



The first few months of 2020(2) are truly horrible: pandemic (Omicron variant), storms, and a WAR!

It's all re-triggering old traumas... and the contemporary fears are active, too: my mother, my sister, both kids & myself had caught Covid: luckily, it was mild... but being sick was not fun :(I am grieving for all the people who died of COVID and because of bad decision & lack of care by those in power in some countries (including Holland). The monument with white flags for every dead person was made in Amsterdam.

I am mourning for the people's lives lost in Ukraine, families broken up, friendships destroyed, land & cities ruined; I am also mourning for the people in Russia who re against war - but still forced to take part, exploited by their own leaders and punished by sanctions from other countries; and I am mourning my own country, split up during violent wars & bombings, all the freinds who have fled - like I did - and insecurity, nostalgia, fear...

I am also double-minded when it comes to this war -- I am against BOTH empires (USA & Russian), against all imperialisms & supremacies; I am against violence -- but I do find it justified in self-defense; I am against military (& police) & governments - but I do approve of the Ukrainian president: "Zelenskyy has shattered the old-fashioned notion that good wartime leaders must have extensive military experience or be hardline conservatives. The Ukrainian president won over the entire world just by being direct, honest and brave." (@brezaraleksandar). Same dilemmas are playing in my mind & heart regarding the Internet (governance): keeping communication possible by maintaining Internet connectivity is important -- but, if the Internet is mis-used as a weapon, should it be sanctioned or controled?! Difficult ethical conundrums. Nice writeup: <https://freedomnews.org.uk/2022/03/07/a-thousand-red-flags/>

Just recently, we had some more sad news: Eveline decided to stop her own suffering... and at her funeral, I've met many of the old HfH friends who I haven't seen for 10-20 years. Combining grief & love, again.



On the bright side, we got Wordle, more cat memes, and personal connections, now that the lockdown is (temporarily) lifted: I've attended workshops & social events, traveled to Brussels & planned two trips to Slovenia for April! I also got *electrical bike* (second-hand, from Arnd's mother)!!

Other victories: We've made a cat-door, had several visitors in the sauna, celebrated Arnd's birthday, met with friends to see the Light Festival... Alisa visited Paris, and stayed with my friend Stephane! Arnd got a new job, at Blender Institute. We re-strated supping!

- I've attended an intensive weekend-workshop: Disobedient Art (& Activist) School: <https://veem.house/program/disobedient-art-school-training-for-trainers/>
- I've been actively organising local community: we meet on 17th every month! https://wiki.techinc.nl/Tsa_326_Networking
- And I've joined a group that helps communications of anti-war activists & people suffering from the war. <https://wiki.techinc.nl/TacticalMediaRoom>

Offers & Requests:

Offers:

- we are welcoming visitors, guests, and co-working friends! Valutaboulevard 51
- I'm collecting [Jobs](#) & [Funding](#) offers to share with those who need it
- please come to enjoy our sauna with us!
- our cottage in Croatia is available: <https://tinyurl.com/Lika-Lodge>

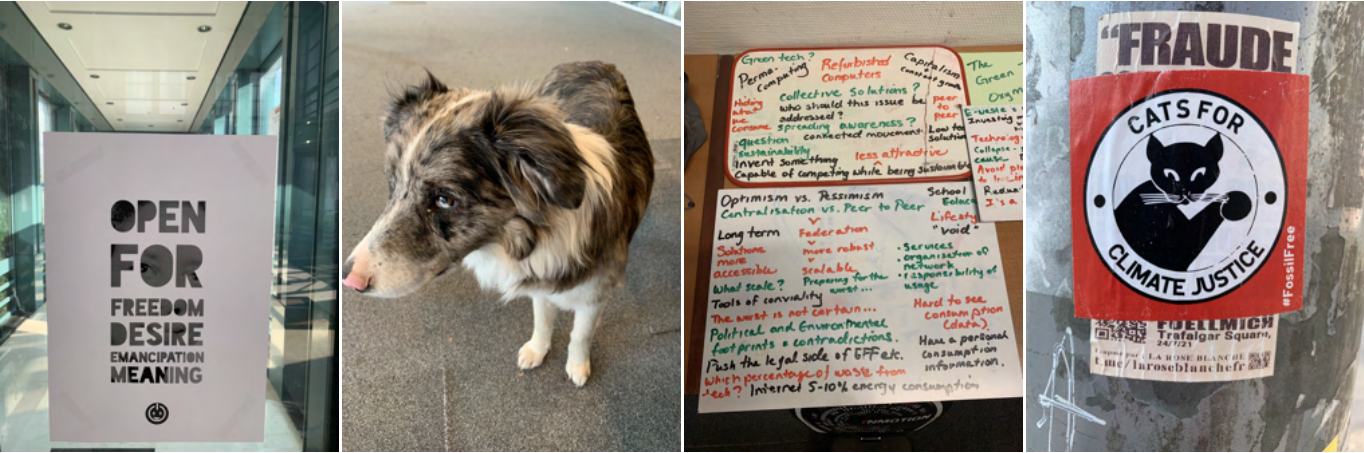
Requests:

- Alisa & Charlie are going inter-railing around Europe, in May / July: please invite them to stay with you!
- I'd love to go to Lika for a gathering / retreat / eco-activist camp... let's plan this together
- when the weather is permitting, let's go swimming / SUP-ing together!
- do join UnCiv.nl! <https://unciv.nl>

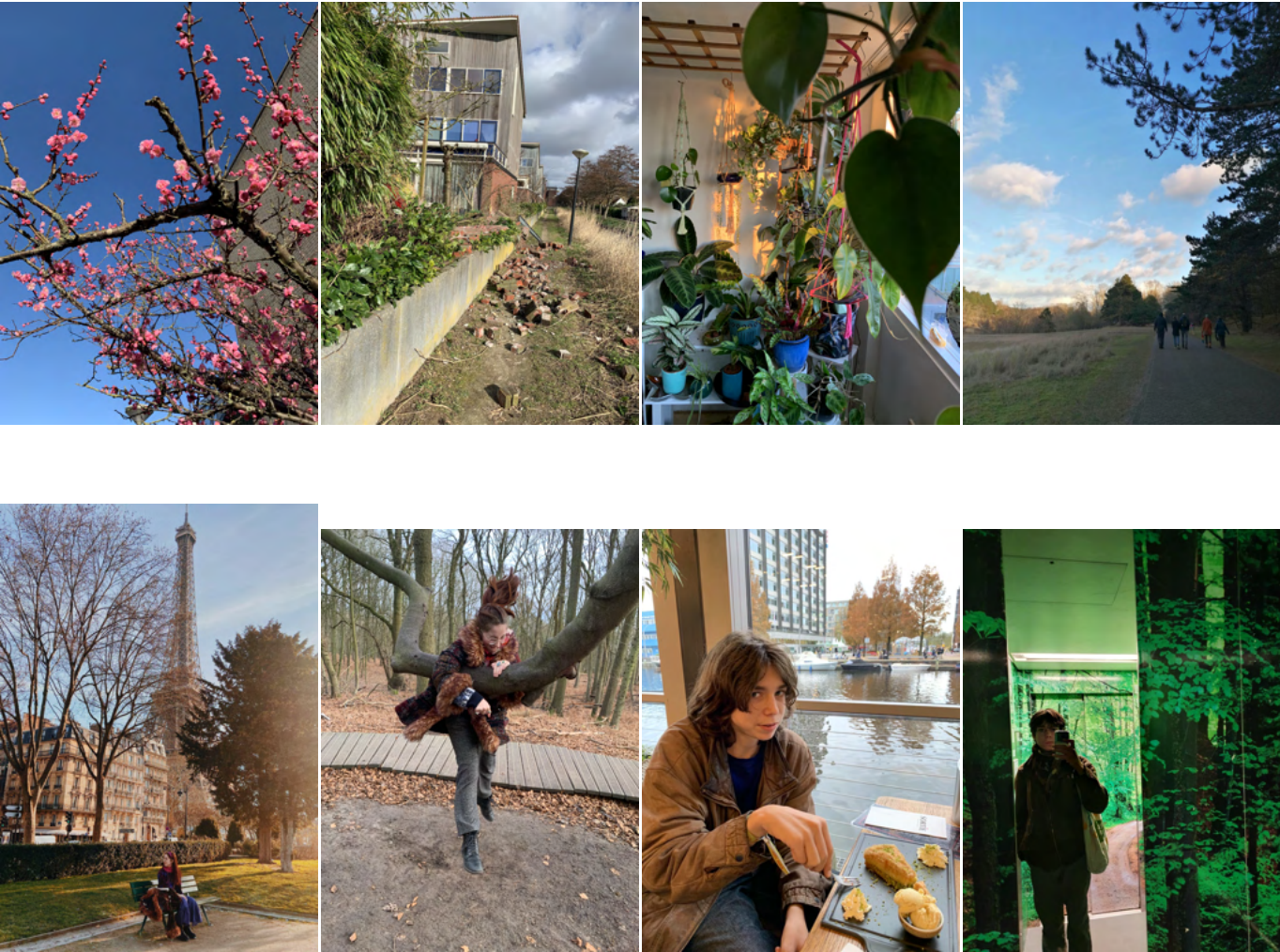
AND: there's a party on 26.3. in Amsterdam / TechInc!!! [PARTY!](#)

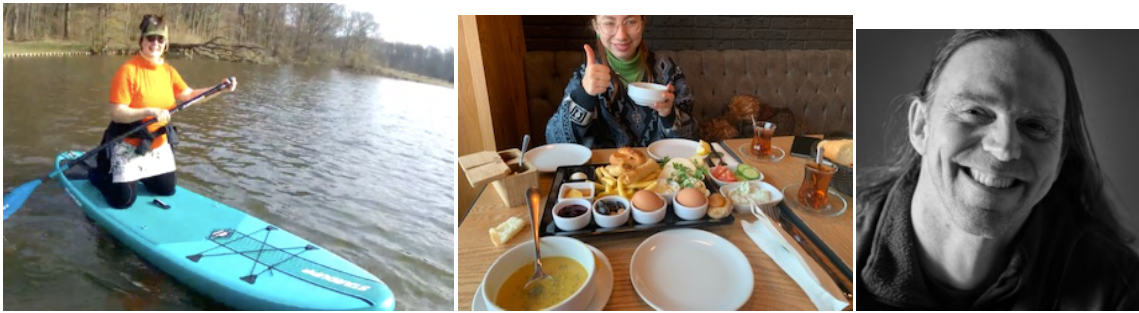
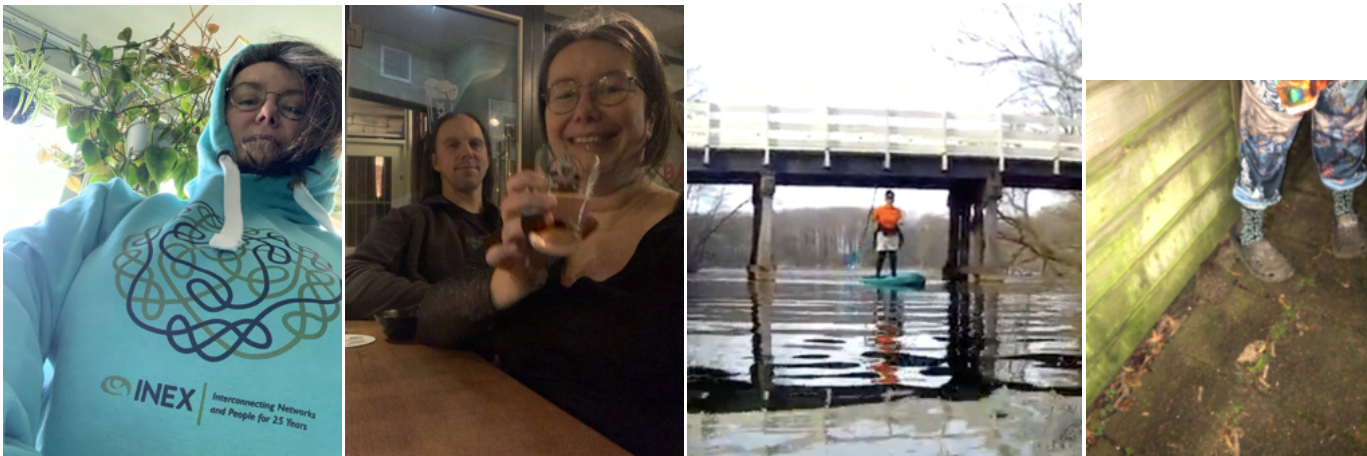


During the weekend 5+6 March I went to Brussels, to meet with activists, hackers & artists during "OffDEM" - in-person gathering of free software advocates, who want to bring politics back to FOSDEM. I've met old friends & made new friendships & connections! We were hosted in a squatted bank, by a collective of undocumented immigrants. It was a visceral example of true solidarity & mutuality -- we were not there to "help them", but because their liberation is bound with our liberation (paraphrasing Lilla Watson) [offdem-activities](https://pad.public.cat/offdem-o2-index?view) & <https://pad.public.cat/offdem-o2-index?view> & <https://pad.public.cat/offdem-o2>

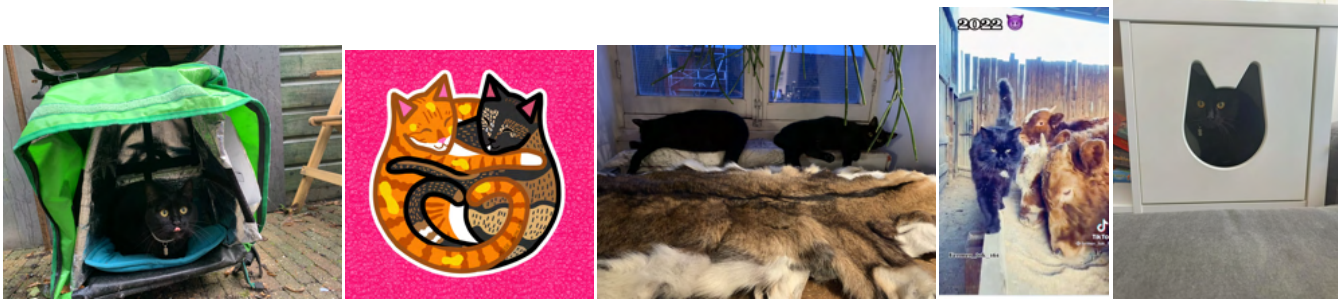


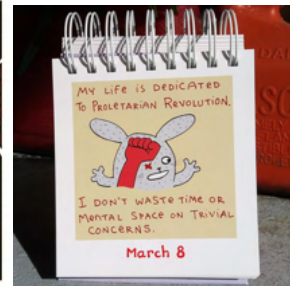
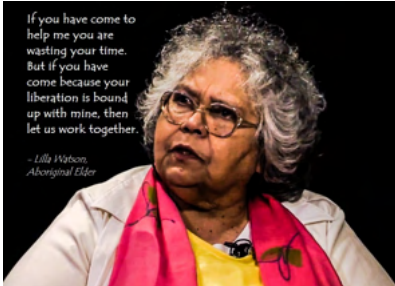
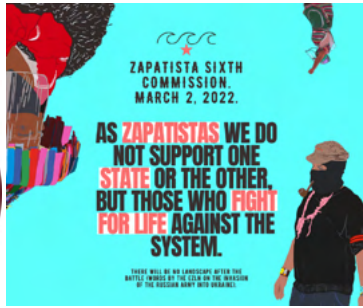
Nature, Eunice, Ourselves, Friends





Cat: Grapje / MraChak





It's year 3 why are we all still having Covid feelings? Could it possibly be after all this time we have unresolved grief?! Are we still mourning the loss of so many things including the lives we were leading in January 2020?

PROBABLY! It's ALL STILL GOING ON, we ARE still grieving and grief is EXHAUSTING so give yourself a break. Or if you can't do that at least leave me alone I am tired.

FEELINGS

YEAR-20 21 22 23

Here's your handy guide to Surviving The Five Stages of Covid Grief

We haven't all lost someone to Covid, but too many of us have and it is still happening today - more than ever. It's not just death, so many parts of our lives have been mangled or simply spun away from us.

Here's how it "works"... Stage 1 is Denial

It's not happening, maybe Covid's not that bad. Ok it is bad but surely I won't get it, wait I got it and (like most people) I survived! Thank goodness now we can get back to normal like everything was before - I'm sure the government will help us.

MANELED

SPINNING

In case you were wondering it is ok to grieve these losses but it is hard work. GRIEF SUCKS. GRIEF IS NEVER FUN. It gets better eventually.

THE GOVERNMENT →

Wait a minute what is going on what has happened to everything!? Help help!

2. Anger

Are you seriously suggesting things are just "like this now"?! I don't think so where is the manager!?! It's not just the millions who have lost so much it is the tiny sprinkling who haven't, who made a ton of money out of Covid instead. It is good to get angry. It moves you through things.

How much \$\$\$?

Who are all these people trying to make things worse?! Life isn't FAIR and I'm not HAPPY ABOUT IT

3. Bargaining

I promise to:

- Wear a mask
- Adhere to lockdown
- Never hoard toilet paper
- Get vaccinated
- Check in
- Social distance
- Do it all PROPERLY

And then Things will be good again because I was good

TRUE STORY!

4. Depression

It's awful. Even when something is good it is bad. Whenever anything turns up I try to hate it straight away to save time but I usually can't be bothered.

Everything is ashes and dust even if it isn't.

COVID IS FOREVER

5. Acceptance

As one person there is not much I can do in the grand scheme of things - death is inevitable and so is injustice. HOWEVER I can choose to live and to fight for things to change, I accept that I am unlikely to succeed but if I refuse to fight I cannot ask it of others.

One person One person One person One person One person One person One person

So keep going we are almost there at the er... next bit!

Repeat as required

kindly with love