



Riversidelines

JANUARY 2021



SOROPTIMIST VISION

Women and girls have the resources and opportunities to reach their full potential and live their dreams.

SOROPTIMIST MISSION

Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.

SOROPTIMIST TAG LINE

"INVESTING IN DREAMS"

SOROPTIMIST CORE VALUES

Soroptimist International of the Americas is committed to:

- **GENDER EQUALITY:**
Women and girls live free from discrimination.
- **EMPOWERMENT:** Women and girls are free to act in their own best interest.
- **EDUCATION:** Women and girls deserve to lead full and productive lives through access to education.
- **DIVERSITY & FELLOWSHIP:** Women from varied backgrounds and perspectives work together to improve the lives of women and girls.

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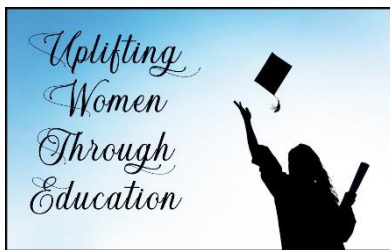
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PRESIDENT'S MESSAGE



Edith Gingerich
2020-21 SIR President



As we enter a New Year and say good riddance to 2020, we look forward to again assisting girls and women achieve their dreams and highest potential by assisting them with their education.

2020 was a hard year for everyone thanks to the Covid-19 pandemic. I'm so very proud of the resilience the women in this club have shown in adapting to new virtual conditions. As we all recall, our Live Your Dream conference had to be cancelled at the last minute due to Covid-19 conditions. As we go forward, we need to pat ourselves on the back and remember that we were able to give several scholarships and awards and have already raised over \$6,000 in donations for our service fund. We still have lots of work to do to reach our fundraising goals that allow us to assist women and girls achieve their dreams. We look forward to

a fabulous Virtual Valentine Dessert Auction beginning on February 6, 2021, in lieu of our signature Valentine's Day Auction and Battle of the Bakers thanks to JoAnn Moore and her committee.

We also have a virtual Live Your Dream: Dream It Be It Conference this year thanks to the tireless work of Michelle Paradise and her committee to look forward to! And our Salute to Service committee chaired by Paula McCroskey is making great progress already this year with 6 excellent applications for our Student Volunteer Award! We have also assisted a very deserving young woman in attending a leadership conference who will report back to us on the conference at our March program meeting. We all pray that the new Covid-19 immunizations will help lower the curve of this devastating virus and that we will soon be rid of it not only locally but worldwide! We also have a new administration coming into our country's Presidency who we hope will be very aggressive in battling the virus.

Going forward, as Soroptimists, we must keep our goal of assisting even more girls and women in reaching their Dreams! Thank you all! Your dedication to the Soroptimist mission changes lives! Keep up the good work!

Sincerely yours,

Edith Gingerich
2020-21 SIR President

JANUARY 2021 CALENDAR



ALL MEETINGS IN JANUARY WILL BE ON ZOOM

- 5 **BOARD MEETING**
12:00 PM on Zoom
- 11 **INTERNATIONAL DAY OF
HUMAN TRAFFICKING
AWARENESS**
- 12 **BUSINESS MEETING**
12:00 PM on Zoom
- 24 **INTERNATIONAL DAY OF
EDUCATION**
- 26 **PROGRAM MEETING**
12:00 pm on Zoom

FEBRUARY 2021 CALENDAR



ALL MEETINGS IN JANUARY WILL BE ON ZOOM

- 2 **BOARD MEETING**
12:00 PM on Zoom

- 6 **INTERNATIONAL OF ZERO TOLERANCE FOR FEMALE GENITAL MUTILATION**
- 9 **BUSINESS MEETING**
12:00 PM on Zoom
- 11 **INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE**
- 6- **VIRTUAL VALENTINE**
- 10 **AUCTION**
- 14 **V-DAY (GLOBAL DAY TO END VIOLENCE AGAINST WOMEN)**

**NO PROGRAM MEETING
IN FEBRUARY**

DATES TO REMEMBER



March 6, 2021
**VIRTUAL LIVE YOUR DREAM:
DREAM IT BE IT CONFERENCE**

October 1-3, 2021
**SOROPTIMIST INTERNATIONAL
100th ANNIVERSARY ONLINE
GLOBAL CELEBRATION**

July 20-23, 2022
**SIA 47TH BIENNIAL
CONVENTION**
Seoul, Korea



**JANUARY 11, 2021
INTERNATIONAL DAY OF
HUMAN TRAFFICKING
AWARENESS**



National Human Trafficking Awareness Day on January 11th raises awareness of the persistent issue of human trafficking. Though the entire month of January has already been recognized as National Slavery and Human Trafficking Prevention Month, this day is specifically dedicated to awareness and prevention of the illegal practice. This holiday is also separate from the World Day Against Trafficking Persons as established by the United Nations.

Since the Senate established this day of observance in 2007, it has drawn massive public support from individual donations to government-organized events. The horrific injustice of human trafficking can affect people of any race and background and on this day we are all called to fight human trafficking wherever it exists.

**HISTORY OF NATIONAL
HUMAN TRAFFICKING
AWARENESS DAY**

Human trafficking, according to Unitas, is the exploitation of another person for labor, domestic servitude or commercial sexual activity by force, fraud or

coercion. It is also the act of enslaving or exploiting unwilling other people. Unfortunately, slavery in some form has existed for hundreds of years and persistently exists today, though many are unaware of this fact.

Most are familiar with the slave trade of the 1400's and beyond. Instituted by Europeans, the slave trade captured and held in bondage millions of Africans from across the continent, eventually selling them for labor or sexual exploitation. This practice flourished in countries like Spain, the growing United States, Holland, France, Sweden and Denmark for centuries.

It was not until the late 1700's and 1800's that governments began to declare the Transatlantic slave trade illegal, with Great Britain setting the example in 1807 and the United States following in 1820. The slave trade became a crime punishable by death but many years passed before more widespread freedom was achieved. The Emancipation Proclamation of 1863 largely put an end to slavery and the Thirteenth Amendment of 1866 abolished it.

It was after the recognition of the Transatlantic Slave Trade as immoral that governments began to discuss "white slavery," the term used at the time for sexual human trafficking. 1904 saw the passage of the International Agreement for the Suppression of the White Slave Traffic, written into law by European monarchs, and 12 countries signed the International Convention for the Suppression of the White Slave Traffic. The League of Nations soon changed the name from "white slavery" to "traffic in women and children."

The late twentieth and early twenty-first centuries saw gains for the movement against human trafficking. In 2000, the Trafficking Victims Protection Act addressed modern-day slavery, becoming the first federal law to do so. The American charity group Free The Slaves, part of Anti-Slavery International, was also formed. In 2007, the United States Senate ratified the resolution establishing January 11th as National Human Trafficking Awareness Day. In 2010, President Obama dedicated the entire month of January to awareness and prevention of human trafficking. Today, there are over 50 established organizations that globally combat this illegal practice and more awareness has been raised than ever before.

**SOROPTIMIST
INTERNATIONAL
"ORANGE THE WORLD"
PROJECT**

**Article Prepared by:
Karin Roberts**



**"ORANGE
THE WORLD"**

The color orange symbolizes a brighter future, free of violence. It also serves as a means of demonstrating your solidarity in eliminating all forms of violence and it is therefore used as the color of the International Day for the Elimination of Violence against Women.

The "16 Days of Activism Against Gender-Based Violence" is an annual international campaign that kicks off on November 25th, the International Day for the Elimination of Violence against Women, and runs until December 10th, Human Rights Day. It was started by activists at the inaugural Women's Global Leadership Institute in 1991 and continues to be coordinated each year by the Center for Women's Global Leadership. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls.

Examples of "Orange the World" Club Projects:

SI Südburgenland Stegersbach's "Orange the World" project was very successful. Churches, city hall, castles within their geographical service area were illuminated in orange from November 26th to December 10th:

- A very impressive interview on national TV with SI Austria President Eliette Thurn.
- Official statements given by Mayor Georg Rosner, City of Oberwart.
- EU representative Christian Sagartz and Legislative Assembly President Verena Dunst showed their support for the event promoting zero

tolerance for violence against women.

- A collaboration with one of the high schools in the city of Oberwart involved students (female and male) who expressed their thoughts about violence against women in pictures. All of them are posted on the club's Facebook page.

**Soroptimist International
of Austria**

Austria clubs tripled the numbers of illuminated objects within the last three years: 223 buildings, castles, statues, landmarks, churches, city halls, government buildings, etc., were illuminated in orange for 16 days from November 26th to December 10th.



"No means No"
by student Emily Taucher.



Striking fortress "Burg Güssing."



Soroptimist International of Germany



SI Germany has 223 clubs and many of them participated in the project "Orange the World." In addition to illuminated buildings, billboards, laser shows, art installations and posters, SI members wore orange shawls, umbrellas and coats and had information tables in their city's pedestrian zones.

Soroptimist International Erlangen, Germany



Raised awareness by distributing orange paper coasters to restaurants with information for a women's shelter and help line phone number.

Soroptimist International Fürth, Germany



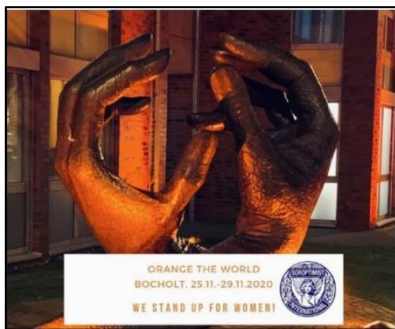
Club members collected 800 Euros in two hours for a women's shelter.

Soroptimist International Köln (Cologne, Germany)



Art installation front of their famous Gothic Cathedral (Kölner Dom).

Soroptimist International Bocholt, Germany



Illuminated the impressive sculpture "The Hands."

Soroptimist International Wuppertal, Germany



Giant Screen - Billboard

Soroptimist International Istanbul, Turkey



Soroptimist International Livorno, Italy



Soroptimist International Hesbaya, Belgium



**Soroptimist International
Chisinau, Moldova**



**Soroptimist International
Thessaloniki, Greece**



The White Tower, the landmark in Thessaloniki, became Orange after the initiation of Soroptimist Greece in order to raise awareness for the 16 days of anti-violence activism.
 #OrangeTheWorld
 #soroptimistgr
 #16Days of Activism
 #thessaloniki

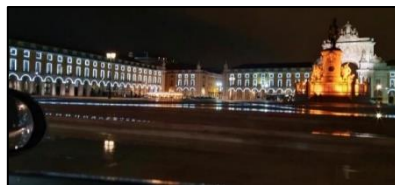
**Soroptimist International
France**



**Soroptimist International
Vaduz, Liechtenstein**



**Soroptimist International
Lisbon, Portugal**



**DECEMBER 17, 2020
VIRTUAL HOLIDAY PARTY**



Members of Soroptimist International of Riverside came together on Zoom on the evening of December 17th for a "Virtual Holiday Party."

Since we could not hold our annual ornament exchange, we each brought ornaments to the party that were special to us and shared the traditions and histories behind each of them. We played Christmas bingo which was hilarious as we tried to find the Christmas objects on our bingo cards that were verbally described to us.

Seeing member's pets and enjoying the company of two Soropti-misters was also terrific.

Since we could not meet in person this year, being with each other virtually and sharing a few holiday moments together was very memorable to all of us.

*Best Party
Ever!*



**DECEMBER 22, 2020
ARLINGTON TEMPORARY
ASSISTANCE TOY DRIVE**

Ophelia, from Arlington Temporary Assistance, greeted me on Tuesday, December 22nd, to accept the toys donated by the very generous SI Riverside ladies. The patrons were to come

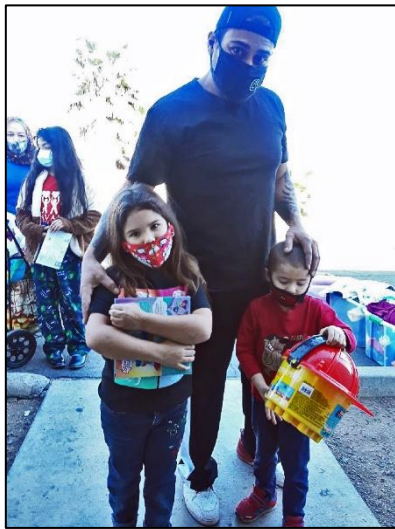
throughout the afternoon for food, unaware there would also be toys for their children. Ophelia set up three tables— one for girls, one for boys and the middle one for table games and books.



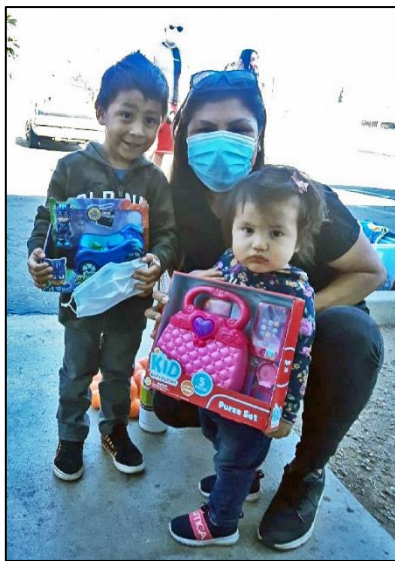
The kids were excited and were allowed to choose their toy by pointing to it, no touching. They were having fun. One little girl chose a small doll but her mother wanted her to get a big one. The girl got the small one when Ophelia said "If she chooses it, she'll play with it."



An adult special needs girl has been wishing for a baby. She chose a small doll and was thrilled to finally get her "baby". One patron has eight-year-old twins, one has COVID-19 and is in the hospital, so Ophelia set aside toys for them.

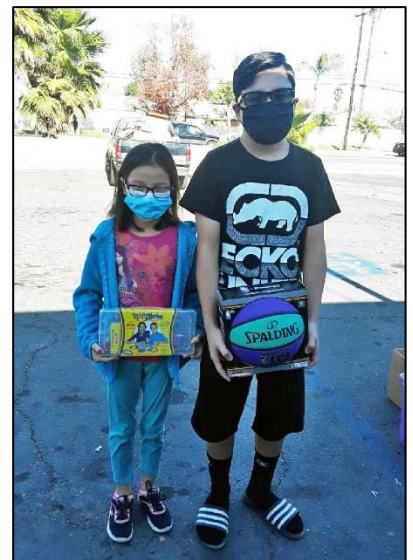


"Since we are on a very small budget, there is never money for toys," Ophelia said. "This was a real blessing." The children and parents loved it. She thanks all the members involved and wishes everyone a Happy New Year.



Just adding my thanks for your generous response. We delivered over sixty toys to put smiles on the faces of underprivileged children served by Arlington Temporary Assistance. Wishing you a New Year filled with good health, security, and joy.

Ellen Clizbe
Toy Drive Chair





DECEMBER PAMPERED CHEF FUNDRAISER



The Pampered Chef fundraiser held by SI Riverside member Annamarie Megrđichian raised a total of \$300 for our club.

\$1,064 of Pampered Chef goods were sold during the fundraiser which raised \$266 for our club. However, due to Annamarie's generosity, she went ahead and personally donated more funding to round up the proceeds to \$300.

Many thanks to Annamarie Megrđichian for holding this fundraiser for SI Riverside. In the time of Covid-19, even \$300 added to the club's treasury is an amount worth celebrating.

Thank You
Annamarie!

FEBRUARY 6-10, 2021 VIRTUAL VALENTINE DESSERT AUCTION



HAPPY NEW YEAR MEMBERS AND FRIENDS

This year holds new opportunities to reach our fundraising goals. Admittedly, it was hard at first to believe we could do things differently. Many clubs have had to suspend their activities. However, that is not what the ladies of Soroptimist International of Riverside have done. If anything, we have rethought, redone and renewed our commitment to helping women and girls succeed.

Our 25th Annual Valentine Dessert Auction will be held virtually on February 6-10, 2021. Will we miss gathering as before? Yes! Will that stop us from having a successful and fun event? No, because we are not limited to time in a space. We can reach out to more people to support our efforts. In celebration of our 25th Anniversary, we have set our fundraising goal at \$25,000.

This is where each of you can help. In January we ask that you start contacting your friends and family with information about our Auction. The committee has been working hard to create an exciting event that includes many of your favorite items to bid on, as well as

new baskets and services. We will even have Baker participation this year where you can bid on a custom cake provided by previous award-winning local bakers!

Keep checking your emails and our website for updates about our signature fundraiser. Together we can make this the best auction ever!

JoAnn Moore
Valentine Auction Chair



INSPIRE LIFE SKILLS TRAINING



December was quite a month, ending quite a year 2020. Now it's a new year and a new decade.

I want to start it by shouting out "Thank You" to the wonderful members who donated money to buy the Christmas "Wish List" gifts for one of the young ladies, Mary, who resides at Inspire House.

The special Champion jacket and Nike shoes on her list were bought, wrapped and delivered.



You are all so generous that \$100 extra was donated. We were going to use that for a special Inspire House Christmas dinner. Unfortunately, one of the young ladies was exposed to the corona virus and they were quarantined awaiting test results. If the results were positive they would be quarantined for two weeks or longer if anyone became ill. A couple of the ladies stayed somewhere else while waiting. If results came back negative, they were going to be busy or gone over the holiday. Briana talked with the ladies and they decided to cancel December's dinner so I'll be doing something special for January. The good news is that the tests came back negative.

Besides being generous with your support of what we do, many of you are very creative. For the last four years SI Riverside member Carolyn Kegarice has made Christmas stockings for each young lady and generously overstuffed them with goodies and personal items. She delivered the stockings to Inspire House on December 22nd. Carolyn, I hope Santa was as good to you as you are to others. Thank you!



There are still some opportunities to inspire the young ladies of Inspire House. They are so appreciative and you make their world a little brighter.

Happy and Healthy 2021!

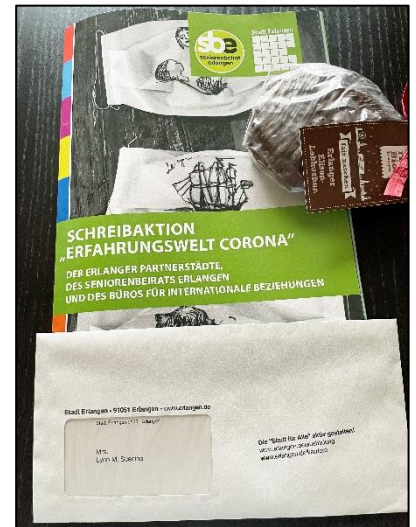
Linda Robertson
Inspire Program Chair



NEWS FROM ERLANGEN, GERMANY RIVERSIDE'S SISTER CITY & SI RIVERSIDE'S FRIENDSHIP LINK

In May/June I was asked by Nadja Steger from the mayor's office of the City of Erlangen and member of SI Erlangen for impressions about the impact Covid-19 has had on individuals in Riverside.

We submitted a few entries and four articles were chosen. One of them was from our very own SI Riverside member Lynn Scecina.



I just received a package that not only contains a booklet with Covid-19 stories from all of Erlangen's sister cities but also a personal thank you letter and some of their famous gingerbread cookies for Lynn Scecina whose

submission was included in the booklet.



Karin Roberts (left) delivers a gift to Lynn Seccina from the City of Erlangen, Germany.

Karin Roberts
Friendship Link Contact

**FRIENDSHIP LINK
HOLIDAY UPDATES**

**UPDATES SUBMITTED
BY KARIN ROBERTS,
SI RIVERSIDE FRIENDSHIP
LINK CONTACT**

**SI SUBBURGENLAND-
STEGERSBACH,
AUSTRIA**

SI Sudburgenland-Stegersback President Karin Omasits invited me on December 2nd to participate in their December club meeting via Zoom. A new member, Nicole Hahn, was introduced and she will be inducted "formally" at a later date when things change back to normal. It was so nice seeing our Austrian Soroptimist sisters in fine spirits fighting the good fight. Merry Christmas from all of us in Riverside and we hope we are able to see each other in

Sudburgenland or in Riverside in 2021.



**SI ERLANGEN,
GERMANY**

Christmas greetings from our German sister. Prof. Dr. Frauke Liers, SI Erlangen's International Goodwill contact and VP Marlene Wustner keep us informed about ongoing activities. We wish President Prof. Dr. Ursula Hirschfelder a speedy recovery and we hope to see her and all of you in Erlangen or in Riverside next year. Merry Christmas and a healthy New Year.



**SI EDINBURGH,
SCOTLAND**

Our contact, Ms. Trish Morrison, sends Season Greetings and thanks to SI Riverside for the card

and calendar. Merry Christmas to all our Scottish sisters.



**RAINCROSS SERVICE
AWARD**



Soroptimist International of Riverside has created a new recognition award which will be presented at our annual "Salute to Service Awards" event.

**HOW THE
WINNER IS
CHOSEN**

Members of Soroptimist International of Riverside will submit suggestions of worthy organizations and the Raincross Service Award Committee will select one of the organizations.

The selected organization's personnel will choose a woman from the Riverside area that they recognize as an amazing volunteer in their organization.

She must have made a significant contribution to the Riverside community through their organization and volunteered a minimum of five years at the establishment. Additionally, her volunteer work must benefit women and girls in addition to others.

The winner of the Raincross Service Award will be presented with a framed certificate at Soroptimist International of Riverside's "Salute to Service Awards" event.

SOLT
Soroptimist Orientation and Leadership Training



MEMBERSHIP QUALIFICATIONS

To qualify for membership in Soroptimist International, individuals should be, but are not required to be, from the community who support Soroptimist International of the America's (SIA) mission of providing women and girls with access to the education and training they need to achieve economic empowerment. SIA empowers clubs to be inclusive rather than exclusive when growing their clubs.

MEMBERSHIP TYPES

Regular: Those who support SIA's vision, mission and core values.

Life: Those members who achieved life member status by July 2001 and who wish to retain that status. The federation no longer bestows life membership but clubs are encouraged to honor members for years of service.

MEMBER SELF-INTRODUCTION

The correct method of self-introduction is:

Member's Name

Member's Title in her Firm or Business

Name of Firm or Business

MEMBER RESPONSIBILITIES

All members are responsible for:

- Attendance at scheduled meetings of the club.
- Membership on committees and participation in club activities.
- Attendance at region conferences and at federation and international conventions.
- Participation in fundraising events to benefit club projects.
- Prompt payment of dues to the club.

*Taken from the Golden West Region
New Member Handbook
Updated July 2020*



JANUARY BIRTHDAYS



**Kacey
Sutton-Davidson - 3rd**
Carol Allain Speer - 10th
Susan Exon - 28th

JANUARY CLUB MEMBERSHIP ANNIVERSARIES



**Jeanne Hatcher
1-09-2001**
**Kathy Michalak
1-11-2011**

MEMBER MOMENTS ON FACEBOOK





Pam Bradford posted: "Had a wonderful Christmas day in Lake Elsinore with my son Jeremy, daughter-in-law Jenn and grandsons Wes, age 20, and Braden, age 8. **BEST CHRISTMAS EVER!**"



Ellen Clizbe was tagged in a post by Kari Clizbe Haloviak: "Happy birthday to my mentor, best friend and mom. You are our family's matriarch, you celebrate our victories, you love us fiercely, you taught me to find the good in others (even the prickliest people), you laugh with me, encourage me through the tears and advise me through my foolishness. You are the kind of mom and Nani everyone should be blessed to have and I can't

wait to celebrate YOU this weekend. Love you lots!"



Jana Cook posted: "I come into my office thinking someone got me a nice bottle of GIN. Not so much!"



Chris Deviny was tagged in a post by Dawn Deviny Donatoni: "Happy birthday to my incredible Mom! I'm a very lucky girl to have you in my corner, always with love, unconditional support and really good mom advice! We love you!"



Edith Gingerich posted a memory with Carri Wingard from 4 years ago: "Friday night

celebrating the season with good friends. Good food, drinks and a fun game of Heads Up, guys against the girls and, of course, the girls kicked bootie. Thank you so much for your friendship. We are so blessed."



Susan Exon was tagged in a post by Dan Bergstrom: "Another beautiful Christmas Eve dinner with this amazing woman."



Jeanne Hatcher shared a post by Jennifer Jordan Palmer. "This is a great reminder...thank you to everyone who has served."



Charlene Hildebrandt shared a memory from 3 years ago with Tammy Somsen Gilliland.



Paula McCroskey posted: "Memories of Christmas Past."



Annamarie Megrđichian updated her profile picture. "My little cutie potooties!"

RIGHT BEFORE THE CLOCK STRIKES MIDNIGHT ON DECEMBER 31...



MAKE SURE YOU RAISE YOUR LEFT LEG. THAT WAY YOU WILL START THE YEAR OFF ON THE RIGHT FOOT.

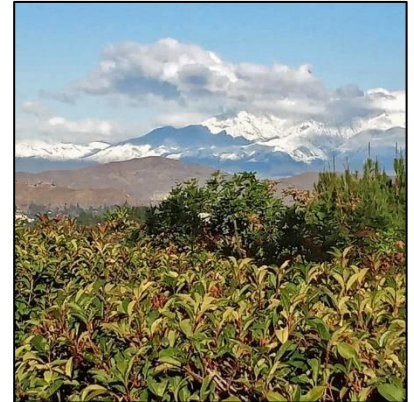
Melanie McKee posted a suggestion for New Year's Eve.



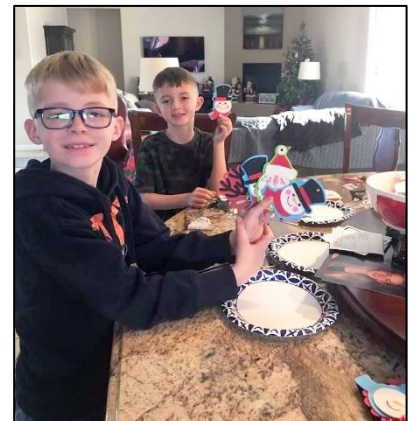
Kathy Michalak posted: "Latest project using scrap wood. I think it's a hit with the grand nephews! The only hard cost was for the sand. It's on wheels so it can be moved around."



Michelle Paradise posted: "Okay, is there anything more precious? I love my grandson Lincoln so much."



Kathleen Parra posted: "So beautiful. Going to be hard to leave. The view fantastic today. Peace from Parradise. A lil cold earlier but the sun now."



Janet Payton posted: "Making Christmas ornaments. Love these boys!"

Friends are the fruitcake of our lives. Some are nutty, some are soaked in alcohol, some firm, some sweet, but altogether, they are great to have in your life.



Honorary Member Judy Pekarek shared a post by Holidays.



Karin Roberts most loved photo from 2017: "Christmas - 1953. 20 month old Karin wasn't happy at all. Also my parents face impression tells you a lot. She won't stop crying soon."



Linda Robertson posted: "Saw this shirt ad. My motto for the new year."



Lynn Scecinga posted: "Watching 'Love Actually' with my family. One of our favorite Christmas traditions. God only knows what I'd be without them."

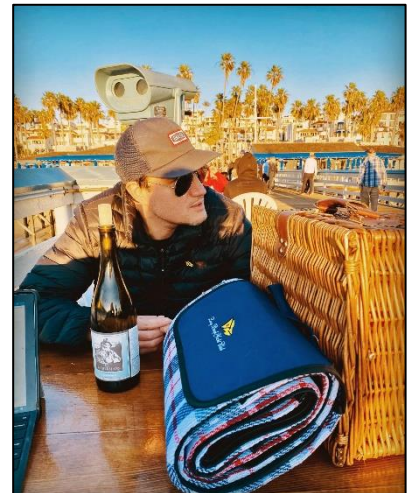


Carol Allain Speer posted: "Great photo taken at our house a year ago. We have memories of a wonderful Christmas. Miss you all. Merry Christmas to you in North Carolina this year."

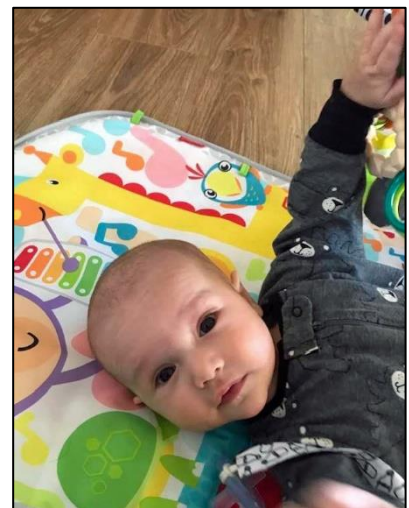


Tillie Soliz was tagged in a post by Carla Soliz Zornes: "I'm going to be a grandma again! I couldn't be happier. February

14, 2021. If you know me, you know how special this day is for me. Boy grandma!"



Kacey Sutton-Davidson posted: "Picnicking on the San Clemente Pier."



Susan Wolf posted: "Enjoyed my first full Wednesday hanging with Leo."



INFORMATION



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SOROPTIMIST PLEDGE



SOROPTIMIST®
Investing in Dreams

**I pledge allegiance to
Soroptimist and to**

**The ideals for which
it stands:
The Sincerity of
Friendship,
The Joy of Achievement,
The Dignity of Service,
The Integrity of
Profession,
The Love of Country.
I will put forth my
greatest effort to
promote, uphold, and
defend these ideals, for a
larger fellowship
in home, in society,
in business, for country
and for God.**

RIVERSIDELINES



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Submit articles and photos
by the 25th of each
month to Pam at:
pambradford@pamsemail.net

sisterhood powerful
inspiration opportunity
dream it be it awards empowerment
friendship girls support
respect community education
make a difference RESOURCES

**women
soroptimists
girls**

IMPORTANT HEALTH WARNING!



DON'T WASH YOUR HAIR IN THE SHOWER!

It's so good to finally get a healthy warning that is useful.

It involves shampoo when it runs down your body when you wash your hair in the shower.

I don't know why I didn't figure this out sooner. When I wash my hair in the shower, the shampoo runs down my whole body and printed very clearly on the shampoo label is this warning:

"FOR EXTRA BODY AND VOLUME"

No wonder I have been gaining weight. Well, I got rid of that shampoo and I am now going to start showering with Dawn Dishwashing Soap instead. Its label reads:

"DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE"

PROBLEM SOLVED! If I don't answer the phone, I'll be in the shower!

THOUGHTS ON LIVING WITH COVID-19

Corona has proved that everything around us is so temporary. Things our lives revolved around ...work, gym, malls, movies, society have all gone for a toss as we are learning to live without them. It has taught us that in the end it's your own home and family that keeps you safe.

Corona virus has turned us all into dogs. We roam the house looking for food. We're told "no" if we get too close to strangers. And we get really excited about car rides and walks.



In the rush to get back to normal, use this time to decide which parts of normal are worth rushing back to.

DAVE HOLLIS

Hello Lovely Studio

sometimes I wonder if all this is happening because I didn't forward that email to 10 people.

hello lovely studio

#covid19

We are in the midst of a highly teachable moment. There's no doubt that this period will be referred to for the rest of our lifetimes. We have a chance to go deep, and to go broad. Globally, we're in this together. Depth is being forced on us by great suffering, which as I like to say, always leads to great love.

RICHARD ROHR

hello lovely studio

The **World** needs huge **Positive Energy** ✨
♥️ to fight against the **Negative Forces**.
Go to the center of your **Inner Begin**
✓ and generate that 💪♥️
Positive Energy for the **Welfare** of the **Humanity**.
— Amit Ray

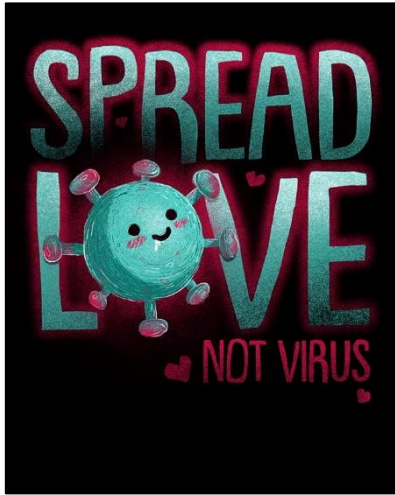
I ate 11 times
and took 5 naps
and it's still today.

Eventually, everyone will be quarantined to their houses with no sports to watch... and in 9 months from now a boom of babies will be born... and we will call them Coronials.

What this world needs is a new kind of army - the army of the kind.
Cleveland Amory www.verybestquotes.com

Spread KINDNESS not germs

NOT EVERYTHING IS CANCELLED
sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled,
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled
#keeplookingup
SimpleStencils.com



Your grandparents were called to war. You're being called to sit on your couch. You can do this.

EVERY DAY MAY NOT BE GOOD... BUT THERE IS SOMETHING GOOD IN EVERY DAY.



the pandemic is not over just because you're over it.

This pandemic did come with a few silver linings... most of us soon realized it was not the material things we missed, but the human contact. We craved for the company of others, joyful conversations, hearty laughs and strong hugs... in the end that's what mattered most and that's what life is all about.



BizWarsMagic

To everyone struggling with being alone during isolation... this is how our grandmas and grandpas and parents feel when we don't visit. This is how the older people in nursing homes feel when no one visits. Remember them when this is over!

Ok, but honestly. How blessed are so many of us that during a global pandemic, we can just stay warm at home, reading, working, still being educated, creating, talking to our loved ones, with little worries and a fridge stocked with food?

Do remind yourself to be **grateful** today.

I hope the next pandemic is 'world love' and may it spread like wildfire.



SR

Please, don't mistake my humor about the virus as a lack of seriousness or concern.

Laughing through hard times happens to be how I got through my whole life.

SimpleReminders.com

If they had just called it "the stay at home challenge" and posted it on Facebook, the virus would be gone by now.

I think that when the dust settles, we will realize how very little we need, how very much we actually have and the true value of human connection.

The best thing you can do during the Quarantine Period is to wake up every morning and go back to sleep again.

Quinn

when this is all done, remember to continue social distancing from people that drain your energy.

shehaus.com

You never appreciate what you have till it's gone.
Toilet paper is a good example.