**365-Day “Olymp-i-a Challenge” for PEACE- Year 1**

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**\*\*Author’s comments:** In this document I present my daily positive ideas and actions for peace, generated (and posted in Facebook) in the Year 2011. This journal is a journey of positive discovery. I hope it provides you with inspiration for your own positive ideas and actions for peace. Many of the ideas and actions are timeless and are relevant now and in the future. Some, however, are specific to a particular event in 2011. Nevertheless, the journal entries provide you with tangible examples of positive steps taken on a daily basis. The journal entries frequently include and reference websites and their content. Due to the fluid and changing landscape of the Internet, some links may not work over time. If a link does not work or a website no longer exists, you can enter key words from the subject matter of the journal entry in “Google” or other search engine to locate current relevant websites and launch your own exploration. As you will see, the journal entries reflect my personal interests, passion, and culture. They serve merely as prompts to motivate and encourage you to create your own, personal and unique journey.

After reading an idea or action, write down your own positive idea or action for that day along with the date and re-save this file so you record your positive idea or action. Do this as often as you can over time. Ideally, do this for 21-30 consecutive days to help engrain the habit. The more you practice, the stronger you become! You will create a living journal of your positive ideas and actions.

**365 Daily Positive Ideas and Actions for Peace:**

**Day 1: OLYMP-I-A for PEACE: Action: In order to network with others and build a support group for the “Olymp-i-a Challenge,” I updated my “Olymp-i-a for Peace” Group on Facebook to engage people in positive ideas and actions for peace.**

**Day 2: OLYMP-I-A for PEACE: Action: To help me connect with others and access information on peace, I started following additional "Peace" groups on Twitter.**

**Day 3: OLYMP-I-A for PEACE: Action: I'm sharing a cool activity that my friend and her family are doing: They use Kindle to access and read articles in newspapers from different countries to gain a more global perspective.**

**Day 4: OLYMP-I-A for PEACE: Idea: I thought about how Tai Chi is good for the mind, body, and spirit. The discipline of Tai Chi helps you experience tranquility.**

**Day 5: OLYMP-I-A for PEACE: Idea: I think that the palpable relationship that exists between two beings is a third and vital presence that is born, lives and breathes, and must be nurtured to survive. If "relationships" could speak for themselves, they might form a "Relationships Rights" group. So, just as we respect life itself, we should respect and nurture our relationships, taking great care not to abuse them, so they can grow and live long and wondrous lives.**

**Day 6: OLYMP-I-A for PEACE: Idea: Wag more & bark less.**

**Day 7: OLYMP-I-A for PEACE: Action: Today I talked with people from Greece and India about Idea4Idea and the OLYMP-I-A. We can work together. It's exciting!**

**Day 8: OLYMP-I-A for PEACE: Action: Early this morning I talked with a person in Kenya doing inspiring work in an organization working with children. I visited the organization’s website (**[**http://gvaproject.weebly.com/index.html**](http://gvaproject.weebly.com/index.html)**) and Facebook page (**[**http://www.facebook.com/pages/GODS-VISION-FOR-AFRICA-INTERNATIONAL/107337265955361**](http://www.facebook.com/pages/GODS-VISION-FOR-AFRICA-INTERNATIONAL/107337265955361)**) to find out more.**

[](http://gvaproject.weebly.com/uploads/1/3/1/4/13146840/271520_orig.jpg)

**Day 9: OLYMP-I-A for PEACE: Idea: I believe true peace can be seen in the face of a sleeping infant. However, what happens to that infant when awake, and how the infant, child, teen, adult chooses to respond, will ultimately create peace or war. Most of us would agree that we must teach our children from an early age not to play with matches, and yet, we somehow do not find it imperative to teach our children how to train and condition their minds to think in positive ways, avoid habits of hatred and violence to others, and to choose healthy and positive responses to life stress and events. Just imagine how powerful that could be.**

**Day 10: OLYMP-I-A for PEACE: Action: I stopped for a moment in my busy day and took a slow, deep breath in and out, and I thought about the still, quiet peace of that moment, the breath... the calm... and let my mind rest gently.**

**Day 11: OLYMP-I-A for PEACE: Action: I found and read a poem on peace: "The peace of wild things" by Wendell Berry:  
When despair grows in me  
and I wake in the middle of the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake**

* **rests in his beauty on the water, and the great heron feeds.  
  I come into the peace of wild things  
  who do not tax their lives with forethought  
  of grief. I come into the presence of still water.  
  And I feel above me the day-blind stars  
  waiting for their light. For a time  
  I rest in the grace of the world, and am free.**
* **rests in his beauty on the water, and the great heron feeds.  
  I come into the peace of wild things  
  who do not tax their lives with forethought  
  of grief. I come into the presence of still water.  
  And I feel above me the day-blind stars  
  waiting for their light. For a time  
  I rest in the grace of the world, and am free.**

**rests in his beauty on the water, and the great heron feeds.**

**I come into the peace of wild things**

**who do not tax their lives with forethought**

**of grief. I come into the presence of still water.**

**And I feel above me the day-blind stars**

**waiting for their light. For a time**

**I rest in the grace of the world, and am free**

**Day 12: OLYMP-I-A for PEACE: Action: I found and read Martin Luther King’s “I Have a Dream” speech from 1963.** [**http://www.usconstitution.net/dream.html**](http://www.usconstitution.net/dream.html)



**rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting for their light. For a time  
I rest in the grace of the world, and am free.**

**Day 13: OLYMP-I-A for PEACE: Idea: Today, I thought about the number "13," since this is my 13th day running. I used to be superstitious and was convinced that "13" was unlucky for me. Then, my father told me that 13 was the luckiest number of his life. He was born on that day! I guess that taught me a little about life. It's all in how we approach things. Life gets better when we look for the positive.**

**Day 14: OLYMP-I-A for PEACE: Idea: Peace comes from calming the wars within.**

**Day 15: OLYMP-I-A for PEACE: Idea: Today, it was raining, and I saw a perfect pearl drop of rain on a tiny twig. The shimmering drop reflected the sky and trees and created a beautiful world suspended in time and space. I thought of when I was a child and read "Horton Hears a Who" by Dr. Seuss. I was fascinated with the thought that each speck of dust or drop of dew I saw could be a world of its own, and, that we on the Earth could be living on a small speck of dust in a giant's world. I was made aware of the possibility of unlimited worlds, as yet unknown to me. I learned that we need to see and listen to each other with a sense of wonder, discovery, and humility, and be open to travelling beyond our own limited perspectives.**

**Day 16: OLYMP-I-A for PEACE: Action: Today at the grocery store I saw a sign about the "Souper Bowl of Caring." I looked it up on the Internet. It is a grassroots movement that has spread across the U.S., collecting dollars and food for local hunger-relief charities in the weeks before and on the Sunday of the Super Bowl football game.** [**http://www.facebook.com/souperbowlofcaring**](http://www.facebook.com/souperbowlofcaring)

[](https://www.facebook.com/souperbowlofcaring?ref=nf)

[**Souper Bowl of Caring**](https://www.facebook.com/souperbowlofcaring)

“As we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat.” On Super Bowl Sunday in 1990, a simple prayer inspired a group of teenagers to create a fun, yet meaningful way to fight hunger and reach out to those in need. Using originality and teamwo...

**Day 17: OLYMP-I-A for PEACE: Action: Read an article entitled, "Martin Luther King- A Different Drum Major" by Paul Rosenberg, Jan 13, 1995, regarding Dr. King's famous speech, "The Drum Major Instinct."**

**[http://www.hartford-hwp.com/archives/45a/002.html](http://www.hartford-hwp.com/archives/45a/002.html" \t "_blank)**

[www.hartford-hwp.com](http://www.hartford-hwp.com/archives/45a/002.html" \t "_blank)

**Day 18: OLYMP-I-A for PEACE: Idea/Action: Let us seek both peace for the moment and lasting peace for the generations. Peace comes alive in the breath we take, the words we speak, and the path we walk. "What will our children learn from us?" The question echoes through time. I listened to "Echoes" by Pink Floyd on YouTube- lyrics found at** [**http://www.pink-floyd-lyrics.com/html/echoes-meddle-lyrics.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.pink-floyd-lyrics.com%2Fhtml%2Fechoes-meddle-lyrics.html&h=lAQFjnhbwAQH1BMGMZcXS4Ibn5_NLXidUHIeqkN0Che8vJw&s=1)

**[Echoes - Meddle Lyrics - Pink Floyd Lyrics](http://www.pink-floyd-lyrics.com/html/echoes-meddle-lyrics.html" \t "_blank)**

[www.pink-floyd-lyrics.com](http://www.pink-floyd-lyrics.com/html/echoes-meddle-lyrics.html" \t "_blank)

[Your Source for Pink Floyd Lyrics, Albums, and Songs. Find the lyrics to every Pink Floyd song](http://www.pink-floyd-lyrics.com/html/echoes-meddle-lyrics.html" \t "_blank)

**Day 19: OLYMP-I-A for PEACE: Action: I noticed the Google logo design that went up just now on the Google website. The logo design sets the stage for tomorrow January 20th, which is the 50th anniversary of John F. Kennedy's inaugural address. The logo includes inspiring words from JFK's speech.** [**http://www.google.com/logos/2011/jfkinaugural11-hp.jpg**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.google.com%2Flogos%2F2011%2Fjfkinaugural11-hp.jpg&h=IAQGgI_gzAQEvQnZEGEgise20VYEFcxwB4ya2mFo99rrgFQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.google.com/logos/2011/jfkinaugural11-hp.jpg&h=lAQFjnhbw&s=1)

**[http://www.google.com/logos/2011/jfkinaugural11-hp.jpg](http://www.google.com/logos/2011/jfkinaugural11-hp.jpg" \t "_blank)**

[www.google.com](http://www.google.com/logos/2011/jfkinaugural11-hp.jpg" \t "_blank)

**Day 20: OLYMP-I-A for PEACE: Action: Since today is the 50th anniversary of John F Kennedy's inaugural address, I visited and browsed through the website for the JFK Presidential Library and Museum. It's an inspiring walk through history.** [**http://www.jfklibrary.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.jfklibrary.org%2F&h=MAQHDlil4AQHnvA1RFJgKMCGS6XxSH2z6mvQvI5EdaEckeQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.jfklibrary.org/&h=oAQGAKbff&s=1)

**[John F. Kennedy Presidential Library & Museum](http://www.jfklibrary.org/" \t "_blank)**

[www.jfklibrary.org](http://www.jfklibrary.org/" \t "_blank)

[The John F. Kennedy library and museum home page. Access the Kennedy Library Digital Archives, which includes 300,000 scanned documents, films, and audio clips with materials such](http://www.jfklibrary.org/" \t "_blank)

**Day 21: OLYMP-I-A for PEACE: Action: I was in my car, stopped at a traffic light. In the car beside me there was a small child in the back seat. I looked over, saw him looking at me, and I smiled. He stared at me, wide-eyed and solemn. I looked away. Then, I turned again and smiled at him. Again, he was watching. A third time I looked and saw him smiling back with a big grin. As the light changed and we drove away, I felt joy and peace!**

**Day 22: OLYMP-I-A for PEACE: Action: I exercised my imagination to create a moment of serenity. I was watching the steam rising as mist from my cup of hot tea and I was once again walking among the clouds at Mt. Taishan in China.** [**http://www.sacred-destinations.com/china/tai-shan**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.sacred-destinations.com%2Fchina%2Ftai-shan&h=tAQGQ2U_HAQE2z92ras_S2c1emaxgrHNkrZ1bKUAKZ8uhrw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.sacred-destinations.com/china/tai-shan&h=UAQHc4Y8R&s=1)[](http://www.amazon.com/gp/product/1843538725?ie=UTF8&tag=sacreddestina-20&link_code=as3&camp=211189&creative=373489&creativeASIN=1843538725)

**[Tai Shan, China](http://www.sacred-destinations.com/china/tai-shan" \t "_blank)**

[www.sacred-destinations.com](http://www.sacred-destinations.com/china/tai-shan" \t "_blank)

[Tai Shan: History, description, photos and visitor information for Tai ShanShandong, China.](http://www.sacred-destinations.com/china/tai-shan" \t "_blank)

**Day 23: OLYMP-I-A for PEACE: I saw a sign on the wall at a Freebirds restaurant. It was about the program "Thirst no more." So, I looked them up on Facebook, visited the website, and read about the program. [NOTE: This info is no longer accessible via the Web.] Related link:** [**http://www.kxan.com/dpp/news/international/Area-benefits-for-Haiti-victims**](http://www.kxan.com/dpp/news/international/Area-benefits-for-Haiti-victims)

**Day 24: OLYMP-I-A for PEACE: Idea: Peace is strong. Active peace builds strength. Some think it takes a strong person to fight and that winning with physical power is paramount. It may be so. I believe it takes a stronger person to build inner peace and strive for peaceful resolution.**

**Day 25: OLYMP-I-A for PEACE: Idea: In all the millennia, we humans are such a tiny speck. Yet, I am amazed at the ease with which we toss aside all humility and think ourselves so important and powerful to have the right to destroy others. Today, I complete a fourth of my 1st OLYMP-I-A for PEACE. It is just the beginning of a challenging adventure.**

**\*\*Extra Note: The courage of the marathon runner is admirable. The courage of the OLYMP-I-AN is indelible!**

**Day 26: OLYMP-I-A for PEACE: Idea: When I am consumed with ardent complaints I have little time and energy to see, experience, or build anything positive.**

**Day 27: OLYMP-I-A for PEACE: Idea: I believe that we humans can get a "high" or endorphin kick when we gossip or disparage others. It makes us feel more powerful and is probably neurochemically supported. Why not exercise and train ourselves so that our brains get a regular and steady endorphin high from positive ideas and actions, strengthening those neuronal pathways, and reducing our habit of craving a negativity fix.**

**Day 28: OLYMP-I-A for PEACE: Idea: I want to be sure to practice now and engrain a habit so that the words that come out of my mouth by reflex are not harsh and obnoxious. I believe such a habit will prove helpful at times, both now and later in life, when I am less able to control what I say and I need those who care for me to enjoy helping and being around me.**

**Day 29: OLYMP-I-A for PEACE: Idea: Like crashing storms, we fight; like sunlight streaming through clouds we know and yearn for peace. Even though the lightning may be strong and fierce, it casts but fleeting shadows on the calm enduring face of time.**

**Day 30: OLYMP-I-A for PEACE: Action: I greeted and welcomed a new neighbor and family.**

**Day 31: OLYMP-I-A for PEACE: Action: I created a report as a special tribute to children with disabilities and their families and shared it widely. View the report at** [**http://nightlightreport.blogspot.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fnightlightreport.blogspot.com%2F&h=GAQF7wAmXAQG8HOx4eHqgNa3kpz7JJIGTj_IsuuXjYpihyg&s=1)**.**

**[The Nightlight Report](http://nightlightreport.blogspot.com/" \t "_blank)**

[nightlightreport.blogspot.com](http://nightlightreport.blogspot.com/" \t "_blank)

[This Report is a tribute to Texas children with disabilities and their families and to the 82nd Texas Legislature. The Report is a compilation of positive ideas and actions about children with](http://nightlightreport.blogspot.com/" \t "_blank)

**Day 32: OLYMP-I-A for PEACE: Idea: I thought about what makes people fight. We can fight due to hatred, fight due to loss of control of anger, fight due to hormones, fight to gain power, fight to intimidate and make ourselves feel stronger, fight to defend ourselves and our families from threats, fight for justice, fight to uphold what we think is right... The list goes on. We can get so busy toggling between all our multiple modes of the fighting. It's no wonder that peace has a hard time finding its way in. The positive thing is that I will continue to grapple with this dilemma and continue to challenge myself to further understanding.**

**Day 33: OLYMP-I-A for PEACE: Action: I watched a news report on the protests in Egypt. Sending my thoughts and prayers to the people in Egypt.**

**Day 34: OLYMP-I-A for PEACE: Action: I watched the strength and courage of people providing public testimony to the Legislature for health and human services and could feel the surge of community spirit in the room and the power of communication and reaching out to others.**

**Day 35: OLYMP-I-A for PEACE: Idea: May we dream of peace within and among nations. May we "Imagine."** [**http://www.facebook.com/pages/Imagine/47211094501**](http://www.facebook.com/pages/Imagine/47211094501)

[](https://www.facebook.com/pages/Imagine/47211094501?ref=nf)

[**Imagine**](https://www.facebook.com/pages/Imagine/47211094501)

John Lennon's masterpiece

**Day 36: OLYMP-I-A for PEACE: Action: I read an article in the New York Times, "Violence and Courage," by Nicholas D. Kristof. I was inspired by the report of 2 Muslim middle-aged sisters in the pro-democracy movement who stood their ground peacefully and courageously in the face of armed thugs and brutality.**

**Day 37: OLYMP-I-A for PEACE: Action: I sipped a cup of hot tea in the morning and paused for a moment to create a time of internal peace and calm to set the tone for my day.**

**Day 38: OLYMP-I-A for PEACE: Action: I felt the power and strength of the peaceful advocacy of a woman who was testifying before the Senate Finance Committee on behalf of people with mental illness and mental health services.**

**Day 39: OLYMP-I-A for PEACE: Action: I took some time to catch up on much needed rest and peaceful sleep.**

**Day 40: OLYMP-I-A for PEACE: Action: I responded that I will participate in "The Global WEEK" event and I invited people on the event site to join the OLYMP-I-A for PEACE.**

[https://fbcdn-profile-a.akamaihd.net/hprofile-ak-ash2/161979_259943447068_5186375_t.jpg](https://www.facebook.com/events/259943447068/?ref=nf)

[**The Global WEEK! ~ FEB 15 2011**](https://www.facebook.com/events/259943447068/)

Tuesday, February 15, 2011 at 1:00am

**Day 41: OLYMP-I-A for PEACE: Action: I monitored the situation in Egypt and admired in awe the protesters maintenance of peaceful demonstrations in the face of violence.**

**Day 42: OLYMP-I-A for PEACE: Action: I actively sought broad-scale, immediate, and peaceful testimony to the State Legislature and to Congress regarding the health care and service needs of children/people with disabilities and their families.**

**Day 43: OLYMP-I-A for PEACE: Action: I gazed up to the brilliant blue sky and melted into its beauty and wide expanse. I took a breath and felt the connectivity of all on the Earth and in the Universe and allowed peace to flow through me.**

**Day 44: OLYMP-I-A for PEACE: Idea: We need to find ways to train our bodies so we get the same addictive surge of adrenalin and endorphins from seeking and attaining peace as we do from fighting and war.**

**Day 45: OLYMP-I-A for PEACE: Action: I worked to find a common ground for bringing my points across to the Legislature regarding funding for services for children with disabilities. I created an analogy that helped us all share a familiar and common perspective. I equated the budget deficit to a drunk driver and proposed that our roles (as Legislators and the public) are to be the sober passenger in the front seat, steering the careening car away from children and families and people with disabilities.**

**Day 46: OLYMP-I-A for PEACE: Action: I joined with others in a peaceful protest, bringing forward to the Legislature a petition of over 12,200 signatures to speak in favor of continuing funding for home and community-based waiver services to enable people with disabilities to live independently in the community.**

**Day 47: OLYMP-I-A for PEACE: Action: When out on a walk tonight, I looked up and watched the clouds move across the face of the full moon. I let the stress of my day flow away with them. The night was beautiful!**

**Day 48: OLYMP-I-A for PEACE: Idea: We should study the forces of nature and nuture in the great figures who symbolize peace in our world- Mandela, Gandhi, Martin Luther King, Mother Teresa. Perhaps we could find and distill common pathways and find the keys to open more doors to peace in future generations.**

**Day 49: OLYMP-I-A for PEACE: Action: I prepared flyers about the OLYMP-I-A that will be distributed tomorrow at the RunTex booths at the marathon expo. Sharing a new dimension in cross training with lots of folks!**

**Day 50: OLYMP-I-A for PEACE: Action: Today I had a great conversation with a man who lives in Pennsylvania. He is involved with a "Friends" Quaker school there and thought the students would be interested in participating in the OLYMP-I-A.**

**Day 51: OLYMP-I-A for PEACE: Action: I took some "down-time" and rested and brought peace into my life with a few simple, but good things- a cup of hot tea, a mid-afternoon nap, and a scoop of icecream.**

**Day 52: OLYMP-I-A for PEACE: Action: I had asked some half-marathon and marathon runners to find something they saw or experienced during their run yesterday that symbolized to them peace and goodwill or green-living, or health. Today I've already heard from two of them. Finding positive things symbolizing health, green-living, and peace inspired them during and after their running.**

**Day 53: OLYMP-I-A for PEACE: Action: More marathon runners emailed me about the positive things they noticed during their runs. Many commented on the kindness of strangers who were cheering and encouraging along the way and handing out oranges and snacks to help the runners.**

**Day 54: OLYMP-I-A for PEACE: Action: Another email came in from a runner of the half-marathon. Again, the positive thing she most remembered about running the route was the kindness of the spectators and the sign which cheered on the "Random Runner."**

**Day 55: OLYMP-I-A for PEACE: Action: I shared some camaraderie, joy, and laughter with my good friends at Kung Fu!**

**Day 56: OLYMP-I-A for PEACE: Action: I explored an interesting website with information about stress management, and specifically the 2/2/11 article "Go with the Flow." I think that "running" the OLYMP-I-A can be a strategy that helps people gain "flow" in their lives and can relieve stress.** [**http://stress.about.com/**](http://stress.about.com/)

[About.com](http://www.about.com/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://stress.about.com/&h=YAQFds84C&s=1)

**[About.com Stress Management](http://stress.about.com/" \t "_blank)**

[stress.about.com](http://stress.about.com/" \t "_blank)

[Just as stress affects us all differently, effective stress management must fit the unique needs of the individual. Learn about how stress affects you, and find stress management](http://stress.about.com/" \t "_blank)

**Day 57: OLYMP-I-A for PEACE: Action: I witnessed strong, yet friendly competition with great sportsmanship at two places: a Science Olympiad Regional competition and a Shaolin-Do Kung-Fu tournament.**

**Day 58: OLYMP-I-A for PEACE: Action: I experienced true and lifelong friendship at a Shaolin-Do Kung Fu/Tai Chi black belt celebration.**

**Day 59: OLYMP-I-A for PEACE: Action: I was walking my dog at dusk. To clear my mind I looked up and focused on a pine tree rising tall above me. The pine needles fanned out at the ends of tiny branches, moving like paint brushes back and forth to a gentle breeze, painting colors across the sky.**

**Day 60: OLYMP-I-A for PEACE: Action: As I was stretching before my Kung Fu class, I listened to Master Joe teaching the Tai Chi students about breathing techniques. I did the breathing while I stretched and it helped me attain a more relaxed and peaceful state of mind and body, allowing me to go deeper into my stretch.**

**Day 61: OLYMP-I-A for PEACE: Action: I took a walk and tuned out the busy whirlwind of the day by listening to the different, musical birdsongs I heard along the way. As I looked upward in the trees to find the birds, my mind lifted from its earthly and inward focus and moved through the tree branches, flying freely toward the sky.**

**Day 62: OLYMP-I-A for PEACE: Action: I was inspired by a woman who celebrated her 95th birthday today. I realized that as we grow older (and wiser), and the finite number of our days become more real, we live more and more in the moment, understanding the worth of positive human connection, love, resolution and peace.**

**Day 63: OLYMP-I-A for PEACE: Action: I watched the movie "Precious" and was moved deeply as the story unfolded. The deepest sadness and tragedy that a person may experience in this world can be overcome by the love and kindness of a few strong and caring people. May we always reach out to each other and be the light out of darkness.**

**Day 64: OLYMP-I-A for PEACE: Action: A friend shared with me this link. I read about Chakra Vibrations which "arises from the inspiration of sharing internal peace with our global brothers and sisters. It is the wisdom call from our ancestors which invites us to meditate and remember that we are one."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://vibratica.com/Chakra_Vibrations/&h=PAQHAqCBR&s=1)[](http://vibratica.com/image.php?mode=band_image&band_id=1178)

**[Chakra Vibrations - Home Page](http://vibratica.com/Chakra_Vibrations/" \t "_blank)**

[vibratica.com](http://vibratica.com/Chakra_Vibrations/" \t "_blank)

[Costa Rica, Downloads, Social Network, Red Social, Musica, Conciertos, Costarricense](http://vibratica.com/Chakra_Vibrations/" \t "_blank)

**Day 65: OLYMP-I-A for PEACE: Action: I went to a kite festival, and when I looked around, everyone I saw was smiling. We all were looking up at the dancing kites, flying high in the sky. We felt young at heart and all worries seemed to drift away for a moment on the wind.**

**Day 66: OLYMP-I-A for PEACE: Action: After watching the movie "The Last Station," I wanted to find out more about Tolstoyism. I found an interesting website with a good overview article.** [**http://www.historytoday.com/charlotte-alston/tolstoys-guiding-light**](http://www.historytoday.com/charlotte-alston/tolstoys-guiding-light)

**[Tolstoy's Guiding Light | History Today](http://www.historytoday.com/charlotte-alston/tolstoys-guiding-light" \t "_blank)**

[www.historytoday.com](http://www.historytoday.com/charlotte-alston/tolstoys-guiding-light" \t "_blank)

[The philosophical writings of the author of War and Peace inspired followers from Moscow to Croydon and led to the creation of a Christian anarchist reform movement. Charlotte](http://www.historytoday.com/charlotte-alston/tolstoys-guiding-light" \t "_blank)

**Day 67: OLYMP-I-A for PEACE: Idea: It seems that peace is often inseparable from fighting, just as light needs darkness to define it. This came to my mind when I was out on a walk and saw the beautiful dance of light and shadows cast by the branches of a tree in the sunlight. I thought of the requirement of both the light and the shadows to create the essence of the dance. So an important question to explore is can we find peace without also finding war?**

**Day 68: OLYMP-I-A for PEACE: Action: I was reading the book "Eat, Pray, Love" today- the part of the book where the author is living in an Ashram in India & is exploring devotion, meditation, and prayer and the inner path to peace. Almost in response to my question yesterday about the seeming inseparability of peace from war, the book addressed the issue of our human condition and the difficulty we have in remaining in a peaceful state.**

**Day 69: OLYMP-I-A for PEACE: Action: I experienced the peace of restful sleep. Refreshing!**

**Day 70: OLYMP-I-A for PEACE: Action: I worked with others to prepare for peaceful marches and rallies to take place over the next week that will speak out in support of essential funding of health and human services and education for children with disabilities.**

**Day 71: OLYMP-I-A for PEACE: Action: I participated in a peaceful rally at the state capitol to stand up and speak out in support funding public education for our children.**

**Day 72: OLYMP-I-A for PEACE: Action: Took a few quiet moments to stretch, breathe, relax, and experience peace**

**Day 73: OLYMP-I-A for PEACE: Action: I experienced the strong and powerful, yet peaceful, connection among people at a rally for health and human justice for children, youth, and adults with disabilities**

**Day 74: OLYMP-I-A for PEACE: Action: I looked up at the steadfast, brilliant stars in the night sky and found a momentary sense of permanence, universal transcendence, and respite from the chaos and upheavals here on Earth.**

**Day 75: OLYMP-I-A for PEACE: Action: Prayers for Japan, Libya........**

**Day 76: OLYMP-I-A for PEACE: Action: Today I visited a friend who is in her 90's. I experienced the peace of wonderful memories, lasting friendship, and the connection of our lives through a warm hug.**

**Day 77: OLYMP-I-A for PEACE: Action: I went on a nice, relaxing, and peaceful walk in the sunshine and consciously breathed in peace and breathed out stress.**

**Day 78: OLYMP-I-A for PEACE: Action: I gave my dog a big hug. I am always amazed by her unconditional love, courage, patience, and unblaming endurance of the world's ups and downs. Dogs are great ambassadors of peace.** [**http://www.aolnews.com/2011/03/17/faithful-dog-alerts-japanese-camera-crew-to-injured-pooch-video/**](http://www.aolnews.com/2011/03/17/faithful-dog-alerts-japanese-camera-crew-to-injured-pooch-video/)

**[Faithful Dog Alerts Japanese Camera Crew to Injured Pooch [VIDEO]](http://www.aolnews.com/2011/03/17/faithful-dog-alerts-japanese-camera-crew-to-injured-pooch-video/" \t "_blank)**

[www.aolnews.com](http://www.aolnews.com/2011/03/17/faithful-dog-alerts-japanese-camera-crew-to-injured-pooch-video/" \t "_blank)

[A Japanese camera crew finds a dog pacing frantically in the rubble of the earthquake, then discovers it is protecting an](http://www.aolnews.com/2011/03/17/faithful-dog-alerts-japanese-camera-crew-to-injured-pooch-video/" \t "_blank)

**Day 79: OLYMP-I-A for PEACE: Action: Finding peace and harmony in a walk at dusk- the day fading softly and night settling in gently.**

**Day 80: OLYMP-I-A for PEACE: Action: I read about Poems for Peace on Facebook. Great site!** [**http://www.facebook.com/group.php?gid=60304361347**](http://www.facebook.com/group.php?gid=60304361347)

[**Poems for Peace**](https://www.facebook.com/groups/60304361347/)

Poems for Peace is a poetry exchange for youth worldwide. Cross-cultural connections are established through the sharing of ideas, hopes, fears and dreams, weaving a strong and colorful tapestry of pe...

**Day 81: OLYMP-I-A for PEACE: Action: I was trying to inch along in rush hour traffic and was waiting to merge into a busy lane of cars. A kind driver stopped and let me enter. That simple act of kindness helped to brighten my day. Peace begins in how we treat each other every day.**

**Day 82: OLYMP-I-A for PEACE: Action: I saw the dawn today, a pink and golden sky with a hazy eastern horizon. The sun appeared, distinctly defined, a perfectly round, red-orange ball, low to the skyline. The half-moon was still visible high above me in the light blue of breaking day. I paused for a moment to immerse myself in the sacred, overarching majesty of the universe and my worries fell away, replaced with humility.**

**Day 83: OLYMP-I-A for PEACE: Action: I read about the Mosaic Project. The organization unites young children of diverse backgrounds, provides them with essential skills to thrive in an increasingly diverse society, and empowers them to strive for peace.** [**http://www.facebook.com/pages/The-Mosaic-Project/100456753334442?sk=info**](http://www.facebook.com/pages/The-Mosaic-Project/100456753334442?sk=info)

[](https://www.facebook.com/TheMosaicProject?ref=nf)

[**The Mosaic Project**](https://www.facebook.com/TheMosaicProject)

Unlike any other organization of which we are aware, The Mosaic Project profoundly reaches children in elementary school before prejudice can become entrenched. The principal program is our unique human-relations outdoor school. This dynamic 4-night, 5-day experience for fourth and fifth graders is...

**Day 84: OLYMP-I-A for PEACE: Action: I worked in unity together with many groups to organize a peaceful Rally to champion the voices of children, youth, and adults with disabilities and the call for funding of essential health and human services.**

**Day 85: OLYMP-I-A for PEACE: Action: I viewed a video about the Speaker Series event held this month (March 17, 2011) at Peace Corps Headquarters, honoring Sargent Shriver and the founding of the Peace Corps.** [**http://www.flickr.com/photos/peacecorps/sets/72157626216331503/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.flickr.com%2Fphotos%2Fpeacecorps%2Fsets%2F72157626216331503%2F&h=6AQHRbCWPAQE4upXqQeiEwJPxvWw3DMO87k6xxxJP2ktF3Q&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.flickr.com/photos/peacecorps/sets/72157626216331503/&h=3AQEMK30f&s=1)[](http://www.flickr.com/photos/peacecorps/5556572884/in/set-72157626216331503/)

**[Loret Miller Ruppe Speaker Series - Peace Corps Founder's Panel - March 17, 2011 - a set on Flickr](http://www.flickr.com/photos/peacecorps/sets/72157626216331503/" \t "_blank)**

[www.flickr.com](http://www.flickr.com/photos/peacecorps/sets/72157626216331503/" \t "_blank)

[Flickr is almost certainly the best online photo management and sharing application in the world. Show off your favorite](http://www.flickr.com/photos/peacecorps/sets/72157626216331503/" \t "_blank)

**Here is the link to the video I watched on the founding of the Peace Corps.** [**http://www.youtube.com/watch?v=sKvfHg3-V0U**](http://www.youtube.com/watch?v=sKvfHg3-V0U)



**[Tim Shriver - Peace Corps Founder's Panel - March 17, 2011](http://www.youtube.com/watch?v=sKvfHg3-V0U" \t "_blank)**

[gdata.youtube.com](http://www.youtube.com/watch?v=sKvfHg3-V0U" \t "_blank)

[During a Loret Miller Ruppe Speaker Series event at Peace Corps Headquarters](http://www.youtube.com/watch?v=sKvfHg3-V0U" \t "_blank)

**Day 86: OLYMP-I-A for PEACE: Action: In a moment of intense frustration, I thought about the relative insignificance of my trouble in the grand scheme of things and took a slow, deep breath and was able to let it go.**

**Day 87: OLYMP-I-A for PEACE: Action: I fostered peace and goodwill through humor and laughter with friends.**

**Day 88: OLYMP-I-A for PEACE: Action: After an intense workout at Kung Fu, I felt tired, yes, but also incredibly calm and at peace. A great way to "kick" in those endorphins :))**

**Day 89: OLYMP-I-A for PEACE: Action: I collaborated with a large group in organizing a peaceful rally to build support for critical funding for essential health, education, environmental, and other services.**

**Day 90: OLYMP-I-A for PEACE: Idea: Thought of how I could not be at peace with myself if I did not speak up for children, youth, and adults with disabilities and help their voices be heard when budget cuts in Texas threaten their very lives and livelihoods!**

**Day 91: OLYMP-I-A for PEACE: Action: Felt a surge of hope and peace when I listened to "The Rose" sung at the Nightlight Vigil at the Capitol and looked out on the faces of the people there who had come together in the belief of justice.**

**Day 92: OLYMP-I-A for PEACE: Action: I reached out to people all over the state and nation to try to motivate peaceful protest to the budget cuts proposed in the Texas Legislature's House Bill 1.**

**Day 93: OLYMP-I-A for PEACE: Action: I found peace and hope for humanity in thinking of the remarkable kindness and courage of an 8 year old boy as I viewed the video of his powerful speech on the South steps of the Texas Capitol at the Nightlight Vigil, April 1, 2011.**[**http://www.youtube.com/watch?v=OBacNrQsJ5Q**](http://www.youtube.com/watch?v=OBacNrQsJ5Q)



**[Texans Unite Against Medicaid Cuts](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)**

[gdata.youtube.com](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)

[This is a video about the proposed tax cuts and their effects on Texans with disabilities. Tucker Waters speaks about his personal experiences and his thankfulness for early](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)

**Day 94: OLYMP-I-A for PEACE: Idea: I was reminded that today marks the day when, 43 years ago, Martin Luther King, Jr. was assassinated. I thought of his life and how he made so much happen in his 39 years on this Earth. If we all worked so hard for peace and human acceptance, how we could change the world.**

**Day 95: OLYMP-I-A for PEACE: Action: I captured a moment of peace when I happened upon a piano being played in a gazebo at Town Lake. People had gathered to listen to the impromptu pianist. The setting was beautiful and calm and the music lifted us up together. The pianos are placed around town for anyone to play during the month of April.** [**http://www.streetpianos.com/austin2011/**](http://www.streetpianos.com/austin2011/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.streetpianos.com/austin2011/&h=mAQFbJluK&s=1)[](http://www.streetpianos.com/austin2011/pianos/pfluger-bridge-garden)

**[Play me I'm yours](http://www.streetpianos.com/austin2011/" \t "_blank)**

[www.streetpianos.com](http://www.streetpianos.com/austin2011/" \t "_blank)

[From April 1-May 1, 2011 16 pianos will hit the streets of Austin, Texas as part of Art Week Austin hosted by Art Alliance Austin. Located throughout downtown in public parks, streets](http://www.streetpianos.com/austin2011/" \t "_blank)

**Day 96: OLYMP-I-A for PEACE: Action: I found an interesting website:** [**http://www.peacethroughpie.org/**](http://www.peacethroughpie.org/)**. "Peace Through Pie" is also on Facebook:** [**http://www.facebook.com/PeaceThroughPie**](http://www.facebook.com/PeaceThroughPie)**.**

[](http://peacethroughpie.org/)

**[Peace Through Pie: Serving A Dream Since 1963](http://www.peacethroughpie.org/" \t "_blank)**

[www.peacethroughpie.org](http://www.peacethroughpie.org/" \t "_blank)

[Peace Through Pie is an expression of Dr. Martin Luther King, Jr.'s dream of a "Beloved Community", where everyone shares a piece of the pie. PTP's mission initiates and encourages conversation about the values we share and our ability to](http://www.peacethroughpie.org/" \t "_blank)

**Day 97: OLYMP-I-A for PEACE: Action: I read about the Canadian Centres for Teaching Peace:** [**http://www.facebook.com/pages/Canadian-Centres-for-Teaching-Peace/32647980786**](http://www.facebook.com/pages/Canadian-Centres-for-Teaching-Peace/32647980786)

[](https://www.facebook.com/pages/Canadian-Centres-for-Teaching-Peace/32647980786?ref=nf)

[**Canadian Centres for Teaching Peace**](https://www.facebook.com/pages/Canadian-Centres-for-Teaching-Peace/32647980786)

Mission: To help build a better world for our children, and advance peace in the world Philosophy: To change the attitudes and behaviours at the world level, we must change the attitudes and behaviours at the individual level, which modern technology permits Through: Leadership, and other special...

**Day 98: OLYMP-I-A for PEACE: Action: I found peace in a walk at sunset.**

**Day 99: OLYMP-I-A for PEACE: Action: I wrote and submitted an op-ed article to the New York Times in which I questioned how we can find peace in ourselves as a state and as a nation if we allow political rhetoric to drown out the voice of Tucker Waters:**[**http://www.youtube.com/watch?v=OBacNrQsJ5Q**](http://www.youtube.com/watch?v=OBacNrQsJ5Q)



**[Texans Unite Against Medicaid Cuts](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)**

[gdata.youtube.com](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)

[8 year old Tucker Waters is featured in this video. On Friday, April 1, 2011 he visits the Texas Capitol and participates in a rally and](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)

**Day 100: OLYMP-I-A for PEACE: Action: Completing 100 days of the Olymp-i-a Challenge for Peace. I felt peace today in taking an early morning walk, in the feeling intense relaxation after intense exercise, in reading a good book, and in sipping a hot cup of tea. It was a day of balancing action and rest, a weekend day when the moments in time seem to travel a little more slowly.**

**Day 101: OLYMP-I-A for PEACE: Action: I did some "peace" exercises- slow deep breaths in and out, relaxing the body, clearing my mind, de-stressing.**

**Day 102: OLYMP-I-A for PEACE: Action: Did Tai Chi at the end of Kung Fu class and got a glimpse of full awareness and peace. Awesome sensation of life!**

**Day 103: OLYMP-I-A for PEACE: Action: I have begun trying to focus and heighten my awareness of the many times that people do kind things for me & for each other, a smile, a hello, helping me open a door when my hands are full, anything, no matter how small it may seem. It really helps magnify the good that is passed among people and strengthens me for any rough spots of the day.**

**Day 104: OLYMP-I-A for PEACE: Action: I am sharing this video:** [**http://youtu.be/13-8qunm3ZQ**](http://youtu.be/13-8qunm3ZQ)**. When we treat each other with respect, we generate peace.**



**[What's Your R Word?](http://youtu.be/13-8qunm3ZQ" \t "_blank)**

[www.youtube.com](http://youtu.be/13-8qunm3ZQ" \t "_blank)

[Austin J-Serve 2011. Find out more at www.facebook.com/austinjserve](http://youtu.be/13-8qunm3ZQ" \t "_blank)

**Day 105: OLYMP-I-A for PEACE: Action: I noticed and experienced the smiles of lots of people today and felt a boost in spirit. There is power in an honest, simple smile :))**

**Day 106: OLYMP-I-A for PEACE: Action: I sat for a while outside, relaxed, and felt the calming warmth of the sun shining down on me. My senses took in the day, the cool breeze, the flowers, the people walking and talking nearby, and I felt an essential harmony in that place and time.**

**Day 107: OLYMP-I-A for PEACE: Action: Took a walk on a beautiful, breezy evening in the light of a huge, full, golden moon hung low in the sky. Several people, all strangers, stopped and commented on the breath-taking beauty of the moon. Transfixed in the glow, we all felt connected and at peace.**

**Day 108: OLYMP-I-A for PEACE: Action: Read more about the Charter for Compassion.** <http://charterforcompassion.org/>

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**[Contributions ∞ Learn ∞ Charter for Compassion](http://charterforcompassion.org/learn/contributions/" \t "_blank)**

[charterforcompassion.org](http://charterforcompassion.org/learn/contributions/" \t "_blank)

**Day 109: OLYMP-I-A for PEACE: Action: Connected with people and shared in the bond of friendship at a birthday celebration.**

**Day 110: OLYMP-I-A for PEACE: Action: Assisted in an event that called for compassionate thought and action to help children, youth, and adults with disabilities have access to essential community-based health care services so they can live in communities and not in institutions.**

**Day 111: OLYMP-I-A for PEACE: Action: Read information that highlighted and confirmed how greed, accumulation of personal wealth and status without consideration of the cost to others, and financial control and power are a combination of forces that ultimately destroy peace.**

**Day 112: OLYMP-I-A for PEACE: Action: Participating in a peaceful rally on April 22nd to call for funding and support of public education so that EVERYONE can have a access to quality education and knowledge so we can build together a peaceful world.**

**Day 113: OLYMP-I-A for PEACE: Action: Found an interesting website to inspire us to peace:** [**http://www.peaceheroes.com/whatyoucando.htm**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.peaceheroes.com%2Fwhatyoucando.htm&h=lAQHcLegtAQF_nVYMlXeWK3VjKtq0fPqpQTzT_10Z1G5_CA&s=1)

[peaceheroes.com](http://www.peaceheroes.com/index.htm)

**[What you can do to end hatred, hunger, poverty, war, injustice](http://www.peaceheroes.com/whatyoucando.htm" \t "_blank)**

[www.peaceheroes.com](http://www.peaceheroes.com/whatyoucando.htm" \t "_blank)

[Biographies, quotes, photos plus links about peace heroes, contemporary people who take personal risks to make the world better by working for peace, justice, rights, dignity, freedom, nonviolence and protection of the earth.](http://www.peaceheroes.com/whatyoucando.htm" \t "_blank)

**Day 114: OLYMP-I-A for PEACE: Action: Experienced peace in watching the Easter dawn at Town Lake. We could hear birds singing all around while my husband played the public piano on the pedestrian bridge... The stained-glass blue and pink clouds drifted overhead, and we saw 3 white and one black sailing on the water... how beautiful is the day...**

**Day 115: OLYMP-I-A for PEACE: Idea: Peaceful words are like sunshine to the flower of the soul.**

**Day 116: OLYMP-I-A for PEACE: Action/Idea: My husband shared with me a video of Kathryn Schulz's "TED" talk on "being wrong." Maybe there are some clues to peace in her message. However, I could be wrong :))** [**http://www.clicker.com/web/ted-talks/kathryn-schulz--on-being-wrong-1632223/**](http://www.clicker.com/web/ted-talks/kathryn-schulz--on-being-wrong-1632223/)

[](http://www.clicker.com/web/ted-talks/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.clicker.com/web/ted-talks/kathryn-schulz--on-being-wrong-1632223/&h=FAQEqfDF9&s=1)

**[TED Talks: Kathryn Schulz: On being wrong](http://www.clicker.com/web/ted-talks/kathryn-schulz--on-being-wrong-1632223/" \t "_blank)**

[www.clicker.com](http://www.clicker.com/web/ted-talks/kathryn-schulz--on-being-wrong-1632223/" \t "_blank)

[Watch TED Talks - Season 29, Episode 04.01.11 - Kathryn Schulz: On being wrong: Most of us will do anything to avoid being wrong. But what if we're wrong about that?...](http://www.clicker.com/web/ted-talks/kathryn-schulz--on-being-wrong-1632223/" \t "_blank)

**Day 117: OLYMP-I-A for PEACE: Idea/Thought: In a verbal confrontation, it takes more strength to stay calm and turn and walk away than it does to lash out.**

**Day 118: OLYMP-I-A for PEACE: Action: I did intense exercise and kicked off my endorphins- a great path to increasing tranquility and peace :))**

**Day 119: OLYMP-I-A for PEACE: Idea: I think we should teach our children at home, in school, & in the media that one of the best and most important jobs they can do is to become a skilled peacemaker and teach them the skills to do it.**

**Day 120: OLYMP-I-A for PEACE: Idea: My neighborhood grocery store is raising funds for Special Olympics. I talked with one of the workers there who is a participant. I found out about the times and places of the current Special Olympics activities & I am thinking about volunteering some to help out... one step on a Special Olympic path to more peace, love, and acceptance.**

[](https://www.facebook.com/specialolympicstx?ref=nf)

[**Special Olympics Texas**](https://www.facebook.com/specialolympicstx)

The mission of Special Olympics Texas is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy an...

**Day 121: OLYMP-I-A for PEACE: Action: I went to a presentation where two sisters, survivors of the Holocaust, and the Master Sergeant of the US Army who was part of their liberation spoke and told their stories. Heart-wrenching and powerful! We must remember and stand up against genocide whenever and wherever it occurs.** [**http://www.ushmm.org/remembrance/dor/calendar/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ushmm.org%2Fremembrance%2Fdor%2Fcalendar%2F&h=_AQEykFFEAQH3J-Mn3NZHvcmOn923koez-Hyu8EqIoJAYZg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ushmm.org/remembrance/dor/calendar/&h=3AQH17DTb&s=1)[](http://www.ushmm.org/)

**[Days of Remembrance | Calendar](http://www.ushmm.org/remembrance/dor/calendar/" \t "_blank)**

[www.ushmm.org](http://www.ushmm.org/remembrance/dor/calendar/" \t "_blank)

[The internationally recognized date comes from the Hebrew calendar and corresponds to the 27th day of Nisan on that calendar. It marks the anniversary of the Warsaw ghetto](http://www.ushmm.org/remembrance/dor/calendar/" \t "_blank)

**Day 122: OLYMP-I-A for PEACE: Action: I participated in the "Reading of Names" ceremony to read outloud and honor the names of those killed in the Holocaust. As part of the ceremony, a young man who had survived the genocide in Sudan gave a presentation about the importance of activism, bearing witness, & working for peace.**

**Day 123: OLYMP-I-A for PEACE: Watched again a video about the White Rose Society and a great project ("10,000 White Roses") to increase awareness about genocide:** [**http://vimeo.com/23082264**](http://www.facebook.com/l.php?u=http%3A%2F%2Fvimeo.com%2F23082264&h=dAQGqxQlCAQEqTDZhQXWfCcrpqczImR3UZtmtiaComDYkUQ&s=1)



**[10,000 White Roses](http://vimeo.com/23082264" \t "_blank)**

[vimeo.com](http://vimeo.com/23082264" \t "_blank)

[Vimeo is a respectful community of creative people who are passionate about sharing the videos they make. Use Vimeo if you](http://vimeo.com/23082264" \t "_blank)

**Day 124: OLYMP-I-A for PEACE: Action: Relaxed, read a good book, and did not turn on the T.V.**

**Day 125: OLYMP-I-A for PEACE: Action: I drove up to a bank's drive-through window just at the time when the banking staff were surprising the bank teller with a small cake and singing for her birthday. Everyone was smiling and happy. I felt the happiness of the occasion & it brightened my day. It is the small, caring, and joyful things we do for each other every day that bring peace to our lives. Celebrate the moment!**

**Day 126: OLYMP-I-A for PEACE: Action: Spent some time sharing hugs, laughter, and surprises with a friend's mother in early celebration of her Mother's Day.**

**Day 127: OLYMP-I-A for PEACE: Idea: I paused for a moment outside and let my mind and body slow down. I felt the gentle wind on my skin and watched the dance of light and shadows on the ground as the sunlight filtered through the trees. I used to think that peace was more light than darkness. Now I think it is neither. Instead peace is the unwavering balance maintained in-between.**

**Day 128: OLYMP-I-A for PEACE: Action: I found peace and joy in spending time with my son on Mother's Day.**

**Day 129: OLYMP-I-A for PEACE: Action: I read and learned more about the Global Alliance for Africa, an outreach that fosters peace and well-being.** [**http://www.facebook.com/GlobalA?sk=wall**](http://www.facebook.com/GlobalA?sk=wall)

[](https://www.facebook.com/GlobalA?ref=nf)

[**Global Alliance for Africa**](https://www.facebook.com/GlobalA)

Global Alliance for Africa transforms the lives of orphans and vulnerable children affected by the AIDS pandemic in sub-Saharan Africa by partnering with grassroots organizations to design and implement innovative economic development programs that enable families and communities to become self-suff...

**Day 130: OLYMP-I-A for PEACE: Action: I found some moments of inner peace while doing Tai Chi today.**

**Day 131: OLYMP-I-A for PEACE: Action: The weather changed to a cool breeze as I walked my dog. It was unexpected and so refreshing. I let myself relax and experience nature's simple infusion of peace.**

**Day 132: OLYMP-I-A for PEACE: Action: I found peace in laughter with friends.**

**Day 133: OLYMP-I-A for PEACE: Action: I found peace in watching the night fall gently. Taking a walk and watching the daylight fade slowly into night can be so calming at the end of a busy day.**

**Day 134: OLYMP-I-A for PEACE: Action: I took a walk around Town Lake. I always feel something sacred when I walk the path along the water. The sights, smells, and sounds tie together my past, present, and future in a big bow and give me the beautiful present of the moment.**

**Day 135: OLYMP-I-A for PEACE: Action: I found peace in the gathering of good friends, when life overflows with warmth and richness.**

**Day 136: OLYMP-I-A for PEACE: Action: I visited the Facebook YouTube Peace Videos Group and looked through the postings for some inspiration.** [**http://www.facebook.com/group.php?gid=40980605671**](http://www.facebook.com/group.php?gid=40980605671)

[**YouTube Peace Videos**](https://www.facebook.com/groups/40980605671/)

This is the group to post and watch videos that help to spread the message of Peace, Love and Understanding. Thank You for Posting and Inviting others to share in Peace.. \*”˜˜”\*°•. ˜”\*°••••••°\*”˜ .•...

**Day 137: OLYMP-I-A for PEACE: Action: I watched a glorious sunset. The clouds of pink and gold floated like islands in a sea of blue sky. I imagined myself sailing among the islands. I let myself experience the serenity of the moment.**

**Day 138: OLYMP-I-A for PEACE: Action: I read the poem "I Never Saw Another Butterfly" by Pavel. May we join together to learn and teach tolerance.**

[**http://www.hmh.org/ed\_butterfly3.shtml**](http://www.hmh.org/ed_butterfly3.shtml) **or** [**http://www.hmh.org/uploads/education/butterfly\_project\_flyer.PDF**](http://www.hmh.org/uploads/education/butterfly_project_flyer.PDF) **)**

**Day 139: OLYMP-I-A for PEACE: Idea: Peace is made by breaking through stereotypes and getting to know and care about others who live differently than ourselves.**

**Day 140: OLYMP-I-A for PEACE: Action: I saw Eric Cooper of the San Antonio Food Bank (SAFB) honored at the State Capitol for his selection as 2011 Executive Director of the Year by Feeding America. We move toward peace when we help feed the hungry.** [**http://safoodbank.wordpress.com/2011/04/18/eric-cooper-receives-national-award-for-non-profits/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fsafoodbank.wordpress.com%2F2011%2F04%2F18%2Feric-cooper-receives-national-award-for-non-profits%2F&h=AAQGEePxyAQF8QE9qoEYx2srT9_l-iyaEoqhi2mnRcTTO9w&s=1)

[](https://www.facebook.com/FeedingAmerica?ref=nf)

[**Feeding America**](https://www.facebook.com/FeedingAmerica)

Feeding America provides individuals and families facing hunger with the fuel to survive and even thrive. As the nation’s largest domestic hunger-relief charity, our network members supply food to more than 37 million Americans each year, including 14 million children and 3 million seniors. Serving...

**Day 141: OLYMP-I-A for PEACE: Action: I attended a peaceful rally to support funding of public education.**

**Day 142: OLYMP-I-A for PEACE: Action: Took a great seminar at Austin Shaolin Do Kung Fu and learned about "The Work of Byron Katie."** [**http://www.facebook.com/theworkofbyronkatie?ref=ts&sk=app\_148542118539794**](http://www.facebook.com/theworkofbyronkatie?ref=ts&sk=app_148542118539794)

[](https://www.facebook.com/theworkofbyronkatie?ref=nf)

[**The Work of Byron Katie**](https://www.facebook.com/theworkofbyronkatie)

The official page for The Work of Byron Katie. The Work is a simple yet powerful process of inquiry that teaches you to identify and question thoughts that cause all the suffering in the world. [www.thework.com](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.thework.com&h=UAQEE3_siAQGa_vAub1cmnnzLbOrkqmvRzqmlC5JWQRrn3Q&s=1)

**Day 143: OLYMP-I-A for PEACE: Action: Found another "peaceful" site on Facebook- "Peaceful Daily."** [**http://www.facebook.com/peacefuldaily?sk=wall**](http://www.facebook.com/peacefuldaily?sk=wall)

[](https://www.facebook.com/peacefuldaily?ref=nf)

[**Peaceful Daily**](https://www.facebook.com/peacefuldaily)

My name is Sandy Henson Corso and I am the founder of Peaceful Daily. Our mantra is: Think Good. Eat Whole. Walk Far. Join our community and be inspired. Peaceful Daily supplies daily living tips M - F! Sign up now! [http://www.peacefuldaily.com/](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.peacefuldaily.com%2F&h=BAQGJdYS1AQEYJsr74PCs-aktaXP7uuPaflUDKHFvBj5IFg&s=1) Follow Sandy, our founder, on The Huffington Post: h...

**Day 144: OLYMP-I-A for PEACE: Action: A young person told me she was interested in working with children with disabilities and using her degree and skills to advocate on their behalf. I found a sense of peace in seeing her strength of commitment and compassion.**

**Day 145: OLYMP-I-A for PEACE: Action: Saw an ad on TV which mentioned the "Drops of Good" project sponsored by Maxwell House in partnership with Rebuilding Together. I explored and found out more at** [**http://www.facebook.com/maxwellhouse**](http://www.facebook.com/maxwellhouse) **and also at** [**http://www.kraftbrands.com/maxwellhousecoffee/drops-of-good/Pages/about.aspx**](http://www.kraftbrands.com/maxwellhousecoffee/drops-of-good/Pages/about.aspx)**.**

[](https://www.facebook.com/maxwellhouse?ref=nf)

[**Maxwell House**](https://www.facebook.com/maxwellhouse)

This Maxwell House Facebook page is a fun, family-friendly community where fans can share their passion for Maxwell House, and where Maxwell House can interact with those who love Maxwell House coffee! While we’re excited to hear from you, it’s important to note that Maxwell House fan postings to...

**Day 146: OLYMP-I-A for PEACE: Action: Sharing a great PSA. When we respect each other with our words, we spread peace and understanding.** [**http://www.r-word.org/r-word-not-acceptable-psa.aspx**](http://www.r-word.org/r-word-not-acceptable-psa.aspx)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.r-word.org/r-word-not-acceptable-psa.aspx&h=8AQHHtMCx&s=1)

**[R-word | Spread the Word to End the Word](http://www.r-word.org/r-word-not-acceptable-psa.aspx" \t "_blank)**

[www.r-word.org](http://www.r-word.org/r-word-not-acceptable-psa.aspx" \t "_blank)

[The Spread the Word to End the Word campaign is pleased to announce the release of a new hard-hitting public service announcement (PSA) called "Not Acceptable."](http://www.r-word.org/r-word-not-acceptable-psa.aspx" \t "_blank)

**Day 147: OLYMP-I-A for PEACE: Action: Idea: Explored doing volunteer work with Comfort the Children, an amazing organization that fosters peace in our world. Here's a video about their work:** [**http://www.youtube.com/watch?v=ocXXoCweVZU**](http://www.youtube.com/watch?v=ocXXoCweVZU)



**[Comfort The Children International](http://www.youtube.com/watch?v=ocXXoCweVZU" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=ocXXoCweVZU" \t "_blank)

[Riveting and unbeliveable. This is a glimpse of what life is like in Maai Mahui, Kenya. Comfort the Children Int. is there to share in the lives of this loca...](http://www.youtube.com/watch?v=ocXXoCweVZU" \t "_blank)

**Day 148: OLYMP-I-A for PEACE: Action: I read a Baldacci novel and discovered the Michelle and David Baldacci "Wish You Well Foundation," created to support family literacy in the U.S. To help us address major issues in the world, we need to work to eradicate illiteracy.** [**http://www.wishyouwellfoundation.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.wishyouwellfoundation.org%2F&h=0AQF_uin4AQGt7ozVEy3J3FxJ3VxrvbMS_y2FbU658597cQ&s=1)

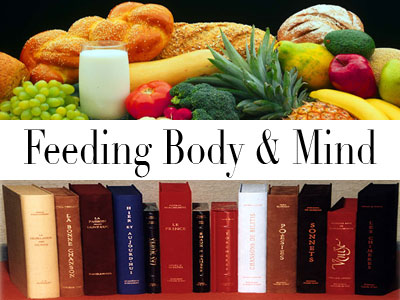
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wishyouwellfoundation.org/&h=jAQG5zQYR&s=1)

**[The Wish You Well Foundation](http://www.wishyouwellfoundation.org/" \t "_blank)**

[www.wishyouwellfoundation.org](http://www.wishyouwellfoundation.org/" \t "_blank)

[Family foundation of David and Michelle Baldacci, devoted to promoting nationwide family literacy and literacy education.](http://www.wishyouwellfoundation.org/" \t "_blank)

**Day 149: OLYMP-I-A for PEACE: Action: I found out more about the "Feeding Body and Mind" project, collaboration between the Wish You Well Foundation and Feeding America. The project collects new and used books to distribute at Food Banks.** [**www.feedingbodyandmind.com**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.feedingbodyandmind.com&h=nAQHS54cVAQHB3aDnNfH_BIu7ENtXn5d1FkT39dbJDApinw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.feedingbodyandmind.com/&h=pAQFr32_V&s=1)

**[Feeding Body & Mind](http://www.feedingbodyandmind.com/" \t "_blank)**

[www.feedingbodyandmind.com](http://www.feedingbodyandmind.com/" \t "_blank)

[Collecting new and used books and distributing them to recipients of emergency food assistance from food bank networks.](http://www.feedingbodyandmind.com/" \t "_blank)

**Day 150: OLYMP-I-A for PEACE: Action: Sharing a quote: 'Saving wildlife and wilderness is the responsibility of all thinking people. Greed and personal gain must not be permitted to decimate, despoil and destroy the earth's irreplaceable treasure for its existence is essential to the human spirit and the well-being of the earth as a whole. All life has just one home - the earth - and we as the dominant species must take care of it.' Dr. Dame Daphne Sheldrick**

**Day 151: OLYMP-I-A for PEACE: Idea: Peace has a fluid shape without sharp edges. Like water, it flows and fills up holes. It refreshes. It strengthens. It can move mountains.**

**Day 152: OLYMP-I-A for PEACE: Action: Planning and making arrangements to join the organization "Comfort the Children" in their volunteer efforts in Kenya this summer.**

**Day 153: OLYMP-I-A for PEACE: Action: Found some peaceful moments in relaxing, stretching, and talking with friends after a strenuous Kung Fu workout.**

**Day 154: OLYMP-I-A for PEACE: Action: I embraced "inaction" and quiet relaxation to boost my inner state of peace.**

**Day 155: OLYMP-I-A for PEACE: Action: Had a wonderful talk with friends in Kenya who have given me a gracious and warm welcome to visit them this summer.**

**Day 156: OLYMP-I-A for PEACE: Action: Listened to Andrea Bocelli singing Vivo Per Lei- so beautiful. Also, found the Vivo Per Lei Facebook page. Beautiful pictures to match a beautiful song.** [**http://www.facebook.com/pages/VIVO-PER-LEI-Andrea-Bocelli/110398374954?sk=wall**](http://www.facebook.com/pages/VIVO-PER-LEI-Andrea-Bocelli/110398374954?sk=wall)

[](https://www.facebook.com/pages/VIVO-PER-LEI-Andrea-Bocelli/110398374954?ref=nf)

[**VIVO PER LEI (Andrea Bocelli)**](https://www.facebook.com/pages/VIVO-PER-LEI-Andrea-Bocelli/110398374954)

La canzone + bella di sempre

**Day 157: OLYMP-I-A for PEACE: Action: Found peace in seeing my dog's special grin she gives when she greets you at the door. Such a heart-warming sight!**

**Day 158: OLYMP-I-A for PEACE: Action: Experienced the peace and joy of family when my son came for a visit. Good times!**

**Day 159: OLYMP-I-A for PEACE: Action: Peace Corps is celebrating 50 yrs of the Peace Corps in Ghana. I think often of my friends in Mafi Zongo, Ghana.**

**Day 160: OLYMP-I-A for PEACE: Action: Enjoyed the peace of reuniting with family in California.**

**Day 161: OLYMP-I-A for PEACE: Action: Enjoyed a relaxing massage and let my worries melt away.**

**Day 162: OLYMP-I-A for PEACE: Action: Discovered a Facebook Group for peace: The Mothers Institute** [**http://www.facebook.com/home.php?sk=group\_54660812093**](http://www.facebook.com/home.php?sk=group_54660812093)**. On the Group page there is info about their website and blog.**

[https://s-static.ak.facebook.com/rsrc.php/v2/yb/r/2r49SDi9Jkp.png](https://www.facebook.com/groups/TheMothersInstitute/?ref=nf)

[**Mama Owls and Friends of the Owl Creek Gazette**](https://www.facebook.com/groups/TheMothersInstitute/)

The evolution of The Mothers Institute (and its eventual closing as a non-profit organization all together) has brought with it changes in the focus and direction of conversations here at The Mothers ...

**Day 163: OLYMP-I-A for PEACE: Action: Listened to the speaker, Pico Iyer, at my nephew's college graduation. He spoke about the importance of each person's journey in life and the merging of global cultures. Discovered one of his interviews online:** [**http://www.scottlondon.com/interviews/iyer.html**](http://www.scottlondon.com/interviews/iyer.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.scottlondon.com/interviews/iyer.html&h=SAQEnluWH&s=1)

**[Postmodern Tourism : An Interview with Pico Iyer](http://www.scottlondon.com/interviews/iyer.html" \t "_blank)**

[www.scottlondon.com](http://www.scottlondon.com/interviews/iyer.html" \t "_blank)

[The website of journalist Scott London](http://www.scottlondon.com/interviews/iyer.html" \t "_blank)

**Day 164: OLYMP-I-A for PEACE: Action: Visited "Nepenthe" at Big Sur in California. "Nepenthe" is a word derived from the Greek, meaning "no-sorrow." The landscape evokes the word.**

**Day 165: OLYMP-I-A for PEACE: Action: Visited the Tides Center in San Francisco, an organization that supports non-profits. Discovered the "One World" Children's Fund, a public charity that supports community-based organizations around the world that serve vulnerable children and their caregivers.** [**http://www.facebook.com/oneworldcf**](http://www.facebook.com/oneworldcf)

[](https://www.facebook.com/oneworldcf?ref=nf)

[**One World Children's Fund**](https://www.facebook.com/oneworldcf)

One World Children's Fund (One World) is a nonprofit organization committed to improving the lives of children around the world who are affected by poverty and lack the most basic necessities. owcf.org | twitter.com/owcf

**Day 166: OLYMP-I-A for PEACE: Action: Saw a magnificent, orange moon rising over the California valley. I'm always amazed at the ability of a majestic site to generate awe and move people out of their own narrow spheres into the eternal.**

**Day 167: OLYMP-I-A for PEACE: Action: Experienced the peace and joy of uniting with relatives of different generations around the table… the continuity of life.**

**Day 168: OLYMP-I-A for PEACE: Action: Saw the maturity and kindness of my niece as she graduated from high school and I envisioned a future of young, bright minds contributing to make a better world.**

**Day 169: OLYMP-I-A for PEACE: Action: Read stories from the Story Corps- true life stories revealing the goodness of people in America. I find peace in our common humanity. Website:** [**http://storycorps.org/**](http://storycorps.org/) **Facebook:** [**http://www.facebook.com/StoryCorps?ref=ts&sk=wall**](http://www.facebook.com/StoryCorps?ref=ts&sk=wall)**.**



**Day 170: OLYMP-I-A for PEACE: Action: Found peace in celebrating my wedding anniversary and the steadfast companionship of my husband for 30 yrs of marriage.**

**Days 171-177: OLYMP-I-A for PEACE: Actions: Prepped for the upcoming trip with Comfort the Children International to Kenya- made various travel arrangements, met the “community” team, helped with the team fundraiser. It’s been great meeting and working with the team so far and it’s just the beginning!**

**Day 178: OLYMP-I-A for PEACE: Action: Watched the Kennedy miniseries on Netflix and was inspired remembering the efforts made by John and Robert Kennedy for peace.**

**Day 179: OLYMP-I-A for PEACE: Action: Enjoyed the peace and joy of wishing a lifelong friend a happy birthday.**

**Day 180: OLYMP-I-A for PEACE: Action: Walked in the park in the cool of the early morning, talked with neighbors, and enjoyed the beauty of the new day.**

**Day 181: OLYMP-I-A for PEACE: Action: Read about the Urgent Action Fund- the only international women's fund in the world designed to respond on short notice. UAF collaborates with women activists working for peace building in situations of armed conflict or politically volatile environments.** [**http://urgentactionfund.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Furgentactionfund.org%2F&h=0AQF_uin4AQEbausW7wWM30hNGc_AkG41E4uh_vK-o1L4Iw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://urgentactionfund.org/&h=hAQHaL3_p&s=1)[](http://urgentactionfund.org/)

**[Urgent Action Fund - Welcome to Urgent Action Fund](http://urgentactionfund.org/" \t "_blank)**

[urgentactionfund.org](http://urgentactionfund.org/" \t "_blank)

[Urgent Action Fund, as part of women’s rights movements worldwide, supports women's rights defenders striving to create cultures of justice, equality and peace. We provide](http://urgentactionfund.org/" \t "_blank)

**Day 182: OLYMP-I-A for PEACE: Action: Found out more about "Ashoka," a global nonprofit with the goal to lead and advance social entrepreneurship.** [**http://www.facebook.com/pages/Ashoka/66279444793?sk=wall**](http://www.facebook.com/pages/Ashoka/66279444793?sk=wall)

[](https://www.facebook.com/pages/Ashoka/66279444793?sk=wall&ref=nf)

[**Ashoka**](https://www.facebook.com/pages/Ashoka/66279444793?sk=wall)

Ashoka is the world's largest working community of more than 2,500 leading social entrepreneurs. We champion the newest and most important social change by supporting the entrepreneurs behind the ideas. Ashoka helps these innovative individuals jump start their ideas, grow, collaborate and succeed....

**Day 183: OLYMP-I-A for PEACE: Action: Enjoyed a good supper with life-long friends. Told stories, shared memories, and rejuvenated our souls with smiles and laughter.**

**Day 184: OLYMP-I-A for PEACE: Learned more about "Allavida": Allavida's mission is to transform the practice and outcomes of development funding, grant making and philanthropy in Africa. Allavida is in the process of launching Kenya Social Investment Exchange (KSIX), a platform for social investment in Kenya:** [**http://www.allavida.org/**](http://www.allavida.org/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.allavida.org/&h=LAQHPDfbp&s=1)

**[Allavida | Transforming Lives](http://www.allavida.org/" \t "_blank)**

[www.allavida.org](http://www.allavida.org/" \t "_blank)

[Allavida, Transforming Lives, Poverty eradication, Grant Makers Diretory, Community empowerment, philanthropy, social investment](http://www.allavida.org/" \t "_blank)

**Day 185: OLYMP-I-A for PEACE: Action: Connected with a friend from my childhood at the 4th of July parade, relived some memories, and caught up on our lives. There is a sense of peace in seeing that even though time passes, we remain connected and stay young at heart.**

**Day 186: OLYMP-I-A for PEACE: Action: Had fun talking with family and friends into the early morning hours. Experienced the peace and joy of sharing life stories and totally losing track of time.**

**Day 187: OLYMP-I-A for PEACE: Action: I discovered the inaugural US Peace Index (USPI), created by the international think-tank, the Institute for Economics and Peace. The USPI provides the first-ever ranking of the 50 U.S. states based on their levels of peace.** [**http://www.visionofhumanity.org/info-center/us-peace-index/**](http://www.visionofhumanity.org/info-center/us-peace-index/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.visionofhumanity.org/info-center/us-peace-index/&h=KAQHl9JHe&s=1)

**[United States Peace Index](http://www.visionofhumanity.org/info-center/us-peace-index/" \t "_blank)**

[www.visionofhumanity.org](http://www.visionofhumanity.org/info-center/us-peace-index/" \t "_blank)

[A ground-breaking milestone in the study of peace. For the first time, an Index has been created that ranks the nations of the world by their peacefulness and identifies some of the](http://www.visionofhumanity.org/info-center/us-peace-index/" \t "_blank)

**Days 188-191: OLYMP-I-A for PEACE: Actions: Daily planning and prep for my travel to Kenya with Comfort the Children International- got needed meds, supplies, read more about Kenya, and did some packing.**

**Day 192: OLYMP-I-A for PEACE: Action: Connected with several friends by phone and enjoyed talking and sharing our day. The simple kindnesses of friends and family generate comfort and peace.**

**Day 193: OLYMP-I-A for PEACE: Action: Instead of pushing myself to stay up to do just one more thing, I allowed myself to drift off into a peaceful and restful sleep at the end of a long day.**

**Day 194: OLYMP-I-A for PEACE: Action: A 2010 report published by international development charity ActionAid - "Fertile Ground: How Governments and Donors Can Halve Hunger" - based on data gathered in Kenya, Uganda and Malawi - suggests that funding support for women small-scale farmers could halve hunger on the African continent by 2015.** [**http://actionaidusa.org/what/food\_rights/fertile\_ground/**](http://actionaidusa.org/what/food_rights/fertile_ground/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://actionaidusa.org/what/food_rights/fertile_ground/&h=aAQFQUuTY&s=1)**[](http://actionaidusa.org/what/food_rights/cutting_funding_during_a_food_crisis/)**

**[Fertile Ground : How Governments Can Halve Hunger](http://actionaidusa.org/what/food_rights/fertile_ground/" \t "_blank)**

[actionaidusa.org](http://actionaidusa.org/what/food_rights/fertile_ground/" \t "_blank)

[ActionAid has launched a new report: Fertile ground. This report reveals that investing in women small farmers is the key to halving hunger.](http://actionaidusa.org/what/food_rights/fertile_ground/" \t "_blank)

**Day 195: OLYMP-I-A for PEACE: Action: Found peace and joy in reuniting with friends and watching a good friend's wedding long-distance via Skype! Amazing!**

**Day 196: OLYMP-I-A for PEACE: Action: Have been showered with caring and kindness from family and friends this week- smiles, laughter, kind words, good talks. The ultimate way to experience peace.**

**Day 197: OLYMP-I-A for PEACE: Action: Looked through old photos and found a sense of peace and tranquility in the continuity of family and friends through time.**

**Day 198: OLYMP-I-A for PEACE: Idea: No matter how tough life gets, you can always brighten your day and bring peace to your heart by petting a dachshund**

**<;)),------,'**

**Day 199: OLYMP-I-A for PEACE: Action: Sharing the following quote from the "Peaceful Daily" Facebook page:   
“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.” ~ Mother Teresa.** [**http://www.facebook.com/peacefuldaily?ref=ts**](http://www.facebook.com/peacefuldaily?ref=ts)

[](https://www.facebook.com/peacefuldaily?ref=nf)

[**Peaceful Daily**](https://www.facebook.com/peacefuldaily)

My name is Sandy Henson Corso and I am the founder of Peaceful Daily. Our mantra is: Think Good. Eat Whole. Walk Far. Join our community and be inspired. Peaceful Daily supplies daily living tips M - F! Sign up now! [http://www.peacefuldaily.com/](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.peacefuldaily.com%2F&h=7AQHIZkbOAQHdTpKGtawiraionheu2lZDeGq1Kk0TCGjZSw&s=1) Follow Sandy, our founder, on The Huffington Post: h...

**Day 200: OLYMP-I-A for PEACE: Action: Took a moment and gazed up at the sky and lost myself in the beauty of the clouds. A simple act can bring peace to your soul.**

**Day 201: OLYMP-I-A for PEACE: Idea: Wouldn't it be great if we had the habit of asking ourselves each day what we are doing for peace and also asked and expected our children to do the same. Seems like this activity should be just as important as the daily habit of brushing teeth which is readily promoted.**

**Day 202: OLYMP-I-A for PEACE: Action: Music has the ability to bring peace or fire to the soul. I listened to some mellow music and relaxed.**

**Day 203: OLYMP-I-A for PEACE: Action: Discovered the Facebook Group "All Groups Unite 'We Want Peace on Earth'."** [**http://www.facebook.com/groups/84886315642**](http://www.facebook.com/groups/84886315642)

[**ALL GROUPS UNITE "WE WANT PEACE ON EARTH"**](https://www.facebook.com/groups/84886315642/)

MY THOUGHTS ON PEACE Peace for me is about Respect for Humanity, for Children, Adults or Animals. We must also respect our Planet and Environmental issues. We all have feelings! we all feel pain...

**Day 204: OLYMP-I-A for PEACE: Action: When I took my dog to the Vet today, I overheard a man saying that he was there to put his dog to sleep. He looked incredibly sad and could hardly get out the words. His dog had a massive tumor. I made a silent wish that they both find peace and comfort.**

**Day 205: OLYMP-I-A for PEACE: Action: I joined the Facebook Group called "All Groups Unite 'We Want Peace on Earth' " and received a warm welcome from the administrators. I posted info on the Group wall about "OLYMP-I-A for Peace" and invited folks to "run" an "Olymp-i-a" or "5-K" or "10-K."**

**Day 206: OLYMP-I-A for PEACE: Action: Had fun visiting with a good friend. Friendship is a blessing that brings peace to the day.**

**Day 207: OLYMP-I-A for PEACE: Action: Read about CaringBridge websites that help people communicate with friends and family when dealing with a serious health issue/illness, helping to bring support and comfort to make the health journey easier.** [**http://www.facebook.com/CaringBridge?sk=info**](http://www.facebook.com/CaringBridge?sk=info)

[](https://www.facebook.com/CaringBridge?sk=info&ref=nf)

[**CaringBridge**](https://www.facebook.com/CaringBridge?sk=info)

CaringBridge® is a nonprofit offering many ways to care for each other. People are able to stay connected, leave words of hope and encouragement and offer support. We’re for anyone facing any health condition: big or small, acute or long term, available for as long as you need. ♥ Each day, half-a-...

**Day 208: OLYMP-I-A for PEACE: Action: "Globe Aware" is now on Facebook so I'm sharing the link to their page. I was able to participate in a Globe Aware volunteer trip to Ghana last year and had a wonderful experience in the village of Mafi Zongo.** [**http://www.facebook.com/globeaware?sk=wall**](http://www.facebook.com/globeaware?sk=wall)

[](https://www.facebook.com/globeaware?sk=wall&ref=nf)

[**Globe Aware**](https://www.facebook.com/globeaware?sk=wall)

Globe Aware, a US and Canadian nonprofit charitable organization, currently offers volunteer vacations in Peru, Costa Rica, Thailand, Cuba, Nepal, Brazil, Cambodia, Laos, Vietnam, India, Jamaica, Romania, Ghana, Mexico, and China . These short-term (one week) adventures in service focus on cultural-...

**Day 209: OLYMP-I-A for PEACE: Idea: Peace can be viewed as a big global idealistic goal that floats out there, just out of reach, calling us forward to seek to achieve it. If that image of peace brings inspiration and generates the drive in us to seek peace, then that is good. However, peace truly emerges in our day to day thought and action, simple deeds that create life and the impact we have on others as a person, group, community, or organization. Each step we takes sculpts an image that reveals what we care about most.**

**Day 210: OLYMP-I-A for PEACE: Action: In the midst of chaos, I try to remember to breathe. Slowly in and slowly out. Ahhhhh...**

**Days 211-227: OLYMP-I-A for PEACE: Actions: Traveled to Kenya with the Comfort the Children (CTC) Intl. Community Team. Helped with youth art projects in Maai Mahiu: learned about and visited all the CTC projects (health, environment, economics, education, and work with children with special needs); learned about other cultures and shared in new customs/foods/events; learned about and supported animal conservation efforts; and made wonderful friends for life!**



**Days 228-233: OLYMP-I-A for PEACE: Actions: Reunited with family and friends after my trip to Kenya and each day shared stories about Africa, Comfort the Children Intl., the David Sheldrick Wildlife Trust orphan elephant & black rhino nursery in Nairobi, & my gracious new friends in Kenya. In meeting new people and immersing in other cultures and habitats, the beauty of life & the importance of preserving it through peace, green-living, and health are intensified.**



**Day 234: OLYMP-I-A for PEACE: Idea: Brainstorming about ways to link parents of children with special needs in the U.S. and Kenya.**

**Day 235: OLYMP-I-A for PEACE: Idea: Thinking up additional ways for youth in the Kenya to share cultural experiences with the youth in the U.S. through books, video, and Skype.**

**Day 236: OLYMP-I-A for PEACE: Action: Thinking how great the "Monster Love" project was in Maai Mahiu, Kenya. The kids loved it! Art is a great way to spread peace! I joined the "Monster Love" Facebook group:** [**http://www.facebook.com/group.php?gid=127888248303&ref=ts**](http://www.facebook.com/group.php?gid=127888248303&ref=ts)

**(Alternative website url:** [**http://monsterlove.org/**](http://monsterlove.org/) **)**

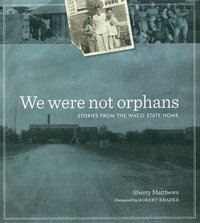
[](http://monsterlove.org/)

[**Monsterlove**](https://www.facebook.com/groups/lovemonsters/)

**Day 237: OLYMP-I-A for PEACE: Action: On the way to work this morning I saw beautiful rays of the sun shining through the clouds... The spectacular sight immediately reminded me of the sky I saw at dawn on the Serengeti in Kenya. The beauty of nature crosses all barriers, erases all differences, and brings peace to the soul.**

**Day 238: OLYMP-I-A for PEACE: Action: Found peace and tranquility in the calm, cool (and refreshing) early hours of morning, walking with my dog.**

**Day 239: OLYMP-I-A for PEACE: Action: I attended a book reading and signing of "We Were Not Orphans" at Barnes and Nobles. The author, Sherry Matthews, gave a powerful presentation. Her book gives voice to the children who grew up in the Waco State Home. Their stories bring out the good times and also reveal the abuse they endured as children in the state institution. The message is that children should never grow up institutions. Peace for children and the adults they become is grounded in a childhood in which they have a loving, enduring, supportive relationship with a parent/family.** [**http://www.facebook.com/WeWereNotOrphans?sk=wall**](http://www.facebook.com/WeWereNotOrphans?sk=wall)

[](https://www.facebook.com/WeWereNotOrphans?sk=wall&ref=nf)

[**We Were Not Orphans: Stories from the Waco State Home**](https://www.facebook.com/WeWereNotOrphans?sk=wall)

‎"We were not orphans. Our parents were living; they just couldn't take care of us." This poignant remark captures the heartbreaking reality faced by thousands of Texas children from the 1920s through the 1970s. The Waco State Home provided housing and education for "dependent and neglected" children...

**Day 240: OLYMP-I-A for PEACE: Action: Found out through "VSA Texas" that: "The Kennedy Center just announced Austin as the seventh site for "Any Given Child," their K-8th grade arts integration initiative." The initiative helps enrich children’s lives through art. Art brings creativity of expression and peace to the soul.** [**http://www.kennedy-center.org/education/anygivenchild/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.kennedy-center.org%2Feducation%2Fanygivenchild%2F&h=3AQH17DTbAQEd9dZYxrXqXAIWtKblJLBTotrrAl6cT04DWw&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.kennedy-center.org/education/anygivenchild/&h=zAQHCvhJp&s=1)[](http://www.kennedy-center.org/education/anygivenchild/)

**[Any Given Child - The John F. Kennedy Center for the Performing Arts](http://www.kennedy-center.org/education/anygivenchild/" \t "_blank)**

[www.kennedy-center.org](http://www.kennedy-center.org/education/anygivenchild/" \t "_blank)

[The Any Given Child initiative, created by the John F. Kennedy Center for the Performing Arts, seeks to bring access, balance,](http://www.kennedy-center.org/education/anygivenchild/" \t "_blank)

**Day 241: OLYMP-I-A for PEACE: Action: Brainstormed an idea about how the Town Lake Trail and The Trail Foundation could help support and encourage positive ideas and actions for peace, green-living, and health.** [**http://www.facebook.com/thetrailfoundation?sk=wall**](http://www.facebook.com/thetrailfoundation?sk=wall)

[](https://www.facebook.com/thetrailfoundation?sk=wall&ref=nf)

[**The Trail Foundation**](https://www.facebook.com/thetrailfoundation?sk=wall)

Protecting and enhancing the Trail at Lady Bird Lake

**Day 242: OLYMP-I-A for PEACE: Action: Today I honor the life of Mumbushi, a little 2 month old orphan elephant I met in Nairobi. In the short moments I interacted with him, he was loving, gentle, and inquisitive. Although his short life had been so troubled, he brought peace and happiness to all those around him. He died 8/30/11. So sad... May he now rest in peace.** [**http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=358**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.sheldrickwildlifetrust.org%2Fupdates%2Fupdates.asp%3FID%3D358&h=mAQFbJluKAQGBDABaMNMdvniPOhzEezdDqYN4-m5SWSsi6w&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=358&h=tAQEqa06H&s=1)

**[The David Sheldrick Wildlife Trust Updates](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=358" \t "_blank)**

[www.sheldrickwildlifetrust.org](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=358" \t "_blank)

[A haven for elephant orphans, rhinos and other animals. Read about our work on elephant conservation, anti-poaching resource and everything else about elephants.](http://www.sheldrickwildlifetrust.org/updates/updates.asp?ID=358" \t "_blank)

**Day 243: OLYMP-I-A for PEACE: Idea & Action: Feeding the hungry is a basic premise for peace. I found a motivating Facebook page: "Farmers Feeding the World"** [**http://www.facebook.com/FarmersFeedingtheWorld?sk=wall**](http://www.facebook.com/FarmersFeedingtheWorld?sk=wall)

[](https://www.facebook.com/FarmersFeedingtheWorld?sk=wall&ref=nf)

[**Farmers Feeding the World**](https://www.facebook.com/FarmersFeedingtheWorld?sk=wall)

Our Goals: Permanent hunger solutions for 140,000+ people annually through agricultural development organizations like Heifer International. Immediate assistance for 5,000,000 annually through relief organizations like Feeding America. Provide education about the benefits of modern agriculture...

**Day 244: OLYMP-I-A for PEACE: Action: Connected with friends in Kenya today via email and Facebook. It made me feel so good knowing that we can still communicate often and stay close. Friendship builds peace in the world.**

**Day 245: OLYMP-I-A for PEACE: Action: This morning, I slowed down for a moment and sipped a cup of hot tea. I focused on the moment, the warmth and flavor of the tea, and my worries drifted away, replaced by a sense of calm and peace.**

**Day 246: OLYMP-I-A for PEACE: Action: Drove by and noticed the Assistance League shop. Looked up the the Assistance League on Facebook and read more about how the League helps the community.** [**http://www.facebook.com/pages/Assistance-League-of-Austin/115350770338?sk=info**](http://www.facebook.com/pages/Assistance-League-of-Austin/115350770338?sk=info)

[](https://www.facebook.com/pages/Assistance-League-of-Austin/115350770338?sk=info&ref=nf)

[**Assistance League of Austin**](https://www.facebook.com/pages/Assistance-League-of-Austin/115350770338?sk=info)

Assistance League of Austin is an all volunteer chapter of National Assistance League. This chapter has been in Austin since 1973 serving the Austin community by providing new clothes for school children in need and giving sick children a new toy and book 3 times a week at Dell Children's Medical Ce...

**Day 247: OLYMP-I-A for PEACE: Action: I found peace and much happiness in sharing good times, stories, and memories with friends.**

**Day 248: OLYMP-I-A for PEACE: Action: Enjoyed the peace, tranquility, and coolness of the early morning. This morning was so pleasant with a soft, cool breeze. As the sunlight shimmered in the trees, it looked like all the leaves were dancing in celebration.**

**Day 249: OLYMP-I-A for PEACE: Action: If peace can be found in this time of crisis, I see it in the caring actions of neighbors helping neighbors, volunteers serving those displaced, firefighters working day and night, all facing together the fear, devastation, and recovery from the wildfires raging in Texas.**

**Day 250: OLYMP-I-A for PEACE: Action: I got a cherry limeade at Sonic and found out about "Limeades For Learning." Sonic is partnering with DonorsChoose to inspire creativity in public schools. They have donated more than 1 million dollars to teachers' projects since 2009.**

[sonicdrivein.com](http://www.sonicdrivein.com/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.limeadesforlearning.com/&h=AAQGEePxy&s=1)

Link to projects: <http://www.limeadesforlearning.com/pages/search>.



**Day 251: OLYMP-I-A for PEACE: Idea: I took a moment (a precious and miraculous moment) and thought about time, my time on this earth. I realized I cannot postpone caring and seeking peace and justice because time does not wait for us. It passes silently and all too swiftly, without fanfare. We rush to get to the next moment, we lose moments, we wish moments away while hoping for better ones. Yet, what are we but moments connected in time and what we do in each of those moments. I hope I can cherish and fulfill the NOW. It will not come again.**

**Day 252: OLYMP-I-A for PEACE: Action: Had a wonderful get-together with a new group of friends (those who have stepped across or who are in the process of stepping across that horizon called "retirement"). It is a mythical horizon because life is so incredibly full of adventure, people to meet, things to do, that nothing limits us but ourselves. We explored the different perspectives that come with various ages, the challenges, and the endless mystery and abundance of life.**

**Day 253: OLYMP-I-A for PEACE: Action: Going to a reunion of our Comfort the Children International Kenya team- sharing pictures, memories, good times, good food (maybe some Kenyan "chapati"- a thin, flat, tortilla-like wheat bread- so delicious) and catching up with each other since the trip.** [**http://www.facebook.com/comfortthechildreninternational**](http://www.facebook.com/comfortthechildreninternational)

[](https://www.facebook.com/comfortthechildreninternational?ref=nf)

[**CTC International**](https://www.facebook.com/comfortthechildreninternational)

CTC is a non-profit working alongside Kenyan communities to create sustainable change through our 5 initiatives: education, environment, economy, health and community. We are based in Maai Mahiu, Kenya a community of over 60,000 people growing and becoming more sustainable every day.

**Day 254: OLYMP-I-A for PEACE: Idea: I hope that as we remember people who courageously lost their lives to save others in the midst of tragic acts of violence, we honor them and commit ourselves to what they died for - the preservation of freedom, compassion, and the ability to live in peace.**

**Day 255: OLYMP-I-A for PEACE: Action: I read an article in National Geographic about "7 Billion Actions," a global movement launched by the United Nations Population Fund and partners, showcasing the stories of people making a difference in their communities and beyond. Late in 2011, the global population will reach 7 billion. We all are interconnected and the challenges we face belong to us all.** [**http://7billionactions.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2F7billionactions.org%2F&h=GAQH6mm62AQFseBaPzExEBRvmwWuGJbA0IrnfKhDLYlOuWg&s=1)

[](http://7billionactions.org/)

**[7 Billion People. 7 Billion Actions.](http://7billionactions.org/" \t "_blank)**

[7billionactions.org](http://7billionactions.org/" \t "_blank)

[7 Billion Actions - A Global Movement for All Humanity](http://7billionactions.org/" \t "_blank)

**Day 256: OLYMP-I-A for PEACE: Idea & Action: I thought of many people and organizations that should add their stories to the "7 Billion Actions" website. I encourage everyone to sign on and enter your story, or the story of someone or an organization you know, to help honor the actions of many who are helping to make a better world. For info, go to:** [**http://www.facebook.com/7billionactions?sk=app\_154219237995139**](http://www.facebook.com/7billionactions?sk=app_154219237995139)

[](https://www.facebook.com/7billionactions?sk=app_154219237995139&ref=nf)

[**7 Billion Actions | 7 Billion Actions**](https://www.facebook.com/7billionactions?sk=app_154219237995139)

‎7 Billion is a challenge, an opportunity and a call to action. In a world of 7 Billion people, we are all in this together and are counting on each other. Working together, incremental actions will create exponential results. Tell us WHY you count. Go to [www.7billionactions.org](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.7billionactions.org&h=vAQEH3M0vAQGxOUIesZuOti-4yaUlTPlwrYigWdT3wX88zQ&s=1) and share your...

**Day 257: OLYMP-I-A for PEACE: Action: Went to Randalls for some groceries and got a "Community Buck" at check-out. I found out more about the Randalls Good Neighbor Holiday Program. Community Bucks can be turned in to Good Neighbor Charities and charities can use the "bucks" to purchase goods.**

[**http://www.randalls.com/ShopStores/Good-Neighbor.page**](http://www.randalls.com/ShopStores/Good-Neighbor.page)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.randalls.com/ifl/grocery/Good-Neighbor&h=pAQFr32_V&s=1)[](http://www.randalls.com/ShopStores/Good-Neighbor.page?)

**Day 258: OLYMP-I-A for PEACE: Action: Enjoyed Yusuf Islam (Cat Stevens) singing "Peace Train":** [**http://www.youtube.com/watch?v=gLG91tOLPdQ**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DgLG91tOLPdQ&h=bAQEM56iUAQF_YJiyl77Tdu_wP0AB4sbkpg5eNb_BpUoUTQ&s=1)



**[Yusuf Islam - Peace Train - OUTSTANDING!](http://www.youtube.com/watch?v=gLG91tOLPdQ" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=gLG91tOLPdQ" \t "_blank)

[Yusuf Islam, formerly known by his stage name Cat Stevens (born Steven Demetre Georgiou on 21 July 1948 in London, UK), is an English musician, singer-](http://www.youtube.com/watch?v=gLG91tOLPdQ" \t "_blank)

**Day 259: OLYMP-I-A for PEACE: Action: I helped take care of 14 children ages 4 & 5 and was impressed by the difference between the activity levels in the group pre and post time on the playground. The post- playground peace and calm was very beneficial for the children and for me :)).**

**Day 260: OLYMP-I-A for PEACE: Action: I noticed two businesses (Starbucks and Bark & Purr) collecting donations for the people and animals affected by the fires. These are just two examples of the many community efforts going on to help out those in need. It is so good to see people joining together to help each other.**

**Day 261: OLYMP-I-A for PEACE: Action: Watched a moving video. The words we choose are powerful and important. They can raise barriers or break them down. They can spread love or hate.** [**http://www.youtube.com/watch?v=1iSlok6muY0&feature=player\_embedded**](http://www.youtube.com/watch?v=1iSlok6muY0&feature=player_embedded)



**[Retarded.](http://www.youtube.com/watch?v=1iSlok6muY0&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=1iSlok6muY0&feature=player_embedded" \t "_blank)

[For Russell. And yes, I'm aware I spell retarded wrong. Song: Walls by The Rocket Summer](http://www.youtube.com/watch?v=1iSlok6muY0&feature=player_embedded" \t "_blank)

**Day 262: OLYMP-I-A for PEACE: Action: Watched an inspiring video in celebration of Eunice Kennedy Shriver Day, encouraging each one of us to make a positive difference.** [**http://www.youtube.com/watch?v=8PyVNrBw-YY&feature=player\_embedded**](http://www.youtube.com/watch?v=8PyVNrBw-YY&feature=player_embedded)



**[2011 Eunice Kennedy Shriver Day - Leadership](http://www.youtube.com/watch?v=8PyVNrBw-YY&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=8PyVNrBw-YY&feature=player_embedded" \t "_blank)

[Special Olympics Chairman and CEO Timothy Shriver invites you to join the celebration of Eunice Kennedy Shriver's legacy by playing unified to live unified o...](http://www.youtube.com/watch?v=8PyVNrBw-YY&feature=player_embedded" \t "_blank)

**Day 263: OLYMP-I-A for PEACE: Action: Watched an incredibly moving video about the reunion of two elephants and their abiding friendship. The elephants have survived loneliness and cruelty and, finally reunited in their older years, find peace and freedom. What a powerful and beautiful story! Elephants are truly amazing!** [**http://www.youtube.com/watch?v=28E2EKBlr0k&feature=share**](http://www.youtube.com/watch?v=28E2EKBlr0k&feature=share)

**[www.youtube.com](http://www.youtube.com/watch?v=28E2EKBlr0k&feature=share" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=28E2EKBlr0k&feature=share" \t "_blank)

**Day 264: OLYMP-I-A for PEACE: Action: I read a story about two Special Olympics athletes who became friends despite the conflict between their home countries. Breaking through barriers! Creating peace!**The above article is listed at: <http://www.specialolympics.org/search.aspx?s=two%20athletes%20friends%20different%20countries%20article>. [NOTE: Article may not be accessible.]

Related link: <http://www.specialolympics.org/Calendar/Worldwide_Events_Calendar.aspx> )

[](http://www.specialolympics.org/default.aspx)

**Day 265: OLYMP-I-A for PEACE: Action: Learned more about the "Lives Worth Living" documentary [an historical documentary about the Disability Rights Movement and a biography about one man’s struggle to survive]. The film will air on the PBS "Independent Lens" series on October 27, 2011 at 10 pm (check local listings).**

<http://www.pbs.org/independentlens/lives-worth-living/>

**[](http://www.pbs.org/independentlens/lives-worth-living/film.html)**

**Day 266: OLYMP-I-A for PEACE: Action: Discovered "Network for Good," a nonprofit organization that helps other non-profits achieve their missions by enabling supporters to donate online.** [**https://www.facebook.com/networkforgood?sk=wall**](https://www.facebook.com/networkforgood?sk=wall)

[](https://www.facebook.com/networkforgood?sk=wall&ref=nf)

[**Network for Good**](https://www.facebook.com/networkforgood?sk=wall)

Network for Good, an independent 501 (c)3 nonprofit organization, makes it easy to support any charity, anywhere online by offering simple, affordable and effective online fundraising services, including donation processing, email outreach and online surveys. To foster continued growth in online...

**Day 267: OLYMP-I-A for PEACE: Action: Today, celebrating Eunice Kennedy Shriver Day. Eunice Kennedy Shriver, as the founder of Special Olympics, has made a positive impact in the lives of people with intellectual disabilities all around the world. I learned more about her life and inspiration:** [**http://www.facebook.com/l.php?u=http%3A%2F%2Fyoutu.be%2Fd5imTQ1hqtY&h=nAQA3MuwAAQAca2ZBBc-AVoyIDOSyhEb9Z7U1XID3SppUOw**](http://www.facebook.com/l.php?u=http%3A%2F%2Fyoutu.be%2Fd5imTQ1hqtY&h=nAQA3MuwAAQAca2ZBBc-AVoyIDOSyhEb9Z7U1XID3SppUOw)



**[Play On! EKS Day, Celebrate Her Life with Action](http://youtu.be/d5imTQ1hqtY" \t "_blank)**

[www.youtube.com](http://youtu.be/d5imTQ1hqtY" \t "_blank)

[Special Olympics Texas CEO and President Margaret Larsen talks about Eunice Kennedy Shriver (EKS) Day and how to honor her memory by joining in the movement,...](http://youtu.be/d5imTQ1hqtY" \t "_blank)

**Day 268: OLYMP-I-A for PEACE: Action: I found a great website "Impact Your World." It shows stories of people making a difference and taking action to make the world a better place to live. It invites us all to pledge at least 11 volunteer hours in 2011. Inspiring!!** [**http://www.cnn.com/SPECIALS/impact.your.world/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.cnn.com%2FSPECIALS%2Fimpact.your.world%2F&h=IAQH1iaOzAQEgcuctfqLKPZbmLfRKg_OKHgwuB-nBdvZrHQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.cnn.com/SPECIALS/impact.your.world/&h=-AQHmR-p2&s=1)[](http://www.cnn.com/2012/08/07/world/africa/kayaking-doctor/index.html)

**[Impact Your World](http://www.cnn.com/SPECIALS/impact.your.world/" \t "_blank)**

[www.cnn.com](http://www.cnn.com/SPECIALS/impact.your.world/" \t "_blank)

[CNN.com delivers the latest breaking news and information on the latest top stories, weather, business, entertainment, politics, and more. For in-depth coverage, CNN.com provides special reports, video, audio, photo galleries, and interactive](http://www.cnn.com/SPECIALS/impact.your.world/" \t "_blank)

**Day 269: OLYMP-I-A for PEACE: Action: Listened to Judy Collins singing "Turn, Turn, Turn" with Pete Seeger.... a time for peace..... Beautiful recording.** [**http://www.youtube.com/watch?v=DejUPN4SksU**](http://www.youtube.com/watch?v=DejUPN4SksU)

**[Judy Collins - Turn Turn Turn](http://www.youtube.com/watch?v=DejUPN4SksU" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=DejUPN4SksU" \t "_blank)

[Judy Collins and Pete Seeger singing Pete's song "Turn Turn Turn" From early 1960's Pete Seeger TV Show.](http://www.youtube.com/watch?v=DejUPN4SksU" \t "_blank)

**Day 270: OLYMP-I-A for PEACE: Action: Volunteered at a daycare and saw peace, joy, playfulness, and wonderful smiles on children's faces.**

**Day 271: OLYMP-I-A for PEACE: Action: I sent in my Randall's "Community Buck" to SAFE PLACE as part of the Randall's Good Neighbor Program. Randall's converts community bucks to dollars for participating "Good Neighbor" charities. October is Domestic Violence Awareness Month.** [**http://www.safeplace.org/page.aspx?pid=341**](http://www.safeplace.org/page.aspx?pid=341)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.safeplace.org/page.aspx?pid=341&h=RAQHHq1O4&s=1)[](http://www.safeplace.org/page.aspx?pid=183)

**[SafePlace - About SafePlace](http://www.safeplace.org/page.aspx?pid=341" \t "_blank)**

[www.safeplace.org](http://www.safeplace.org/page.aspx?pid=341" \t "_blank)

[Mission and Vision page about SafePlace](http://www.safeplace.org/page.aspx?pid=341" \t "_blank)

**Day 272: OLYMP-I-A for PEACE: Ideas and Action: Had a meeting to brainstorm about future collaboration and project possibilities with Comfort the Children International.** [**https://www.facebook.com/comfortthechildreninternational**](https://www.facebook.com/comfortthechildreninternational)

[](https://www.facebook.com/comfortthechildreninternational?ref=nf)

[**CTC International**](https://www.facebook.com/comfortthechildreninternational)

CTC is a non-profit working alongside Kenyan communities to create sustainable change through our 5 initiatives: education, environment, economy, health and community. We are based in Maai Mahiu, Kenya a community of over 60,000 people growing and becoming more sustainable every day.

**Day 273: OLYMP-I-A for PEACE: Action: Read updates about the ongoing, amazing work of nonprofits in "Network for Good":** [**http://storify.com/network4good/this-week-in-the-nonprofit-spotlight8**](http://storify.com/network4good/this-week-in-the-nonprofit-spotlight8)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.storify.com/network4good/this-week-in-the-nonprofit-spotlight8&h=NAQHV6A5U&s=1)[](http://stats.storify.com/record/click?sid=4e85d90e4b55c9f2320330fb&redirect=http://twitter.com/TconUganda/status/119440427718950912/photo/1/large)

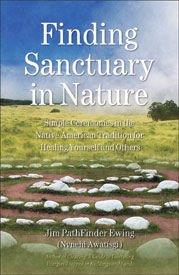
**[This Week in the Nonprofit Spotlight](http://www.storify.com/network4good/this-week-in-the-nonprofit-spotlight8" \t "_blank)**

[www.storify.com](http://www.storify.com/network4good/this-week-in-the-nonprofit-spotlight8" \t "_blank)

[Week of September 25, 2011: Updates, stories, photos and all-around goodness from amazing nonprofits doing amazing things.](http://www.storify.com/network4good/this-week-in-the-nonprofit-spotlight8" \t "_blank)

**Day 274: OLYMP-I-A for PEACE: Action: Attended a special celebration where I reunited with friends I had not seen in a long while. It was so good to reconnect. Though time passes, friendship remains strong. Friendship is the foundation of peace.**

**Day 275: OLYMP-I-A for PEACE: Action: Found a Wall Photo and quote that inspires us to recognize and honor the worth of all people.... creating sanctuary and a pathway to peace.**

[](https://www.facebook.com/photo.php?fbid=10150280512202874&set=a.399244927873.174979.19604582873&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.399244927873.174979.19604582873&type=3)

“We are all Children of Earth and Sky, beings with incredible powers, but in our...

society the innate abilities of people are often not acknowledged or appreciated.” Finding Sanctuary in Nature, p. i

**Day 276: OLYMP-I-A for PEACE: Action: As I drove to work, I noticed the early morning sunlight sparkling through the traffic and my mood lifted. I realized that how we perceive and choose to interpret each moment can affect our mood and level of stress. It made me think of my dog and how she basks in the smallest patch of sunlight, as if she's found the most luxurious spa. If we can find and dwell, even briefly, in those small moments of wonder, we can ease our souls and reach out for peace.**

**Day 277: OLYMP-I-A for PEACE: Action: Spent time volunteering with children in a childcare setting. Engaging and caring for children helps build peace.**

**Day 278: OLYMP-I-A for PEACE: Action: I watched a breath-taking sunrise- the brilliant reds and oranges at the horizon were set in contrast beneath a layer of dark blue clouds. The sunrays fanned outward striking and highlighting the skyline of the city, everything reflecting and shimmering the vibrant colors. What an uplifting way to start the day- immersed in the artistry of nature.**

**Day 279: OLYMP-I-A for PEACE: Action: I read about World Teachers' Day and the critical need for more teachers and gender-equal working conditions.** [**http://www.un.org/apps/news/story.asp?NewsID=39936&Cr=teachers&Cr1**](http://www.un.org/apps/news/story.asp?NewsID=39936&Cr=teachers&Cr1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.un.org/apps/news/story.asp?NewsID=39936&Cr=teachers&Cr1&h=sAQFXOCNN&s=1)[](http://www.un.org/News/dh/photos/large/2011/October/03-10-2011unesco.jpg)

**[Six million new teachers needed to ensure UN goal of universal primary education](http://www.un.org/apps/news/story.asp?NewsID=39936&Cr=teachers&Cr1" \t "_blank)**

[www.un.org](http://www.un.org/apps/news/story.asp?NewsID=39936&Cr=teachers&Cr1" \t "_blank)

[The United Nations marked World Teachers Day today with a warning that 6.1 million more teachers are needed to meet the internationally agreed Millennium Development Goal (MDG](http://www.un.org/apps/news/story.asp?NewsID=39936&Cr=teachers&Cr1" \t "_blank)

**Day 280: OLYMP-I-A for PEACE: Action: I read about the 3 women who were awarded the Nobel Peace Prize for 2011, acknowledging the non-violent role of women in promoting peace, democracy, and gender-equality.** [**http://www.nytimes.com/2011/10/08/world/nobel-peace-prize-johnson-sirleaf-gbowee-karman.html**](http://www.nytimes.com/2011/10/08/world/nobel-peace-prize-johnson-sirleaf-gbowee-karman.html)



**[Nobel Peace Prize Awarded to Ellen Johnson Sirleaf, Leymah Gbowee and Tawakul Karman](http://www.nytimes.com/2011/10/08/world/nobel-peace-prize-johnson-sirleaf-gbowee-karman.html" \t "_blank)**

[www.nytimes.com](http://www.nytimes.com/2011/10/08/world/nobel-peace-prize-johnson-sirleaf-gbowee-karman.html" \t "_blank)

[Liberian President Ellen Johnson Sirleaf, her compatriot Leymah Gbowee and Tawakul Karman of Yemen were recognized for their nonviolent activism.](http://www.nytimes.com/2011/10/08/world/nobel-peace-prize-johnson-sirleaf-gbowee-karman.html" \t "_blank)

**Day 281: OLYMP-I-A for PEACE: Action: I found peace in the caring actions of good friends.**

**Day 282: OLYMP-I-A for PEACE: Action: Sharing a quote passed along by a friend.**

[](https://www.facebook.com/photo.php?fbid=10150407401177040&set=a.342851502039.198292.193516127039&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.342851502039.198292.193516127039&type=3)

By: [Spirit Within-Lighting the path to Inner Peace](https://www.facebook.com/pages/Spirit-Within-Lighting-the-path-to-Inner-Peace/193516127039?ref=stream)

**Day 283: OLYMP-I-A for PEACE: Action: Learned how buying chocolate made with Fair Trade Certified cocoa (as well as buying other Fair Trade Certified products) can help foster international peace, hope, and well-being.** [**http://www.fairtradeusa.org/get-involved/blog/fair-trade-brings-hope-cocoa-farmers-c-te-d-ivoire**](http://www.fairtradeusa.org/get-involved/blog/fair-trade-brings-hope-cocoa-farmers-c-te-d-ivoire)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.fairtradeusa.org/get-involved/blog/fair-trade-brings-hope-cocoa-farmers-c-te-d-ivoire&h=GAQH6mm62&s=1)

**[Chocolate that Feels as Good as it Tastes | Fair Trade USA](http://www.fairtradeusa.org/get-involved/blog/fair-trade-brings-hope-cocoa-farmers-c-te-d-ivoire" \t "_blank)**

[www.fairtradeusa.org](http://www.fairtradeusa.org/get-involved/blog/fair-trade-brings-hope-cocoa-farmers-c-te-d-ivoire" \t "_blank)

[Fair Trade USA. This organization is the leading certifier of Fair Trade products in the United States.](http://www.fairtradeusa.org/get-involved/blog/fair-trade-brings-hope-cocoa-farmers-c-te-d-ivoire" \t "_blank)

**Day 284: OLYMP-I-A for PEACE: Action: Found out about the United Nations' Poetry for Peace Contest. Poems may be still be submitted. Info at:** [**http://www.un.org/disarmament/special/poetryforpeace/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.un.org%2Fdisarmament%2Fspecial%2Fpoetryforpeace%2F&h=eAQF3DixtAQF6cpV78FdGlyvsczZjvth4U9ldD23SLmUw9g&s=1)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.un.org/disarmament/special/poetryforpeace/&h=0AQF_uin4&s=1)

**[Poetry for Peace Contest](http://www.un.org/disarmament/special/poetryforpeace/" \t "_blank)**

[www.un.org](http://www.un.org/disarmament/special/poetryforpeace/" \t "_blank)

[A social media Poetry for Peace Contest is being held from 15 September until 14 October to share messages of peace.](http://www.un.org/disarmament/special/poetryforpeace/" \t "_blank)

**Day 285: OLYMP-I-A for PEACE: I read Yoko Ono's speech for the October, 2011 lighting of the "Imagine Peace Tower" in Iceland. The tower is a tall shimmering tower of light that appears every year and is visible from October 9th (John Lennon’s birthday) until December 8th (the anniversary of his death). It communicates awareness to the whole world that peace & love is what connects all lives on Earth.** [**http://soundcloud.com/yokoono/ipt2011**](http://www.facebook.com/l.php?u=http%3A%2F%2Fsoundcloud.com%2Fyokoono%2Fipt2011&h=pAQFr32_VAQGvochSLjSepbLG5x9GON4bRss8iJW5kneOmQ&s=1)



**[Yoko Ono: IMAGINE PEACE TOWER lighting speech 9 Oct 2011](http://www.soundcloud.com/yokoono/ipt2011" \t "_blank)**

[soundcloud.com](http://www.soundcloud.com/yokoono/ipt2011" \t "_blank)

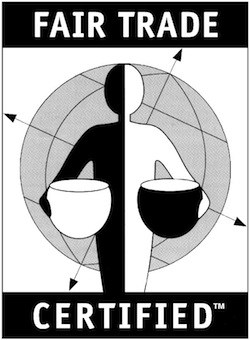
[Yoko Ono: IMAGINE PEACE TOWER lighting speech 9 Oct 2011](http://www.soundcloud.com/yokoono/ipt2011" \t "_blank)

**Day 286: OLYMP-I-A for PEACE: Idea: Even in stressful times, if we look around, we can usually find something of beauty (in nature, in people). If we stop and allow ourselves to recognize and experience that beauty, even for a moment, we help bring balance to our lives and find peace.**

**Day 287: OLYMP-I-A for PEACE: Action: Enjoyed the peace and comfort of talking with a good friend.**

**Day 288: OLYMP-I-A for PEACE: Action: Discovered that October is Fair Trade Month and read an article about the Fair Trade history and evolution. Fair Trade produces an "incredibly powerful, invisible dividend of hope and pride and dignity that comes through an empowerment model of change.”**

Related link: [**http://www.triplepundit.com/2011/10/fair-trade-all/**](http://www.triplepundit.com/2011/10/fair-trade-all/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.triplepundit.com/2011/10/fair-trade-all/&h=UAQEE3_si&s=1)

**[Fair Trade for All: Fair Trade Becomes Mainstream](http://www.triplepundit.com/2011/10/fair-trade-all/" \t "_blank)**

[www.triplepundit.com](http://www.triplepundit.com/2011/10/fair-trade-all/" \t "_blank)

[October is Fair Trade Month. A brief conversation with Fair Trade USA founder Paul Rice shows how Fair Trade brings hope, pride, and dignity in the triple bottom line.](http://www.triplepundit.com/2011/10/fair-trade-all/" \t "_blank)

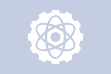
**Day 289: OLYMP-I-A for PEACE: Action: Spreading the word that October is Persons with Disabilities History and Awareness Month in Texas. By honoring, respecting, and assuring equality, equity, and justice for all people, we help ensure peace in the world.** [**http://www.thearcoftexas.org/site/PageServer?pagename=arctx\_2012\_disability\_awareness\_month**](http://www.thearcoftexas.org/site/PageServer?pagename=arctx_2012_disability_awareness_month)

**[The Arc of Texas:](http://www.thearcoftexas.org/site/PageServer?pagename=arctx_2012_disability_awareness_month" \t "_blank)**

[www.thearcoftexas.org](http://www.thearcoftexas.org/site/PageServer?pagename=arctx_2012_disability_awareness_month" \t "_blank)

[During the 82nd Legislative Session, HB 3616 was passed which designates October as Persons with Disabilities History and Awareness Month. Various public and private agencies formed a stakeholder planning group to highlight the importance of Disability History to our state and nation and to celebrat...](http://www.thearcoftexas.org/site/PageServer?pagename=arctx_2012_disability_awareness_month" \t "_blank)

**Day 290: OLYMP-I-A for PEACE: Action: Found an interesting 5-part PBS series on women and war and peace, currently airing weekly on Tuesday nights. It "places women at the center of an urgent dialogue about conflict and security, and reframes our understanding of modern warfare."** [**https://www.facebook.com/WomenWarPeace?sk=app\_130922017008575**](https://www.facebook.com/WomenWarPeace?sk=app_130922017008575)

[](https://www.facebook.com/WomenWarPeace?sk=app_130922017008575&ref=nf)

[**Women, War & Peace | PBS | Women, War & Peace**](https://www.facebook.com/WomenWarPeace?sk=app_130922017008575)

Women have become primary targets in today’s armed conflicts and are suffering unprecedented casualties. Simultaneously, they are emerging as necessary partners in brokering lasting peace and as leaders in forging new international laws governing conflict. Yet the image of war portrayed by the media...

**Day 291: OLYMP-I-A for PEACE: Action: Saw a news clip about the dedication ceremony for the Martin Luther King Memorial in Washington D.C. and found a website with the archived live webcast of the event:** [**http://www.mlkmemorial.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.mlkmemorial.org%2F&h=iAQEbxoD-AQGI9KNZqR48MZ8Jk9_9p-NBNYA5QWdM3t8Spw&s=1) **Awesome!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.mlkmemorial.org/&h=RAQHHq1O4&s=1)

**[Home - Build the Dream](http://www.mlkmemorial.org/" \t "_blank)**

[www.mlkmemorial.org](http://www.mlkmemorial.org/" \t "_blank)

[The official website for the Dr. Martin Luther King, Jr. National Memorial Foundation. To commemorate the life and work of Dr. Martin Luther King, Jr. by leading a collaborative funding, design, and construction process in the creation of a memorial](http://www.mlkmemorial.org/" \t "_blank)

**Day 292: OLYMP-I-A for PEACE: Action: Went to a ceremony that honored the Texas Legislators and self-advocates who worked tirelessly to pass two bills in the last Texas legislative session: 1) the Respectful Language Bill (to eliminate the "R-word"; and 2) the bill that makes October the Persons with Disabilities History and Awareness Month. Thanks to these people and many others we have taken a step forward in our history and a step forward along the path to respect and peace.**

**Day 293: OLYMP-I-A for PEACE: Action: Watched a new and informative video about Comfort the Children International, celebrating 10 years of building relationships and empowering sustainable, positive change in the world:** [**http://www.ctcinternational.org/video?utm\_source=CTC+General+Mailing+List&utm\_campaign=33ccf08c9e-Introducing\_Tribe10\_20\_2011&utm\_medium=email**](http://www.ctcinternational.org/video?utm_source=CTC+General+Mailing+List&utm_campaign=33ccf08c9e-Introducing_Tribe10_20_2011&utm_medium=email)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctcinternational.org/video?utm_source=CTC+General+Mailing+List&utm_campaign=33ccf08c9e-Introducing_Tribe10_20_2011&utm_medium=email&h=MAQGxV9DF&s=1)**[](http://www.ctcinternational.org/)**

**[Celebrating 10 Years of CTC Teams | Comfort the Children International](http://www.ctcinternational.org/video?utm_source=CTC+General+Mailing+List&utm_campaign=33ccf08c9e-Introducing_Tribe10_20_2011&utm_medium=email" \t "_blank)**

[www.ctcinternational.org](http://www.ctcinternational.org/video?utm_source=CTC+General+Mailing+List&utm_campaign=33ccf08c9e-Introducing_Tribe10_20_2011&utm_medium=email" \t "_blank)

[Providing hope through relationships and using a holistic approach to community development, CTC is empowering our](http://www.ctcinternational.org/video?utm_source=CTC+General+Mailing+List&utm_campaign=33ccf08c9e-Introducing_Tribe10_20_2011&utm_medium=email" \t "_blank)

**Day 294: OLYMP-I-A for PEACE: Action: Attended the 7th Annual "Vine to Wine" event in celebration of Texas Parent to Parent, a remarkable grassroots organization serving as a vital resource and network of parents of children with disabilities.... linking and connecting families across the state.** [**https://www.facebook.com/pages/Texas-Parent-to-Parent/275246185400**](https://www.facebook.com/pages/Texas-Parent-to-Parent/275246185400)

[](https://www.facebook.com/patty.txp2p.org?ref=nf)

[**Texas Parent to Parent**](https://www.facebook.com/patty.txp2p.org)

Texas Parent to Parent provides support, resources and information to parents and caregivers of children of all ages and disabilities as well as to the professionals who work with them. We match parents with trained volunteers, provide resources via a website, fact sheets and newsletters, provide t...

**Day 295: OLYMP-I-A for PEACE: Action: Had fun at a neighborhood Fall street party. A beautiful afternoon, good food, and good times getting better acquainted with neighbors.**

**Day 296: OLYMP-I-A for PEACE: Action: I am still thinking about the films I saw yesterday at the "Cinema Touching Disability Film Festival." Two in particular amazed me. One was a winner of the "emerging film" category: "When a Line of Light Shines" by Shahriar Pourseyedian, 2009. Probably one of the most amazing stories I've ever seen. The feature film was "Monica and David" about the marriage and lives of two people with Down Syndrome. I plan to see more great films at the festival today.** [**https://www.facebook.com/CinemaTouchingDisability**](https://www.facebook.com/CinemaTouchingDisability)

[](https://www.facebook.com/CinemaTouchingDisability?ref=nf)

[**Cinema Touching Disability Film Festival**](https://www.facebook.com/CinemaTouchingDisability)

Coalition of Texans with Disabilities designed the Cinema Touching Disability Film Festival to increase awareness about disability and dispel long-held stereotypes through film. CTD’s Cinema Touching Disability Film Festival has earned the distinguished Barbara Jordan Media Award and was honored...

**Day 297: OLYMP-I-A for PEACE: Action: It is the 66th anniversary of the United Nations. I visited the United Nations Foundation Facebook page (**[**https://www.facebook.com/unitednationsfoundation?ref=ts&sk=wall**](https://www.facebook.com/unitednationsfoundation?ref=ts&sk=wall)**) and also explored the following link which identifies steps to take to help support the United Nations and provides info on the various initiatives and campaigns:** [**http://www.unfoundation.org/how-to-help/take-action/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.unfoundation.org%2Fhow-to-help%2Ftake-action%2F&h=oAQGOyMufAQGeFyGGgoc047jduaSUgzQTnt4cf8hzWB-PTQ&s=1)**.**

[](https://www.facebook.com/unitednationsfoundation?sk=wall&ref=nf)

[**United Nations Foundation**](https://www.facebook.com/unitednationsfoundation?sk=wall)

The UN Foundation, a public charity, was created in 1998 with entrepreneur and philanthropist Ted Turner’s historic $1 billion gift to support UN causes and activities. We build and implement public/private partnerships to address the world’s most pressing problems, and work to broaden support for t...

**Day 298: OLYMP-I-A for PEACE: Action: Spent time with children in an after-school child care program. Enjoyed the beauty and harmony of colorful artwork and had fun sharing our lives together.**

**Day 299: OLYMP-I-A for PEACE: Action: Explored the "Canadian Centres for Teaching Peace" website and read about the "Peace Cafe" movement:** [**http://www.peacecafe.ca/peace-cafes**](http://www.peacecafe.ca/peace-cafes)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.peacecafe.ca/peace-cafes&h=ZAQGuYcgY&s=1)

**[Peace Cafés: Building Peace at the Community Level | Canadian Centres for Teaching Peace](http://www.peacecafe.ca/peace-cafes" \t "_blank)**

[www.peacecafe.ca](http://www.peacecafe.ca/peace-cafes" \t "_blank)

[Canadian Centres for Teaching Peace is an NGO that focuses on peace education at the personal, community, national, and](http://www.peacecafe.ca/peace-cafes" \t "_blank)

**Day 300: OLYMP-I-A for PEACE: Action: I saw a Facebook post by the David Sheldrick Wildlife Trust that mentioned the "World Savers Congress." I searched the Internet and read about the Congress and the 5th Annual (2011) Conde Nast Traveler World Saver Award winners, visionary travel companies that are helping the world in areas of education, health, fighting poverty, preservation, wildlife, and "doing it all."** [**http://www.concierge.com/cntraveler/articles/503935**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.concierge.com%2Fcntraveler%2Farticles%2F503935&h=FAQEqfDF9AQEXpRKiTl0xMOxRRwzlHaZL1ZhzHltwN87KmA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.concierge.com/cntraveler/articles/503935&h=oAQGOyMuf&s=1)[](http://www.cntraveler.com/world-savers/2011/09/Doing-It-All-World-Savers-Awards-2011)

**[The 5th Annual World Savers Awards 2011 from Condé Nast Traveler on Concierge.com](http://www.concierge.com/cntraveler/articles/503935" \t "_blank)**

[www.concierge.com](http://www.concierge.com/cntraveler/articles/503935" \t "_blank)

[The online home of Condé Nast Traveler, the world's premier travel magazine](http://www.concierge.com/cntraveler/articles/503935" \t "_blank)

**Day 301: OLYMP-I-A for PEACE: Action: I watched an amazing "Trees for the Future" video that shows the impact that planting trees has on ecology, community, climate change, economy, and peace:** [**http://www.youtube.com/watch?v=Qdoe\_gI\_fSs&feature=player\_embedded**](http://www.youtube.com/watch?v=Qdoe_gI_fSs&feature=player_embedded)**. I visited the Trees for the Future website (**[**http://www.plant-trees.org/main.htm**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.plant-trees.org%2Fmain.htm&h=mAQFbJluKAQGJ3HLj5V5hHTIgwFPfMcJJUyOO_3Bk1jCdIA&s=1)**) and learned more.**



**[50 Million Trees and Counting: Trees for the Future](http://www.youtube.com/watch?v=Qdoe_gI_fSs&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=Qdoe_gI_fSs&feature=player_embedded" \t "_blank)

[(http://www.plant-trees.org) This 8 minute video documents the work of Dave Deppner and Trees for the](http://www.youtube.com/watch?v=Qdoe_gI_fSs&feature=player_embedded" \t "_blank)

**Day 302: OLYMP-I-A for PEACE: Action: Watched a video of "Playing for Change" on stage in Madrid, helping the world coming together through music: "One Love”:** [**http://www.youtube.com/watch?v=6y7whyfiEJE&feature=player\_embedded**](http://www.youtube.com/watch?v=6y7whyfiEJE&feature=player_embedded)



**[One Love - Live In Madrid | Playing For Change Band](http://www.youtube.com/watch?v=6y7whyfiEJE&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=6y7whyfiEJE&feature=player_embedded" \t "_blank)

[http://www.playingforchange.com/episodes/32 - Whenever the Playing For Change Band takes the stage, there is always a tremendous amount of love and](http://www.youtube.com/watch?v=6y7whyfiEJE&feature=player_embedded" \t "_blank)

**Day 303: OLYMP-I-A for PEACE: Action: I read about the American Humane Association Hero Dog Awards. The 2011 Hero Dog Awards will premiere on the Hallmark Channel on November 11th. The donations and proceeds from this event help fund the American Humane Association and other charity partners to support therapy dogs to help people in need across America.** [**http://www.herodogawards.org/?s\_src=GoogleAdwords&s\_subsrc=hero+dogs&gclid=CO7LtIbKkKwCFQ8j7AodvE92rA**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.herodogawards.org%2F%3Fs_src%3DGoogleAdwords%26s_subsrc%3Dhero%2Bdogs%26gclid%3DCO7LtIbKkKwCFQ8j7AodvE92rA&h=JAQE39DbXAQGcHoel4S7jAX_NpStUWiwr2TphbhgAa5mLog&s=1)

[](http://www.herodogawards.org/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.herodogawards.org/?s_src=GoogleAdwords&s_subsrc=hero+dogs&gclid=CO7LtIbKkKwCFQ8j7AodvE92rA&h=kAQHkMiGX&s=1)

**[Hero Dog Awards - American Humane Association](http://www.herodogawards.org/?s_src=GoogleAdwords&s_subsrc=hero+dogs&gclid=CO7LtIbKkKwCFQ8j7AodvE92rA" \t "_blank)**

[www.herodogawards.org](http://www.herodogawards.org/?s_src=GoogleAdwords&s_subsrc=hero+dogs&gclid=CO7LtIbKkKwCFQ8j7AodvE92rA" \t "_blank)

[Every dog really does have his day. Or in this case, hers. Roselle, the guide dog who led her blind master safely down 78 flights of stairs following the 9/11 attacks on the World](http://www.herodogawards.org/?s_src=GoogleAdwords&s_subsrc=hero+dogs&gclid=CO7LtIbKkKwCFQ8j7AodvE92rA" \t "_blank)

**Day 304: OLYMP-I-A for PEACE: Action: I watched an amazing video. Beautiful! Shifting perspectives for peace.** [**http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTQ61vJdqyWw&h=pAQHruxRAAQFIXuqsYIyfh9FEj3LDSd1YerPygnRZQnOQgQ**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTQ61vJdqyWw&h=pAQHruxRAAQFIXuqsYIyfh9FEj3LDSd1YerPygnRZQnOQgQ)



**[Shifting Perspectives at the Dublin Arts Council](http://www.youtube.com/watch?v=TQ61vJdqyWw" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=TQ61vJdqyWw" \t "_blank)

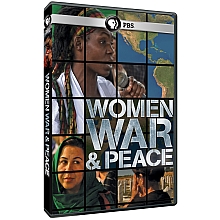
[An expansive photography exhibition from the United Kingdom aims to change the way people see Down Syndrome.](http://www.youtube.com/watch?v=TQ61vJdqyWw" \t "_blank)

**Day 305: OLYMP-I-A for PEACE: Action: I "Liked" the Cesar Canine Cuisine Therapy Dog Facebook page. For every person that "Likes" the page, they donate $1 to the American Humane Association to bring more Therapy Dogs to those in need. Their page says, "A little love from a dog goes a long way." So true!!** [**https://www.facebook.com/Cesar?sk=app\_123451581089625**](https://www.facebook.com/Cesar?sk=app_123451581089625)

**(Website link:** [**http://www.cesar.com/therapy-dogs/**](http://www.cesar.com/therapy-dogs/) **)**

[](http://www.cesar.com/therapy-dogs/therapy-videos.aspx)

**Day 306: OLYMP-I-A for PEACE: I watched the "Women, War, and Peace" documentary episode on PBS last night... an amazing and eye-opening 5-part documentary series. I learned more about organizations committed to supporting women’s social, political and economic empowerment, and making international peace and justice possible at the following website:** [**http://www.pbs.org/wnet/women-war-and-peace/community/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.pbs.org%2Fwnet%2Fwomen-war-and-peace%2Fcommunity%2F&h=8AQHHtMCxAQFiFV-c2_ETSgGQHekLYo2dRADBs97dbsZhZQ&s=1)**. The website provides steps to take to become more involved.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.pbs.org/wnet/women-war-and-peace/community/&h=lAQHcLegt&s=1)[](javascript:showEnhanced();)

**[Join the Women, War & Peace community | Women, War and Peace | PBS](http://www.pbs.org/wnet/women-war-and-peace/community/" \t "_blank)**

[www.pbs.org](http://www.pbs.org/wnet/women-war-and-peace/community/" \t "_blank)

[Women, War & Peace is a bold new five-part PBS television series challenging the conventional wisdom that war and](http://www.pbs.org/wnet/women-war-and-peace/community/" \t "_blank)

**Day 307: OLYMP-I-A for PEACE: Action: Had a great reunion with a good friend. Friends bring good times, help create life's wonderful memories, and generate peace of mind.**

**Day 308: OLYMP-I-A for PEACE: Action: Watched a moving video about the relationship between two best friends, Tarra (an elephant) and Bella (a dog). Love and friendship bridges all differences. We have a lot to learn from these two wonderful beings. “They harbor no fears, no secrets, no prejudices. Just two living creatures who somehow managed to look past their immense differences.” Steve Hartman, CBS Evening News. Honoring Bella who died recently on October 26, 2011 (**[**http://www.elephants.com/Bella/Bella.php**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.elephants.com%2FBella%2FBella.php&h=OAQHYy8LgAQH35as2X8ccQnl2FnNFUbHGobqz-WZJvvLbHw&s=1)**).**



**[Bella & Tara Update](http://www.youtube.com/watch?v=F2oYOvx8lTY" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=F2oYOvx8lTY" \t "_blank)

[Follow up to the original report on Bella & Tara - best buds.](http://www.youtube.com/watch?v=F2oYOvx8lTY" \t "_blank)

**Day 309: OLYMP-I-A for PEACE: Idea: Whenever we are looking for peace, if we reach out to take even the smallest step to help someone or some thing, we will find it.**

**Day 310: OLYMP-I-A for PEACE: Idea: My family is coming together today in a birthday celebration. It's a wonderful day with that extra bit of excitement and anticipation of seeing someone surprised and feeling their life celebrated. What if we could think of each day as a "birthday"? If we could try to honor and celebrate life's beauty and meaning as often as possible in ourselves and others, we might create a more loving and peaceful world.**

**Day 311: OLYMP-I-A for PEACE: Action: My peace came today when I found out my dog was recovering and doing okay after surgery.**

**Day 312: OLYMP-I-A for PEACE: Action: Watching "Women, War, and Peace," an amazing 5-part documentary series- last part shown tonight. Full episodes can be viewed at** [**http://www.pbs.org/wnet/women-war-and-peace/category/full-episodes/**](http://www.pbs.org/wnet/women-war-and-peace/category/full-episodes/)

[](http://www.pbs.org/wnet/women-war-and-peace/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.pbs.org/wnet/women-war-and-peace/category/full-episodes/&h=VAQFyPsLL&s=1)

**[Full Episodes | Women, War and Peace | PBS](http://www.pbs.org/wnet/women-war-and-peace/category/full-episodes/" \t "_blank)**

[www.pbs.org](http://www.pbs.org/wnet/women-war-and-peace/category/full-episodes/" \t "_blank)

[If you ask Colombia’s city dwellers and political class, they’ll tell you the 40-year-old civil war is over. But The War We Are Living reveals the “other” Colombia, in rural areas far away](http://www.pbs.org/wnet/women-war-and-peace/category/full-episodes/" \t "_blank)

**Day 313: OLYMP-I-A for PEACE: Action: I saw a billboard by Values.com ("The Foundation for a Better Life"). The billboard featured David Foster and highlighted the value of mentoring. I looked up the website. Inspiring! I found out that people can create their own billboards.** [**http://www.values.com/your-billboards**](http://www.values.com/your-billboards)

[Fbl_smaller_logo](http://www.values.com/)



**[Create Your Own Values Billboard | Values - Pass It On](http://www.values.com/your-billboards" \t "_blank)**

[www.values.com](http://www.values.com/your-billboards" \t "_blank)

[Create your own billboard with your own photo, headline and value. Inspire others with stories, leadership quotes, inspirational stories, peace quotes etc.](http://www.values.com/your-billboards" \t "_blank)

**Day 314: OLYMP-I-A for PEACE: Idea: Peace comes when we realize that the simple things in life are enough.**

**Day 315: OLYMP-I-A for PEACE: Idea: On this Veteran's Day 11-11-11, may we remember and honor the goal of peace and may we work to build a future where, someday, throughout the world we will not have veterans of war but will have continuous generations of children of peace.**

**Day 316: OLYMP-I-A for PEACE: Idea: A simple truth: freeing people from living in institutions by assuring sustainable, accessible, and quality community living options brings independence, respect, happiness, and peace to the world.** [**http://communitynowfreedom.org/**](http://communitynowfreedom.org/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://communitynowfreedom.org/&h=CAQE6n0jm&s=1)

**[Home Page](http://communitynowfreedom.org/" \t "_blank)**

[communitynowfreedom.org](http://communitynowfreedom.org/" \t "_blank)

[Check out http://communitynowfreedom.org! Home Page](http://communitynowfreedom.org/" \t "_blank)

**Day 317: OLYMP-I-A for PEACE: Action: Got up early and when I went outside, the dawn was gently painting the eastern sky with beautiful pink and lavender watercolors, the white, misty clouds were paintbrushes moving across the canvas above and the moon brilliantly shone down through the trees in the west, illuminating the painting of peace.**

**Day 318: OLYMP-I-A for PEACE: Action: Sharing a quote from Mahatma Gandhi: "If we are to teach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children." I found out more info about Gandhi's 5 teachings to bring about world peace at:** [**http://zenhabits.net/mahatma-gandhis-5-teachings-to-bring-about-world-peace/**](http://zenhabits.net/mahatma-gandhis-5-teachings-to-bring-about-world-peace/)

**Day 319: OLYMP-I-A for PEACE: Action: Experienced the calming peace of reading a story to children and seeing them quietly listen as they were captivated by it. The wonder and joy of books and storytelling!**

**Day 320: OLYMP-I-A for PEACE: Action/Idea: I immersed myself in the beauty of nature and and found peace. The sun made the surface of the lake into diamonds and gold. The sunlit green clover shimmered like a thousand small emeralds. The falling red and gold leaves twirled through the air in spins and spirals better than the best store-bought kites. We have amazing riches and natural adornments that surround us and are available for free. If we could help our children appreciate these wonders and truly treasure them, perhaps the need to fight, kill and cause species to become extinct due to our craving for diamonds, ivory, etc. might diminish.**

**Day 321: OLYMP-I-A for PEACE: Action: I learned about the "Create Peace Project," an arts-for-peace-education non-profit organization, fostering peace through collaborative art projects:** [**https://www.facebook.com/pages/Create-Peace-Project/136027053098523?sk=wall**](https://www.facebook.com/pages/Create-Peace-Project/136027053098523?sk=wall)**. The "Create Peace Project" website is:** [**http://www.createpeaceproject.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.createpeaceproject.org%2F&h=bAQEM56iUAQFJY8VqKZVPAdXgQ9JRTRNZJY1bWPZo76_8yA&s=1)**.**

[](https://www.facebook.com/pages/Create-Peace-Project/136027053098523?sk=wall&ref=nf)

[**Create Peace Project**](https://www.facebook.com/pages/Create-Peace-Project/136027053098523?sk=wall)

The practice of peace starts with the individual. Creative Self-Expression is one of the greatest tools for fostering self-awareness. We do global art-for-peace projects in order to inspire action, promote creativity, and raise a positive voice for peace on earth.

**Day 322: OLYMP-I-A for PEACE: Action: Found out about an exciting new movie and initiative called Choice Point and watched the introductory video at** [**http://www.youtube.com/watch?v=g77QU8daYOM**](http://www.youtube.com/watch?v=g77QU8daYOM)**.**

**[Choice Point » Home](http://www.choicepointmovie.com/" \t "_blank)**

[www.choicepointmovie.com](http://www.choicepointmovie.com/" \t "_blank)

[Choice Point is a new documentary movie that delves into the hearts and minds of some of the world's leading change-makers; from Richard Branson, to Desmond Tutu and a](http://www.choicepointmovie.com/" \t "_blank)

**Day 323: OLYMP-I-A for PEACE: Action: Found peace in the company of good friends.... an afternoon of baking. Good friends, good food, warm kitchen.... a recipe for peace :))**

**Day 324: OLYMP-I-A for PEACE: Action: Somehow just watching this video put me in a peaceful state of mind. The beauty of life at its most majestic and most basic... the wonder of discovery and the gentle, yet fragile bond between living creatures. A beautiful moment of peace.** [**http://www.youtube.com/watch?v=G2GD8mm78Fk&feature=youtu.be**](http://www.youtube.com/watch?v=G2GD8mm78Fk&feature=youtu.be)



**[Ocean Soul: A Magical Day with a Right Whale](http://www.youtube.com/watch?v=G2GD8mm78Fk&feature=youtu.be" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=G2GD8mm78Fk&feature=youtu.be" \t "_blank)

[National Geographic photographer Brian Skerry describes a magical but risky](http://www.youtube.com/watch?v=G2GD8mm78Fk&feature=youtu.be" \t "_blank)

**Day 325: OLYMP-I-A for PEACE: Action: Watched a great video. Acts of kindness have a ripple effect... moving us forward to peace.** [**http://www.youtube.com/watch?v=nwAYpLVyeFU&feature=player\_embedded**](http://www.youtube.com/watch?v=nwAYpLVyeFU&feature=player_embedded)



**[Life Vest Inside - Kindness Boomerang - "One Day"](http://www.youtube.com/watch?v=nwAYpLVyeFU&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=nwAYpLVyeFU&feature=player_embedded" \t "_blank)

[Watch as the camera tracks an act of kindness as its passed from one individual to the next and manages to boomerang back](http://www.youtube.com/watch?v=nwAYpLVyeFU&feature=player_embedded" \t "_blank)

**Day 326: OLYMP-I-A for PEACE: Action: I clicked on a link shared by a friend and got some great tips for holiday or anytime gifts (from $1-$15) that help spread peace:** [**http://www.oprah.com/spirit/How-to-Spend-a-Little-and-Give-a-Lot-Small-Donations**](http://www.oprah.com/spirit/How-to-Spend-a-Little-and-Give-a-Lot-Small-Donations)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.oprah.com/spirit/How-to-Spend-a-Little-and-Give-a-Lot-Small-Donations&h=nAQHS54cV&s=1)[](http://www.oprah.com/omagazine_archive.html?search_month=9&search_year=2012)

**[How to Spend a Little and Give a Lot - Small Donations - Oprah.com](http://www.oprah.com/spirit/How-to-Spend-a-Little-and-Give-a-Lot-Small-Donations" \t "_blank)**

[www.oprah.com](http://www.oprah.com/spirit/How-to-Spend-a-Little-and-Give-a-Lot-Small-Donations" \t "_blank)

[Twenty bucks buys movie tickets or a weekend's worth of lattes. But you can do a world of good - from feeding an endangered animal to educating a child - for even less.](http://www.oprah.com/spirit/How-to-Spend-a-Little-and-Give-a-Lot-Small-Donations" \t "_blank)

**Day 327: OLYMP-I-A for PEACE: Action: Spent a wonderful afternoon with a good friend's Mom who is in her 90's, sharing stories, special memories and celebrating an early Thanksgiving.**

**Day 328: OLYMP-I-A for PEACE: Action/Idea: Up with the dawn, a beautifully peaceful time. I contemplate the day ahead which will be filled with a reunion of family members. Time passes quickly from season to season. I am thankful for the miracle we live, for the glorious moments we share on this earth. By experiencing love we gain peace. May we all have a peaceful Thanksgiving!**

**Day 329: OLYMP-I-A for PEACE: Action: Enjoyed the comforting and peaceful feeling of connecting and sharing good food, good conversation, and fun times with extended family during the holiday season.**

**Day 330: OLYMP-I-A for PEACE: Action/Idea: Enjoying the peace and utter relaxation of a 4-day holiday that reminds us to be thankful. Great time to de-stress and renew. I believe that when we can take time to focus on thankfulness, we grow closer to bringing peace to ourselves and those around us.**

**Day 331: OLYMP-I-A for PEACE: Action: I am interested in finding programs that blend the themes of "trees" and "peace," so I searched the web with those two search words. I discovered a wonderful organization, "Peace Tree International," and read about their initiatives with children and schools and their efforts to spread the celebration of Peace Tree Day worldwide. Fantastic discovery!** [**http://www.peacetreeday.com/about.htm**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.peacetreeday.com%2Fabout.htm&h=OAQHYy8LgAQGk2NYdS46Yj068r54tIL-DemHwehLIOeNrxA&s=1)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.peacetreeday.com/about.htm&h=yAQFG7aDv&s=1)



**[PeaceTreeDay.com - About Peace Tree Day](http://www.peacetreeday.com/about.htm" \t "_blank)**

[www.peacetreeday.com](http://www.peacetreeday.com/about.htm" \t "_blank)

[Peace Tree International Initiatives is a non-profit organization that empowers children and youth to build equitable, inclusive and peaceful schools and communities by inspiring them to](http://www.peacetreeday.com/about.htm" \t "_blank)

**Day 332: OLYMP-I-A for PEACE: Action: Found good ideas in a "daily devotional" by Quinn G. Caldwell (shared with me by a friend): "If you really want swords beaten into plowshares you're going to have to... convince other people, people like you and people who run businesses..., that peace is profitable... Choose gifts that are made of renewable resources; that use less plastic (and therefore less oil); that are made by companies that are not also defense contractors. Come up with your own list of requirements for peaceful presents. Ask others for similar gifts."** [**http://www.ucc.org/feed-your-spirit/daily-devotional/peaceful-presents.html**](http://www.ucc.org/feed-your-spirit/daily-devotional/peaceful-presents.html)

**[Peaceful Presents](http://www.ucc.org/feed-your-spirit/daily-devotional/peaceful-presents.html" \t "_blank)**

[www.ucc.org](http://www.ucc.org/feed-your-spirit/daily-devotional/peaceful-presents.html" \t "_blank)

[Micah 4:3"…they shall beat their swords into plowshares, and their spears into pruning hooks…" Reflection by Quinn G. CaldwellA beautiful image, but it's a lot more complicated than it sounds. I mean, let's say that an Israelite doesn't need](http://www.ucc.org/feed-your-spirit/daily-devotional/peaceful-presents.html" \t "_blank)

**Day 333: OLYMP-I-A for PEACE: Action: Found peace in seeing the comfort children provide each other, simple hugs given freely between friends.**

**Day 334: OLYMP-I-A for PEACE: Action: On the anniversary of Mark Twain's 176th birthday, I found a quote relating to peace made by Mark Twain in Pudd'nhead Wilson's Calendar (1894): "Let us endeavor to live that when we come to die even the undertaker will be sorry.” Multiple quotes on peace, including this one by Mark Twain, are found on the Global Village Resources website:** [**http://www.globalvillageresources.org/quotes.htm**](http://www.globalvillageresources.org/quotes.htm)

**[Progressive Quotes, Peace Quotes: Global Village School](http://www.globalvillageresources.org/quotes.htm" \t "_blank)**

[www.globalvillageresources.org](http://www.globalvillageresources.org/quotes.htm" \t "_blank)

[Global Village School provides progressive quotes and peace quotes covering justice, environmental and human rights topics.](http://www.globalvillageresources.org/quotes.htm" \t "_blank)

**Day 335: OLYMP-I-A for PEACE: Action: Found peace in this music video shared by a friend. Beautiful!!** [**http://www.youtube.com/watch?v=k\_h6Gf0QEjY&feature=player\_embedded**](http://www.youtube.com/watch?v=k_h6Gf0QEjY&feature=player_embedded)



**[JOAN ARMATRADING IN THESE TIMES STEVE WINWOOD THERES A RIVER](http://www.youtube.com/watch?v=k_h6Gf0QEjY&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=k_h6Gf0QEjY&feature=player_embedded" \t "_blank)

[my church i carry with me every step along the untrod path becomes a prayer..a longing](http://www.youtube.com/watch?v=k_h6Gf0QEjY&feature=player_embedded" \t "_blank)

**Day 336: OLYMP-I-A for PEACE: Action: Watched a slideshow of great work being done with children in Nepal to foster peace:** [**https://www.facebook.com/photo.php?v=301392036561214**](https://www.facebook.com/photo.php?v=301392036561214)

[](https://www.facebook.com/video/video.php?v=301392036561214)

[**Children´s Global peace Project Nepal**](https://www.facebook.com/photo.php?v=301392036561214)

**Day 337: OLYMP-I-A for PEACE: Action: I read more online about the Beagle Freedom Project, a mission of "Animal Rescue, Media and Education" (ARME), to rescue beagles used in research laboratories. Some have lived all their lives never seeing the sun or grass. May we build a world of peace by respecting all living creatures and identifying, ending, and preventing abuse.** [**http://www.beaglefreedomproject.org/index.php**](http://www.beaglefreedomproject.org/index.php)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.beaglefreedomproject.org/index.php&h=bAQEM56iU&s=1)

**[Beagle Freedom Project :: An ARME Project](http://www.beaglefreedomproject.org/index.php" \t "_blank)**

[www.beaglefreedomproject.org](http://www.beaglefreedomproject.org/index.php" \t "_blank)

[Welcome to Beagle Freedom Project, a mission to rescue beagles used in animal experimentation in research laboratories and give them a chance at life in a loving forever](http://www.beaglefreedomproject.org/index.php" \t "_blank)

**Day 338: OLYMP-I-A for PEACE: Action: Finding peace in awakening to the beautiful sound of rain gently falling outside... restoring and replenishing the earth.**

**Day 339: OLYMP-I-A for PEACE: Action: In celebration of International Volunteer Day, I watched the inspiring message from Flavia Pansieri, the United Nations Volunteers (UNV) Executive Director (**[**http://vimeo.com/33103318**](http://vimeo.com/33103318)**). Also, it is the 10-year Anniversary of the International Year of Volunteers. The UN held a special General Assembly session on volunteerism and UNV issued the first ever State of the World’s Volunteerism Report! Volunteerism is critical to world peace.**



**[International Volunteer Day Message](http://vimeo.com/33103318" \t "_blank)**

[vimeo.com](http://vimeo.com/33103318" \t "_blank)

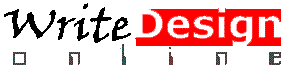
[Around the world this week volunteers and people inspired](http://vimeo.com/33103318" \t "_blank)

**Day 340: OLYMP-I-A for PEACE: Idea: Wishing that every season of the year people would share cards, sing, and talk about "peace on earth."**

**Day 341: OLYMP-I-A for PEACE: Idea: I saw the sunrise kiss the frost on the fields. Though opposites, when they embraced, they melted into each other. In their union there was shimmering, sparkling beauty. So it is with people. When we join and bridge our differences, we find a beautiful peace.**

**Day 342: OLYMP-I-A for PEACE: Action: Felt a sense of peace while taking a moment to relax and watch the sunlight cascading through a tree's dancing leaves of red, silver, and green... a beautiful stain glass window in Nature's cathedral.**

**Day 343: OLYMP-I-A for PEACE: Action: I was searching online for a quote by Rilke that a friend told to me. In doing so, I discovered a website with a wonderful compendium of quotes, inspiring us to peace, compassion, kindness, and positive change and balance:** [**http://www.writedesignonline.com/resources/quotes.html**](http://www.writedesignonline.com/resources/quotes.html)**.  
One of the quotes from Rilke is: "Have patience with everything unresolved in your heart and try to love the questions themselves... Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps, then, someday far in the future, you will gradually, without even noticing it, live your way into the answer." - Rainer Maria Rilke**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.writedesignonline.com/resources/quotes.html&h=7AQHIZkbO&s=1)

**[WriteDesign On-Line - Quotes](http://www.writedesignonline.com/resources/quotes.html" \t "_blank)**

[www.writedesignonline.com](http://www.writedesignonline.com/resources/quotes.html" \t "_blank)

[Quotes Worth checking out: Cards, stained glass, living (eternal) walls, and other artistic whimsy All art is created and copyrighted by D A Kipperman Designs and is associated with](http://www.writedesignonline.com/resources/quotes.html" \t "_blank)

**Day 344: OLYMP-I-A for PEACE: Action: A friend shared with me the beautiful and inspiring poem, "Call Me by My True Names." I looked it up online:** [**http://www.quietspaces.com/poemHanh.html**](http://www.quietspaces.com/poemHanh.html)**. The excerpt is from: "Peace is Every Step: The Path of Mindfulness in Everyday Life" by Thich Nhat Hanh.   
We are everyone and when we impact a life, we also impact ourselves (and vice versa).**

**[Call Me by My True Names by Thich Nhat Hanh](http://www.quietspaces.com/poemHanh.html" \t "_blank)**

[www.quietspaces.com](http://www.quietspaces.com/poemHanh.html" \t "_blank)

[This poem by Thich Nhat Hanh embodies the essence of what he calls "interbeing," the innerconnectedness of all things.](http://www.quietspaces.com/poemHanh.html" \t "_blank)

**Day 345: OLYMP-I-A for PEACE: Action: I read more about the poet/philosopher Rainer Maria Rilke and found many of his inspiring quotes online at:** [**http://www.livinglifefully.com/thinkersrilke.htm**](http://www.livinglifefully.com/thinkersrilke.htm)**. One quote I especially like is:   
"The longer I live, the more necessary it seems to me to endure,  
to copy the whole dictation of existence to the end, for it might  
be that only the last sentence contains that small, perhaps inconspicuous  
word through which all laboriously learned and not understood  
orients itself toward glorious sense."**

**Day 346: OLYMP-I-A for PEACE: Action/Idea: Starting the week with an added sense of peace and harmony after a weekend spent visiting with good friends and family and ending with a mellow and magical holiday jazz concert. The conversations and music linger in my mind and create the beautiful sound of peace.**

**Day 347: OLYMP-I-A for PEACE: Action/Idea: I spent the afternoon volunteering with children. I find that the weight of the adult world can be lifted by a small child... a reconnection with innocence and wonder can help us find peace.**

**Day 348: OLYMP-I-A for PEACE: Action: I learned about the International Network of Museums for Peace (INMP):** [**https://www.facebook.com/pages/International-Network-of-Museums-for-Peace/128928377123770?sk=wall**](https://www.facebook.com/pages/International-Network-of-Museums-for-Peace/128928377123770?sk=wall) **and read more about the INMP at** [**http://www.museumsforpeace.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.museumsforpeace.org%2F&h=7AQHIZkbOAQH5LL50dCbhjpA4l405RJodw6troQ2deFYXzQ&s=1)**. "Through exhibitions and educational activities, peace museums aim to help build a ‘culture of peace’ in the here and now... The International Network of Museums for Peace is a worldwide network of Peace Museums that share in the same desire to build a global culture of peace."**

[](https://www.facebook.com/museumsforpeace?sk=wall&ref=nf)

[**International Network of Museums for Peace**](https://www.facebook.com/museumsforpeace?sk=wall)

The International Peace Museums Network was created in 1992 during the International Conference which brought together for the first time the management and staff of peace museums, anti-war museums and similar institutions worldwide.

**Day 349: OLYMP-I-A for PEACE: Action: I saw a young boy upset because he had been teased for liking the color pink (obviously it wasn't the first time he'd been teased about it). The boy next to him said, "It's okay. All the colors are for both boys and girls".... words of wisdom and peace from a caring 6 year old.**

**Day 350: OLYMP-I-A for PEACE: Idea: It is important to live in the moment, however it is also important to learn to transcend the moment and try to glimpse the larger picture and meaning of life. It is in this balance that we gain humility, reach beyond our momentary emotion, and bring peace to reality.**

**Day 351: OLYMP-I-A for PEACE: Idea: Reaching for peace is not a passive exercise. It is not always a comfortable place to be. It will make us stretch and we may ache at times, but the strength we gain is worth it.**

**Day 352: OLYMP-I-A for PEACE: Action: I read and watched a video about the "Roots and Shoots One Million Hours of Service" campaign:** [**http://www.rootsandshoots.org/campaigns/millionhours**](http://www.rootsandshoots.org/campaigns/millionhours)**. By the end of 2012, the Roots & Shoots members and groups, will, working together as one global network, complete enough projects to achieve a total of one million hours of service. 2011 marks an inspiring milestone for Jane Goodall’s Roots & Shoots, the Jane Goodall Institute’s global environmental and humanitarian youth program.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.rootsandshoots.org/campaigns/millionhours&h=4AQH68Ns0&s=1)[Roots and Shoots Logo](http://www.rootsandshoots.org/)

**[One Million Hours of Service - Roots & Shoots](http://www.rootsandshoots.org/campaigns/millionhours" \t "_blank)**

[www.rootsandshoots.org](http://www.rootsandshoots.org/campaigns/millionhours" \t "_blank)

**Day 353: OLYMP-I-A for PEACE: Action: I learned about "Dream A Dream," an organization that works with children from vulnerable backgrounds in India, providing life skills training and altering how people view street children—and how street children view themselves:** [**http://www.dreamadream.org/**](http://www.dreamadream.org/)**. "Dream A Dream" trains adult facilitators to work with youth and then builds additional alliances by bringing in community volunteers. All involved work to foster and sustain safe spaces that cultivate empathy. The article, "Five Tips for Creating Learning Spaces That Lead to Change" talks about techniques to create safe spaces that cultivate empathy:** [**https://www.ashoka.org/story/five-tips-creating-learning-spaces-lead-change**](http://www.facebook.com/l.php?u=https%3A%2F%2Fwww.ashoka.org%2Fstory%2Ffive-tips-creating-learning-spaces-lead-change&h=fAQEC5wy1AQGro0cT6RYTTRr4Eraek_vi6MFLN3cSaF_rLg&s=1)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.dreamadream.org/&h=BAQGJdYS1&s=1)[](http://dreamadream.org/life-skills/programmes/)

**[Dream A Dream | Dream A Dream | Dream A Dream is a registered Charitable trust which empowers childr](http://www.dreamadream.org/" \t "_blank)**

[www.dreamadream.org](http://www.dreamadream.org/" \t "_blank)

[Founded in 1999, Dream A Dream is registered Charitable trust which seeks to empower children from vulnerable](http://www.dreamadream.org/" \t "_blank)

**Day 354: OLYMP-I-A for PEACE: Action: I listened to the BBC broadcast "Heart and Soul" about Alice Herz-Sommer, a remarkable woman and a testimony to the power of music to bring peace:** [**http://www.bbc.co.uk/programmes/p00lw91w**](http://www.bbc.co.uk/programmes/p00lw91w)**. On her Facebook page (**[**https://www.facebook.com/pages/Alice-Herz-Sommer/64477615398?sk=info**](https://www.facebook.com/pages/Alice-Herz-Sommer/64477615398?sk=info)**), is one of her inspiring quotes: "In any case, life is beautiful, extremely beautiful. And when you are old you appreciate it more. When you are older you think, you remember, you care and you appreciate. You are thankful for everything. For everything."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.bbc.co.uk/programmes/p00lw91w&h=8AQHHtMCx&s=1)

**[BBC - BBC World Service Programmes - Heart And Soul, Alice Herz Sommer](http://www.bbc.co.uk/programmes/p00lw91w" \t "_blank)**

[www.bbc.co.uk](http://www.bbc.co.uk/programmes/p00lw91w" \t "_blank)

[Another chance to hear the remarkable story of 108-year-old pianist Alice Herz Sommer.](http://www.bbc.co.uk/programmes/p00lw91w" \t "_blank)

**Day 355: OLYMP-I-A for PEACE: Action/Idea: I heard "The Prayer" on the radio. So beautiful.... May we recognize our need for humility in this vast, largely unknown world and universe. May we take moments in our lives to care for others and envision peace.** [**http://www.youtube.com/watch?v=5b6XuIqielQ&feature=player\_embedded**](http://www.youtube.com/watch?v=5b6XuIqielQ&feature=player_embedded)



**[The Prayer - Celine Dion, Andrea Bocelli](http://www.youtube.com/watch?v=5b6XuIqielQ&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=5b6XuIqielQ&feature=player_embedded" \t "_blank)

[I love this song so much, an original soundtrack from the movie "Quest for Camelot" "The Prayer" is a duet between](http://www.youtube.com/watch?v=5b6XuIqielQ&feature=player_embedded" \t "_blank)

**Day 356: OLYMP-I-A for PEACE: Idea: Humility is a powerful messenger of peace. When we recognize and accept that we are not omnipotent, we honor others and understand the need for interconnectedness and interdependence. Peace is found in the balance of kind confidence and humility. Never easy, but worth pursuing.**

**Day 357: OLYMP-I-A for PEACE: Action: I read more about Alice Herz-Sommer, an extraordinary women. The BBC broadcast about her life and music is outstanding. In her life she experienced much tragedy and yet her optimism prevails. Her messages about life are so powerful and spoken from a depth that few of us will know: "The world is wonderful, it's full of beauty and full of miracles. Our brain, the memory, how does it work? Not to speak of art and music ... It is a miracle."** [**https://www.facebook.com/pages/Alice-Herz-Sommer/64477615398?sk=info**](https://www.facebook.com/pages/Alice-Herz-Sommer/64477615398?sk=info)

[](https://www.facebook.com/pages/Alice-Herz-Sommer/64477615398?sk=info&ref=nf)

[**Alice Herz-Sommer**](https://www.facebook.com/pages/Alice-Herz-Sommer/64477615398?sk=info)

Alice Herz-Sommer was born in 1903. A renowned concert pianist and a survivor of the Nazi concentration camps. Despite the tragedy of losing most of her family in the Holocaust, she remains resolutely optimistic and full of energy. As a young girl, she knew Franz Kafka - he was the best friend of he...

**Day 358: OLYMP-I-A for PEACE: Action: I read about the "Share Your Delight" program:** [**http://www.shareyourdelight.com/about/faq/**](http://www.shareyourdelight.com/about/faq/)**. A great way to help spread peace and bring happiness to children while enjoying the holidays.**

[](http://www.shareyourdelight.com/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.shareyourdelight.com/about/faq/&h=-AQHmR-p2&s=1)

**[Share Your Delight](http://www.shareyourdelight.com/about/faq/" \t "_blank)**

[www.shareyourdelight.com](http://www.shareyourdelight.com/about/faq/" \t "_blank)

[Thanks for sharing warmth and happiness with children this holiday season. Register the UPC code from a specially marked International Delight®, Silk®, Horizon® or LAND O LAKES®](http://www.shareyourdelight.com/about/faq/" \t "_blank)

**Day 359: OLYMP-I-A for PEACE: Action: I had a peaceful and relaxing day with family and friends, enjoying good food and conversations (some with relatives via phone and Skype), and getting to hold my new, 2-week-old Great Nephew for the first time! What joy to see the birth of a new generation of our family!**

**Day 360: OLYMP-I-A for PEACE: Action: Helped take care of my new Great Nephew while his parents caught a few precious moments of peaceful, uninterrupted sleep.**

**Day 361: OLYMP-I-A for PEACE: Action: Spent a day from mid-morning to midnight with family and good friends, sitting at the table together, sharing stories, food, gifts, and good times.... making beautiful memories.**

**Day 362: OLYMP-I-A for PEACE: Action: I spent the afternoon with a life-long friend and her mother, reminiscing about the good times we've shared and cherishing the moments we still have together. Though all too often our lives seem to be rushed and fleeting, there are moments that never fade and live on forever in the peace and contentment of lasting friendship.**

**Day 363: OLYMP-I-A for PEACE: Idea: The first steps to peace are to recognize our own individual worth and to find peace with that. When we respect ourselves, we can put our pieces of life's puzzle on the table openly and honestly, paving the way to stronger and more stable connections with others.**

**Day 364: OLYMP-I-A for PEACE: Action: I found out about the Twelve Nights of Peace - A Synchronized Global Meditation... inviting people to join in a moment of prayer and meditation every day at 12 noon PST for the twelve days of December 25th to the eve of January 6th. The hope is to spread ripples of peace across world.** [**http://www.globalpeaceprayer.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.globalpeaceprayer.com%2F&h=1AQGQq-B9AQEu2axk83ilPAFP2pCBaDJfpXIMhF5-6UNwYA&s=1)**. Read more also on the "PeaceRipples" Facebook page:** [**https://www.facebook.com/PeaceRipples**](https://www.facebook.com/PeaceRipples)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.globalpeaceprayer.com/&h=qAQHRv53G&s=1)

**[Global Prayer for Peace](http://www.globalpeaceprayer.com/" \t "_blank)**

[www.globalpeaceprayer.com](http://www.globalpeaceprayer.com/" \t "_blank)

[Global Prayer for Peace during the 12 Holy Nights 2012](http://www.globalpeaceprayer.com/" \t "_blank)

**Day 365: OLYMP-I-A for PEACE: Idea: May our work for peace lead us, inspire us, engage us, unite us, and ultimately transform us. Each measure we make, each idea or action of peace we sew, helps to weave and strengthen blankets of peace for each of us and future generations. May we join together, creating blankets of peace in all shapes, sizes, and colors. May we devote some time each day to our task and find comfort in knowing we are making a difference.**