

Things we see in February:

### **Black History Month**

Feb 11th, **Tammy Baldwin's Birthday**: the first openly LGBT woman elected to both houses of Congress.

Feb 14th, **Frederick Douglass' Birthday**: after escaping slavery himself, Douglass committed himself to pursuing freedom for every one that he could.

Feb 15th, **Nirvana Day** - February 15th: a multicultural festival that commemorates the death of the Buddha once he reached Nirvana.

Feb 15th, **Susan B Anthony's Birthday**: one of the most famous women involved in the suffrage movement.

Feb 22nd, **Ash Wednesday**: a day of fasting and prayer that kicks off the season of Lent in Christianity.

And what I'd like to focus on 17 Feb is **Random Acts of Kindness Day**, and though you may be getting this after the 17th, I think it's something that can be observed any time.

This short video contains my focus: <https://youtu.be/ju3ygNPFH98>

If you don't have 2 minutes to watch it, then in a nutshell: Make a list with your name, the name of someone you know, and a blank for a stranger. Then, do something kind for each person on your list. You, the doer will feel better, the receiver will feel better, and anyone that happens to witness your action will feel better. It could be something as simple as complimenting someone you don't know, or more time involved like raking your neighbors leaves.

If you give this a shot, please let me know how it goes. I'd love to hear your stories.

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