

In Touch

May 2020

Edited by Martha Huyler and Georgi Proulx



www.aauwsc.org

**May 4th
Monday
2:00 p.m.**

Book Group via Zoom
See page 4 for Book Information
Watch for Email Invitation

**May 7th
Thursday
1:00 p.m.**

May Board Meeting
Via Zoom
Watch for Email Invitation

**May 14th
Thursday
1:00 p.m.**

General Meeting via Zoom.
Watch for the email link.

Program: Maureen Stanton Title IX Coordinator at the high school level. She is the Director of Human Services for Stanwood Camano School District and will discuss the efforts the school district has taken to comply with Title IX.

Program contact:
Carol Kayler
VP of Program



Message from the President

Mary Chesney

And so it continues, Stay Home, Stay Safe. I imagine many of you are frustrated as well as disappointed that in order to avoid becoming seriously ill, you can't meet with friends or attend our AAUW activities. However, the risk of becoming ill and of possible death is much too great to take any chances. When the first stay home orders were issued, I said that there was a possibility that we might need to cancel our events in June and so it has happened. Although Mary Pilkington graciously offered her home for the scholarship tea, it is now apparent that we will not be able to hold this lovely event this year. As Mary correctly stated, there is no way we can keep people the needed six feet apart and many of us fit into at least one of the at-risk categories, over age 65. Many more have health conditions that add to the potential for a deadly outcome. We will let you know how we will proceed with recognizing our scholarship winners once decisions about the awarding of scholarships has been made.

I also need to let you know that Tech Trek has been cancelled for this year and will be held next year in addition to the 2021 camp. Judy is working on letting the winners of the camper scholarships know the adjusted plan.

So, done with the gloomy news. We made the effort to learn Google Hangouts for virtual meetings but after multiple practices we still have a bit of a learning curve. In the meantime a few of us tested Zoom. For the time being, we believe Zoom is the way to go. It's FREE and an easy-to-use way to keep our meetings functioning with the ability to have any member safely and securely attend. We will continue to work on Google Hangouts and will keep you posted.

All branch members are invited to our first virtual opportunity on Zoom scheduled for May 4 at 2:00 p.m. for the Book Group. Katie Farrey can email you the invitation. If you are not on the Book Group list please let Katie know you want to be included.

Please join us for Maureen Stanton's presentation at our debut virtual general meeting on May 14 at 1:00 p.m. This program was originally scheduled for our March meeting. A short business meeting will commence at the end of Maureen's presentation. All members will receive an email invitation.

As a substitute for Movie Group, Georgi is putting together a virtual movie shorts plus discussion group that will be announced sometime in May.

I recently received word from the nominating committee that to date we still have several key board positions unfilled. A strong board is vital for our branch. I urge you to consider taking one of these positions. See the article on page 2 that states clearly what this lack of involvement could mean for our branch.

I miss being with all of you. There is nothing to compare with being in the physical presence of another person and for those of you who live alone, these times are especially difficult.

We all hope that our virtual meetings will help you cope with the separations. Our efforts to be together virtually was noted by the National organization as being far ahead of any other Branch in the country, yea us!

Future Events

Please watch for email updates regarding the status of these future events.

June 1st

Monday

2:00 p.m.

Book Group via Zoom

See page 4 for Book Information

Watch for Email Invitation

June 4th

Thursday

1:00 p.m.

June Board Meeting

Via Zoom

Watch for Email Invitation

June 14th

Sunday

2:00 p.m.

Scholarship Tea is PENDING



Public Policy

Go to:
AAUW Washington to keep up with happenings in the current legislative session and to learn about areas for action.

www.aauw-wa.org

AAUW Action Network for Congressional items regarding the national issues for action.

<http://capwiz.com/aauw/home/>

Visit our branch website for forms, newsletters, and upcoming events.

www.aauwsc.org

Scholarship Report

Marianne McGarry-Bloom

Acceptance of applications for the Stanwood Camano AAUW scholarships closes Friday May 1, 2020. Four \$4,000 scholarships will be awarded to college junior, senior or master's degree candidates that are either graduates of Stanwood, Arlington, or Lakewood high schools or current residents of Stanwood, Camano Island, or Arlington.

In the past, the AAUW has sponsored a tea in June to celebrate and honor the winners. During these fluid times, we will determine at a later date if the tea will go forward and in what form.

This is the link to the www.thecrabcracker.com to download the current issue of The Crab Cracker. Please note our scholarship article on the bottom of page 52.

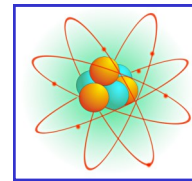


High School STEM Scholars

Leslie Moore

Leslie reports she has been in contact with the school counselors regarding the selection of their STEM scholars. She has received the students' names and profiles from Arlington High School. The Lakewood High School counselor is working with faculty to identify their students, and Stanwood High School is pending contact.

The board will be discussing how to move forward with the recognition of these students when social distancing relaxes.



What If There Was No AAUW in Stanwood/Camano?

Georgi Proulx

What would our community be like without the contributions of the Stanwood Camano AAUW branch?

How fulfilling would your life be without the contributions you make as a member of the branch?

Our branch is 80 members strong. Without branch leadership our community does not benefit from the projects we sponsor for this community and activities planned to maintain our full membership.

Without members stepping up to fill leadership positions on the board AND the activity groups that keep our fellowship and membership strong our branch will disappear.

The branch is able to accomplish all that we do thanks to people who have devoted their time and dedication through the years. This is the year for you to step up and volunteer to be on the board or help with the activities. Whether you have helped before or you are a new member, now is the time for you to take a part in the branch.

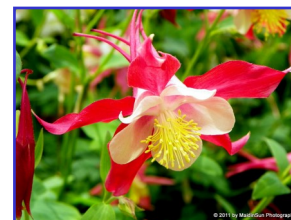
The board openings include: President Elect, Vice President of Programs, Vice President of Membership, and Secretary. There are job descriptions available including number of hours for each position. Working together we can keep our branch strong and vital.

If our branch cannot maintain its leadership, our community loses over \$25,000 a year in scholarships, camperships and scholar recognition.

NOW is the time to step up and join the board or lead an activity group.

For information contact Norma Mouton or Mary Chesney or call the current lead in the position you are interested in.

Our branch's future is up to YOU....



Your 2019-2020 Board

President

Mary Chesney

President-Elect

Judy Prince

VP of Finance

Nancy Voelckers

VP of Finance-Elect

Jackie-Lyn Olson

VP-Membership

Martha Huyler

Membership Assistant *

Georgi Proulx

Secretary

Linda Lynn

VP of Program

Carol Kayler

Program Assistant *

Helen Smith

Public Policy

(open position)

Communications

Georgi Proulx

* Appointed position, shares vote with VP

Activity Leaders

Purses with Purpose 2021

Gay Campbell

Jackie DeFazio

High School STEM Scholars

Leslie Moore

Scholarship Chair

Marianne McGarry-Bloom

Tech Trek Chair

Judy Prince

Art Education

Marianne McGarry-Bloom

Grant Committee

Norma Mouton

AAUW Funds Coordinator

Jackie DeFazio

Candidate & Issues Forum

Elaine Richards

Historian

Carolyn Spector

Diversity

Linda Lynn

501(c)(3) Compliance

Jackie DeFazio

Stanwood-Camano Give

Terry Benson

Title IX Liaison

Jackie-Lyn Olson

Newsletter Team

Georgi Proulx, Martha Huyler

AAUW Announces 2020 Fellowship & Grant Winners

Jackie DeFazio

AAUW has announced the granting of more than 200 awards and \$3.5 million in funding for fellows and grantees in the 2020-21 award year. Recipients, who were notified by email on April 15, will pursue academic work and lead innovative community projects to empower women and girls. Awards or grants were made in the following categories:



American Fellowships—For women pursuing full-time study to complete dissertations or conduct postdoctoral research, or to those preparing research for publication for eight consecutive weeks.

Career Development Grants—For women pursuing a certificate or degree to advance their careers, change careers, or reenter the workforce and whose bachelor's degree was received at least five years before the award period.

Community Action Grants—For individuals, AAUW branches and states, and nonprofit organizations that fund innovative programs or non-degree research projects that promote education and equity for women and girls.

International Fellowships—For women pursuing full-time graduate or postdoctoral study in the United States who are not U.S. citizens or permanent residents.

International Project Grants—For alumnae of AAUW's International Fellowships program who are living in their home countries and pursuing community-based projects to improve the social advancement and economic empowerment of women and girls.

Research Publication Grant in Engineering, Medicine and Science—For women conducting basic research in engineering, medicine or the physical or biological sciences and who have a doctorate degree in one of those fields. Grantees are required to publish their research in a scholarly scientific publication and be listed as a primary author.

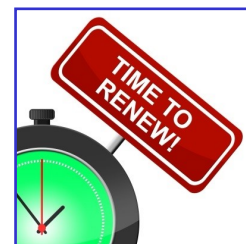
Selected Professions Fellowships—For women pursuing full-time study in a master's or professional degree program in which women are underrepresented, including STEM, law, business and medicine.

Stanwood-Camano Branch contributes each year to the AAUW Education & Training Fund, which funds these programs.

Reaching out—Renewing Friendships & More

Martha Huyler

During this time of "Sheltering at Home", Georgi and I have been calling each of our members. Our calls have become one-on-one social times. It has been a joy and privilege to catch up with our members. What impressed me most is how easy it was to talk and share how we are adapting and adjusting. We have a wonderful group of talented women. I recommend that the next time the membership list comes out you scan the list to see if there is someone you have been meaning to talk to, but just haven't had the time. You might just be the one to brighten their day.



While I have your attention, here is a gentle reminder that membership dues for the 2020-2021 year are payable. The amount is \$93 (\$59 for national, \$10 for state, \$24 for branch). Please consider paying early so our treasurer has time to process your checks and send in our payment before June 30.

Please mail check made out to "Stanwood-Camano AAUW" to Stanwood-Camano AAUW, PO Box 2652, Stanwood, WA 98292. Paying by credit card is not available this year due to the social distancing.

Special Branch Activities

Day Trippers

An informal gathering of members with time and interest to participate in a variety of outings.

Lynda Buehring
Mary Pilkington

Movie Group

Join us for lunch and a movie. Suggestions welcome.

Anne Milton
Georgi Proulx

Book Group

Open to all members. Join us for lively conversation if you've read the book or if you just want to come join the discussion.

Katie Farrey



[www.facebook.com/
stanwoodcamanoaauw](http://www.facebook.com/stanwoodcamanoaauw)

LIKE our page to
follow us then

SHARE to increase
our visibility in
the community.



Book Group

Katie Farrey

The Book Group is open to all members. Books are available through Sno-Isle Libraries. Join us for lively conversation if you've read the book or if you just want to come join the discussion.



Online book group will be held on Monday, May 4th, 2:00 p.m., using Zoom. If you have not done so already, please let Georgi or Katie know if you want to be added to the interest list.

Zoom works on computer, iPhone, iPad and Android by clicking on the email link. The link will give you access to the "join now" button. If this is your first time, you will be computer viewing on zoom.us; from a phone/tablet you may have to download an app to view the meeting.

We will be discussing Where the Crawdads Sing by Delia Owens. A few days ahead, you will receive an email with a link to join the discussion. A little before 2:00 p.m., click the email link, click "Join now" and wait.

Since we do not know what future months will hold, here's the list of future books. All are available from Sno-Isle Library in eBook or audiobook (but you may need to get on the waiting list) and most are available in paperback from Amazon. Stay well and enjoy the extra time to read!

May

Where the Crawdads Sing by Delia Owens

Abandoned at age ten, she has survived on her own in the marsh that she calls home. A born naturalist with just one day of school, she takes life lessons from the land, learning from the false signals of fireflies the real way of this world.-- Provided by publisher.

June

Eleanor and Hicks: The Love Affair that Shaped a First Lady by Susan Quinn and White Houses by Amy Bloom

A warm, intimate account of the love between Eleanor Roosevelt and reporter Lorena Hickok a relationship that, over more than three decades, transformed both women's lives and empowered them to play significant roles in one of the most tumultuous periods in American history.

July

Fly Girls by Keith O'Brien

The untold story of five women who fought to compete against men in the high-stakes national air races of the 1920s and 1930s -- and won.

August

Us Against You by Fredrik Backman

A small community tucked deep in the forest, Beartown is home to tough, hardworking people who don't expect life to be easy or fair. No matter how difficult times get, they've always been able to take pride in their local ice hockey team. So it's a cruel blow when they hear that Beartown ice hockey might soon be disbanded.

September

Safe Houses by Dan Fesperman

The germ of the story begins in West Berlin in 1979. Helen Abell oversees the CIA's network of safe houses, rare havens for field agents and case officers amidst the dangerous milieu of a city in the grips of the Cold War. But during her routine inspection of an agency property, she overhears a meeting between two people speaking a coded language that hints at shadowy realities.

For more information, contact Katie Farrey.

Branch Beginnings: Four from Montana, Part 4

Carolyn Spector

Our branch of AAUW was formed in Arlington in 1936 by a group of 16 women. This is one of a series of articles profiling the women who founded our chapter.

Loraine Anna Coy was born on July 22, 1909 in Great Falls, Montana. Her father, Wheeler Coy, was employed at a local furniture store. Her mother, Anna McDonough, had attended Boston College and was a teacher prior to her marriage. Anna died following the birth of their third child, just a few months after Loraine's 8th birthday.

Loraine was very active in high school and college. While attending Great Falls High School, she was a member and Vice-President of the Girls' League. The aim of this group was to "secure a finer, nobler, happier spirit in school and to enable each girl to reap the richest reward for herself, without forgetting her duty to others, at school, at home, or in the community" (Great Falls, Montana High School Yearbook, The Roundup, 1925). Loraine was chair of the Banquet Committee for "The Upper Class Banquet" in 1925. She was a member and vice president of the Honor Society, as well as one of the "Honor Ten" (those with the highest grade averages during their last two years of high school), with an average of 92.7.

In addition, she was Class Treasurer, Sophomore Student Council Representative, and photographic editor for The Roundup. She was also a member of Hi-Life, Frolic and Music Club. Her senior yearbook included the following: "In every organization there must be a leader. Throughout the entire four years, we have always looked to 'Coy' as one of our most successful manager of affairs. Her popularity has not turned her head, as it does in many cases. No, indeed, she is still the same lovable classmate that she was four years ago. In all her numerous activities, her sterling personality has been a source of inspiration to her co-workers" (Great Falls, Montana High School Yearbook, The Roundup, 1926).

She attended the University of Washington, where she continued participating in numerous activities. She was an honorary member of "Hammer and Coffin," a fraternity dedicated to humorous publications. She was on the editorial staff of the 1930 Columns (the college magazine). Loraine was elected a member of Phi Beta Kappa, one of 80 students at the U.W. to be so honored. She majored in liberal arts, in preparation for a teaching career.



Loraine Anna Coy
Early 1930s



Arlington High School Faculty, 1933-34
Loraine is second from left in front row

Following graduation, and after a vacation to Agua Caliente and brief visit with her family in Montana, Loraine began teaching English and directing plays at Arlington High School. Among the plays she directed were "Smilin' Through" and "The Valiant."



Arlington High School Cast Photo

Loraine married Robert A. Kraetz in July of 1938. Sadly, the marriage did not last long. The 1940 U.S. Federal Census shows her living and teaching in Bellingham under her former surname, with marital status of "divorced." She did not remarry.

Loraine's stepmother moved to Washington State in 1944. The 1964 obituary of her stepmother included Loraine (still living in Bellingham), Wheeler Coy of Bellevue, and Frances Coy Solberg of Olympia. According to a niece, Loraine travelled around the world and brought her dolls from various foreign countries.

After retirement, Loraine moved to Olympia, where she died on November 27, 1999.

Continued on page 6

Branch Beginnings: Four from Montana, Part 4 (continued from page 5)

Carolyn Spector

Comments from Marilyn Hazelquist, Loraine's niece

Loraine was a very loving aunt, and I have many fond memories of her. She and my mother were very close their whole lives. And they both adored their brother. Loraine was a true liberated woman long before it was stylish to be so. I'm sure she suffered some cultural criticism because she hadn't settled down with husband and family. Well, she did try marriage for a short time but soon found it just wasn't for her. She was very independent, living her life as free as possible. Not being domestic in any way, she dedicated her life to the many students to whom she taught English Literature, first teaching at Arlington High School and then moving to Bellingham High School. In the 1960s she changed to Seahome High School where she finished out her teaching career. She must have been very popular as a teacher as she kept in touch with many of her students over the years.

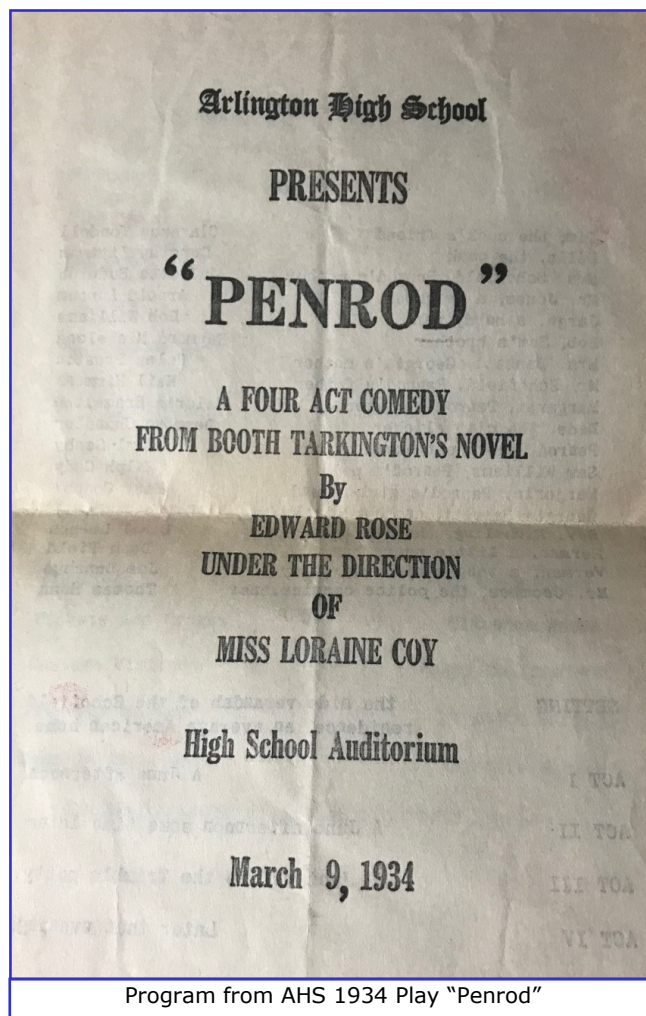
She lived very frugally, never owning a home (always lived in a simple apartment) or a car. Actually, I don't think she ever learned how to drive. Her main mode of transportation were taxis or the Greyhound bus. She loved traveling the world and every summer took a fabulous trip to some exotic place. When she returned home she would regale us with her stories and always brought us gifts from her travels. She didn't have her own little nucleus family, so she made our family and her brother's family hers. She always remembered our birthdays and never failed to send a card with a check included. I always loved getting those checks!!

For years she sent out a Christmas Letter to all her friends and family which were not the usual kind of letter but were very entertaining. For example, her Christmas letter of 1991 included various examples of irony in her life. She wrote, "As a girl I was a voracious reader, who finished Les Miserables when I was 11, but my parents had to work hard to guide me through 8th grade arithmetic. I kept thinking, 'When I have finished college, I will be better in arithmetic.' Now I have six years of college with two degrees, a B.A. and an M.A., and I still can't balance my checkbook. The arrival of the bank statement is my monthly trauma."

She loved people and belonged to many social and educational organizations. Never shy, she could strike up a conversation with anyone and met some very interesting people along the way. At the end of her long life, she moved to Olympia, where she would be closer to family. She became Grand Aunt to her grandniece and many grandnephews. We all loved her and have many happy memories.

Loraine would be very pleased to know that she is remembered in this way. Education was always very important in her own family growing up in Great Falls, MT. Her own mother graduated in 1904 from Boston University (or maybe it was still college in those days), which was very unusual at the time. Her four brothers and sisters saved their money to put her through college.

Continued on page 7 Loraine's Christmas 1980 letter



Branch Beginnings: Four from Montana, Part 4 (continued from page 6)

Carolyn Spector

CHRISTMAS 1980

This year, the end of the first year of the new decade, is a good time for reminiscence, and my backward look takes me through nine world-shaking events and the day I first learned about them.

1917, GREAT FALLS, MONTANA, our dining room. My mother says, "Dr. Vidal has joined the army. He's going to help the boys who are fighting the Kaiser; the Kaiser is killing innocent little Belgian children." "Will Daddy have to go?" "No. Don't look so frightened, Loraine. Daddy will stay here with his family."

MAY, 1927, NEAR BOZEMAN, MONTANA, enroute from a fraternity party. Somebody throws a newspaper through the windows of the train. It says that a man named Charles Lindbergh has flown across the Atlantic by himself. What do I care about an old airplane flight? The fellow I'm with has just put his arm around me, and I'm thrilled.

NOVEMBER, 1929, THE CHI OMEGA HOUSE IN SEATTLE. A Business Administration major bursts into the dining room and interrupts dinner without asking permission. "Do you know what happened today?" she asks. "The stock market crashed. Wall Street is in chaos." "So what?" I think as I continue eating my steak. "That concerns rich people, and my folks aren't rich."

DECEMBER 11, 1936, BERKELEY, CALIFORNIA, where I'm working for a Master's. Edward VIII is making his abdication speech, leaving the English throne for an American woman who's been divorced twice. I listen enthralled but think, "What are the English making such a fuss for? Some of our movie actresses have been divorced five times."

DECEMBER 7, 1941, BELLINGHAM, WASHINGTON. I am taking a walk on a sunny day when a student stops me. "Miss Coy, did you know that the Japs bombed Pearl Harbor today?" "They did?" I answer, not very much impressed. "That silly boy," I think later. "He's been listening to some crazy radio program and believes it."

JUNE 6, 1944, SEATTLE, WASHINGTON. I enter my sister's house to tell my mother and sister news I have just heard. "The invasion of Normandy has started." This time I know how important the occasion is, but I do not know that my brother is part of it, that he will be seriously wounded but will live 20 years more.

1962, B ELLINGHAM HIGH SCHOOL PTA, BELLINGHAM. A mother says, "The college boys who don't make good grades are sent to Vietnam." I think, "Where's Vietnam? What's happening over there? I never heard of it before."

NOVEMBER 23, 1963, BELLINGHAM HIGH SCHOOL classroom. A special student teacher has been sent to my room to observe my teaching methods. Just before lunch an announcement comes over the intercom: "President Kennedy has been wounded, and Governor Connelly is dead." After lunch the correction: "President Kennedy is dead. Governor Connelly is wounded." We all fall apart. The student teacher doesn't learn a thing.

MAY 18, 1980 BELLINGHAM TOWERS, BELLINGHAM. I am sleepily getting breakfast when there's a BOOM. "For heaven's sake," I think, "that new garbage truck must be hitting the side of the building."

Where were you when Mt. St. Helen's blew its top? Where were you when these other events took place? I hope you were more perceptive than I was. Wherever you were then, I know where you are now getting ready for the Yuletide season, and may you have the biggest blow ever.

Lorraine Coy

*You gave us a wonderful
giving and a wonderful son.* Thanks-

Tales from Isolation

Georgi Proulx

Comments and contributions from members during our stay-at-home status:

Judy Prince reports:

I'm still reading lots of e-books. Just now, it's Bill Bryson's book on Australia. This is entertaining and informative.

Once a week I don a mask and go to the supermarket. Occasionally I have outgoing mail that has to be delivered to the post office (another mask wearing event). Takeout meals are a nice change of pace and another excuse to leave home. April 22 (first time in a month) I bought gasoline for my car.

Still talking to friends and family on the telephone. Some of my family live in Georgia where the governor thinks it's OK to open all businesses.

Naomi Wark's Pantoum

A Pantoum is a Malay verse form consisting of an indefinite number of quatrains with the second and fourth lines of each quatrain repeated as the first and third lines of the following one.

The Pandemic

We're all in this together
Stay home, stay safe
Shelter in place
Don't cough, don't sneeze, don't touch your face

Stay home, stay safe
Isolate don't congregate
Don't cough, don't sneeze, don't touch your face
Covid-19 doesn't discriminate

Isolate don't congregate
Shelter in place
Covid-19 doesn't discriminate
We're all in this together

Diane Cohn shares:

Earth Day: A day to remember

As I plant my garden this year all the wonderful veggies and herbs will be an addition to our new home on Camano Island. After living on Juniper Beach for over 25 years we decided it was time for a vegetable garden. We thank the Lord for our positive strength and stamina. During these stay at home times we are finding that our life style has changed. No running around doing volunteer work. Rotary meetings are on Zoom so our world has changed.

We now know our neighbors and find our walking special.

God Bless us all.

Thea Wellington imparts:

Been reading, walking, watching good movies, including new Masterpiece Theater. Beating my husband in Gin, gardening. Yesterday was a highlight. My birthday April 23 (also Shakespeare's) some of my family came up to deliver an iconic Pike Place Market box from Savor Seattle filled with a full assorted seasonal produce and also another of salmon. coffee. bread, jam. and many other items. In addition, a beautiful bouquet of fresh and fragrant hyacinths. How appropriate for the times!! Aren't we blessed to live on Camano Island and this area so we can enjoy this beautiful Spring? I miss you all and think of you each and everyone. Positive and good health to all. Take care.

Judy Trammell reveals:

I've been kept busy with all the animals my daughter left in our care, including 7 tiny chicks that have been living in our guest bathroom for over 3 weeks! I just got 5 moved outside to their own special house with a small run and 2 into the greenhouse. They are still too little to join the 15 adult chickens. Been keeping in touch with children and grandkids mostly on Zoom, i.e. for my birthday and Easter. Making lots of phone calls to friends to check on them. Take care!



Tales from Isolation - continued

Cathlin shares a poem by Kitty O'Meara

A Beautiful Poem for Today

"And all the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

"And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

"And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully as they had been healed."

Jana Hill writes:

How I am coping with the pandemic:

I am using a combination of yogic-practice and the advice of a 102-year-old lady who made it through the Great Depression and was profiled in the Washington Post <https://www.washingtonpost.com/history/2020/04/05/centenarian-coronavirus-1918-flu-depression-world-war-2/>

They both help me stay in the moment and appreciate the best things in it.

I use my yoga sutra advice from Patanjali, "When harassed by doubt, cultivate the opposite" and use yoga's "mindfulness" during lawn-mowing, dish-washing, cleaning projects, etc., meaning that I push myself to think only about what I am doing, exactly right now. It's kind of the Buddha's "wash your bowl" practice. It can help because if you are filling your mind with what is happening "now," you're not distracting your mind with what might happen. Because what "might" happen might *not* happen. So it does not exist and therefore is not real. Your bowl -- your bowl is real. Wash it with rapt attention!

Another bit of advice that has helped me is from Jordan Peterson, in his book "12 Rules for Life." He used this when dealing with his daughter's illness, but his coping-mechanism translates to now -- Peterson said to limit the time-frame you spend on dealing with and talking about a hard situation. He says it is important to deal with it, then forget about it for the rest of the day. In other words, "live the day, and *only* the day." So when the headlines beep on your phone, turn down your phone and schedule a time to read updates or watch them, then ignore it for the rest of the day. The upside of sheltering in place is that there's not that much that we need to know, because we are already doing all we can.

When I call my people, I try to talk about *everyday things that are not serious in nature*. I have found that when helping friends and family through things that are too big the practice is to just be there and be lighthearted. If they want to talk about something heavier, I listen, but I avoid bringing it up. So I talk about bread making, lawn care, new recipes from the what-you-can-get list.

I think I now understand the Great Depression era a little better. When I worked in dementia-care we played songs from that time, and they were so cheerful. It was optimism as medicine. I think that's why I appreciate that generation so much.

Georgi's Memes for May:

**If the schools are
closed for too long, the
parents are gonna find
a vaccine before the
scientists...**

**DUE TO MY
ISOLATION. I
FINISHED 3 BOOKS
YESTERDAY.
AND BELIEVE ME.
THAT'S A LOT OF
COLOURING.**

