



daily GOOD

Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. --Desmond Tutu

The Extra Mile

At 85 years old, Oom Hollie embodies the spirit of Ubuntu, "I am who I am because of who we are." Known as The Iron Man because of the strength and resilience of his body, mind and spirit, he and his family suffered great loss many years ago. With the support of their community they were able to move forward and thrive. He is in love with the land and with growing food, not for profit but to share it with others. He lives gratefully each day motivated by an awareness that "one man's happiness is another's and one man's loss is another's."

Be The Change:

Perform a selfless act today with no expectation of acknowledgement. How did it feel?