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The World's Happiest & Most Positive Solution
Based Newspaper 219th Edition 4th March 2019

Productive Crowdsourcing Applications For Social Business

By Chris Bouchard



The fast growing emergence of Digital Marketing and Social Media in the world of business today is offering many revolutionary opportunities for the exploration of new horizons.

These technologies are commonly focused and employed in domains of marketing and consumer research though they can be very effective being powerfully utilized in the practice

of crowdsourcing. Crowdsourcing describes the practice of companies or individuals obtaining needed services, ideas, or content by soliciting contributions from a large group of people especially from the online community rather than from traditional employees or suppliers. The crowdsourcing principle highlights the fact that more

heads are better than one. By canvassing a large crowd of people for ideas, skills, or participation, the quality of content and the creation of ideas will definitely be superior. Proper application of crowdsourcing to a business allows the selection of the best result from a sea of 'best entries,' as opposed to being compelled to receive the best entry from a sin-

gle provider. Results can also be delivered much faster than traditional methods since crowdsourcing is a form of freelancing. Social businesses, especially non-profits, can make use of crowdsourcing by applying it from fundraising and marketing to activism and volunteerism. With this concept, non-profits can har-

ness the power of the crowd, to increase awareness about their cause, gather information, cultivate new donors and volunteers, and even get work done. Even in its earlier days, people have been using the internet to solicit and organize groups of people to play small roles in projects. We can, therefore, define the actions

of crowdsourcing in modern social business as engaging communities whether your group of volunteers, donors and clients, your local community or a community of like-minded people to provide contributions, ideas, and feedback you may not generally get. Article continued on page...

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It's YOUR Time! So Get Ready To Soar

BY DR. SHAUNTEL PEAK-JIMENEZ, PH.D



If you are like most people then you are probably always giving and giving without really taking time out for your self.

It is wonderful that you have a heart to help others but don't forget about your own dreams and goals.

Don't neglect the things that God has put on your heart to do. We were not born to just live life we were born to live a fulfilled life, to live an abundant life, and to thrive.

And those are all of the things we should be experiencing, and

if we are not then our life is off balance.

It is your time right now, not tomorrow, not next week, and not next year, but right now!

Life is just too short for you to keep putting off until tomorrow what you deserve today! You have allowed fear, naysayers, pain, and your past to hold your dreams hostage for way too long. Your dreams need to be released.

Think about this, when we were younger we dreamed and we dreamed big.

We didn't care how crazy our dreams sounded to others, we didn't allow fear to make us stay stagnant, and we didn't care about what happened in the past, we just believed that it could be done.

We need to go back to that "childlike faith." Having "childlike faith" doesn't mean that you are being unrealistic, it means that you are allowing your faith to inspire you forward.

When you know "beyond a shadow of a doubt" that it is your time you are willing to up-level your

mindset and your movement. In other words you are thinking differently and taking action differently. And it also means that you are refusing to let anything stop you. When it's your time then it's YOUR time!

Now that doesn't mean that obstacles won't arise, what it does mean is that they can't stop you. The only way they can stop you is if you allow them to.

Where would you like to be in 3 months, 6 months or 12 months? Surely not in the same place you are at to-

day. And that doesn't mean you are not satisfied with your life, it means that you are ready for growth.

And it means that you are aware that there is more that you can do, be, and have. So now that you know it is your time, what steps are you going to take to manifest the amazing life that you dream about and deserve?

You CAN do it!

Dr. Shauntel Peak-Jimenez, Ph.D. is the founder of The Character and Self-Esteem (CASE) Institute, where she provides life coach training

and certification programs to individuals to help them discover their divine purpose, and transform their purpose into profit, so that they can make a difference and more money.

To find out about becoming a coach please visit <http://www.thecaseinstitute.com>.

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 The World's Happiest & Most Positive Solution Based Newspaper 173rd Edition 10th March 2018

“When Health Is Absent, Wisdom Cannot Reveal Itself, Art Cannot Manifest, Strength Cannot Fight, Wealth Becomes Useless And Intelligence Cannot Be Applied.”

Quote By Herophilus The Father Of Anatomy Who Founded The First School Of Anatomy

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Most mammals live a maturity 4 to 7 times their growth span but we humans are lucky to live a maturity twice ours. For too many of those years we lack energy and are unwell, we merely exist rather than being fully alive and healthy.



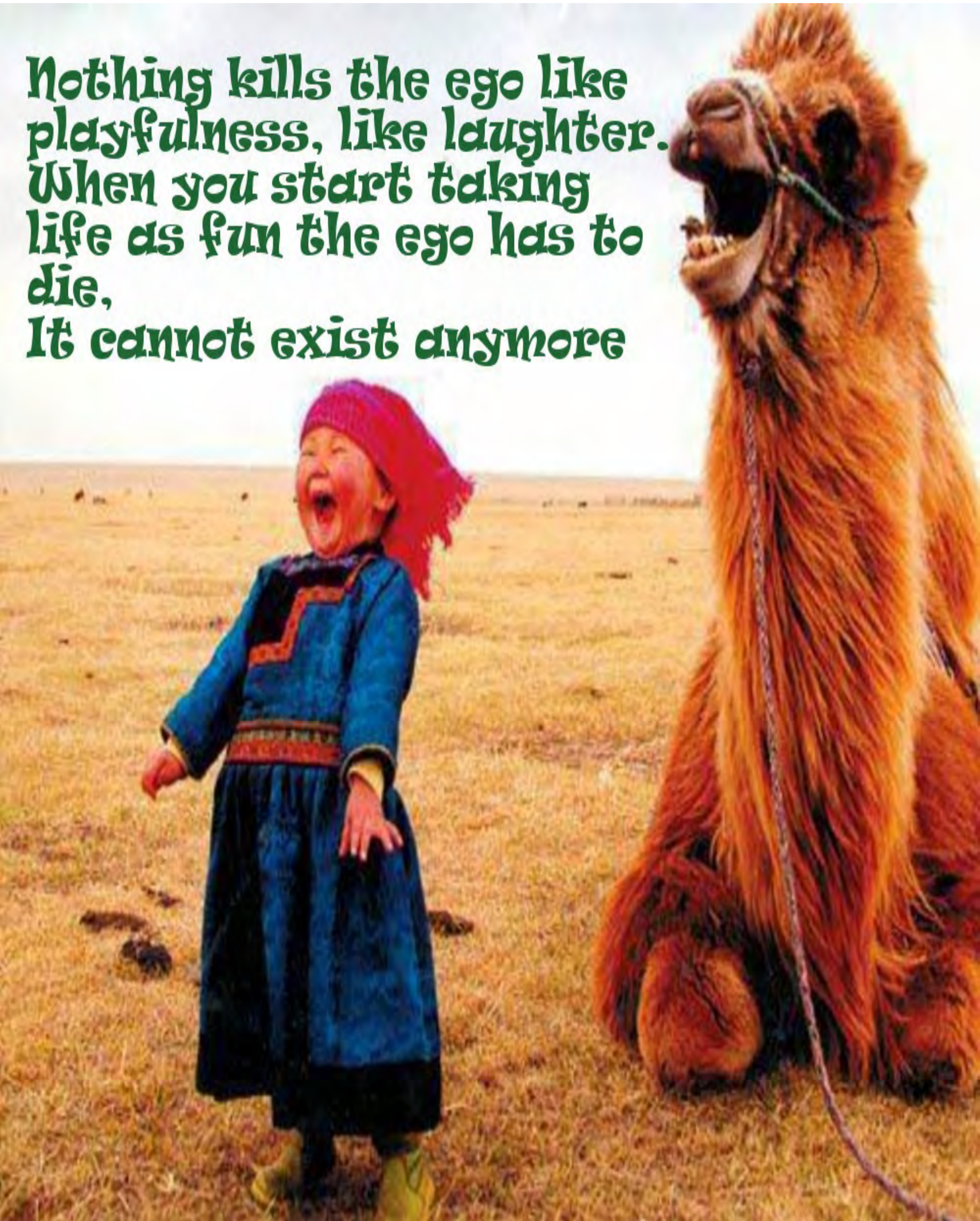
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www.healthelicious.com.au Page 1

Source: <https://onetusk.org/2015/12/19/ego-and-relationships/>

Nothing kills the ego like
playfulness, like laughter.
When you start taking
life as fun the ego has to
die,
It cannot exist anymore



Productive Crowdsourcing Applications For Social Business

By Chris Bouchard



Choose The Right Crowd Who Will Support The Goals Of Your Organization



The idea of outsourcing non-profit tasks via crowdsourcing can demonstrate openness and transparency in decision making and there are different models of this application that exist for social business. These models include;

Attracting collective knowledge:

This crowdsourcing model involves the sharing and aggregation of information to find solutions to problems as it centers around the idea of two or more heads being better than one.

Micro volunteering:

In this crowdsourcing model, large tasks are broken into much

smaller ones enabling the possibility of outsourcing repetitive jobs to the crowd. Micro volunteering was successfully applied after the Hurricane Katrina when huge numbers of volunteers manually recorded 15,200 entries to consolidate every one of the sources of information about missing people.

Non-profits can learn how to effectively apply this crowd sourcing model by utilizing local fundraising consulting services.

Crowd creation:

Here, crowds are used to help produce original works of art.

This model is similar to an open source project where contri-

butions are made by many people.

Crowd voting:

Because everybody has an opinion, this crowdsourcing model is designed to explore people's love to express themselves by voting on something or rating and giving feedback.

Tapping into that desire can achieve an increase in awareness for your cause while drawing in valuable new audiences for your message.

Crowd funding:

This category comprises the general idea of encouraging individuals and crowds to financially support projects that

benefit others. Some Non-profits across the United States are optimizing crowd funding as communities are mobilizing crowds to provide funds on specials "giving days". For example, in November 2011, over \$13.4 million was raised on "Give To The Max Day" in Minnesota.

Any of these models or categories can be used in isolation or combined with other approaches to match the goals of your particular organization.

After looking at the ideal possible crowdsourcing models for your organization, it's similarly important to practice this revolutionary concept with the caution of always

keeping things simple and meaningful.

For example, if your non-profit needed to design new plans for an upcoming annual fundraising event, the organization's fundraising manager could email all supporters asking for ideas and suggestions.

Although every non-profit organization may have different specific ways to make productive use of crowdsourcing, it's necessary to always keep in mind the following guidelines and tips in any social business model to ensure productivity and success;

Plan Ahead:

Always begin by choosing the right

model for the goals of your organization.

This involves figuring out what you are trying to achieve and finding ways to approach the goals by choosing the right crowd, establishing a crowdsourcing campaign and getting the word out to the right people.

Develop a complete outreach plan which combines the use of social media and emails to access current supporters.

Article continued on page...

Learn To Play Banjo The EASY Way!

By Geoffrey White

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My guardian angel was guiding me the day I stumbled on Geoffrey White on the internet. Geoffrey is an amazingly patient and supportive teacher.

His method is ideal

for beginners because, while learning all the necessary basic skills, you are actually learning to play a tune and produce the wonderful banjo sounds which originally sparked our passion for this beautiful instrument...

Geoffrey is helping me to realise my dream and I highly recommend him as a teacher to banjo lovers wanting to learn or improve their skills".

Pete writes: "I started my lessons with Geoffrey not knowing very much about the banjo I received as a gift for Christmas.

Through Geoffrey's patience and exper-

tise, I learned roll patterns, finger technique and by the end of our block of lessons, a whole tune! Couldn't have done it without his patience and banjo wisdom. Thank you!"

Click on the above FREE 15-minute LESSON and experience "Pick-Hammer" and have Geoffrey show you how easy it is to learn the banjo...call him for face to face lessons on 0434 544 181 or go to his website at www.dreamtreebanjos.com

Cheers, Geoffrey

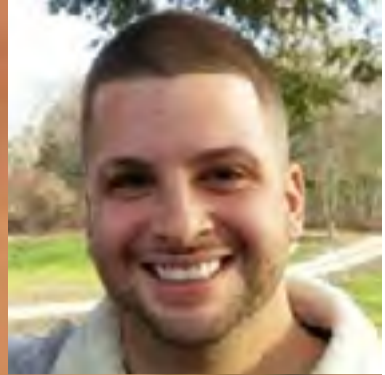


Productive Crowdsourcing Applications For Social Business

By Chris Bouchard



Engage And Reward The Participation Of The Followers In Your Group.



Article continued from page...

These current supporters are key to the entire plan as they most often have access to networks of people with similar interests which helps in passing your project along.

For example, choosing a crowd funding website that closely matches your goal sets a good platform. Such delicate decisions in the planning stages of non-profits are always more efficient with proper engagement of a non profit consulting professional.

Keep it Simple:

Keep your message as simple as possible to communicate so that it's easy to help it get passed along. Break down strategic goals into smaller tasks people can assist with and always make what you want the crowd to do very clear.

Crowd funding is a relatively easy means of soliciting support and is most successful when crowd funding initiatives rely on family, friends, and colleagues rather than strangers.

In order to achieve goals, setting reasonable expectations is key-together with the acknowledgment of

traditional fundraising rules of credibility, strong networks, a track record of success and transparency.

Engage and Reward Participation:

When implementing crowdsourcing methods to engage new groups of potential supporters, be as creative as possible in the effort to extend your campaign to places hoping to reach new audiences.

Consider and establish programs to regularly engage with current supporters and introduce the giving of incentives and rewards for participation.

Stay Positive:

It's important throughout every campaign to stay both privately and publicly positive.

Also, remaining personable with people who may contribute combined with personal interactions increases the prospect of a donation or action.

Believe in the process, forget any activity that doesn't clearly support your mission and stay focused on the mission.

Crowd funding can produce valuable results when properly applied in social business and key to this success is the mak-

ing of instructions as clear as possible after specific analyses and before creation of the marketing plan.

The easiest way to get your crowdfunding campaign on the right path is to hire profit consulting services or fundraising consulting professionals that specialize in crowdsourcing.

Chris Bouchard is a creative coach who helps artists and non-profits position themselves for success and realize their full potential. An accomplished grant writer and fundraising consultant,

Chris started his busi-

ness in 2013 to help small non-profits through the sometimes overwhelming prospect of navigating the world of social business.

To contact Chris, please visit his coaching website at <http://www.cbouchard.com>

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Personal Testimonial From The Editor Of The Good News Newspaper.

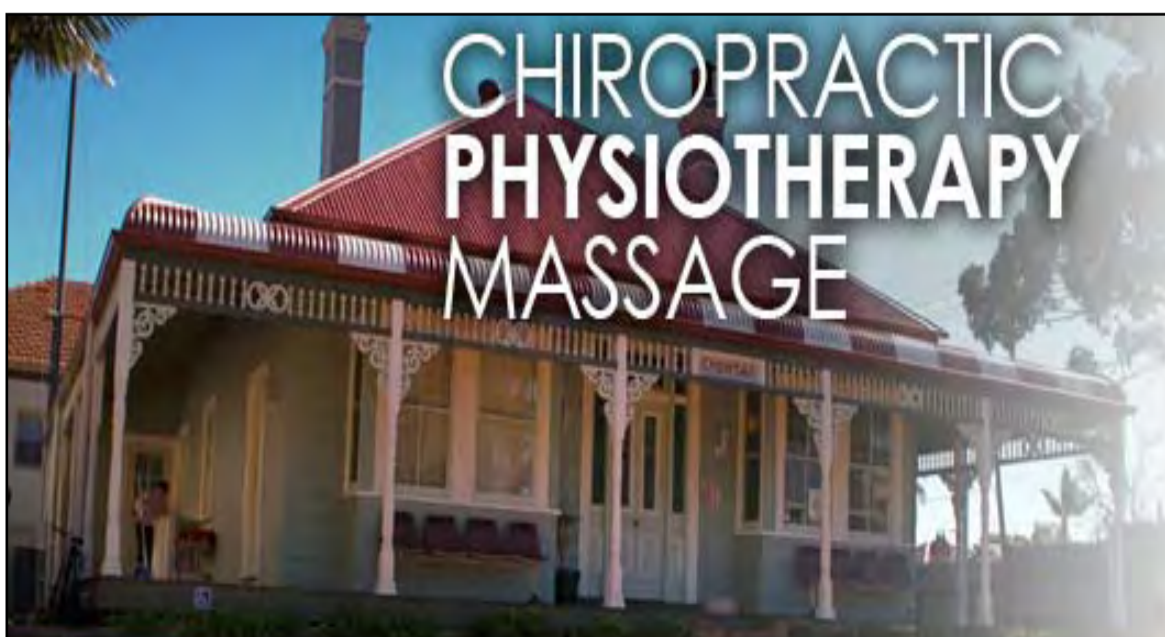
NICK, CHRIS AND ALL THE FANTASIC STAFF AT BURWOOD BACK PAIN HAVE BEEN MY SAVING GRACE AND GUARDIAN ANGEL'S FOR MANY YEARS.

Years ago after a very serious lower back collapse when I was bent over and doubled up in serious

pain, Nick, Chris and all the staff cared for me so well that between them they kept me from having to spend the rest of my life in a wheelchair.

Since then they have rescued me from quite a number of serious spinal and neck problems. I cannot recommend them all highly enough. Derek White.

Everything Is Connected. If One Thing Is Out Of Alignment, It Can Likely Affect Something Else.



We Cannot Solve The Problems We Have In The World Using The Same Thinking That Created Them



How is it that in 2019 with so much technology and countless Billions and Trillions of dollars available that there is still widespread poverty in so many places in the world with people living day to day on almost nothing?

What is the thinking that has been used that has lead to the creation of this widespread poverty?

Let's not go into a big negative critical attack on anyone which is completely pointless as all it will do is create more hostility and we don't need anymore of that do we?

A real life project has been created that can be used in any country step by step to help solve these problems of poverty and all the other problems that come from poverty in

the world. It is called "Wealth For The Workers".

Using and implementing this program on a step by step basis could very possibly erase a large amount of the major poverty in the world.

For anyone that is interested in finding out more who has an interest in solving this problem please contact Derek The Editor at The Good News Newspaper at: info@thegoodnewsnp.com.au



Problem
Analysis
Solution



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Have You Ever Considered Making Money From Home With Affiliate Marketing? If So Here Are Some Excellent Tips

By Akoli Penoukou

Affiliate marketing is completely free, comprises the endorsement of some other businesses' products by way of the web. Every single day, individuals get interested in affiliate marketing and would like to generate income out of it.

is completely free, fast and straightforward. Each affiliate is provided a particular code used to track their unique sales. A thriving affiliate applies many distinctive strategies.

Affiliate promotion is one of the greatest strategies to personally fight the bad financial impacts of the worldwide recession. It has led to the emergence of several online companies and Internet marketers.

Affiliate promotion is one of the most cost-effective ways of making money on the web. It is just that powerful, and with the proper training the sky is certainly the limit.

Affiliate marketing isn't the simplest method of earning income. It refers to the practice of business sharing between online businesses and online sales people.

Apparently, the affiliate is going to want to promote services or products that appear to have sufficient appeal for a big online audience, otherwise the advertisements created won't receive enough traffic to make the venture worthwhile.

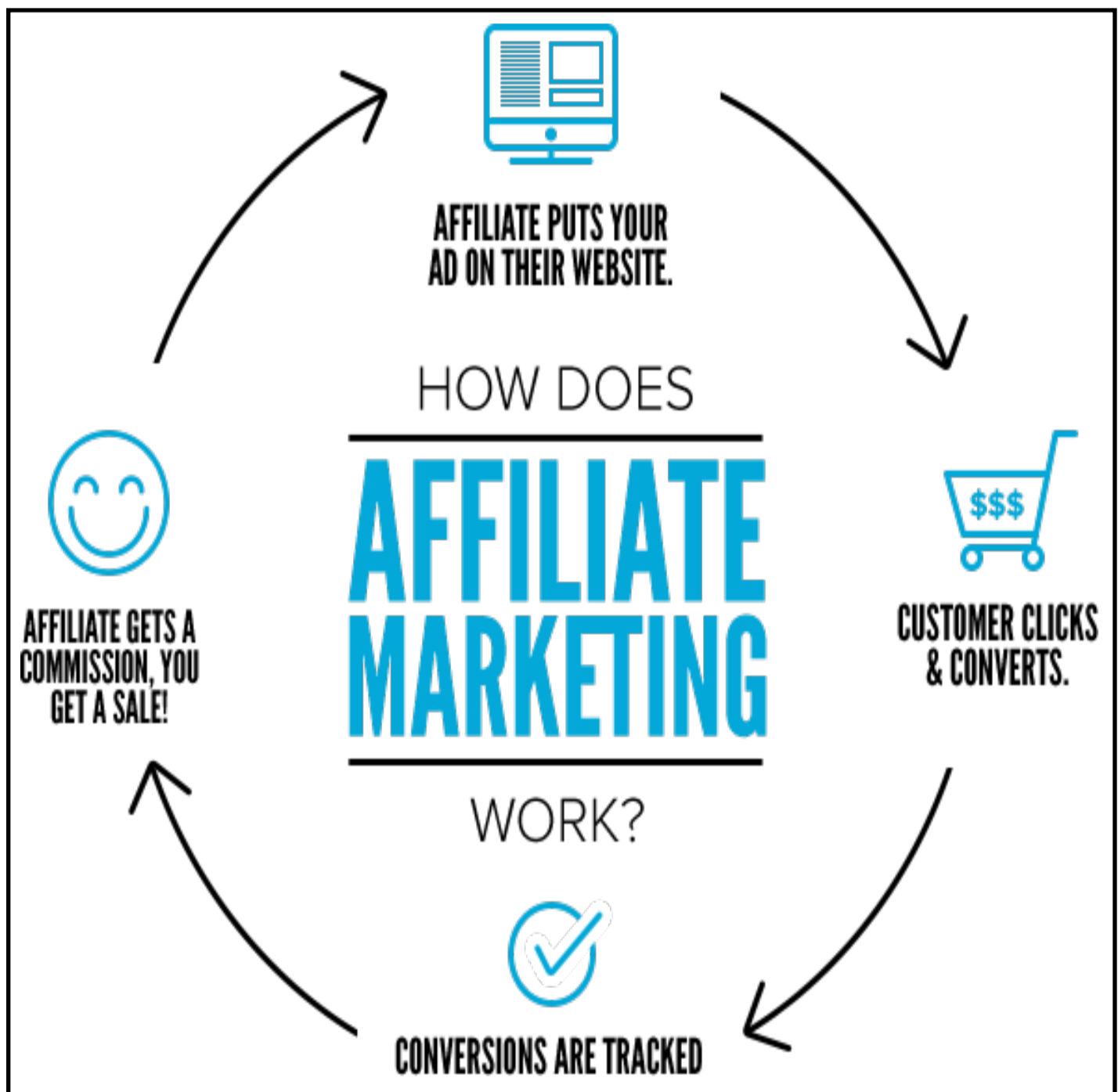
They the world over are just ordinary people who needed change for a better life and chose to embrace a technology that has not only been around for more than a decade but has availed itself to the world equally. So you have finally made a decision to turn into an affiliate marketer.

Affiliate marketing, to use one particular example, is an excellent task for somebody who wishes to make money on a part-time basis or maybe to supplement your already existent income.

Affiliate programs have come to be among the most popular ways people earn money on the internet.

There are various affiliate programs out there. An absolutely free affiliate program may provide you advertising examples it is possible to use as your own.

Becoming an affiliate



If you use some affiliate advertising resources that are out there, it can help you to determine if this might be appropriate for you.

There are affiliate advertising resources everywhere and you may get lots of knowledge with these resources to your benefit.

You might want to find resources that are geared toward helping you choose which sort of affiliate

marketing is most appropriate for your demands.

As soon as you get started employing an internet affiliate marketing program and you advertise your merchandise and earn profit from the sales, you won't have trouble expanding your business to some other product.

Now many decades later affiliate advertising programs are a cornerstone in the internet business world.

Perhaps you just aren't utilizing an online affiliate marketing program which you're passionate about. Figure out the advantages of making money on the internet with affiliate advertising programs and why it has gotten so common.

Make a decision as to what marketing methods you wish to use. For several years now, affiliate marketing has been shown to be a cost-efficient,

measurable approach to delivering long-term outcomes. Apart from the financial aspect, it allows you to benefit from profits on a long term basis.

Online Affiliate marketing is an enormous business piece on the World Wide Web.

Article continued on page...

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Original Lesson Plan for Achieving Your Dreams*

NAPOLÉON HILL

author of *Think and Grow Rich*

Have You Ever Considered Making Money From Home With Affiliate Marketing? If So Here Are Some Excellent Tips

By Akoli Penoukou



Article continued from page...

It will provide the basis upon which you can build a stable income and even if you are new to the business, you can find yourself among the best.

You probably understand what affiliate marketing is about, why small business owners use it and the way that it has helped lots of internet business.

Thirdly, you may want to engage a professional to get you through in this sort of business.

Starting a web business does not have to be difficult to begin and you can do it even if you have a day time job.

If you're still new to this business, you need to ensure that you're doing the right thing so you are going to be able to begin the business on the most suitable note.

There are a large variety of approaches to publicize your affiliate business, learn about the advantages and disadvantages on every type of advertising program.

Plenty of affiliate marketers will be going after the significant competition keywords, but it doesn't indicate that every man or woman hunting for that specific phrase is in the mood to purchase or you've got the product they really want.

Additionally, the affiliate marketer will have to get knowledge about online advertising. Yes, being an on-line affiliate marketer can be extremely lucrative.

Negatively, internet affiliate marketing isn't easily scalable and you've got to follow step-by-step procedures.

It is like any business, to make money it takes education, persistence and passion. Affiliate marketing ordinarily does not take any money to begin and you don't need a specialized level.

Start with gathering the best information you are able to find about affiliate web marketing and absorb it.

My name is Akoli Penoukou, owner and author of the blog <http://www.secure-ourfuturewithus.com>.

I am a blogger and affiliate marketer with Wealthy Affiliate.

A trained and published writer and teacher of business English with many years of business experience

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Plant-Based Diet: What To Eat, Avoid, Meal Plan, & More



By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on November 5, 2018

At Global Healing Center, we believe the foundation for health and wellness is a whole food, plant-based diet, with fruits, vegetables, legumes, nuts, and grains that come directly from nature.

After twenty years in the natural health industry, I know that following a plant-based diet that's free of processed and packaged foods — and adding in exercise and a positive attitude — will bring you the best results for your health and happiness.[1]

As the famous Greek philosopher Hippocrates said, "Let food be thy medicine and medicine be thy food."

I have tried many diets, including raw vegan, gluten-free, fruitarian, and plant-based Keto.

Currently, I follow a plant-based diet, focusing on organic whole food.

I believe that being too strict in one's diet may lead to some challenges and even unhappiness,

so I follow the 90/10 rule, eating strictly plant-based 90 percent

of the time, with 10 percent allowed for the occasional consumption of raw goat or sheep cheese, but never meat or eggs.

I also engage in intermittent fasting, and of course, regular exercise, meditation, and supplements to balance out my nutrition.

Quick Tips to Start a Plant-Based Diet.

A plant-based diet emphasizes whole, natural vegetables, fruits, nuts, seeds, and grains while minimizing or eliminating animal-based foods.

Below are a few tips to make the transition.

- Keep it simple: choose foods free of additives, preservatives, or synthetic ingredients. Better yet, make everything from scratch.

- Buy healthy snacks for when you get the munchies — carrot sticks, sugar snap peas, bananas with almond butter, nuts, or a homemade trail mix.

- Replace cane sugar with raw honey, pure maple syrup, or Stevia leaf in recipes, coffee, or tea.

- Rotate new veg-



etables and fruits into your diet to keep your taste buds excited and more importantly, to maximize your nutrient intake.

- Try a weekly meal prep: set aside a few hours per week to prepare food in bulk so that you always have clean, healthy options on hand.

- Mind your micros: certain vitamins are harder to get enough of on a plant-based diet (e.g., iron, B-12).

Add foods high in those nutrients to your menu, or add in high-quality supplements to reap all the benefits of plant-based eating.

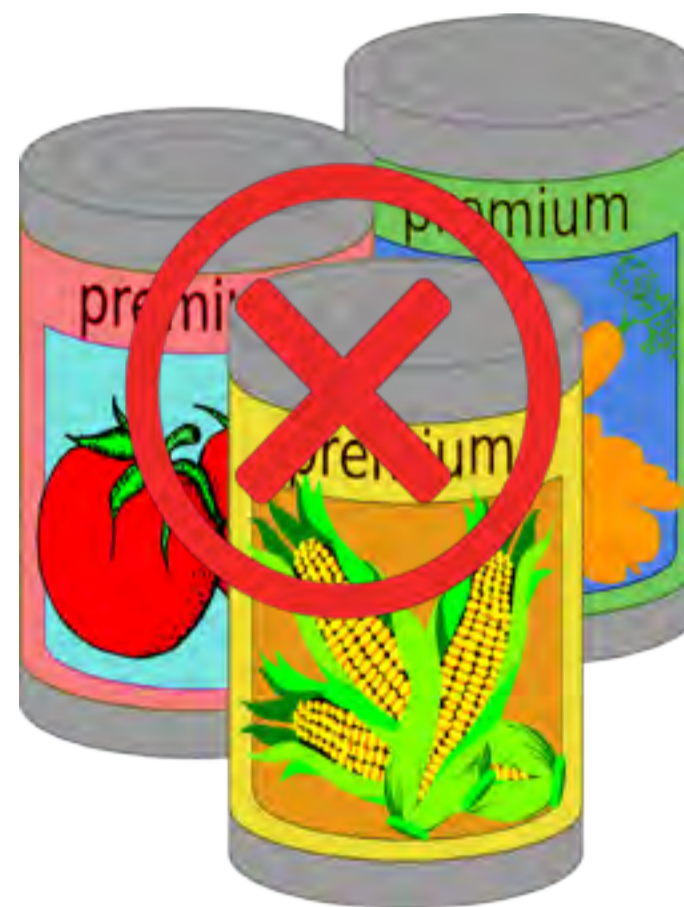
What Is a Plant-Based Diet?

A plant-based diet emphasizes eating anything derived from plants — vegetables, grains, nuts, and seeds

— while minimizing or excluding animal-derived products.

While some may think a plant-based diet is merely another term for a vegetarian or even vegan diet, there's a key difference.

Plant-based diets underscore eating whole, natural foods and avoiding processed foods like tofu, seitan, or packaged items — even if they're technically vegan or vegetarian.



Quote Of The Week!

SEE HOW YOU CAN APPLY IT TO MAKE YOUR LIFE AND OTHER PEOPLE'S LIVES BETTER.

If you don't like the road you're walking, start paving another one.

DOLLY PARTON



Crosswords + Puzzles

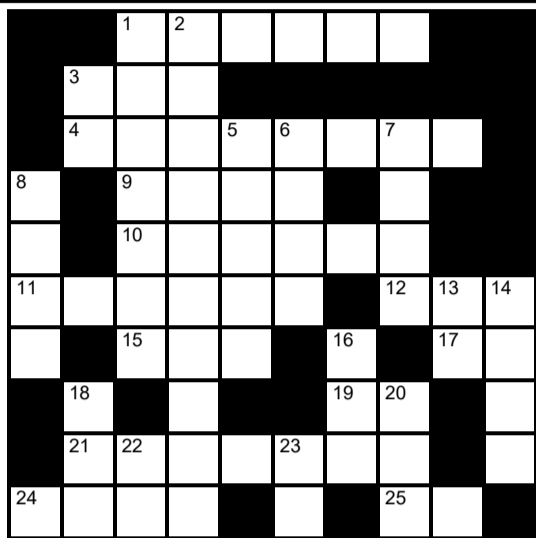
CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

How Tuned Up Is Your Mind? Here Is This Week's 219th Edition Crossword.

Across

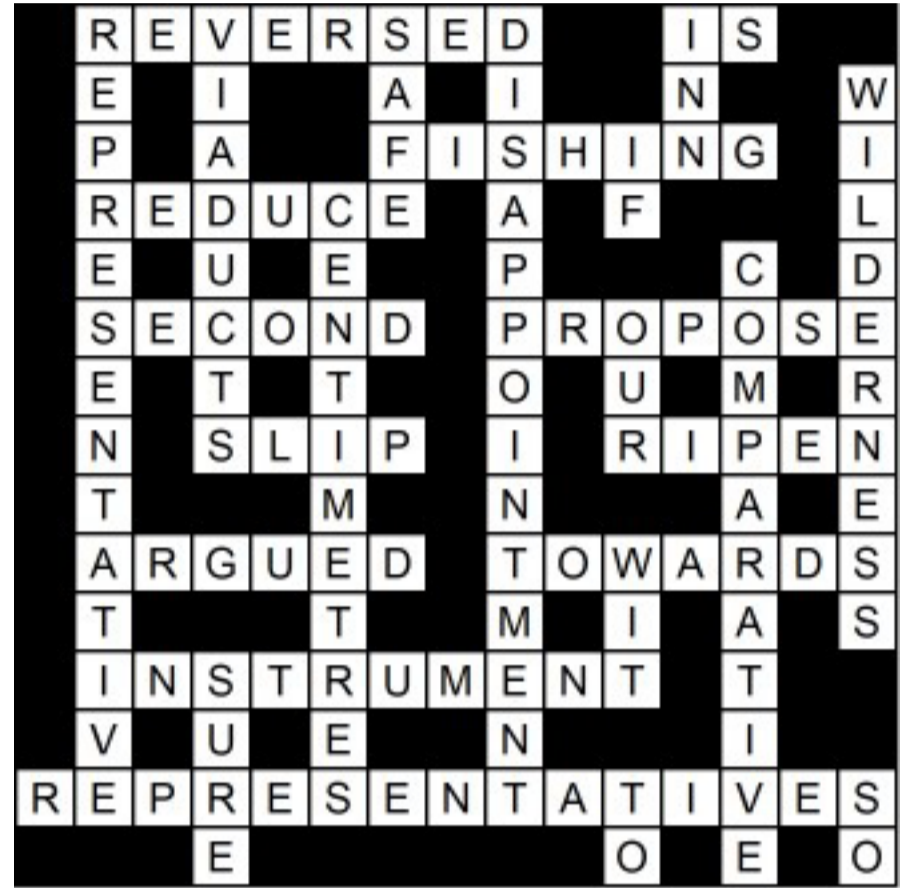
- 1 fleshing part of a plant (pl) (6)
- 3 digit on a foot (3)
- 4 a live animal, plant or single celled life form (8)
- 9 hair around an animal's neck (4)
- 10 most needed (6)
- 11 bent over on itself (6)
- 12 looked at (3)
- 15 everything (3)
- 17 therefore (2)
- 19 negative response (2)
- 21 person married to a wife (7)
- 24 fewer (4)
- 25 act (2)
- 16 pub (3)
- 18 pronoun for a female person (3)
- 20 unusual (3)
- 22 we (2)
- 23 exist (2)



Down

- 1 system to get something done (7)
- 2 never the less, in spite of (10)
- 3 towards (2)
- 5 someone sent from heaven to assist those in need (5)
- 6 require (4)
- 7 places oneself on a chair (4)
- 8 present (4)
- 13 like (2)
- 14 things we use to communicate (4)

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Plant-Based Diet: What To Eat, Avoid, Meal Plan, & More



By Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

Published on November 5, 2018

Article continued from page... to use animal-based products or not.

Plant-Based vs. Vegan & Vegetarian.

Plant-based diets differ from vegan or vegetarian diets in a few key ways. First, let me define the difference between vegans and vegetarians, though.

Lacto-ovo vegetarians eat dairy and eggs, while vegans avoid all animal products and also usually avoid purchasing, using, and wearing products made from or tested on animals.

Vegans and vegetarians may eat processed foods, like tofu and packaged foods, and may not even end up eating a healthy diet if too many of those packaged, processed foods end up on the menu.

People eating a plant-based diet, in contrast, eat whole foods in a form as close to nature as possible — vegetables, fruits, nuts, seeds, and the like.

Someone following a plant-based diet may choose to eat vegan or vegetarian and may choose either

Some people following a generally plant-based diet may consume some animal products, but it comprises a very small portion of their diet.

Processed vs. Unprocessed Food.

One source of confusion is whether you can eat processed food on a plant-based diet. Vegetarians and vegans often include processed food like store-bought pasta, bread, crackers, or soy-based meat replacements in their diet.

Those foods are not categorized as whole foods and therefore are not a central part of a plant-based diet.

Instead, a plant-based diet focuses on getting calories from unprocessed, whole foods, rather than processed ones.

When eating a whole food plant-based diet, you should also avoid anything with added sugar, although you can eat items — especially homemade recipes — with raw honey, pure maple syrup, and Stevia leaf.



What Should You Eat?

Not all plant-based diets are created equal.

When following a whole food plant-based diet, you should try to eat foods in their natural state.

Cooked foods or foods made from whole grains are acceptable — like whole grain sprouted bread. Always check the ingredients list and avoid chemicals, additives, colorings, and artificial flavorings.

Choose organic whenever possible. If buying organic is too expensive to do with every food, refer to the Environmental Working Group's Dirty Dozen and Clean 15, a list of the worst and best fruits and vegetables.[2]

Below are some specific foods I recommend for a plant-based diet:

Vegetables

Vegetables should be the foundation of any plant-based diet. Some of the most nutrient-dense vegetables include:

- Leafy greens: Kale, spinach, mustard greens, collard greens, Swiss chard, arugula, lettuce, microgreens (sprouted shoots of various kinds).
- Cruciferous vegetables: Broccoli, cauliflower, Brussels sprouts, cabbage, radishes.
- Other non-starchy vegetables: Eggplants, bell peppers, avocado, okra.
- Squashes: Zucchini, pumpkin, win-

ter squash, butternut squash.

- Tubers and starchy vegetables: Sweet potatoes, parsnips, cassava, daikon, Jerusalem artichoke, ginger, beets.

Fruit

Fruit, including juices, dried fruit, and fresh fruit, also form an important part of a plant-based diet.

You can drink fruit juice, especially if you juice the fruits yourself or avoid anything with added sugar.

But if you choose whole fruit over juice, you'll reap the benefits of heart-healthy fiber. You can also eat dried whole fruit, but if you are looking to reduce your sugar intake or lose weight,

limit their consumption. Although you may eat all fruit on a plant-based diet, here is a list of fruits with a low sugar content:

- Avocados
- Strawberries
- Grapefruit
- Raspberries
- Blueberries
- Apples
- Peaches
- Oranges
- Limes
- Olives
- Tomatoes

Article to be continued next week...

Crosswords + Puzzles

CROSSWORD AND SUDOKU PUZZLES THANKS TO CATH ED OF TGNNP

TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

Sudoku

Easy 219th

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Medium 219th

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Hard 219th

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Crosswords + Puzzles

TO KEEP YOUR MIND TUNED UP AND READY FOR ACTION.

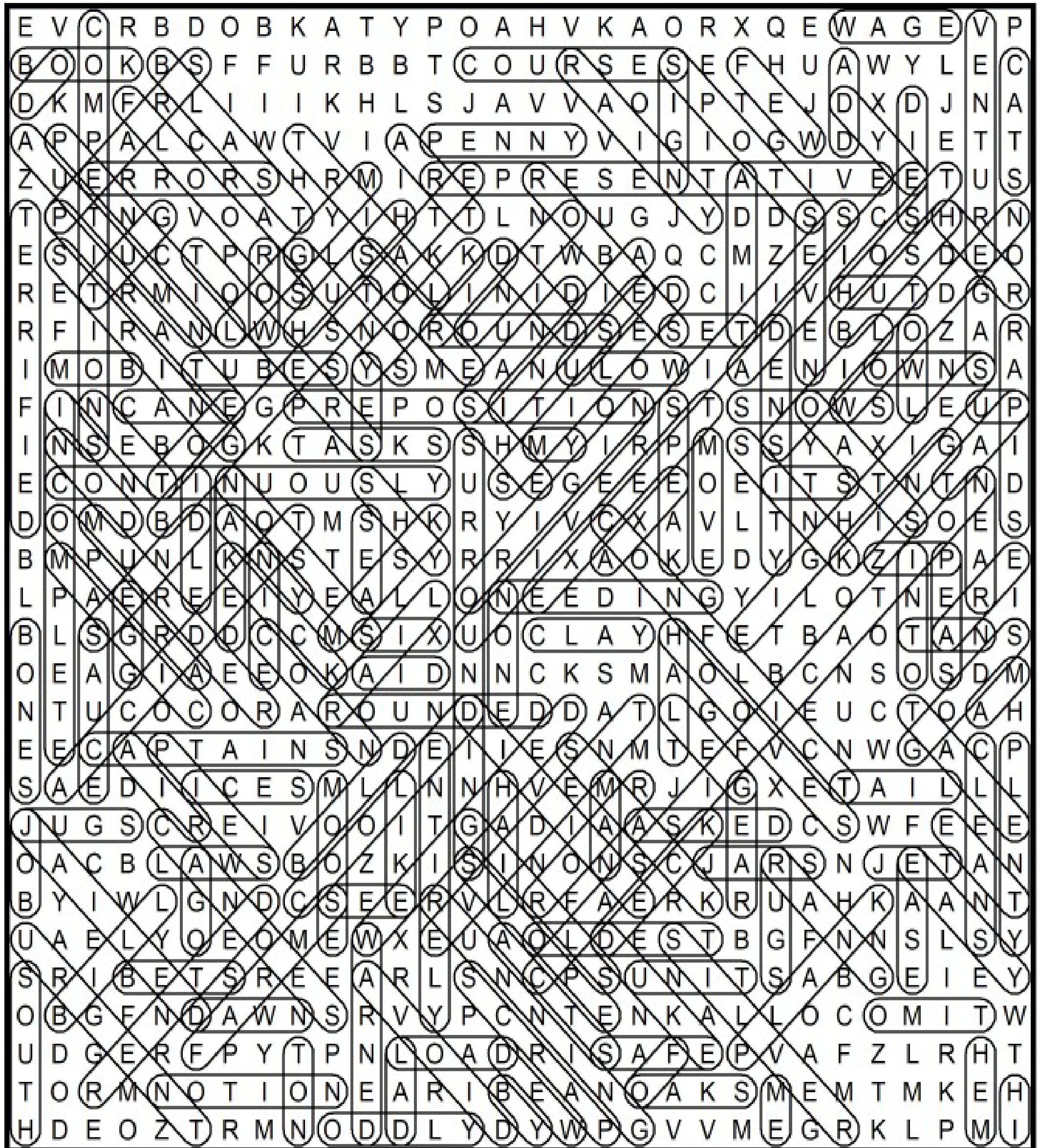
Word Search 219th Edition

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