



Zoom-chat Discussion Notes

- ✓ **Dave Kragen:** Welcome to BBC Friday, year 2, week 13. "The Old Messenger House Being Reborn as Cutting Edge Retirement Center," Kevin Dwyer (theislandwanderer.com).
- ✓ **Wynne Jacobson:** put space [time] between things to think, breath, do art.
- ✓ **Bill Ruddick:** do things slowly, deliberately, focus.
- ✓ **Cilla Utne:** favor the Zen, meditative, peaceful, keeping it simple, do less but do it well.
- ✓ **Robert Weschler:** Book recommendation, for another perspective, *Bullshit Jobs* (2018), by Dr. David Graeber.
- ✓ **Louis Alloin:** B.I. Fort Ward Amateur Radio Club blood drive, need more commitments for Islanders - [Flyer](#).
- ✓ **Chris Miller:** Starting at new office, Windermere, Bainbridge Island (MrChrisMiller@Windermere.com).
- ✓ **Steve Kersten:** both sides, I see the good and the common elements between both lists.
- ✓ **Steve Rabago:** Arts & Humanities Bainbridge PAC (Public Art Committee), ahbainbridge.org/public-art-2/; consider in July, at possibly first non-virtual BBC back at OfficeXpats, to have an art show featuring upcoming public art.
- ✓ **Mickey Molneaire:** Grand Old 4th updates: bainbridgechamber.com/2021-grand-old-4th-pandemic-edition/.

COVID-19 pandemic status report (Worldwide & US) worldometers.info/coronavirus/ — 2 weeks interval
Previous 28 May 2021 Deaths Worldwide: 3,544,254 / Deaths United States: 609,169 (17.2% of world deaths)
Today 11 June 2021 Deaths Worldwide: 3,768,719 / Deaths United States: 614,054 (16.3% of world deaths)

Today's rogues gallery of BBC regulars

thanks, everyone, for a great business support community

Zen Things

1. Do one thing at a time
2. Do it slowly and deliberately
3. Do it completely
4. Do less
5. Put space between things
6. Develop rituals
7. Designate time for certain things
8. Devote time to sitting
9. Smile and serve others
10. Make cleaning and cooking become meditation
11. Think about what is necessary
12. Live simply

Entrepreneurial Things

1. Multi-task effectively
2. Do things quickly
3. Do just enough
4. Do more
5. Overlap tasks creatively
6. Develop checklists
7. Be flexible
8. Get off your butt
9. Smile and serve customers
10. Hire good people whose business is cooking and cleaning
11. Think about every alternative
12. Live intensely



