



## Loving Cohousing

February 19

9am-3pm Pac 12-6pm East

## All Work and No Play? No Way!

### Chat & Links

00:36:26 Shelly Parks - Skagit Commons: shellyskagitcohousing@gmail.com

00:37:46 Shelly Parks - Skagit Commons: You can also go onto Skagit Commons' website and fill out our contact form. If you do that you will be on our email list and we do a fantastic e-newsletter.

00:38:32 Rm2 Host :: Neil (he): Here is the direct link <https://www.skagitcohousing.org/keep-in-touch.html>

00:39:28 Robb AZ to CO cohousing: Robb.itkin@openmindventures.org 602 738 5000

00:49:39 Ann Lehman: I

00:50:58 Ann Lehman: I'm on Fun committee and this week along at PDX Commons, we had our one every two months birthday celebrations, where we researched things that happened on that persons birthday and shared them with group with dessert and champagne.

00:52:41 Ann Lehman: We are also celebrating "Random Acts of Kindness" week (a real holiday) and here are examples of what you can do

00:53:55 Ann Lehman: Wondering how you are all doing with your random acts of kindness. Perhaps you already do quite a few without thinking about it but here are some suggestions just in case.

1. Ask someone you don't normally eat with to join you for dinner
2. Make a cup of tea/coffee for a neighbor.
3. Share something you baked with the community.

4. Tell someone you like what they are wearing or anything you notice about them that is positive.
5. Offer to shop for someone.
6. Ask someone you don't know that well a question about their childhood
7. Call a friend you have not talked to in awhile just to say hello
8. Call you brother or sister or aunt or uncle to share your love
9. Pick up some garbage you see in the building or on the street
10. Leave an overly generous tip for someone

Just a few thoughts.....let's keep those acts of kindness rolling....and if you are comfortable sharing put them on the white boards to give others some ideas.....

00:55:16 Rm2 Host :: Neil (he): Love those activities - Wonderful! Thank you Ann

00:55:23 Miriam - Sunnyside Village: Is there an ideal size for these community building activities (or a non-ideal size!) About how many attend Happy Hour?

00:56:44 Toni Gainesville Cohousing (she): QUESTION

00:59:14 Jenny Bixby: We do handmade birthday cards (one person loves to make them) each month, put them in the CH, and people sign them. Then at monthly meeting, we sing happy birthday, have cake, and give the cards.

01:00:54 David he/him Shepherd Village: We added enrichment to the name of our social team. Things that we can learn together - virtual and in person.

01:00:54 Vicky (she/her) Wasatch Commons UT: Question: What software do you use for your FANTASTIC e-newsletter??

01:01:02 Kathleen -Prairie Sky (she): How big are your breakout rooms for checkins? How long is your Community Heart Connection in how long of a meeting? Any tips on dealing with resistance to adding that to 'business meeting?'

01:01:15 Toni Gainesville Cohousing (she): eXAMPLES OF GRIEF PLEASE.

01:01:25 Jenny Bixby: What about fun activities in the middle of a longish (2hour) biz meeting? Not the check in. On Zoom I recently had a stand up and dance break and played a YouTube of "Here Come the Sun" It was really well received.

01:01:42 Rm2 Host :: Neil (he): @vicky: I know Shelly is a fan of hubspot

01:01:42 Christie's iPad: Is there a limit on time for each person's check-in?

01:01:43 KB Prairie Sky- 18 households - Calgary (she/her): Do the members who are Zooming in from further away all planning to live together at some point? Can you see a time when Zoom will not be used?

01:02:08 Rm2 Host :: Neil (he): <https://www.canva.com>

01:03:52 David he/him Shepherd Village: We also have regular circles where each sub group meets to connect and share

01:04:06 Bob Leigh: Have you encountered people who prefer business-only and show up after the checkin? How do you deal with that?

01:04:30 KB Prairie Sky- 18 households - Calgary (she/her): Comment: Engineering something in at the beginning is usually more accepted than changing norms after they are habitual. :-)

01:08:10 Susan Virnig (she/her) Spokane: In Spokane at the beginning 5 years ago we have a gathering called "Leaving the Home You Love" which is a source of grief for many of us, having lived in our homes for decades.

01:10:51 Bob iphone: "Next year in the Cinnon House"!

01:12:08 KB Prairie Sky- 18 households - Calgary (she/her): Thank you so much for starting the convo on Play with the reality of grief - and how acknowledging can make way for play!

01:13:29 Susan Virnig (she/her) Spokane: In Spokane our Membership Team invites everyone to join half an hour before the business meeting to chat.

01:13:48 Christie's iPad: We so miss our potluck/social time that preceded our in person meetings, that we started having a half hour social time preceding our HOA meetings.

01:14:49 Jenny Bixby: Thanks!