

SEE, NVC & Summer Plans: Q2 2022

16 June 2022

Beloved friend,

This is my regular update, that you can find back here: <https://becha.home.xs4all.nl/years/>

Let me start with the plans for the summer, **needs & offers:**

- Charlie is going on InterRail trip, Current plans: Berlin 17-21.7., Prague 22-25.7, Vienna 26-27.7, Budapest (thanks, Danijela), Zagreb (thanks, Nino!), 1.8. Croatian coast (Split? Pula? Zadar?) for a week
I would appreciate if you are willing to host him & his 2 friends!! Please let me know if you can!

- you can visit us in Amsterdam this summer, while the kids are away: we have space & you are welcome!
- we will be in Lika -- **15-27. August! Join us:** <https://wiki.techinc.nl/User:Becha/Lika/LikaCamp2022>
- Arnd's house is available for rent again: <https://wiki.techinc.nl/User:Justa/6L904>
- Funding by RIPE NCC is opening soon: APPLY! ripe.net/cpf

Projects & Events

I've been active in many communities, and I am inviting you to join & share:

- 17-meetups: every month on 17th, community-organisers! [https://wiki.techinc.nl/Tea %26 Networking](https://wiki.techinc.nl/Tea%26Networking).
- Tactical Media Room Amsterdam, techies & artists in anti-war action <https://wiki.techinc.nl/TacticalMediaRoom>
- Green Tech, with KasKantine & academics & hackers: 7.7. in TechInc <https://wiki.techinc.nl/InternetFootprintDilemmas>
- 22-27.7. next in the series of large hackers camps: May Contain Hackers! <https://mch2022.org/>

RIPE Labs article with these & many more events: <https://labs.ripe.net/author/becha/spring-and-summer-events-season-2022/>



Looking Back at Spring

In March we had a large party in TechInc & Arne stayed with us; later we also had Paul, Naomi & Drummer (the dog) from Canada; Keith from Germany; Kaja&Vid from Zagreb... and Risa helped take care of the cat&plants: THANK YOU!

In April we had snow in Amsterdam again! (after we already started SUP-ping, and even swimming in the canals...)

Spring of 2022 was full of activities, visits & travel!! I was in South Eastern Europe (SEE) (Austria, Slovenia & Croatia) for the most of April & start of May; then I went to Berlin & most recently to Brussels, Arnhem, Enchade & Leiden!

Picture from my trip are in this large PDF is here: https://xs4all.nl/-becha/years/april-2022-Thread_by_ms_multicolor.pdf

During IIT NVC (Intensive International Training in Non-Violent Communication) I made many new friends, learned new skills and explored depths of emotions & needs. Beautiful mountains, rivers & forests were lifting my spirit. Lakes, seas & spas were soothing my soul. I felt refreshed & nourished: THANK YOU ALL! ... while at the same time, I was missing my cat a lot :(

Alisa undertook a long InterRail trip, with Elze!!! They had wonderful time, and were hosted by many friends & family: Emir, Danijela, Mileva, Nina, Irena: THANK YOU!

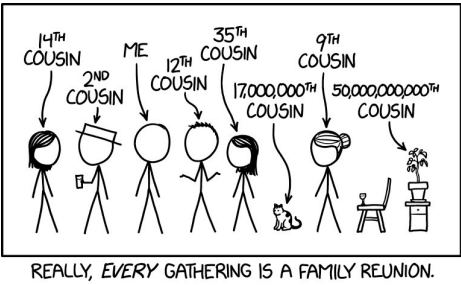
End-April we had a vacation in Stoja (Pula/Istria/Croatia) with 3 of us & Maron; we've met Irena & her family & saw concerts, exhibitions, aquarium... and swam in the SEA!!! & I did the whole trip was by train, too! <3

Today is Alisa's birthday -- she turns 19!!! HAPPY BIRTHDAY, LOVE!!!

Below you can see pictures that say more than 1000 words; starting with manatee family :)

Big love, hope to see you soon!!!
Vesna

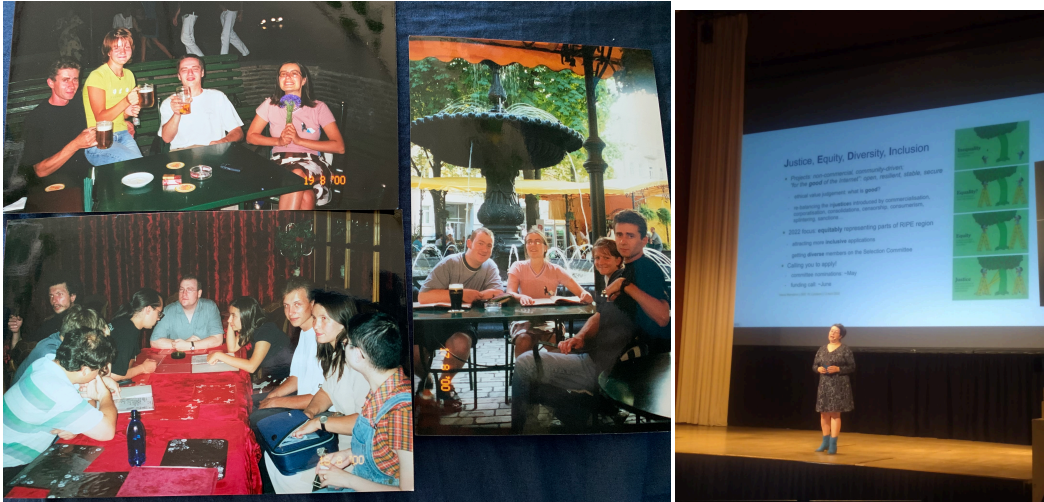
Family





^^^ Blast from the past! Pula, ~2010?

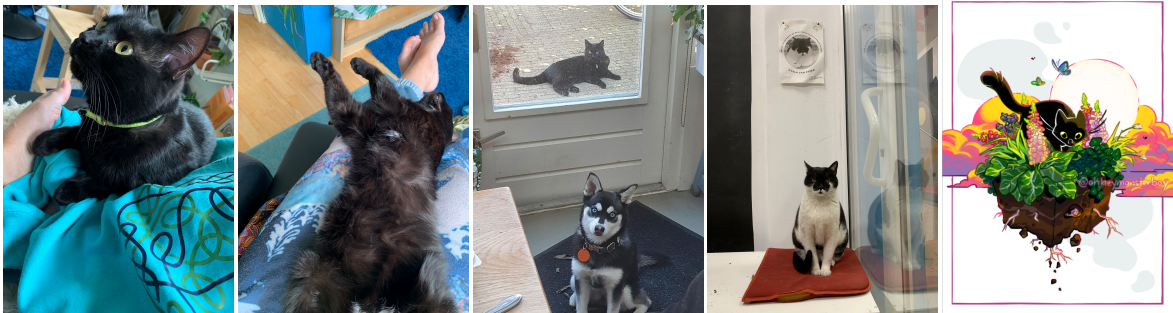
Friends



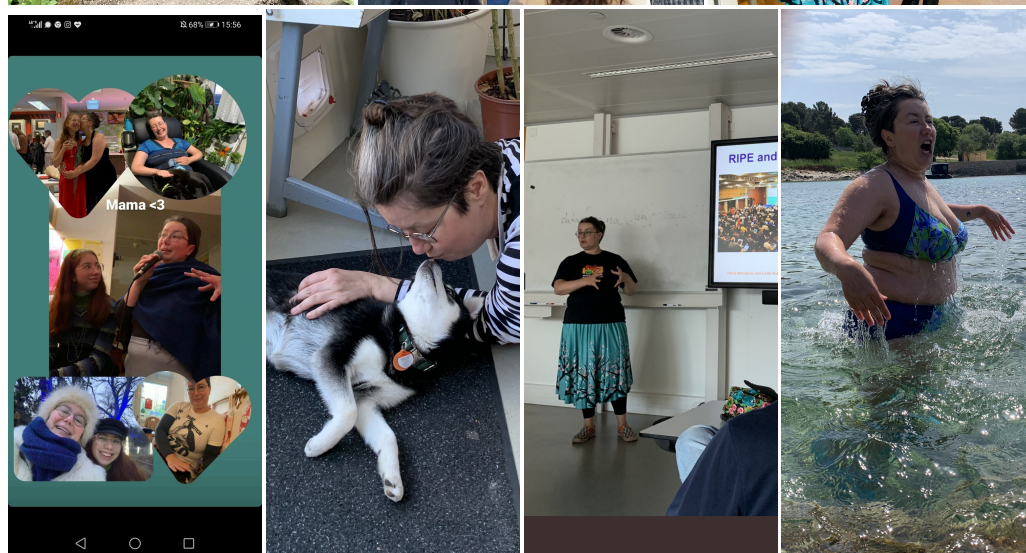
^^^ Blast from the past! 2001 in Kyiv



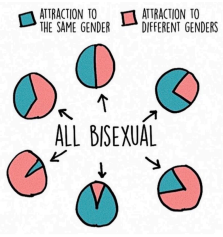
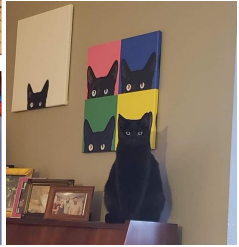
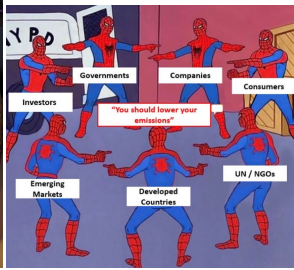
Cat



Selfies



^^^ Mother's Day collage from Alisa!



Melissa Capriglione @Basi... · 7h
When you ask me how I'm doing and I say "I'm functioning" this is what I mean



431 44.1K 202K
Show this thread

NON-CHRONIC ILLNESS 0-10 SCALE OF PAIN SEVERITY

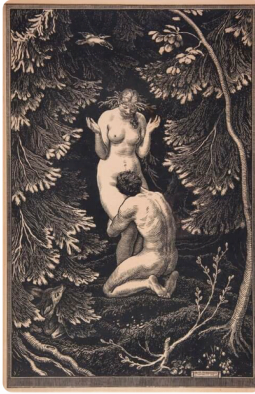
Severity	Description of Experience
10 Unable to Move	I am in bed and can't move due to my pain. I need someone to take me to the emergency room to get help for my pain.
9 Severe	My pain is all that I can think about. I can barely talk or move because of the pain.
8 Intense	My pain is so severe that it is hard to think of anything else. Talking and listening are difficult.
7 Unmanageable	I am in pain all the time. It keeps me from doing most activities.
6 Distressing	I think about my pain all of the time. I give up many activities because of my pain.
5 Distracting	I think about my pain most of the time. I cannot do some of the activities I need to do each day because of the pain.
4 Moderate	I am constantly aware of my pain but I can continue most activities.
3 Uncomfortable	My pain bothers me but I can ignore it most of the time.
2 Mild	I have a low level of pain. I am aware of my pain only when I pay attention to it.
1 Minimal	My pain is hardly noticeable.
0 No Pain	I have no pain.

CHRONIC ILLNESS PAIN SCALE

13	Any non chronic illness people around us are scared. We're scared. We may pass out from pain. We don't want to be here for this. It's something we have to live with, usually forever. This is the bad place.	10
12	Nothing we have been prescribed to help with this level actually helps. We'll actually seek help in desperation now. Stress & blood pressure through the roof.	9
11	Ok. It hurts now. We'll admit it to others at this point. This is possibly when we actually "look ill". But you won't see us, so you'll never know.	8
	People without chronic pain are now in A&E. We use our arsenal of knowledge, swearing a lot, & meds. We can't really move :(7
	This is our flare territory. We know if we do ANYTHING it'll get worse. We rest, cry in frustration, tweet rant to others for solidarity.	6
	Activities now limited. Meds help a little. Distracting is useful if others can help. Focus REALLY hard at a tv box set & wait it out.	5
	Ah, our normal. Hello normal. We hate you.	4
	Starting to get annoyed now. Many wait til this level to take the meds which sometimes help take the edge off.	3
	Many activities limited from pain. Most will push through & continue as we NEED to feel constructive. Irritability guaranteed.	2
	This is the normal 'good day' for many chronic illness people. It won't ever get any lower for the rest of our lives.	1
	Lowest level of pain for most chronic illness people on a brilliant day when we 'don't look ill'. A rarity.	0
	Mild pain is what non chronic pain people think of as time to take paracetamol. This level would be a dream come true	-1
	This level of pain is treatable with all your magical yoga, limeric, positive thinking treatments. Wish we were here. Unheard of. We've either been knocked out unconscious with meds or magically swapped bodies.	-2
		-3

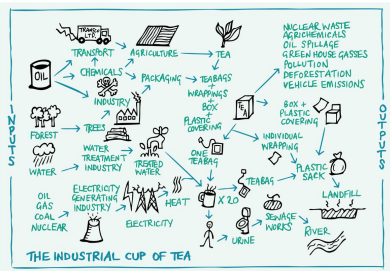


The Fruit Was Never An Apple, Max Švabinsk, In Paradise, 1918

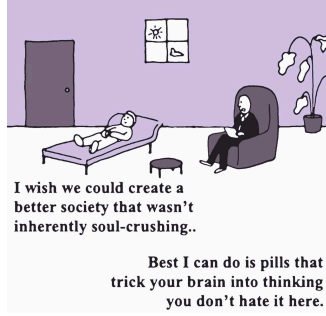


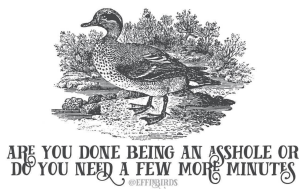
"It's a sudden and drastic descent into a sense of having no country, no place and no sense of a future. And on top of that, there's a distinct sense that you don't even have the right to feel horrible about all the things that you have lost almost overnight, because you've lost them because you're a citizen of a country that is waging horrible, murderous, aggressive war against another country where people are losing their lives and also losing their sense of themselves, their homes overnight in a much more brutal way."

— Masha Gessen



Example system 2: System analysis of the supply chain for a cup of tea





I Worried

I worried a lot. Will the garden grow, will the rivers flow in the right direction, will the earth turn as it was taught, and if not how shall I correct it?

Was I right, was I wrong, will I be forgiven, can I do better?

Will I ever be able to sing, even the sparrows can do it and I am, well, hopeless.

Is my eyesight fading or am I just imagining it, am I going to get rheumatism, lockjaw, dementia?

Finally I saw that worrying had come to nothing. And gave it up. And took my old body and went out into the morning, and sang.

- Mary Oliver

"I saw my life branching out before me like the green fig tree in the story. From the tip of every branch, like a fat purple fig, a wonderful future beckoned and winked. One fig was a husband and a happy home and children, and another fig was a famous poet and another fig was a brilliant professor ... and another fig was Europe and Africa and South America, and another fig was Constantin and Socrates and Attila and a pack of other lovers with queer names and offbeat professions, and another fig was an Olympic lady crew champion, and beyond and above these figs were many more figs I couldn't quite make out. I saw myself sitting in the crotch of this fig tree, starving to death, just because I couldn't make up my mind which of the figs I would choose. I wanted each and every one of them, but choosing one meant losing all the rest, and, as I sat there, unable to decide, the figs began to wrinkle and go black, and, one by one, they plopped to the ground at my feet."

— Sylvia Plath, The Bell Jar, 1963

Minute of silence

16.5.2022. Opening of RIPE84 in Berlin

I am inviting you
To join me
In acknowledging all our losses
Since the last time we've met:

We've lost lives, health, connections

Due to war, climate catastrophes, and pandemic

Let us
Honor our grief
Let us
Mourn for those who have died
Let us
Be sad for all the tragedies & suffering
Experienced by ourselves, our families & friends, our communities

You are not the only one to feel this way
You are not alone
We are in this together

Let us join in the
Moment of silence
To hold the sorrow
Together

=====
= =
= =
= =
= =
= =
=====

Now we can move on.
May you be kind to yourself and
May you show kindness to each other.