



From the Desk of Mary Fischer-Nassib

Dear Friends,

Did you know that the definition of philanthropy is “the love of humankind”? Wouldn’t it be great if we had more philanthropy in our everyday lives? Who does not crave love? How do we share this love outside of our own families?

Sow Good Now (SGN) is a unique non-profit created to bring philanthropy to life through student-athletes on the fields, courts, pools, and gyms. SGN provides meaningful community service opportunities for high school and college athletic teams by engaging them in activity-based philanthropic education and connecting them with diverse communities in skill building and community-centric grant making. What that means is: SGN helps youth come together to lift their communities by sharing their time, talent, and treasure through the sports they love. It is fun and inspiring and supports many causes. We all know that the best philanthropy starts where your fingertips begin.

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“God put us here to prepare this place for the next generation. That’s our job. Raising children and helping the community, that’s preparing for the next generation.”

~Dikembe Mutombo~



Tennis GiveBack Clinic September 2020

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Special thanks to **Angels Against Addiction** and its founder Brenda Schivito for their generous grant to Sow Good Now to support our mission.

For more information on Angels Against Addiction, please see <https://www.angelsagainstaddiction.org/>

What's all the racquet? Radley Run Community sponsors a tennis racquet drive

Radley Run junior tennis players supported SGN in collecting over 100 gently used tennis racquets to gift to youth in Chester when their sports and after school programs had been cancelled.

Junior tennis pro and instructor, Jaleel Khan shared his time, talent, and treasure by creating an instructional video about philanthropy as he worked with his players to apply fresh grips to the collected racquets. The racquets were then gifted to the children of Chester as they enjoyed their first tennis



A new tennis racquet....a smiling face...ready to play!!



Rustin High School Girls Tennis Team and Coaches Billy McElroy and Lauren Gendall at GiveBack Clinic, Chester, PA.





SGN Board

Mary Fischer Nassib
President and Co-founder

Audrey Garrett

Betsy Curtis

Anne Miller

Stephanie Moore

Dawn Hornibrook

Mary Boylston

Jeff Long

In my short time working with SGN, I have been amazed by the level of commitment and passion by the Executive Team and can see how the SGN mission could be a national endeavor to educate student-athletes on the impact they can have on their community by practicing being philanthropic for the rest of their lives.

~Bob Madonna~

Managing Partner
Diversified Services
LLC

...from Mary's Desk....

With that said, as a community-based organization, our goal is to work with the underserved populations and offer our philanthropic love and gifts. We can only achieve our mission with the support of individuals who share our passion to give.

Will you consider sharing your time, talent, or treasure with the less fortunate? We seek volunteers to help run programs. In addition, we ask for individual generosity that can support the mission, programs, and athlete mentors and mentees.

We have witnessed the changes in both the givers and recipients of the programs. Be a part of change. Join us and share your time, talent, and treasure with those who need it the most.

With appreciation,

Mary Fischer Nassib
Cofounder and President of SGN

SGN
Partners



the Sillerman Center
FOR THE ADVANCEMENT OF PHILANTHROPY



Junior Tennis Teams

Girls Tennis Team





Sow Good Now Videos

Fordham student virtual basketball GiveBack:
<https://www.youtube.com/watch?v=sHBThZpCruM>

Mackenzie teaches yoga: <https://www.youtube.com/watch?v=GVoa5KsP5YM>

Villanova University Volleyball: <https://sowgoodnow.org/videos>

April 24, 2021 1-4p

Mary Fischer Nassib will be a guest panelist at the virtual symposium **NEXT LEVEL UP: Beginning with the End in Mind**. A symposium for athletes, parents, and coaches tackling transition from high school football to college athletics and beyond.

To register: <https://pfpma.org/next-level-up-symposium-beginning-with-the-end-in-mind/>

Sponsored by the Professional Football Players Mothers Association



Homemade Sports Drink

Ingredients

1 liter of green tea or water

1/4 teaspoon of sea salt
 (can use up to 1/3 teaspoon)

8 ounces fruit juice

Combine all ingredients and mix well.

Source: thesuppersprogram.org

Homemade Energy Gel

Ingredients

2 Tablespoons Chia Seeds

1 Cup Coconut Water

Shake or stir well, and let sit for about 15 minutes.

Malvern Prep: Football GiveBack



<https://sowgoodnow.org/>



SGN Mission

Engage and empower young athletes to share their time, talent, and treasure through the sports they love to benefit youth and communities and revolutionize the philanthropic world.

Upcoming GiveBack Clinics

April, 2021

Brandeis University

Women's Soccer Team

September 2021

Tennis GiveBack

Emily's Giveback clinic can be viewed at <https://www.youtube.com/watch?v=WsiuLicVk4>



Emily Williams leads GiveBack during pandemic

Pandemic Does Not Stop Jefferson's GiveBack

In October of 2019, Emily Williams engaged her coach and teammates on Jefferson University's Softball team in a GiveBack event with young players from The 21st Ward to benefit mental health. With the help of her team and mentor, Jane Ellis, Emily successfully raised \$5000.00 to start her donor-advised fund and engaged her team in evaluating non-profit organizations that provide mental health services. Because of her ability to recruit other players and attract community partners in her event, Emily received the CAA Community Leader Award from her college.

Although the pandemic cancelled Emily's senior softball season, it did not interrupt her passion for supporting mental health and she was able to secure the Jefferson Softball players virtually to complete her second annual GiveBack and make an additional grant to support mental health.

Emily has is currently enrolled in the Graphic Design major at Ursinus College and firmly established herself as a Community Leader and advocate for good mental health in youth. Her work has been noticed by a variety of mental health advocacy groups as Emily continues to be an activist and change agent in her community.



November, 2020:

Tailgate Fundraiser Rain, rain go away and come on back another day! What an amazing outpouring of generosity by a very special Board member, Anne Miller, as the tailgate was held at her home in West Chester. Despite the rain, friends of SGN enjoyed the setting, cheesesteak truck, libations, and auction items.



Seeking Volunteers

Volunteers needed to work to achieve mission of SGN. Opportunities to personally giveback include planning, implementation, and evaluating initiatives designed to spread the mission of the organization.

For more information, please contact info@sowgoodnow.org.

SOW GOOD NOW: Spreading the seeds of philanthropy

Sow Good Now, a faith-based 501© (3), has since engaged over 500 young people in philanthropic giving and volunteerism through the sports they love..

Donations can be mailed to:

3002 Tall Oaks Lane, Newtown Square, PA 19073

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