

# #HopefulStories Week 5

**18/03:** Courageous women sharing their story and, in doing so, empowering others to do the same.

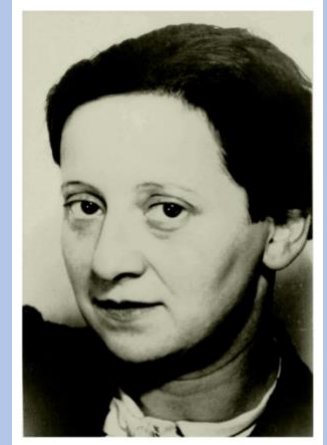


**19/03:** Setting a picture you love as your desktop background so that every time you close a window you see it and smile as it reminds you of something good.

**20/03:** Poetry and art that gives words and life to thoughts and feelings so deep within us, we didn't know someone else could understand who we are and where we are.



**21/03: Friedl Dicker-Brandeis** - the Austrian artist who gave the children of the Holocaust art lessons. Friedl respected the boundless imagination of children and did not try to curb her students with adult restrictions, instead she embraced that imagination and let it inspire their work. For Friedl, artwork represented freedom, and that freedom could take her students outside the boundaries of their prison, outside of the horror and oppression that was their daily reality. Although Friedl herself did not sign most of the work she produced in Theresienstadt, she made sure that the children signed their creations with their name and age, a testimony to their identity, a document of their existence.



**22/03:** Seeing small businesses thrive and the rallying of local community for good causes

**23/03:** One day, an old man was walking along the beach and noticed the tide had washed thousands of starfish up on the shore. Up ahead in the distance he spotted a boy who appeared to be gathering up the starfish, and one by one tossing them back into the ocean. He approached the boy and asked him why he spent so much energy doing what seemed to be a waste of time. The boy replied,

"If they are left out in the sun, they will die" The old man gazed out as far as he could see and responded, "But, there must be hundreds of miles of beach and thousands of starfish. You can't possibly rescue all of them. What difference is throwing a few back going to make?" The boy picked up and threw another starfish back into the water, and said, "It made a difference to this one."



**24/03:** Rest days. Where work and study are put on the backburner and time is spent doing the small things we love.