**WEDNESDAY MORNING DIALOGUE MEMBER RECOMMENDATIONS**

**ZOOM MEETING, AUGUST 12, 2020: LET’S CHAT!**

**EDUCATION**

* Fromm Institute for Lifelong Learning online courses and videos of prior classes [Candace Engelsen]
* Osher Lifelong Learning Institute (OLLI) courses at Dominican University [Denise Lucy]
* Emeritus Students College of Marin (ESCOM) lifelong learning program
* Ted Talks
* Duolingo free basic language learning app (good for brush up)
* UAdemy.com has discussion forums and classes on neuroplasticity [Christina Gerber].

**SOCIAL ACTION & VOLUNTEERING**

* Writing postcards for the NAACP advising people to check & see if they are still registered to vote [Jan Vazquez]
* I also write postcards for the NAACP to people to check to make sure they are still registered to vote, as they were probably dropped from the voter roll. Gail Haar's husband linked me with a coordinator. You can email Judy at Politicaljudy@gmail.com and she will arrange for you to get set up with names and addresses, likely with another coordinator. It helps me feel I'm doing something to help in this election besides just sending money [Laura Armor].
* Elders Action Network has some ways to get out the vote [Deb Coburn].
* To send postcards to people in other states regarding Get Out the Vote, etc., contact team leader Larry Bruser at politicallarry326@gmail.com, Subject Line: NEW POSTCARD WRITERS [Barbara Rowe].
* I have been volunteering at the Food Bank, in the warehouse occasionally, and lately driving to deliver to home-bound seniors [Candace Engelsen].
* Audubon habitat restoration volunteer work, which is outside with social distancing [Debbie Ablin].
* Mary Denton reported on their work at Side by Side in San Anselmo, providing mental and behavioral health for youth and family members in 4 counties. They are holding their own but have had difficulty maintaining necessary funding; Deb McClanahan recommended resources offered by Craig Newmark (of Craig’s List). **NOTE**: Check out their 2020 Gala at https://www.sidebysideyouth.org.
* Suggestion: **Volunteer for Wednesday Morning Dialogue Board!** Contact susanbloch@comcast.net

**CONNECTIONS**

* Increased use of social media (e.g., Zoom) to keep in better touch with friends and family across the country [Leslie Miller].
* Looking for patio dining options to meet friends for lunch, in Novato and north Marin. Suggestions? [Candace Engelsen]:
  + Toast patio on Nave Drive in Ignacio [Kathy Runyeon]
  + Beso Bistro and Wine Bar at Hamilton [Leslie Miller]
  + Lunch at Las Guitarras Patio in Novato [Jeanne MacLeamy]
  + Still have to maintain distance and masks. For eating I think we need to make sure the distance is increased and out of doors. Obviously, the servers have to be masked up [Jan Vazquez].

**BOOKS**

* Books by wonderful Seattle author Erica Bauermeister; e.g., *House Lessons: Renovating a Life*, *The Scent Keeper*, *The School of Essential Ingredients*, and others [Becky Bingea].
* Book Passage (bookpassage.com) has free Conversations with Authors, broadcast on Zoom, every Sat and Sun at 4 pm. They are wonderful [Mary Denton].
* 2 summer reads: *The Lost Girls* by Heather Young and *Broken for You* by Stephanie Kallos [Susan Bloch].
* I’m taking a deeper dive via reading into racial injustice and its history in the US. I read *Black Like Me,* watched some speeches by Baldwin, and am looking into SURJ, an organization mobilizing action against racial injustice (Jan King].
* *White Fragility: Why It's So Hard for White People to Talk About Racism,* by Robin DiAngelo,for deep insight into systemic racism and our own related issues [Laura Armor].
* *Begin Again*: *James Baldwin's America and Its Urgent Lessons for Our Own*, by Eddie S. Glaude Jr. [Deb McClanahan].
* *Caste: The Origins of Our Discontents,* by Isabel Wilkerson (in Oprah’s book club). She also wrote *The Warmth of Other Suns: The Epic Story of America's Great Migration*. Excellent writer and thinker [Cherie Sorokin].
* Using the library services.

**HEALTH AND WELLNESS**

* Have heard from others that this is a time to deepen our relationships and develop our lives spiritually, mentally, physically. Wonderful [Laurie Nardone].
* Coursera.org has free online courses, from top universities like Yale, on wellbeing and happiness [Christina Gerber].
* Zoom yoga classes [Barbara Salzman]
* For yoga, I LOVE Yoga by Adrian on YouTube. Tons of classes and she’s a doll! [Jan King]
* Our Tai Chi group from the Y now meets every 2 weeks by Zoom and do the long and short form! [Elaine Biagini]
* Zoom church with WMD member Pastor Linda Lane-Bortell, Sundays at 11 a.m. [Christ Presbyterian] [Kay Noguchi]; so great to be able to join in worship services all over the country! [Barb Rowe]
* “Waking Up” daily mindfulness meditation app with Sam Harris [Jan King].
* A number of our members are self-employed and/or working for non-profits. How are you doing? Getting a loan or unemployment to stay afloat? What are your experiences? [Jan Vazquez]
* Connie Prodromou recommended her free, 30-minute guided meditation on Wednesdays at noon, also recorded for 24/7 access, with a follow-up download sent out the next day. No experience necessary. If interested, email Connie at conprolac@gmail.com for more info.

**RECREATION**

* Hiking [Laurie Nardone and others]
* Traveled to Sea Ranch with wonderful accommodations that have been cleaned extensively [Mara Perez].
* Zoom watercolor classes from College of Marin with Julie Cohn [Marty Nelson].
* We have been camping in our van in the Sierras at Forest Service campgrounds [Kay Noguchi].
* Virtual folk dancing on Zoom [Debbie Ablin]
* Travel webinars from expedition travel companies [Debbie Ablin]
* Virtual uke playing and singing! Very uplifting! [Barbara Rowe]
* Cross-stitch [Debbie Ablin]
* If you have a garden and a library, you have everything you need! Local hills and nice neighborhoods help, too [Cynda Vyas].
* Local drive-in movies on the weekends [Keri Pon]
* A terrific new program on Netflix called “After Life.” I've been recommending it to everyone - it will make you laugh out loud one minute and cry the next minute. Very good [Laurie Nardone].
* Series on Hulu, “The Great,” loosely based on Catherine the Great of Russia and is a comedy [Leslee Budge].
* “13th” documentary film on Netflix that explores the intersection of race, justice, and mass incarceration in the United States. It is titled after the Thirteenth Amendment to the United States Constitution, adopted in 1865, and comes forward to 2016. Excellent [Leslie Miller].

**HOME(WORK)**

* Keeping a journal during Covid - think it will be interesting to look back at later - and maybe for my kids [Barbara Rowe].
* Cleaning up my piles of papers! [Barbara Salzman]
* Scan old photos to pass along to your family
* Gardening
* I’m preparing for PG & E outages, fire storms, scanning important papers/documents to the cloud, completed my Advanced Healthcare Directive & notarized and ready to send to Kaiser and family [Elaine Biagini].

**COOKING**

* Interactive cooking classes with Chef’s Feed [Keri Pon]
* Agree that cooking new things helps monotony of cooking. I’ve been cooking some quick Asian dishes, like noodle dishes and stir frys [Jan King].
* I love to cook and bake, but I am intimidated by anything that involves yeast! [Mary Denton]
* I tried to get into baking at the beginning of COVID, but there was no yeast in the stores! [Leslie Miller]
* I baked like a mad woman starting back in March. I am not a baker and have now reverted back to my “real” self. However, for the couple of months where I was baking muffins and scones on a regular basis, I realized that after gaining 10 pounds...seriously 10 pounds...I needed to find a different hobby [Laurie Nardone].
* My sourdough is a 2 loaf a day habit aiming for the perfect loaf. Let me know if you want a starter via email or txt and I can leave on my porch for you with care instructions [Jennifer Bowman].