Kisha Lendore (she/her), Tech:  Good Day and Welcome Back! Please use this link to sign in:
https://forms.gle/gRkejaXKfECC3tuC8
Please use this link to access today’s slide deck:
https://www.dropbox.com/sh/5oscyz8erc1v3pg/AAC3rEAsFC2LM8cm5UpiryMDa?dl=0

louis allen: Hi all, Louis Allen

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Jessica Bee, she/her: Memories of camping in my hammock with my kids and friends.

Angela Glore: Good morning from northwest California. My cat can calm my breathing and mind any time.

Sam Black: Hi everyone, I remembered the last Qigong practice I did. I am new to it - I just signed up to be a research participant run by the Confucius Institute who are researching Qigong being used to help people strengthen lungs to make them stronger in case they catch Covid to help them recover. I've found it so relaxing.

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David Dooley: I'd like to share a free aces prevention resource...bumper stickers! Advancing Parenting, a CA nonprofit, produces parenting tips bumper stickers and makes them available at no cost to any organization. There are fifty-one in a set and each sticker communicates a parenting behavior or practice generally recognized as supporting the healthy development of children. Just one will be read thousands of times!

Bumper stickers are a unique and powerful way to educate everyone about parenting and prevent child abuse five, ten, twenty years down the road. At stoplights drivers and passengers point, smile, and nod. Conversations begin and often a phone is used to take a photo of the sticker right at the stoplight. Presumably, they are being shared on social media. It's wonderful to see!

The stickers can be put in holders and placed on counters and tables so folks can select one or more for their cars. Visit www.advancingparenting.org to order this free resource.

jul bystrova: good material but really hard to get it all. can you please slow down?

Jessica Bee, she/her: I notice the presenters are really great at sharing the materials with us after the presentations so we can re-watch or look at the slides as needed.

Kristina Spaude: Kisha has shared that the slides are located here if that helps some:
https://www.dropbox.com/sh/5oscyz8erc1v3pg/AAC3rEAsFC2LM8cm5UpiryMDa?dl=0
Anna Christophersen: Hello, unfortunately I was not able to download the slides from last week's session. Would someone be so kind as to share the presentation again?

Kisha Lendore (she/her), Tech: Here is the link to last week's slide deck:
https://www.dropbox.com/sh/gehsyz1atgothsq/AAAdCZRNXrJoEsLTpoalXva?dl=0

Anna Christophersen: Thanks a lot :)

Kisha Lendore (she/her), Tech: My pleasure Anna!

Jessica Bee, she/her: Could I get week 1 video link from 2-9-2021? Thank you for considering!

Peter Chien: What are you proud of in your community?

Sonya Jakubec: What matters most...

Theresa Hioki: I would ask about their experience: both positive and negative. I would try to focus on the positive.

Tijana Vukicevic: What are your priorities?

Elaine Miller-Karas (she, her): I am so grateful for you sharing your dreams with me, is there anything that exists now in your community that could help start working on this dream?

Jessica Bee, she/her: Who do you know who has a strong perspective on this work in the community?

Christine Brugler: I'd ask for them to share their "heart thoughts" about resilience and being TI, for it's my experience that w/o the "heart connection", some professionals seek these roles for themselves (and know the words to use), vs. for others (and being a "servant leader").

Sri (she/elle): The question "What matters to you?" is a great place to start. Also "What brings you joy?"

Christine Brugler: Yes, great discussion starters ;)

Elaine Miller-Karas (she, her): I love positive gossip!

Xavier Justice: I like that... people need to exchange value

Angela Glore: This is sobering. Our empathy interviews with families five years ago definitely indicated very low reciprocity with similar proxy questions.

Sonya Jakubec: Priorities and values are felt, and can be accessed. The power of listening... thanks for this!

Tijana Vukicevic: What stood out for me is the time and care that goes into planning and really tuning in to the community.

Becky Zakowski: In the early years the 'plan' is purpose, values & principles derived from interviews...

Jessica Bee, she/her: That it may be important to acknowledge that money does not seem to make the list of building reciprocity which is important for people in a consumerist capitalist society to be aware of in their interactions, program planning, and consideration of our moral responses.

Charles (Chuck) Areford: The organic way of networking, relying on what is already present in the community.

Christine Brugler: Intentionality in creating a self-healing community.

Jessica Bee, she/her: It also strikes me that we all have gifts to give and we can help others see this is true in our efforts.
Jessica Bee, she/her: I try to tell a story about what the impacts will be in 5 or 10 years or show how the strategic needs will support felt needs.

Mona Delavan: environmental health as central element

Angela Glore: We both really liked the idea of generational "growing up" stories and creating a seasonality for community work.

Sri (she/elle): Much gratitude to Sonya for a great breakout; I wish we could have recordings of our breakouts! :D

Sonya Jakubec: so good... big discussion about dreaming, concepts of tie, connection to place!

heidi rogers: Holly and Guy - here's the link to the movie Guy was discussing :) https://www.imdb.com/title/tt7279188/

Sonya Jakubec: Sri is decolonizing the networks! Love it!

Holly Gumz: Thanks, Heidi!

Sonya Jakubec: Not tie - but time...something we can revisit on human level

Sri (she/elle): Thanks Sonya! :) You're doing it with me, and liberating other organisms sharing the planet with us while we're at it :D

Linda Kruger: We have so many groups in town and people who are committed are already committed to an existing group. Looking for opportunities to introduce this information by going out to existing groups to encourage them to incorporate these ideas will be a good start.

CHRISTINE BRUGLER: great discussion - shared challenges in all 3 of our work!

Kisha Lendore (she/her), Tech: Please use this link to complete a brief evaluation: Evaluation of the Feb. 23 Session of the ITRC Training Program

Please use this link to sign out: https://forms.gle/gRkejaXKfECc3tuC8

Charles (Chuck) Areford: Use retired mental health workers who were frustrated with lack of community focus of their previous work.

Tim Neubauer: Laura do you have this exercise written down in a document?

Bob Lieberman: Actually the name emerged from one of those generative group processes, especially from a youth peer support specialist who shared her unique gifts with us.

Angela Glore: I was part of that type of community visioning 30 years ago in my hometown. It led to a farmers market, an artist open studio tour, and a farmland preservation program that still go on today.

CHRISTINE BRUGLER: acknowledge importance of everyone's role/giftedness

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Please use this link to sign out: https://forms.gle/gRkejaXXfEcc3tuC8

Tim Neubauer: Laura could you put your email in the chat?

Angela Glore: Thank you so much! Great session.