

Q2 2021: Cats, Communities, Celebrations

... and also: Vacations, Vaccinations, (politician's) Vileness

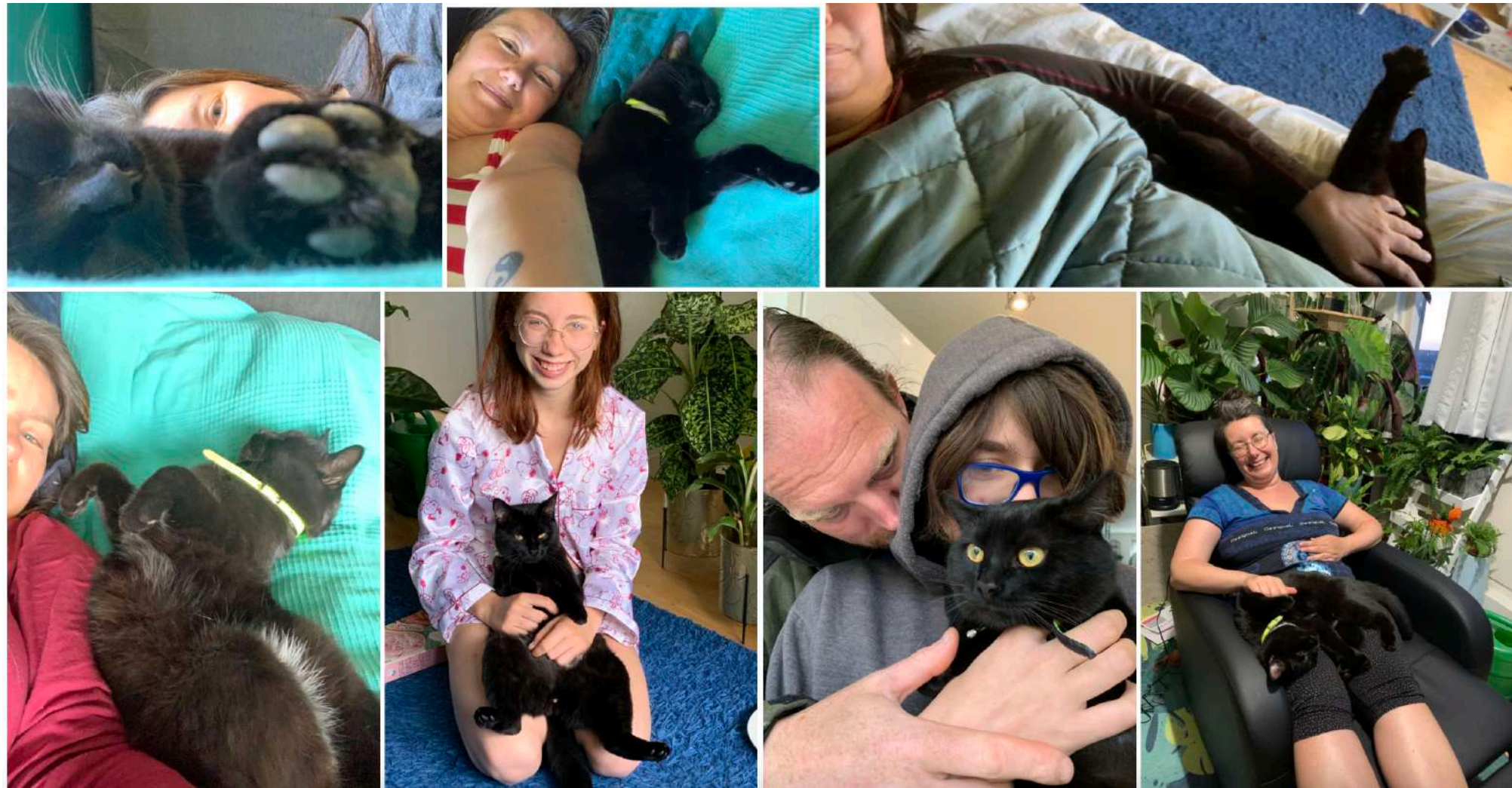
Dear Friend,

here are our news for the April, May and June 2021:
xs4all.nl/~becha

* Celebrations:

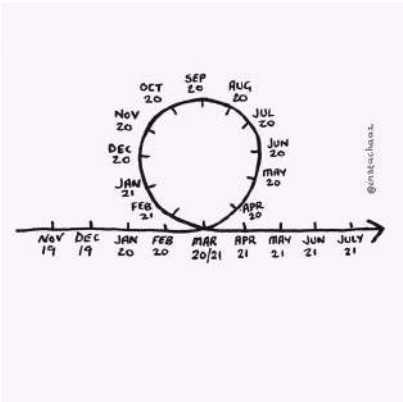
- Alisa turned 18!!!! No party, because corona :(
 - Alisa finished her school!!! She got a gymnasium/atheneum diploma with good grades, AND 2 more diplomas: for theatre, and for Cambrige English, high-school level
 - to celebrate futher, Alisa took a trip to Berlin with her girlfrineds!
 - Charlie was allowed to go from group 4 to group 5, with lots of luck!
 - Charlie is much more active with his friends and with Minecraft than with school...
 - if "Corona" allws, he's planning to go to a festival in Poland!
 - Arnd got an offer for a nice job next year!
 - in the meantime, he found renters from Brazil, that he's happy & friendly with
 - and the most exciting: he's SUP-ing like a pro: 20km at a time, to Hofdorp, Haarlem, etc!!!
 - Nana got a job! & is renovating her house...
 - Lara finished primary school, and got a place at 4th Gymnasium! Congrats!!
 - Iris is doing well at her school & is now tallest of all four kids! & wears mine/Nana's clothes ;)
 - I'm most happy about THE CAT! He's names are Grapje, mRRRRachak, or MiMi, CiCi, BeBi...
- We cuddle a lot! He sleeps on my bed sometimes!! We go for WALKS together!!! He's like a dog :)

- + I got myself a weighted blanket!!! great replacement for cuddles during sleeping ;-)
- + I've been more active and productive at work... and I finished basic BHV (First Aid) course.
- + I have found a new renter, after the last one of the original pair left; now US & UK geeks live at BP-14-2!
- + we all got vaccinated - some against Covid-19, some with baby-vaccines just before 18th birthday ;-)



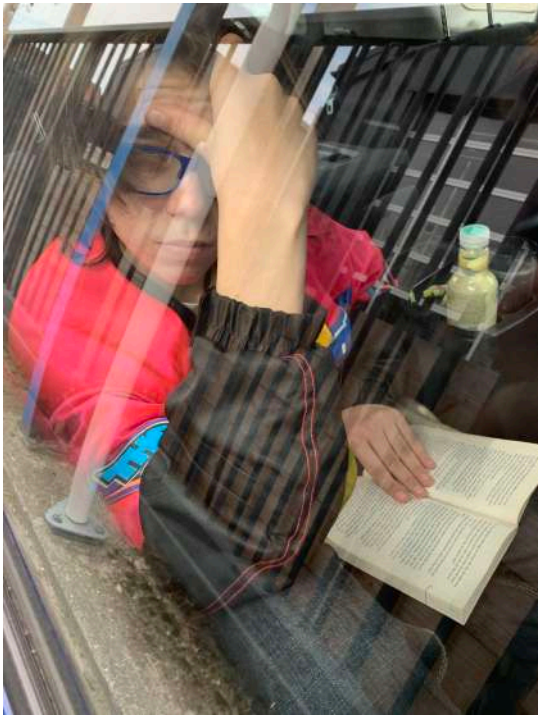
* Mournings

- the planet is fighting back the Anthropocene! the ocean is on fire, there's heat-waves in Canada & Siberia, forest fires in California & Australia, floods in New York, Germany & India, mud-slides in Japan, glaciers melting in Nepal & Greenland & South America... :(:(:(Climate Chaos Continues :(
- I've been struggling with health problems: fell down the stairs, had ear infection, and: got off the antidepressants too fast, so now trying to get back ON, or change the meds...
- the pandemic is NOT OVER! The isolation continues: it hurts me to NOT see friends & family for so long!! ... while the Dutch politicians are getting more & more vile! (links below!) ... and the division between "us" & "them" based on "beliefs" about Corona is deepening :(
- I've been spending way too much time on Twitter :(possibly as a coping mechanism, and trying to be connected with people in at least some way
- the planning for vacations is impossible :(the uncertainty is quite annoying! current plans: [LikaCamp2021](#)



CELEBRATIONS!



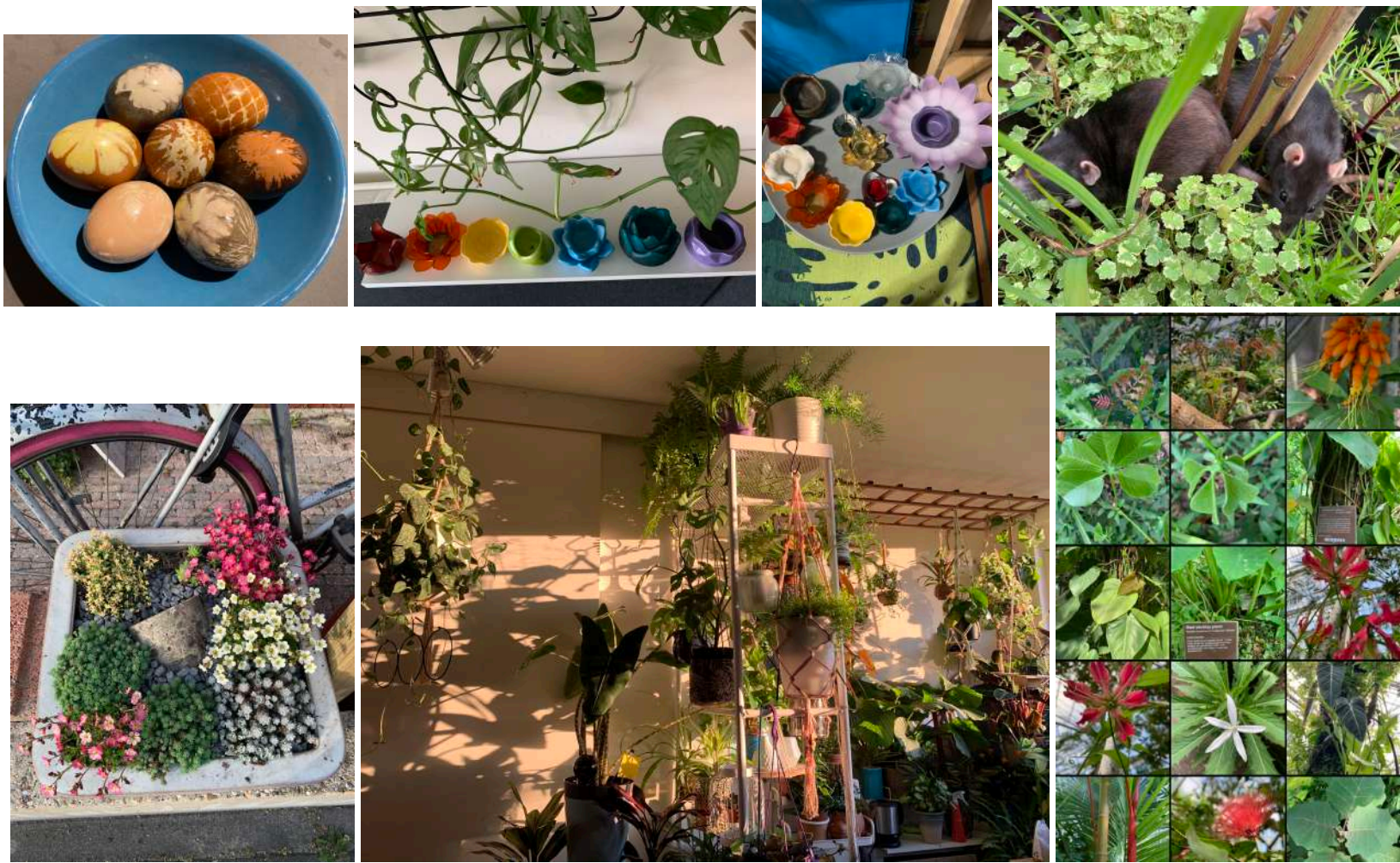


Arnd



Vaccinations





Communities

* I've been blessed with many special people in my life in the last three months:

> UnCivilization: my main support group: I love you all!!! [UnCiv.nl](#)

> [Cultural Catalyst Lab](#): for 12 weeks, every Friday evening, I've met either 20+ people or my "pod" of 4 women, to exchange feelings, experiences, wisdom, intentions for deeper connections between us and the world...

> RIPE Community - a small focus group is working on improving approaches to mental-health topics!

I wrote 6 more articles, and there are a few more coming up! [labs.ripe.net/author/becha/](#)

RIPE Community Resilience: Embracing Neurodiversity

Vesna Manojlovic

7 May 2021

Cognitive needs - for understanding, curiosity, exploration, knowledge - are strong in the technical communities. We are also known for the high prevalence of diverse neurotypes. This article celebrates the inclusion and care of all our quirks.

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RIPE Community Resilience: SYN-ACK, Boundaries and Doing Less

Vesna Manojlovic

23 Apr 2021

The lower the layer on the pyramid of needs is, the more important it is for person's resilience; however, all layers of the networking stack are equally important for the resilient Internet. In this instalment of the series, Vesna Manojlovic connects the Layer 4 and the need for esteem.

community

ripe

covid19

diversity

25

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RIPE Community Resilience: Network and Belonging

Vesna Manojlovic

16 Apr 2021

The lower the layer on the pyramid of needs is, the more important it is for person's physical and mental health; however, all layers of the networking stack are equally important for the resilient Internet. In this instalment of the series, Vesna Manojlovic goes to the third layer - network connec...

RIPE Community Resilience: Economy of Care

Vesna Manojlovic

9 Jul 2021

The need for community actualisation is equivalent to the financial Layer 8. The COVID-19 pandemic offers a path to alternatives to capitalism: ecofeminism, degrowth, unions, and the circular economy. Caring and maintenance are resistant to paradigms of unlimited growth and disruptive innovation.

community

covid19

diversity

ripe

+1

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RIPE Community Resilience: The Web, The Self, The Privilege and The Pandemic

Vesna Manojlovic

18 Jun 2021

Social media, apps, web... are only the tip of the iceberg that is the Internet. This article - on Layer 7 of both the networking stack and Maslow's motivational pyramid - explains how the personal need towards self-actualisation can contribute to the resilience of the communities and societies.

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RIPE Community Resilience: Nature is Healing

Vesna Manojlovic

21 May 2021

To address the topics of RIPE community health, the OSI Networking Model is mapped to the Maslow pyramid of needs. In this instalment of the series, Vesna Manojlovic connects Layer 6 and the aesthetic needs.

If you are interested in "how is it going in Holland", here are some nasty scandals, abuses and lies by politicians:

Storm in a teacup: the Dutch are no good at political scandals (April 4, 2021)
<https://www.dutchnews.nl/features/2021/04/storm-in-a-teacup-the-dutch-are-no-good-at-political-scandals/>

Racism in contact tracing:
<https://chrismeyns.medium.com/reports-of-data-fabrication-in-contact-tracing-data-in-the-netherlands-545e2e20ab0>

How the Netherlands Hid Its War Crimes for Decades (in Indonesia, 1948...)
<https://besacenter.org/netherlands-war-crimes/>

Scandals tarnish Dutch reputation for clean government
<https://www.ft.com/content/9996a65e-0996-4a08-aa65-041be685deae>

Experimental mass events in the Netherlands draw fire (Apr. 27, 2021)
<https://www.sciencemag.org/news/2021/04/get-your-coronavirus-test-join-party-experimental-mass-events-netherlands-draw-fire>

... 10. July: 10.000 new cases on ONE day!!
<https://www.dutchnews.nl/news/2021/07/new-coronavirus-cases-top-10000-highest-figure-since-december/>
&

Dutch shut night clubs and halt festivals, after infections soar sevenfold
<https://www.dutchnews.nl/news/2021/07/dutch-shut-night-clubs-and-halt-festivals-after-infections-soar-sevenfold/>

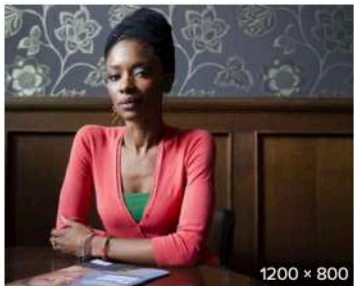
The only bright light is a newly-elected parliamentarian Sylvana Simons, who is asking difficult questions and speaking truth to the power!
<https://conversationalist.org/2021/05/12/i-act-against-power-sylvana-simons-the-netherlands-first-elected-female-black-party-leader-is>



'Sylvana Simons wil lijsttrekker Bij1 Amsterd...
nos.nl



In gesprek met lijsttr...
jan-magazine.nl



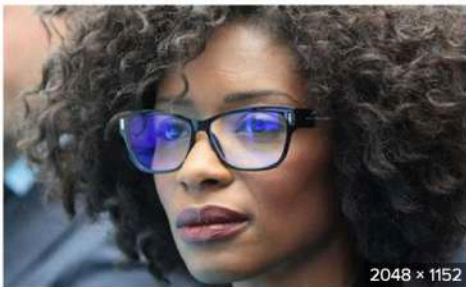
De nieuwe Hero Brinkman is opgest...
ewmagazine.nl



Ramdin: 'Surinamers' in Tweede Kamer ku...
dwtonline.com



Sylvana Simons opgelucht, sleept K...
bndestem.nl



Nieuwe naam van partij van Sylvana Simons is BI...
rtlnieuws.nl



Naamgenoot Bij1 overweegt juridische stappen tege...
wnl.tv



BIJ1 neemt ongefundeerde beschu...
cidi.nl

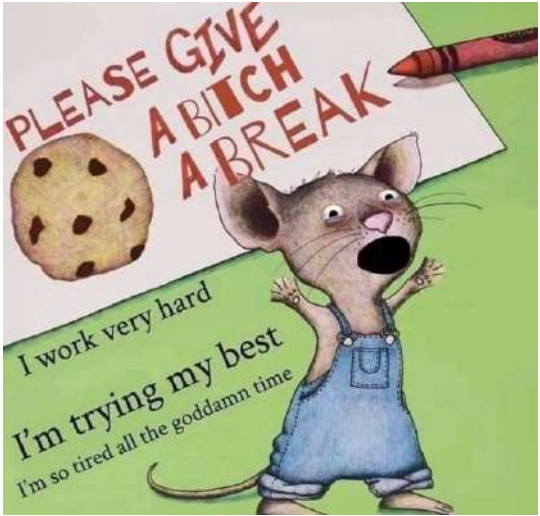
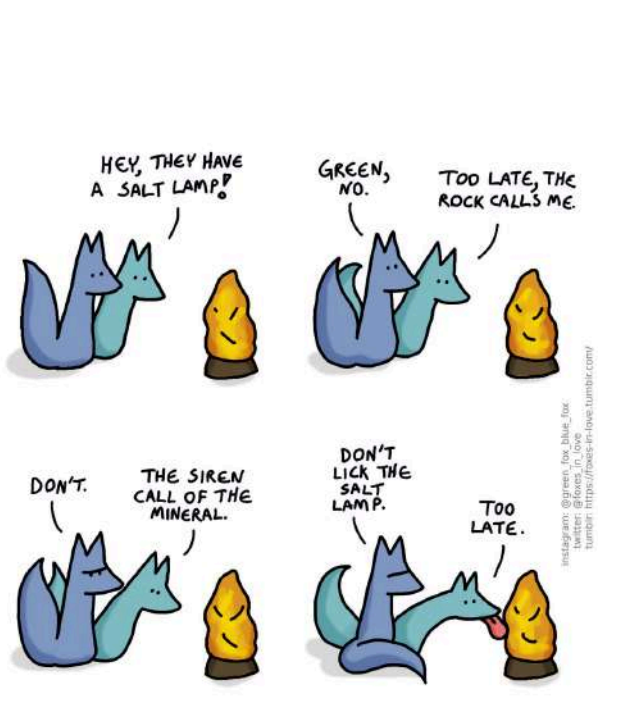
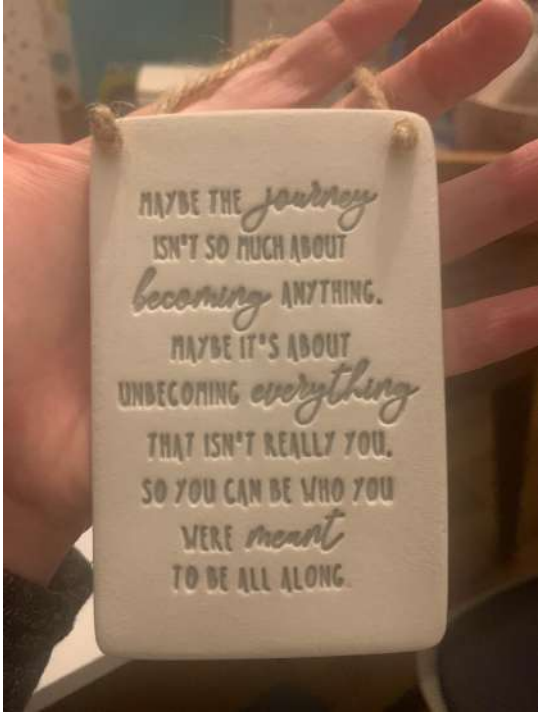


Partij Sylvana Simons omgedoopt tot BIJ1 | Het P...
parool.nl



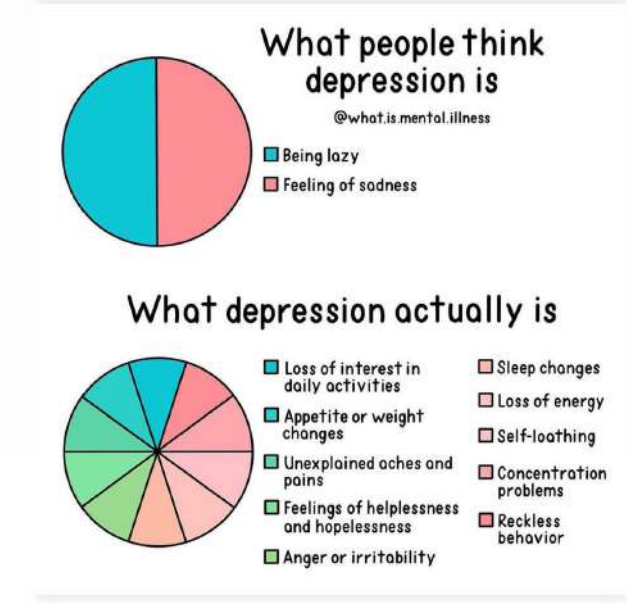
thanks Evelien for this drawing of me!





YOUR TRAUMA IS VALID EVEN IF:

- There are others who have it "worse"
- It occurred a long time ago
- You feel "just fine" now
- It "could have been avoided"
- Only you know about it
- Someone says "it isn't a big deal"



A Simple Mental Health Pain Scale
thegracefulpatient.wordpress.com

MILD

- 1** Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
- 2** You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
- 3** Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.

MODERATE

- 4** Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
- 5** Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
- 6** You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.

SEVERE

- 7** You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
- 8** You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
- 9** You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
- 10** The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

Alternatives to saying "I'm proud of you"
From: 'Three Reasons to Avoid Saying "I'm Proud of You"'
www.parentskills.com.au

- "Wow!! I'm so impressed!"
- "I love who you are!"
- "You must be so proud!"
- "I value you!"
- "I'm proud for you"
- "I'm so pleased for you"
- "You look really pleased with your effort"
- "Congratulations!"
- "I'm so proud to be your Mum/Dad!"
- "I believe in you"
- "I trust you"
- "I accept you"

Parents & children DO need...

- Respectful communication
- Personal accountability
- Responsible screen use
- Resilience


Parental Self-Management with Neurodiverse, Gender Creative Kids

- Manage your own reaction separate from your child.
- Identify your triggers and brainstorm coping strategies.
- Find useful external support systems (therapist, parent groups, online class or meetings).
- Practice self-compassion and patience with your partner or trusted adult family member or friend.


Please do as I requested, only if you can do so with the joy of a little child feeding a hungry duck. Please do not do as I request if there is any taint of fear of punishment if you don't. Please do not do as I request to buy my love, that is, hoping that I will love you more if you do. Please do not do as I request if you will feel guilty if you don't. Please do not do as I request if you will feel shameful. And certainly do not do as I request out of any sense of duty or obligation.

- Marshall Rosenberg


WHAT PEOPLE THINK PRIDE is:



WHAT PRIDE ACTUALLY is:



©BLESSTHEMIST




breadsaltandhearth June is LGBTQ+ Pride Month, and as your friendly neighborhood Balkan home/homo cook, in the words of Harvey Milk, "I am here to recruit you" by letting you know that two of the great blessings of my life are to be Albanian and to be gay. So, I am celebrating today with this #Pride pite, made with tomatoes and onions, pumpkin, yellow peppers in cream, spinach and scallions, purple potatoes, and fermented red cabbage: traditional ingredients in a celebratory rainbow package.

My message to every lesbian, gay, bi, or trans kid who might read this (or to anyone else of good will who needs to hear it) is this: love yourself, because you are wonderfully made; guard your

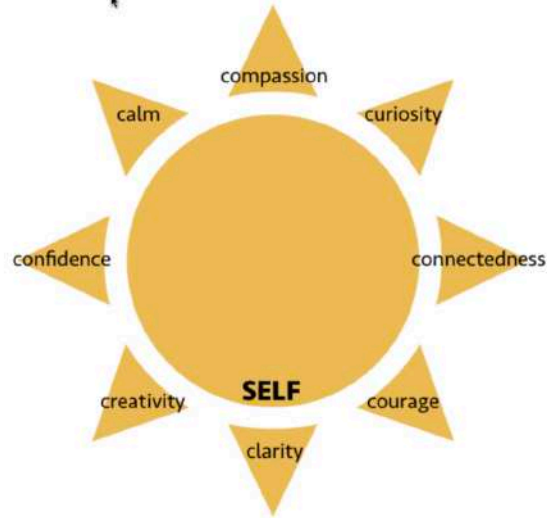
1,756 likes

I SUPPORT



GAY RAT WEDDINGS

The **Self** is the presence in each of us that brings balance and harmony along with nonjudgmental, transformative qualities (8 C's) to our internal family.



i was sent to tell
you that you're loved



WEAPONS
SHARPLESS