while supporting important local community outreach programs. The evening is sponsored by *The Tannery Mall* and presented by *The Newburyport Farmers' Market*. The Mission Oak Grill is generously donating a portion of the evening's proceeds to *Portal for Change*. For additional information on The Newburyport Farmer's Market visit www.thenewburyportfarmersmarket.org or for information on *A Portal For Change*, visit www.portalforchange.org

**Making Change
with Change!**

RALPH AYERS,
Newburyport Historian and
DICK CUNNINGHAM,
Genealogist and Newbury Town
Historian
TOGETHER FOR A
CONVERSATION ON
NEWBURYPORT AND NEWBURY:
ODDITIES OF THE PAST!
Sunday May 3, 2009 at 2 PM
NEWBURYPORT PUBLIC
LIBRARY MEETING ROOM
Between these two beloved
"townies", there isn't much that
they don't know about the history,
scandals, and tall tales of
Newburyport and Newbury. Come
and join us for an interesting,
amusing and enlightening
conversation!

2 Cent Businesses & Stores

Please consider shopping at the local stores and businesses and help support the local economy! Look for the 2 Cent logo in the store window and support the 2 Cent Businesses and Stores. Some of the 2 Cent Stores have designated an item in their stores as a "2 Cent Item" and for every purchase of this item, the store donates 2 Cents to the 2 Cent Grant.

SERVICE AGENCY NEEDS

Please call or email us if you have any news items or needs that you would like us to put in the newsletter or that you would like us to email to everyone on our mailing list. The Two Cent Grant Application is available online.

NEWSLETTER

If you have an event, volunteer need, food pantry need, article or other item that you would like in the Pennies Newsletter, please send us the information by the 25th of each month. Not all items and/or events will be accepted for publication.

LOCAL FOOD PANTRIES
URGENT NEEDS

cereal, juice boxes, school snacks, condiments, hygiene items, paper items, peanut butter and jelly, pasta and pasta sauce, canned meats and fruit, soup, powdered milk, macaroni and cheese, dried fruit, rice cakes, bread, crackers.

Community Action, 447 Merrimac St., Newburyport, 978-499-8357 or
Community Service 31 Green St., Newburyport, 978-465-7562.
Our Neighbor's Table, P.O. Box 592, Amesbury, 978-388-4863, 978-835-3016
Pettengill House, 13 Lafayette Rd, Salisbury, 978-463-8801
The Salvation Army, 40 Water St, Newburyport 978-465-0883

**Penny for
your thoughts?"**

Let us know your 2 cents, or if you would like to volunteer. We want to hear from you!

Name:

Address:

Phone:

Email:

**Your 2 Cent Ideas, Suggestions,
Comments:**

Interested in Volunteering:

Yes No

"Living in or near poverty has always been a form of exile, of being cut off from the larger society. To be poor in America today, even more than in the past, is to be an outcast in your own country. And that, the neuroscientists tell us, is what poisons a child's brain."

Paul Krugman

**Poverty is Poison, New York Times
February 18, 2008**