

The

Quarantine



These Unprecedented Times

Issue No. 1

March 28, 2020

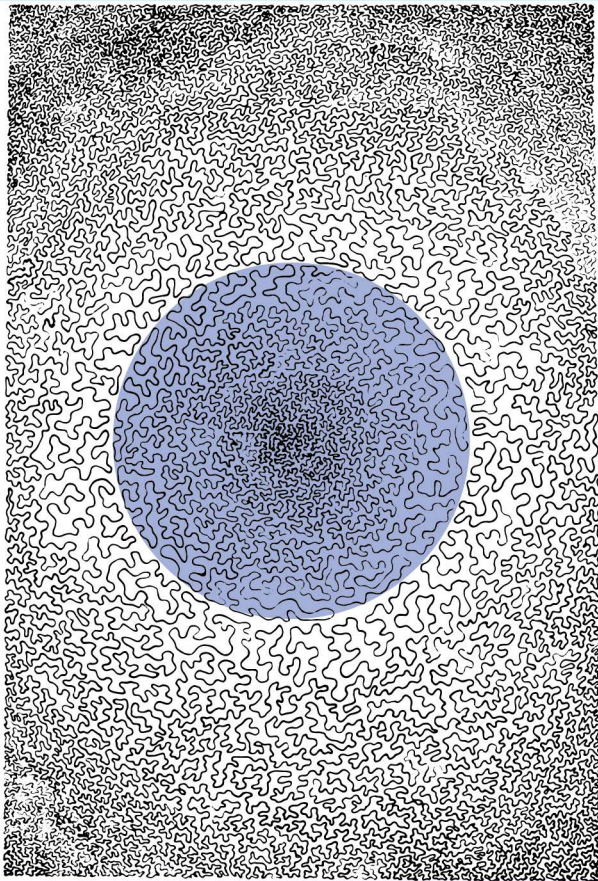
Hello Friend!

A wise person advised me this week to focus my energy and my thoughts on all that is wonderful right now. Yes, times are strange and we are each struggling with our own burden. At the same time, we have an amazing opportunity to experience life in a new way. Isn't this the "one day" we all wish for when life slows down a bit? I hope you can find the moments in your life where this is true.

In light of this intention to lean in to the bright spots, our issue this week is focusing on something beyond coping - maybe even thriving. I believe we can honor the struggles while still growing and reveling in the beautiful moments.

We're working on implementing some expanded functionality for the zine - look for hyperlinks in pink for larger and longer content. As an example - [here is an article](#) on overcoming the victim mindset. I hope it inspires you on your own journey towards thriving!

Love,
Cambria(insert signature)
Your Quarantine Queen



Some Evidence for the Possibility of Thriving

1. Kev just proposed his thesis (over zoom!) and is now officially a PhD candidate.
2. The Whitcomb clan has expanded by one healthy baby girl! Mike and Bronwyn welcomed her into the world on March 26.
3. I am learning a lot about what is important and what I want in my life.
4. Getting to visit the garden in the middle of the day is affording ample opportunities to get to know the neighbors better - from a distance.

garden update:

(click through
for more photos)



Guest contribution:

Pierce Velderman; Memphis, TN

As a teacher, I'm used to a heavily structured day - teaching bell to bell, somehow finding a lunch and planning period in between meetings and parent phone calls - eventually making it home to correct papers and plan the next week's lessons. While I've been told to be ready to be on the clock during normal working hours, I haven't received any work assignments other than to check my email three times daily. There are even rumors that there might not be a fourth quarter to wrap up the end of the school year.

Having gone so quickly from one extreme to the other has made me really think about my time. I've taken some effort to make a new daily routine. I'm at my best when I'm at my busiest (or most scheduled). Every day consists of small goals.

[click here to read more](#)



Environmental Healing

1. “Good Quality Air Days” increased 21.5% in China last month.
2. San Francisco, New York, and Seattle have seen 40%, 28%, and 32% decrease in airborne particulates compared to last years data from this time.
3. Venice waterways are clear enough to see fish swimming again.

Perhaps we can be reminded of how our world could be if we reconsider our consumption and change our habits in lasting ways.



sourdough update:
We started a starter.

This is the time

Start that project you keep putting off! Learn a new skill or reach out to some distant friends. You have plenty of time (6+ weeks here)! The following are highlights from [my own list](#) that are helping to keep me engaged and awake to my life right now instead of wallowing in the unsettling facets of quarantine. In this way, getting all shook up is really great!

- | | |
|---|----------------------------------|
| 1. Start a zine (woo!) | 6. Create some new garden beds |
| 2. Eat lunch outside | 7. Update my website |
| 3. Start sourdough | 8. Reorganize our kitchen |
| 4. Meditate for 30 minutes
3 days in a row | 9. Play board games over
zoom |
| 5. Walk ~3 days/week | 10. Knit |

The
End.

Let us know what updates you want to see
in Vol. 2