

Community Conversation recap

Wisdom Cafe (3/2) – How many metaphoric rivers did you have to cross in your life recently? - notes by BarbD

(Definition of metaphoric river: A fast flowing turbulent part of the flowing river)

My metaphoric river is . . .

- My Facebook account was hacked
- COVID and how it changed my life
- Wanting to travel to Germany in July but my concerns about safety
- I am in my metaphoric river, but Spring is near and I know life will get better
- Stress caused by having to ask my patrons to wear masks and their resistance
- I will continue to wear a mask for awhile. General consensus was most of us will continue to wear a mask, although it is not always comfortable
- The mask mandate is my metaphoric river - questions such as when to wear it, when not, has been a continual dilemma
- Accepting that my daughter will be moving out
- Concerns about long term COVID

Do you agree that life is 10% what happens to you and 90% how you react to it? Why

- I believe that if something bad happens to you, you have 3 choices:
 - Take the high road and deal with it
 - Get mad
 - Get revenge(If you choose #1 taking the high road- the outcome is much better.)
- I have a problem getting rid of plastics. We use Ridwell that comes to the house and recycles plastic, light bulbs, Styrofoam etc.
- I believe if 10% of us were environmentally aware, then we can influence others and together we can make a difference,
- I believe we have absolutely no control over anything outside ourselves. Look at Ukraine, they were in control until last week. The reality is plastic is cheap and convenient. It is better than the glass we used to use. However, it does not decompose. Perhaps if we stopped buying it, they would stop making it.
- I remember when we used to be able to buy a printer cartridge and when it was empty, we would send it back. Today we simply throw it in the trash.

What coping skills have you developed to deal with your feelings? - One good thing coming out of COVID is I learned patience, and that is an important life skill.