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African PTSD Relief
A Project of PTSD Relief Now
www.PTSDReliefNow.org

January, 2015

NEWS UPDATE

Dear David,

African PTSD Relief aims to reduce and prevent PTSD across Africa. We offer proven, affordable, and easily sustainable relief.

In This Issue

[Esperance Speaks on New Radio Series](#)

[How You Can Help](#)

[501\(c\)\(3\) Status Gained Matching Fund](#)

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Esperance and College Students Speak on PTSD: Then and Now

7 PM ET, Thursday, January 8

SPECIAL SERIES: Getting & Giving PTSD Relief Now! Every Thursday, 7 PM ET in January.

We invite you to listen in as Esperance Ndozi and Maharishi Institute students join Krystalya on <http://A2Zen.fm> at 7pm EST on Thursday, 1/8.

501(c)(3) Status Gained

PTSD Relief Now and African PTSD Relief get new IRS status November 2014

On November 24, PTSD Relief Now and its Africa projects, African PTSD Relief, gained 501 (c) (3) status with the US Internal Revenue Service. PTSD Relief Now was founded as an Iowa Non-profit corporation on July 27, 2013. Now donors receive the US Federal tax benefits of giving to this non-profit public charity. Previously, donors have given through the 501 (c) (3) David Lynch Foundation to support PTSD Relief Now activities. Soon, direct donations to PTSD Relief Now will be possible as well.



Esperance Ndozi

Esperance Ndozi will be talking about Transcendental Meditation (TM) helped her overcome massive stress and trauma, and Maharishi Institute students will be talking about the affects of PTSD and how TM helped improve their lives.

To learn more and listen in go here:
http://bit.ly/PTSD_07

INTERNAL REVENUE SERVICE
 P. O. BOX 2508
 CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: **NOV 26 2014**

PTSD RELIEF NOW CORPORATION
 C/O JAMES EDWARD DAVIS
 2002 N B ST
 FAIRFIELD, IA 52556

Employer Identification Number:
 46-3564228
 EIN: 17053259353044
 Contact Person: EDWARD S SCHLACK ID# 31536
 Contact Telephone Number: (877) 829-5500
 Accounting Period Ending: December 31
 Public Charity Status: 170(b) (3) (A) (vi)
 Form 990 Required: Yes
 Effective Date of Exemption: July 27, 2013
 Contribution Deductibility: Yes
 Addendum Applies: No

Dear Applicant:

We are pleased to inform you that upon review of your application for tax exempt status we have determined that you are exempt from Federal income tax under section 501(c)(3) of the Internal Revenue Code. Contributions to you are deductible under section 170 of the Code. You are also qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Code. Because this letter could help resolve any questions regarding your exempt status, you should keep it in your permanent records.

Organizations exempt under section 501(c)(3) of the Code are further classified as either public charities or private foundations. We determined that you are a public charity under the Code section(s) listed in the heading of this letter.

For important information about your responsibilities as a tax-exempt organization, go to www.irs.gov/charities. Enter "4221-PC" in the search bar to view Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, which describes your recordkeeping, reporting, and disclosure requirements.

Sincerely,
Tamara Rippanda
 Director, Exempt Organizations

Letter 947

Matching Fund

Help end their suffering: Matching Fund to Support PTSD Projects in Africa

A kind donor has agreed to match the first \$2,000 donated to *PTSD Relief* Now for two projects in African schools.

The projects involve teaching TM at two very different locations in Africa. One is an inner city secondary school in South Africa and the other is two rural primary schools serving members of the Maasai tribe in Kenya. Students at both schools suffer from high levels of PTSD from tribal wars Kenya and great violence and sexual abuse in South Africa. Because of the match, your donation will go twice as far toward Phase Two of these projects.



Sibahle Mxobo,
Maharishi Institute student



Phase One, Completed in each school, involved teaching TM to select members of the school faculty, administration and board of trustees.

Phase Two in each school is teaching TM to an initial group of 100-300 students per school.

Phase Three in each school is teaching TM to the balance of all students at the schools.

\$30,000 is needed immediately for Phase Two. Donations up to \$2,000 will be matched and any funds raised above the \$30,000 mark will go toward Phase Three of the projects.

Given the high level of PTSD in these populations, and that leaders of these groups came to us asking for help, the local TM teachers would like to start Phase Two as soon as funds are raised to provide relief in these violence and war ridden areas.

How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD:

1. **Donate - Go**



to www.ptsdreliefnow.org and click the red "Give Now" button at the top of the page.

2. **Youth apply** for top management positions. Age 20-45? Send your resume for board, management and other top positions.
info@AfricanPTSDRelief.org.
3. **Volunteer - Email**
info@AfricanPTSDRelief.org to discuss how you can volunteer your skills. Help is needed with fundraising, creative writing,

bookkeeping, business planning,
setting up projects in Africa,
teaching TM in Africa, etc.

4. **Tell us your story-** If you or your friends suffered from PTSD and found TM helpful, email your experiences to info@AfricanPTSDRelief.org. With your permission we may post your experience on Facebook or publish it in our newsletter and/or website.
5. [Send this newsletter to friends](#) so they can learn about our work and support it.

Please visit our website: www.ptsdreliefnow.org and click on the "Give Now" button to contribute to this life transforming project.

[Get Email Updates](#)

About Us

African PTSD Relief | A Project of *PTSD Relief Now* | PO Box 1243 Fairfield, Iowa | 52556 | United States
info@AfricanPTSDRelief.org
1-845-228-8861

Relief for Africans suffering Post Traumatic Stress Disorder.

www.ptsdreliefnow.org



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