

Thought for the Day – May 2022



Your job is to protect your skin. Our skin is the biggest most vital organ we have to care for.

May 1st – Skin Cancer Awareness Month



**In that dawn chorus
one hears the throb
of life itself.**

Rachel Carson

May 2nd – International Dawn Chorus Day

Freedom of the press is a privilege that no country can forego.

Mahatma Gandhi



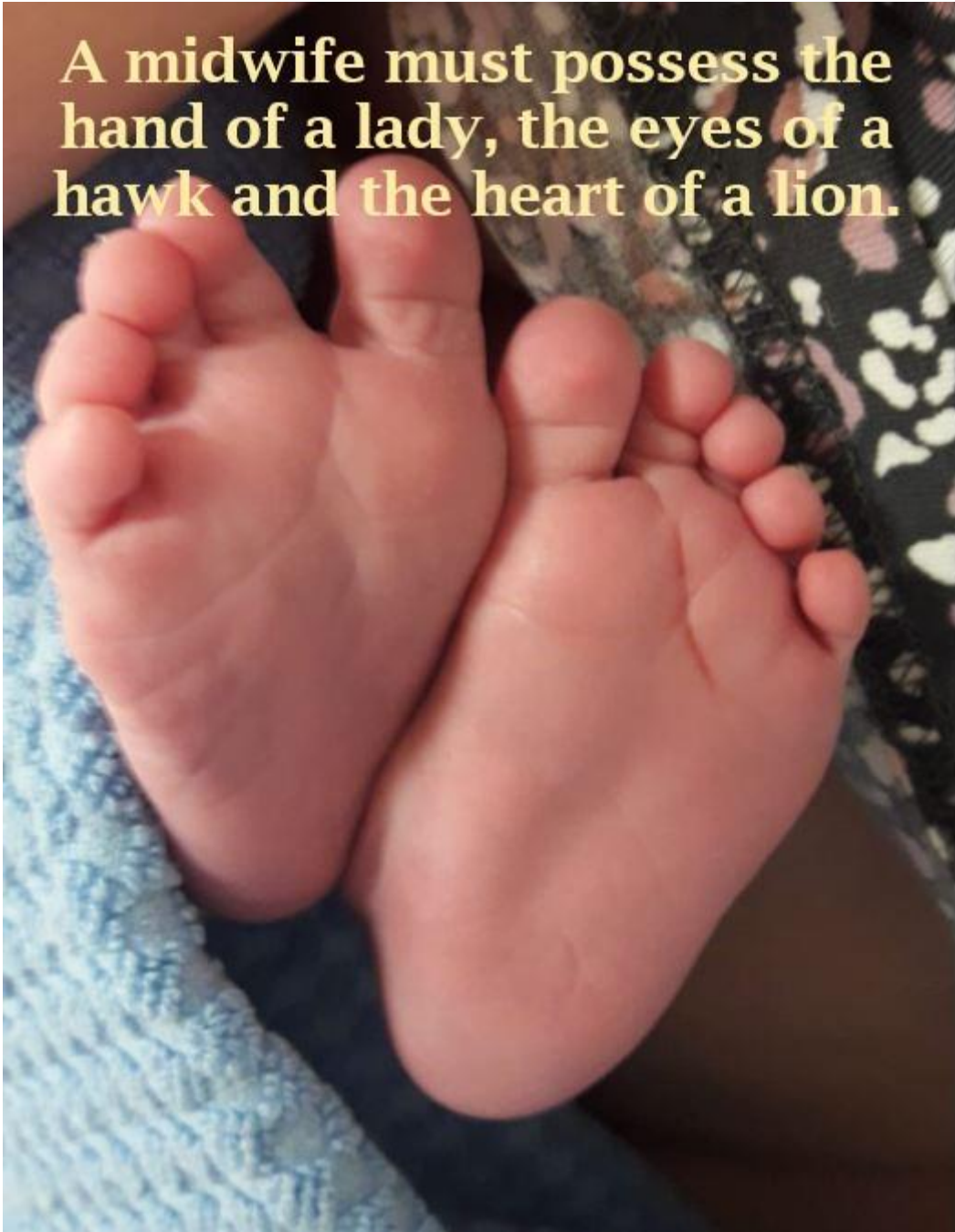
May 3rd – World Press Freedom Day

You never forget a person who came to you with a torch when you were standing in the darkness.



May 4th

**A midwife must possess the
hand of a lady, the eyes of a
hawk and the heart of a lion.**



*May 5th – International Day of the Midwife
(Photograph courtesy of Mary Freeman, Southern Province)*



Only life lived for
others is worth
living.

Albert Einstein

May 6th – Red Cross Week



Not every day is good
but there is something
good in every day.

Alice Morse Earl

May 7th

I've always wondered
why somebody
didn't do something.
Then I realised
I Am Somebody



May 8th – World Fairtrade Day

The construction of Europe
is an art. It is the art of the
possible.

Jacques Chirac



May 9th – Europe Day

Act as if what you do makes
a difference. It does.

William James



May 10th – World Lupus Day

Speak your mind,
even if your voice
shakes.

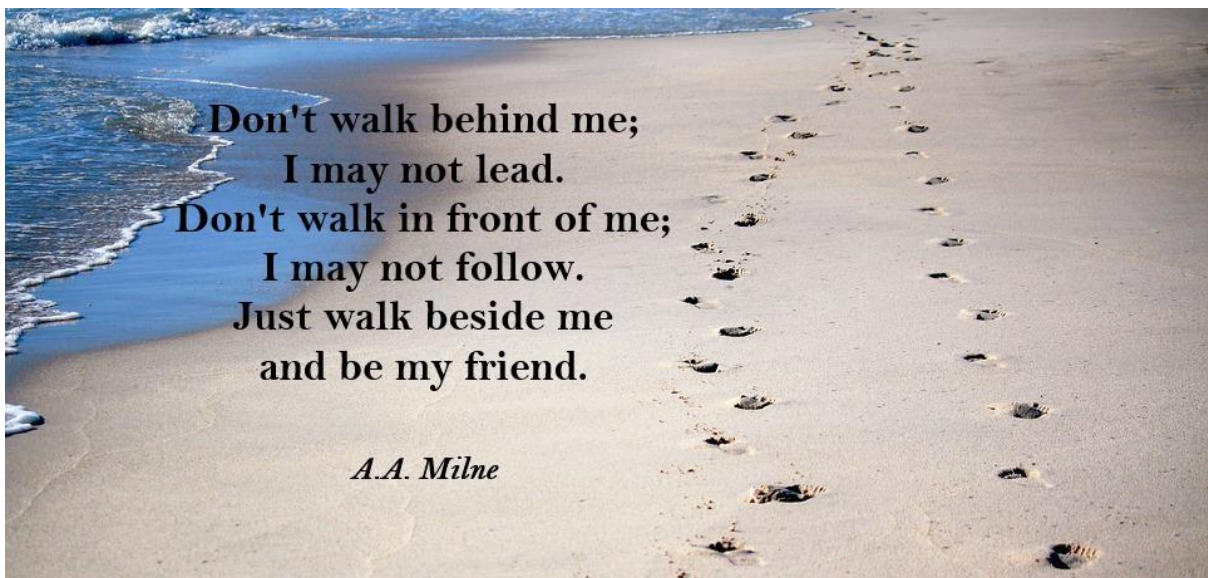
Maggie Kuhn



May 11th




May 12th – International Nurse Day



**Don't walk behind me;
I may not lead.
Don't walk in front of me;
I may not follow.
Just walk beside me
and be my friend.**

A.A. Milne

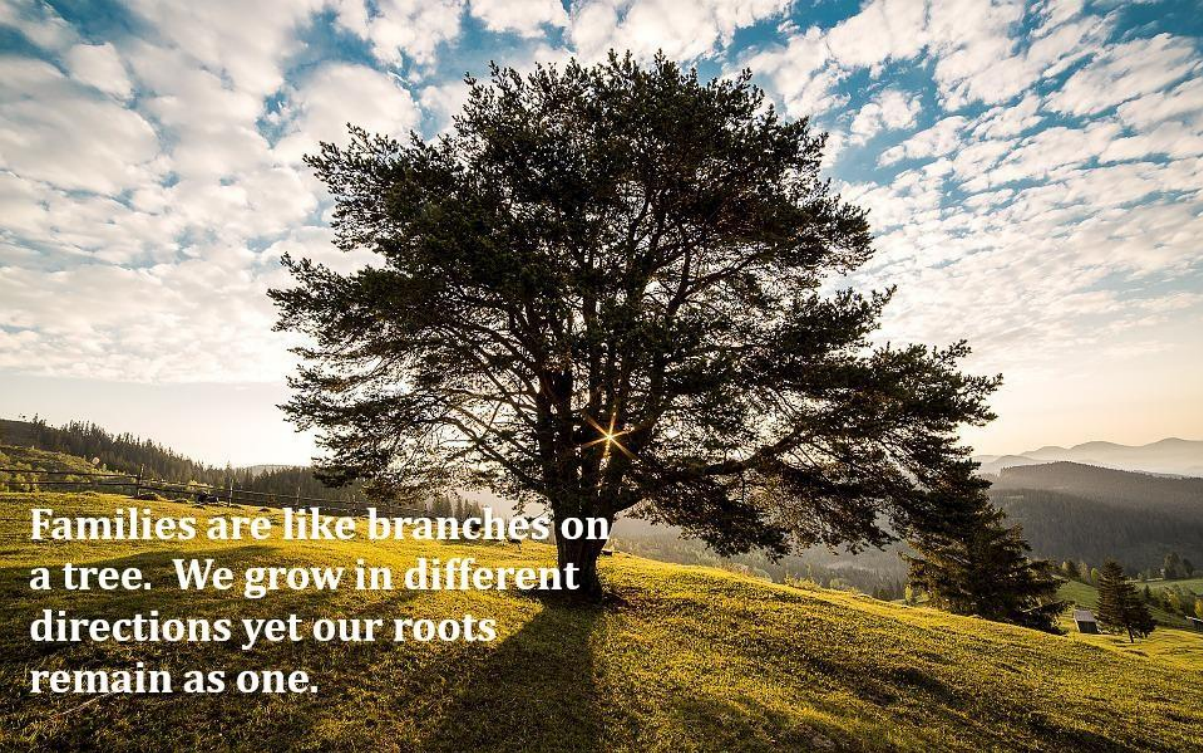
May 13th



Intuitions are like migratory birds. They come
without a map, without a reason.

Amit Ray

May 14th – World Migratory Bird Day



**Families are like branches on
a tree. We grow in different
directions yet our roots
remain as one.**

May 15th – International Day of Families

The most beautiful thing
you can wear is
confidence.

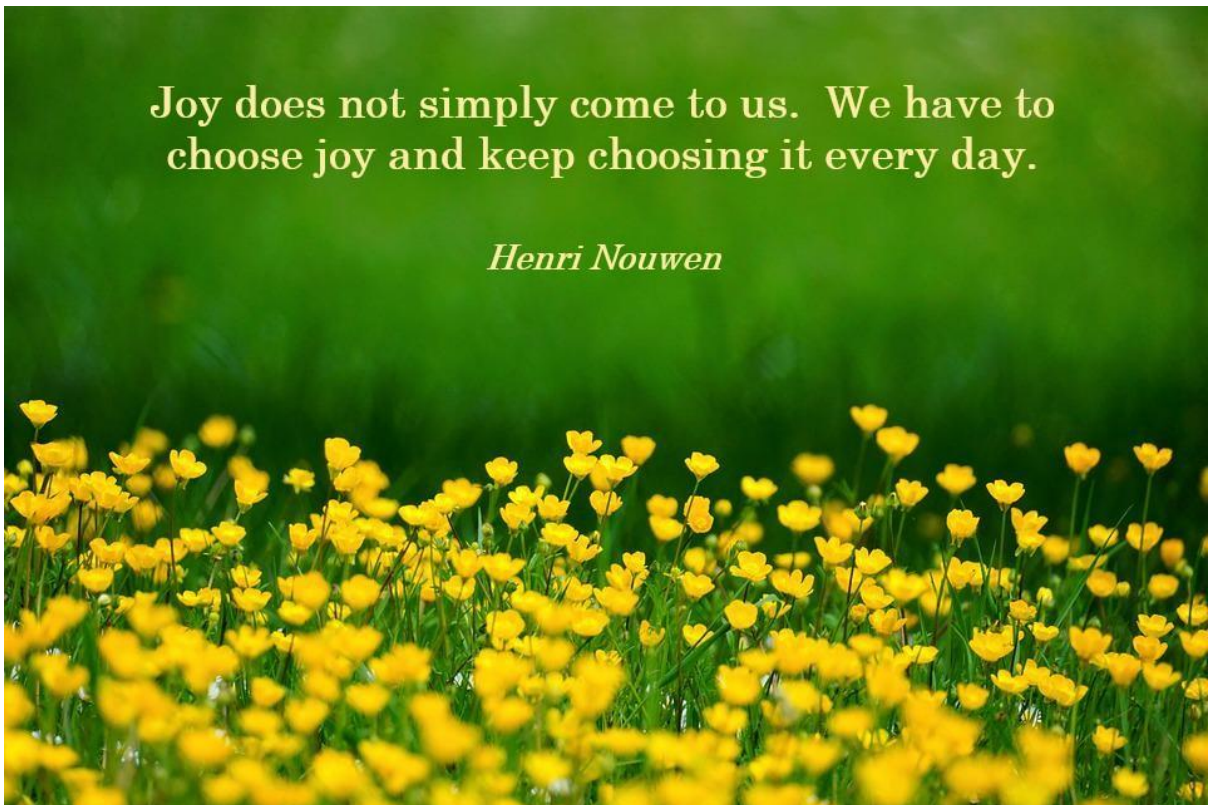
Blake Lively



May 16th

Joy does not simply come to us. We have to
choose joy and keep choosing it every day.

Henri Nouwen

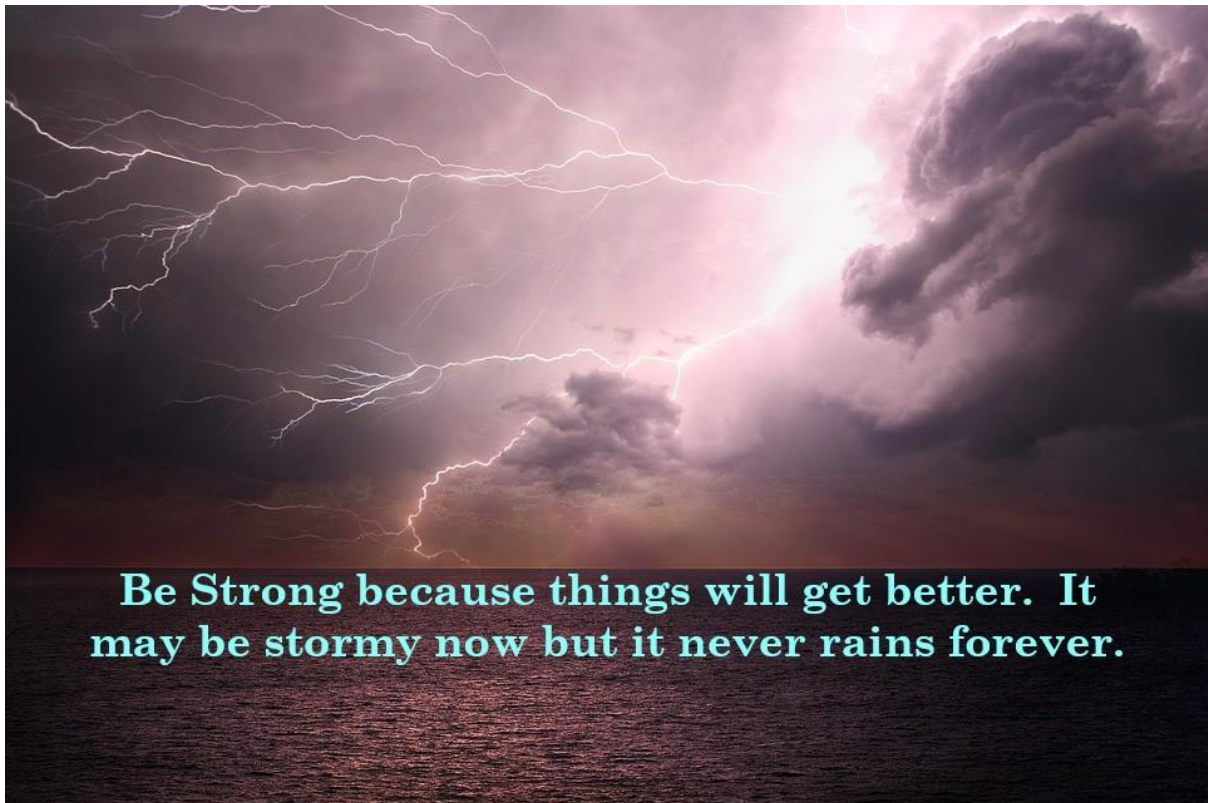


May 17th

**Prevention is better
than cure; especially
when something has
no cure.**



May 18th – World AIDS Vaccine Day



**Be Strong because things will get better. It
may be stormy now but it never rains forever.**

May 19th

The hum of bees
is the voice of
the garden.

Elizabeth Laurence



May 20th – World Bee Day (Photograph courtesy of Kathleen Friel, Western Province)



Diversity is the one true thing we have in common.....Celebrate it every day.

Winston Churchill

May 21st - World Day for Cultural Diversity for Dialogue and Development



Biodiversity starts in the distant past and points to the future.

Frans Lanting

May 22nd – International Day of Biological Diversity

Try to be like the turtle -
at ease in your own shell.

Bill Copeland



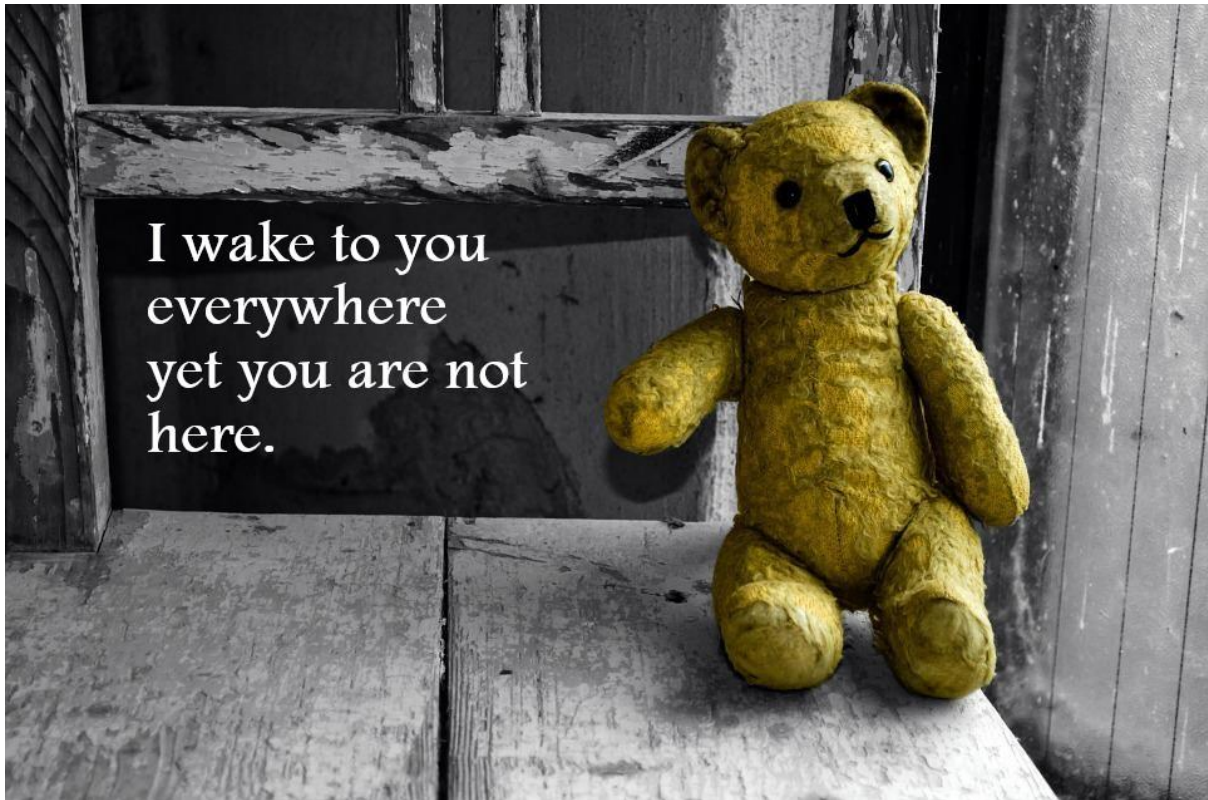
May 23rd – World Turtle Day



A smile is a friend maker.

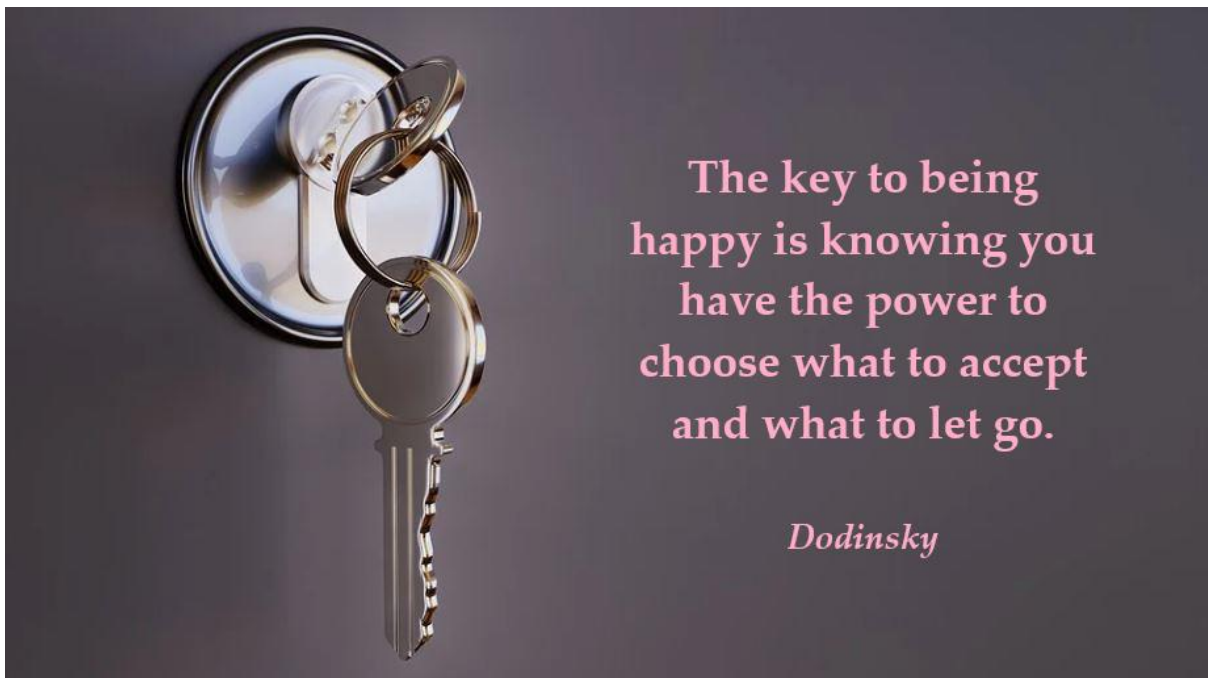
Bangambiki Habyarimana

May 24th



I wake to you
everywhere
yet you are not
here.

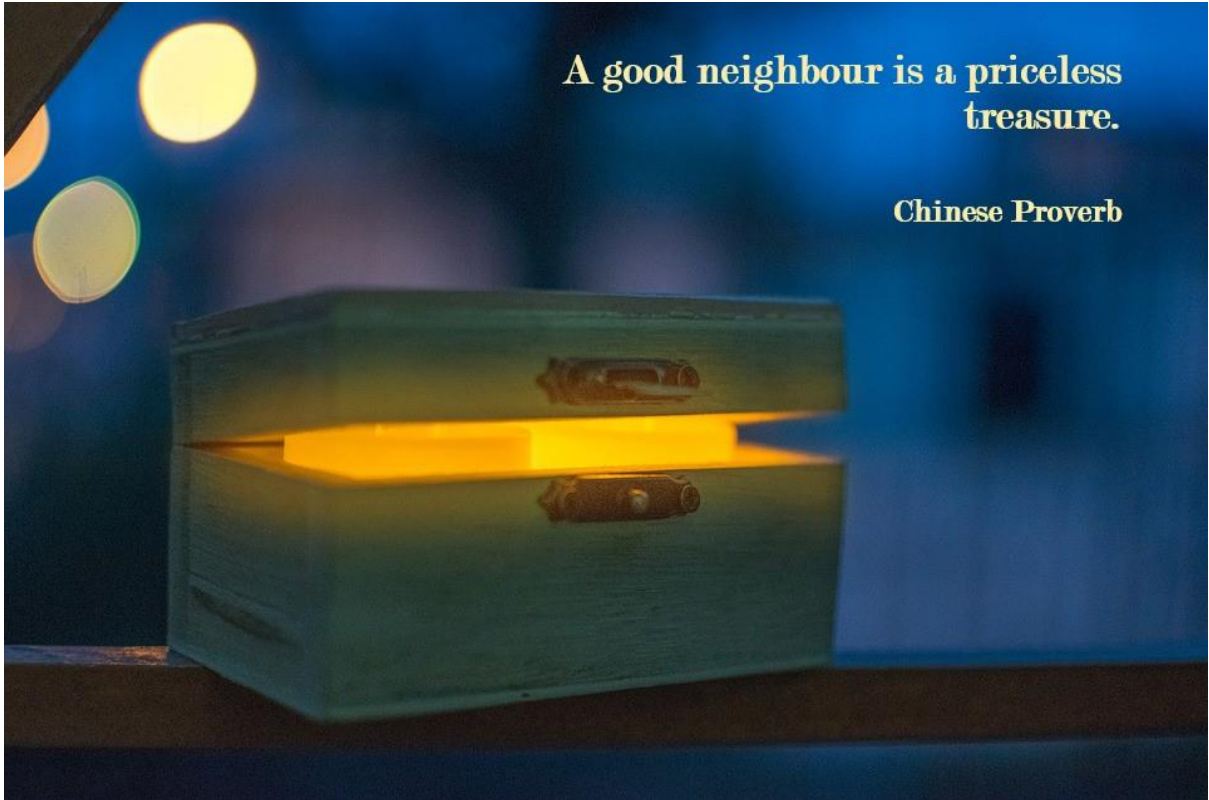
May 25th – International Missing Children Day



The key to being
happy is knowing you
have the power to
choose what to accept
and what to let go.

Dodinsky

May 26th



**A good neighbour is a priceless
treasure.**

Chinese Proverb

May 27th – European Neighbour's Day



**If we can conquer
space, we can
conquer childhood
hunger.**

Buzz Aldrin

May 28th – World Hunger Day



**The United Nations
is designed to make
possible lasting
freedom and
independence for
all its members.**

Harry S. Truman

May 29th – International Day of United Nations Peacekeepers

**In the end all that
matters is my attitude -
and I won't let a label
change that.**

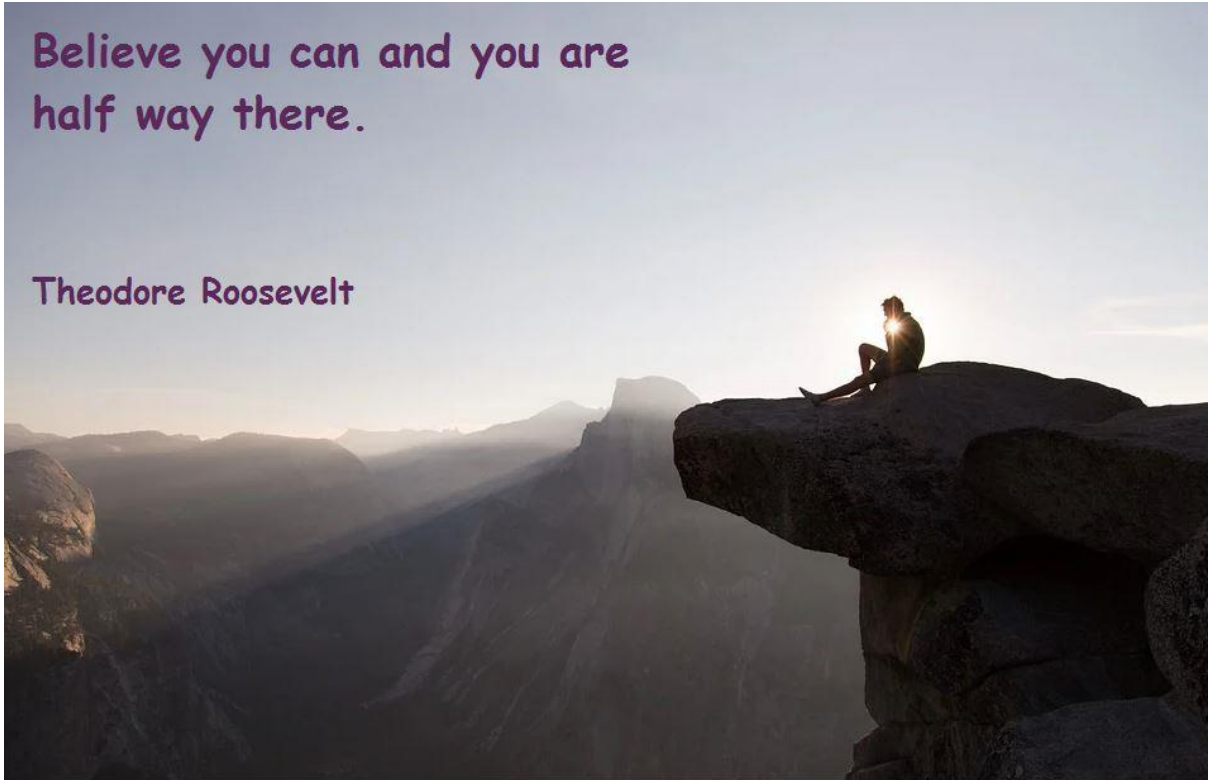
Delinda



May 30th – World MS Day

Believe you can and you are
half way there.

Theodore Roosevelt



May 31st – World No Tobacco Day