It's being present that really counts.

Whether in the same space or miles apart.

The other listener... One person speaks, one orar listens.

Stimulated, refreshed.

Equal space on the screen.

Zoom connection.

Surprising benefits.

Family and friends, students, teachers, colleagues.

Distance is no barrier for Michael and me.

The world of Zoom can bring us closer.

SCREEN TIME, TRAVEL, AND CONNECTIONS

BAKING, KNITTING, READING, SINGING

Slow-paced pleasures, easy to share.

During the pandemic, my partner-in-life, Michael, perfected how to bake hearty, crusty country bread.

A generous stranger on YouTube taught me how to knit socks with perfectly shaped heels.

Dear reader: What are your favorite slow-paced pleasures and practices to keep?

In our family, we began reading and discussing books together, just as we did when our daughter was small.

A pick for adults:

Braiding Sweetgrass
by Robin Wall Kimmerer

Wonder
by R.J. Palacio

And one for kids:

Six months in, I began learning the guitar. My singing vocabulary is blooming up rather pleasingly. It brings poetry to my days.

Who knows—maybe someday I'll be jamming with others on the green...

If the pandemic has taught me anything, it's that joy is resiliency.

KIRSTEN FEDOROWICZ

KEEPERS:
Earth-Friendly Pleasures started during the pandemic

BY NC

to make more, download this FREE zine at

www.TransitionASAP.org or RegulaRusselle.com

My website also includes instructions on how to make and fold an 8-page zine.

Regula