

Yin-Yang (both celebrations and griefs)

Dear friends,
I am slowly gaining some energy, as you can see from this long document with 8 pages of photos!

The second half of 2023 brought us "The Hottest Year Ever"; 2024 is starting with small celebrations, mixed with some grief, and a prospect of big changes coming up -- as well as some "standard" trips -- and lots of parties! so here are my news between August 2023 & February 2024:

- Large-ish Personal Achievements:
- * I survived leg injury & a breast-cancer scare (NO CANCER!) & other (minor but painful) illnesses (or LongCovid?!)
 - * attended a week-long [DeGrowth conference in Zagreb](#)
 - * spent a week in Berlin with Charlie!
 - * Published an article [AI is Ecocide](#) (in Project Syndicate magazine)
 - * attending a week-long IETF in Prague
 - * Attended & reported from [Computing Within Limits](#)

- My plans for 2024, in chronological order:
- * becoming "registered partner" with Arnd - after 12 years of being together!
 - * applying for Dutch nationality (March)
 - * (Arnd & Charlie will be in Japan 15.3.-10.4.)
 - * InterRail to Athens, Croatia, Austria, Poland (19.April-25.May)
 - * two weeks in Berlin! (5-15.June)
 - * moving houses (1st August)
 - * decluttering & getting used to changes & waiting for the Dutch passport (September-December)

You are invited to celebrations! Exact dates will follow!

- * **ex-Yu party: Saturday, 6.6.'24. , Osdorp**
- * (un?)-civil-wedding party, May-ish, Osdorp
- * house-leaving party: end-July, Osdorp

& check out many other events where we could meet: <https://wiki.techinc.nl/Sustainability#Events> (althou I'll skip most of them...)

Offers & needs: come visit us while we are in the "big house"! And invite me to visit you! Mostly after August...

Love & kindness,
Vesna
Mid February 2024, Amsterdam

My Health & Other Successes



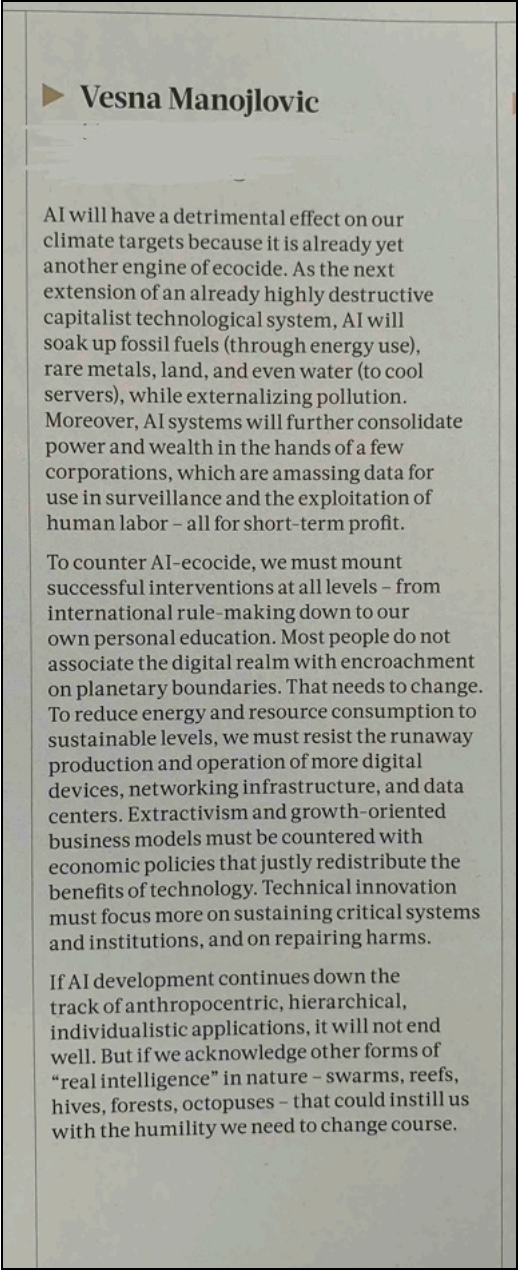
^^^ I can walk again, after thorn ligament 90% healed within 10 weeks || Recognition for 25 years @NCC



^^^ Scars from biopsy for testing breast-cancer = NO CANCER!



^^^ Charlie's 18th Birthday || Marina's birthday party || Alisa & Talia at XR protest || Exhibition



Big, Bad News

- * Dutch politics took a turn to the worse in November: an even more fascist party won the elections! (PVV/Wilders)!
- * New war by [Israel against Palestine](#) started in October
- * 2 years of continued Russian war in Ukraine...
- * Global temperatures reached +1.5C average over the 12 hottest months ever recorded: [article](#), [article](#), & [article](#).

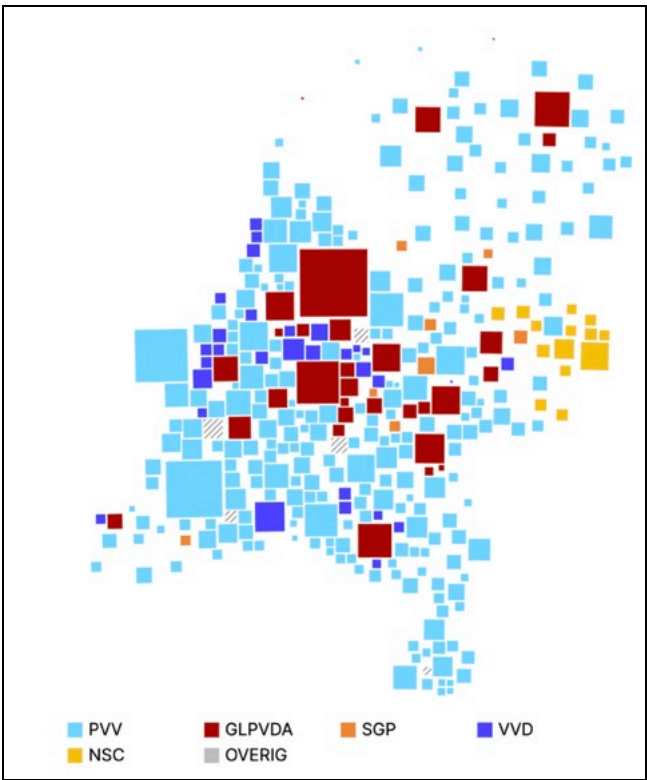
* Sadly, there were also many people whose death has touched me personally & who I mourn:
Nena, Bracko's wife; David Golumbia; Neighbor of my mother: Chika Kojic; Emir's grandmother; Tetka Ana (mother of Milica & Jovica; Shark! neighbour & friend in Lika & Blender contributor from Austria, who washed off into the sea by a Greek flood, on his honeymoon (together with his wife)

Smaller news:

- * I modestly celebrated : my own birthday, Charlie's 18th birthday, 25 years of work for RIPE NCC
- * had two more summer vacations: at the sea & in Lika
- * did not travel to Rome : attended RIPE87 remotely & in LocalHubs!
- * did not travel to Hamburg, attended CCC remotely & in a Local Hub at my home :)
- * attended my 3rd OFFDEM in Brussels
- * Helped Ana Dzokic to organise an exhibition >Loves Me / Loves Me Not< in Amsterdam
- * applied for many grants & funding, no luck yet
- * I traveled everywhere by train (bus, car, bike), no flying since 2018 (so not new, but persistent...)!
- * re-fitted a small bike into e-bike (long story, for another time...)
- * BP-14: got solar panels installed; old tenants leaving soon; I got a new (potential) tenant who's also a friend
- * Skye has been living with us since September, when Alisa moved out
- * we had many friends & family visit us: Paul, Selena & Gordan, Su, Josephine, Dusan, Natasa & Hellekin, Sabrina, Akos, Anika, Drew & Lwenn, Mike from Belgium, Valerie&August, Tremmel & Holly, Patrice (multiple times), James Rice, Ben, Ana & Ana...

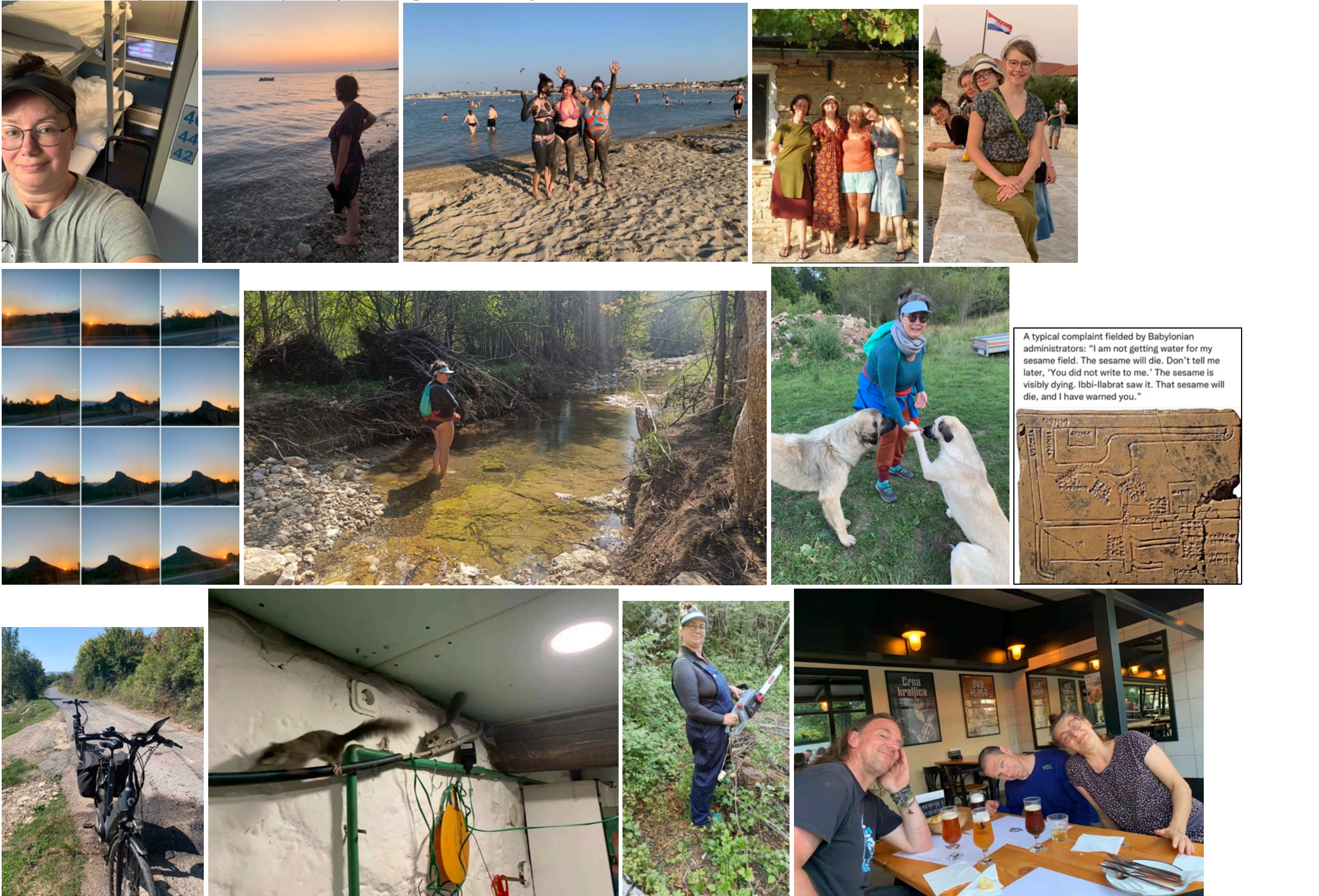
My publications:

- * https://wiki.techinc.nl/User:Becha/AI_is_ecocide
- * <https://labs.ripe.net/author/becha/computing-within-limits-2023/>
- * https://wiki.techinc.nl/File:9th_DeGrowth_Conference_Zagreb_August_2023_February_2024.pdf
- * https://wiki.techinc.nl/File:Smaller_IETF_118_Prague_2023_-_Report_with_Pictures_.pdf
- * https://wiki.techinc.nl/File:Vesna_IAB-BIAS-Workshop-Basic_Internet_And_Squirrels.pdf
- * https://wiki.techinc.nl/images/6/6a/Vesna_IAB_BIAS_Workshop-Benign_Internet_And_Sustainability.pdf
- * <https://wiki.techinc.nl/File:Vesna-euralo-SDG-2024.pdf>
- * Keeping a big page on this wiki about Sustainability in Tech: <https://wiki.techinc.nl/Sustainability>
- * Posting quite some on UnCiv & e-impact & nettime & ripe-list mailing listsssss
- * + lots of posts on Mastodon: <https://social.v.st/@becha>

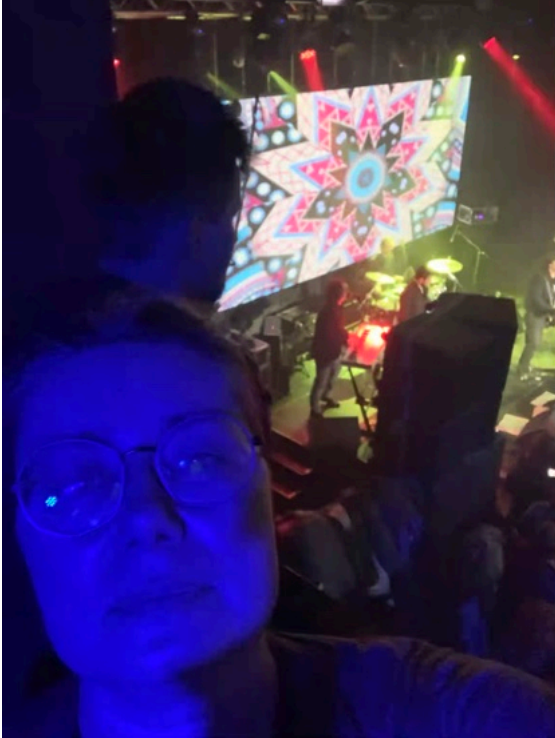
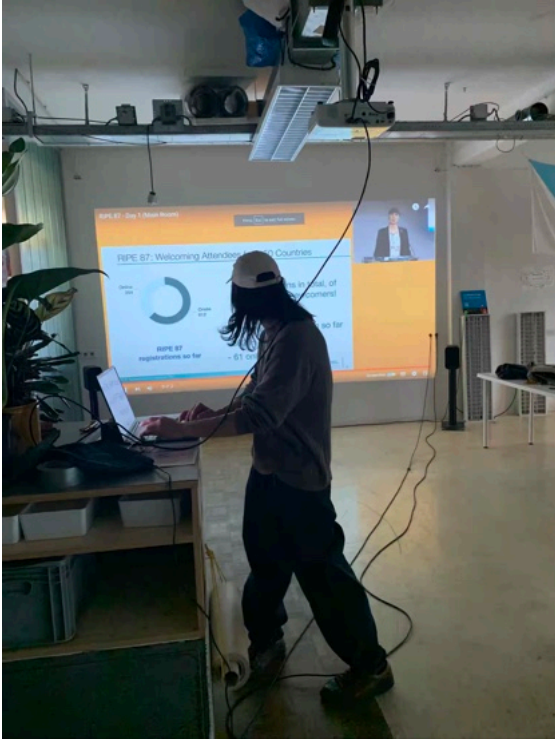


Summer vacations: sea & Lika(3)

I am craving the light & warmth during the winter, so I am idealising last summer - but - it was TOO HOT to be on the coast in August! I will not make that mistake again... In Lika we brought e-bikes - that was a lot of fun! Also, we again had problems with a shortage of water / neighbours non-cooperating... instead of treating & governing it like commons... but that has been a problem with "takers agriculture" since Babylonian times... It was nice visiting Nikolina & family in Zagreb multiple times through the whole of 2023!



Family & Friends & Events & Protests & Concerts...

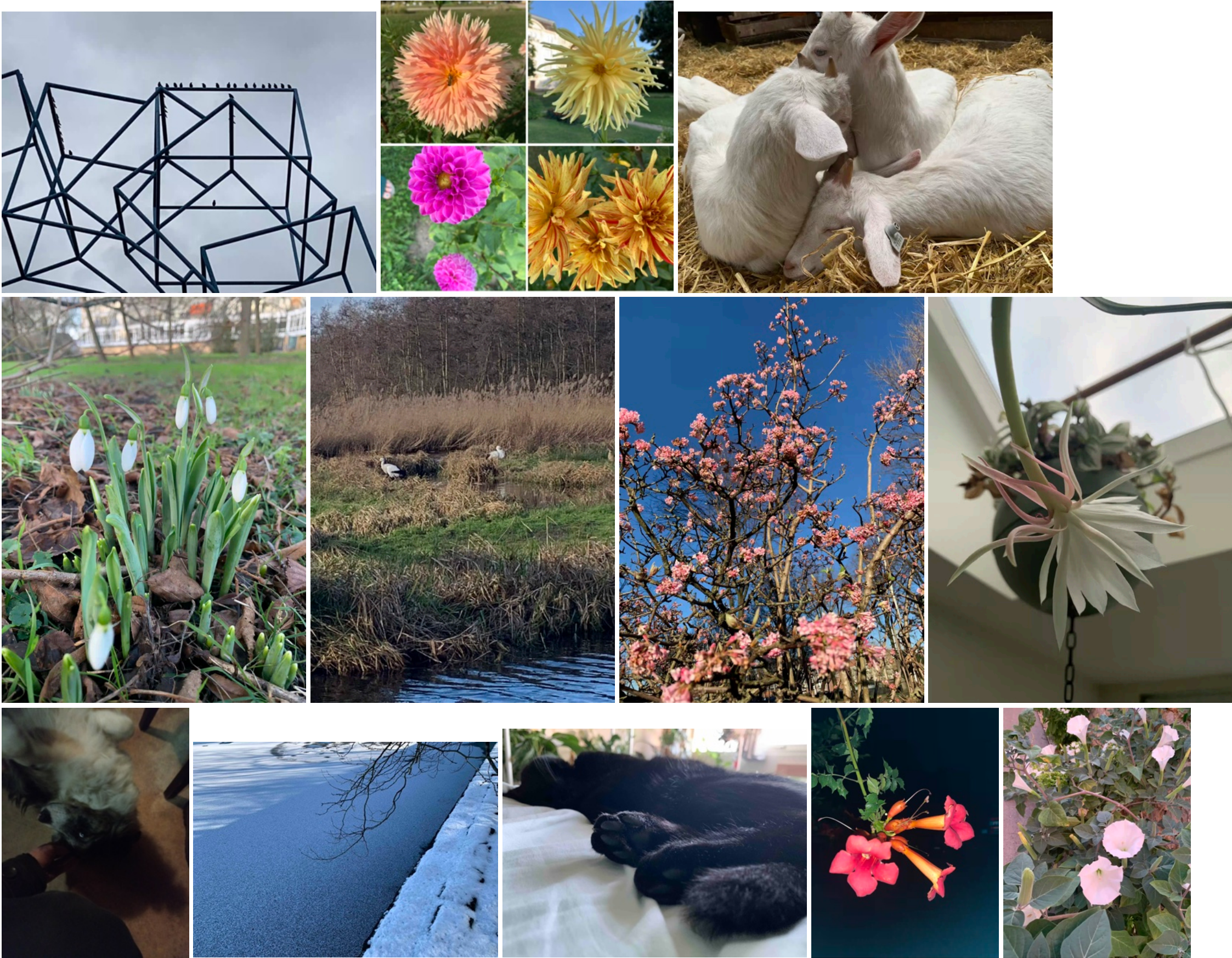




- List of all events in 2023:
- *2023-01-10 Code of Conduct workshop (* = in person))
 - 2023-01-12 L&D webinar: IP Blocklisting
 - 2023-01-18 Open House Norway
 - *2023-02-04:05 OFFDEM, Brussels (privately)
 - 2023-02-08 L&D webinar: DB Basics
 - 2023-02-15 "Open House Finland" (online)
 - 2023-02-21 "Open House Sweden"
 - *2023-02-24 2D.H5, Amsterdam (privately) <https://www.2dh5.nl>
 - 2023-03-01 presented "Internet in Denmark" at OH Denmark
 - 2023-03-10 (prepared) DKNOG
 - 2023-03-23 LOW CARBON AND SUSTAINABLE COMPUTING seminar
 - *2023-04-04:05 SEE-11 (report on RIPE Labs)
 - *2023-05-10 Code of Conduct training
 - 2023-05-15 + 16: CoC Team training
 - *2023-05-17 Queering Wikipedia Local Hub (privately)
 - *2023-05-19 DNS Hackathon, Rotterdam
 - *2023-05-22:26 RIPE86
 - 2023-06-14:15 Computing Within Limits 2023
 - 2023-06-20 eurodig 2023 panel on environmental impacts of digital technologies
 - *2023-06-19 L&D Training course, Zurich
 - *2023-06-20 L&D Training course, Zurich
 - *2023-06-21 SwiNOG
 - *2023-07-07:08 TBD, Amsterdam (privately) <https://notacamp.tbd.camp>
 - *2023-07-14 Alternative Futures for Digitalization Workshop
 - 2023-08-02 L&D webinar: IP Blocklisting
 - *2023-08-04 Out_in_Tech Pride Social (privately)
 - *2023-08-11 internet without borders, Amsterdam
 - *2023-08-16 lecture for Summer School on IG, in the office
 - *2023-09-02:09 DeGrowth Conference in Zagreb
 - 2023-09-21 L&D Webinar, RPKI
 - *2023-09-23 FNV event (privately)
 - *2023-09-26 NLNOG Day
 - 2023-10-09 webinar for University of Sarajevo, with Jelena
 - *2023-10-12 lecture for DIS university, visiting Amsterdam
 - *2023-11-02:03 IETF hackathon
 - *2023-11-04:08 IETF 118 Prague
 - *2023-11-27:30 RIPE87 = Local Hosts
 - *2023-12-02 Permacomputing Seminar, Amsterdam (privately)
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 - *2023-12-02 Permacomputing Seminar, Amsterdam (privately)
 - 2023-12-05 webinar for University of Kufa, Iraq
 - 2023-12-13 L&D Anti-abuse webinar

Berlin with Charlie, mid-December 2023





^^^ Ada @ OFFDEM

2-3-4 February 2024 we went to Brussels: me to OFFDEM, Arnd to FOSDEM.



^^^ I had an UnCiv Tea Party, mixed with other communities; we talked about federated calendars; met old & new friends

Series & Books

* I got (mildly?) addicted to watching series on NotFlix : I saw so many!!! Ted Lasso, Bad Sisters, Good Omens, Slow Horses, Get Shorty, Criminal Minds, Criminal Record, Chelsea Detective, Physical, Reacher, Bosch, Fargo

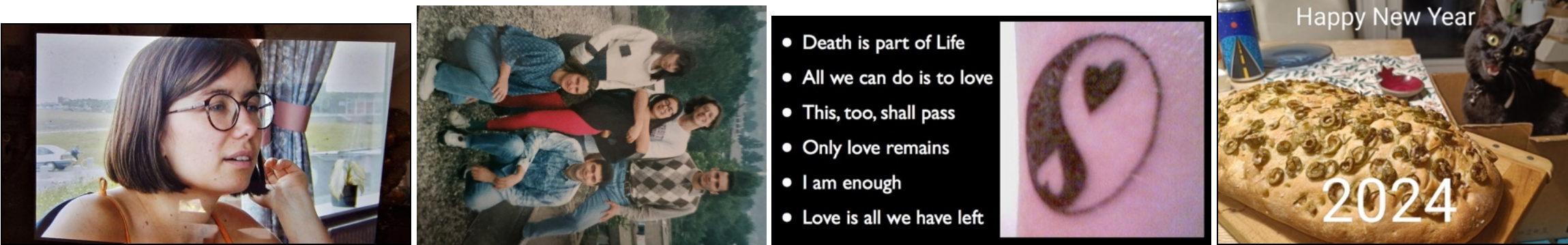




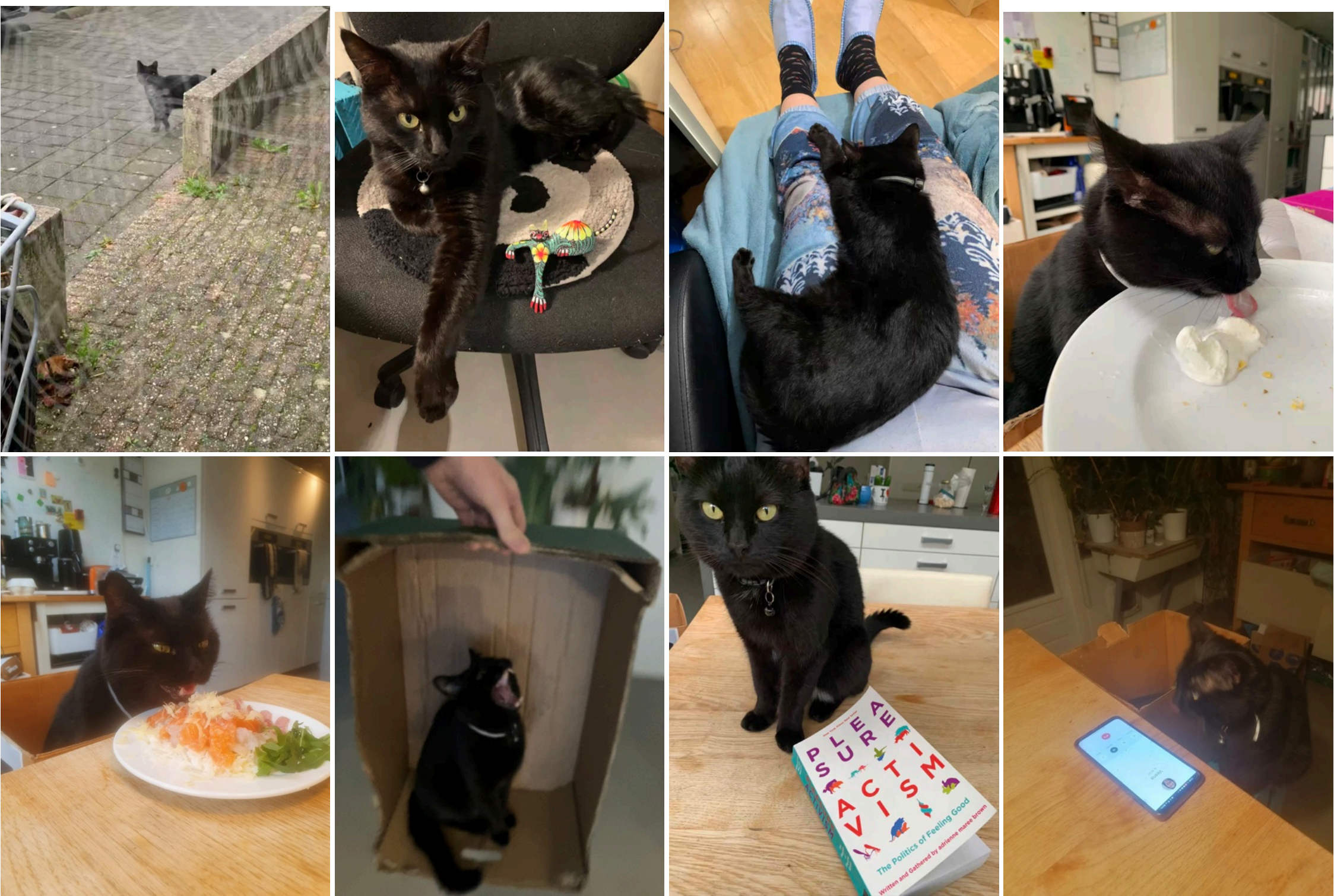
These are some of the books I have been reading, listening to, buying, downloading... I can recommend all of these, either pictured or listed:
My Family & Other Enemies; When the body says no; Circe, by Madeline Miller; Being a Beast, Charles Foster; "Deze Autists Ging Na Japan"; A spectre, Haunting: by China Mieville ; Tomorrow Sex Will Be Good Again; Unfuck Your Boundaries ; Story of B (again!) by Daniel Quinn; Rebelious Mourning

Past

Some freinds were sending me images from the past... you know who you are!



Cat



Affirmations

INTERNALISED CAPITALISM
LOOKS LIKE

- Feeling guilty for resting.
- Your self-worth is largely based on doing well in your career.
- Placing productivity before health.
- Believing that hard work = happiness.
- Feeling lazy, even when you're experiencing pain, trauma or adversity.
- Using busyness as a way to avoid your needs.

CAN I enjoy My DAYS OFF (100)

I Love Doing Nothing.

My favorite Thing.

NEVER SPAMS MEMES BECAUSE BORED.

It just does that (see meme)

CAN totally Watch Movies Like A Recant

So well Rested.

I CAN Human Too

Relaxing is so Relaxing

This Feels Right. So Peaceful.

Have Not Cleared tumble in 2 minutes

Human, EYE 404

Selfcare bingo

reduce schedule

time alone

time in nature

relax (if possible!)

be gentle with yourself

take things slow

special interests

sensory calm

nurture your body

the real luxuries:

a good night's sleep

listening to birds singing

colorful sunsets

slow mornings

long walks

ability to freely express yourself

freedom to choose

a good book

day naps

time for fun and play

favorite home-cooked meal

a good conversation



ONE VIBE CHECK, PLEASE.

SURE.

YOU ARE LOVED, YOU'RE DOING OK, AND NOBODY IS MAD AT YOU!

CAN I ALSO BE KISSED?

SURE.

Are you watering me again because you actually think I need it, or because you have unmet needs & can't figure out how to meet them?



May you be happy.

May you be healthy.

May you be safe.

May you live with ease.



First Dog on the Moon's Guide to Just Getting By

So many goings on in the world it's exhausting! But just because everything seems terrible that doesn't mean it is (it is though) WOULD YOU PLEASE JUST RELAX?!

Try this - take a deep breath and make a small quiet space in your mind by thinking ONLY of this contented frog

There, so calming and simple. There's no need to be an uptight weirdo all the time.

Now try our gentle mindwellness hints

1. Try not to freak out - if you have to freak out tell yourself "this freak out will pass." 2023 has been a lot! I am confident 2024 will be much much better.

2. Be gentle with yourself - however bad things are (and boy are they bad) it is unlikely to be your fault unless you are a billionaire or landlord

3. Whenever you can, try to be grateful - if you can't be grateful then be kind - if you can't be kind then be a bee - go

- You are allowed to take up space.

You are allowed to request accomodations that help you.

You are allowed to be you, whatever that may mean.

You are weird, in the BEST ways.

You are "enough," and not only that, you are perfect the way you are.

Slow progress and even backward steps all still help you learn, grow, and continue your journey. Progress may not be a straight line, and that's okay!

Bad days happen. Let yourself feel the ways you need to. There is no rush.

You are special, and have fantastic skills and talents. Nobody else has the same configuration of skills, talents, thoughts and experiences you do. You are one of a kind, and you should be proud!

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You are adored, loved, and appreciated, by so many, including this silly fluffdragon!!

Be well, cutie! You've got this!!

Today's card is The Fool - new beginnings, the start of a journey, the joy of possibility. The Fool trusts her instincts to take her beyond the structures and routines of her old life. The future is unknown, but not knowing is a kind of freedom and there's time for joy before taking that first step

THE FOUR LAWS ARE:

(1) Everything Is Connected to Everything Else.
There is one ecosphere for all living organisms and what affects one, affects all.

(2) Everything Must Go Somewhere.
There is no "waste" in nature and there is no "away" to which things can be thrown.

(3) Nature Knows Best. Humankind has fashioned technology to improve upon nature, but such change in a natural system is, says Commoner, "likely to be detrimental to that system"

(4) There Is No Such Thing as a Free Lunch.
Exploitation of nature will inevitably involve the conversion of resources from useful to useless forms.

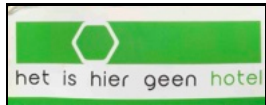
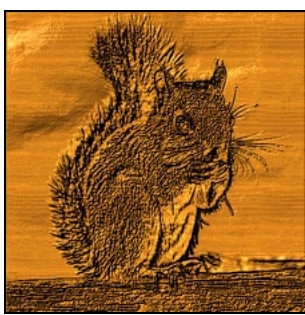
Memes



I do not have ducks.

I do not have a row.

I have squirrels, and they're at a rave.



As an Anarcho-Marsupialist I'm primarily interested in the robust eradication of capitalism from the face of the Earth.

However if anyone implemented even modest*price controls and a sprinkling of oversight for critical supply chains I would gleefully dance about.

What about ending the duopoly?



October 26, 2021

Man Announces He Will Quit Drinking by 2050



A Sydney man has set an ambitious target to phase out his alcohol consumption within the next 29 years, as part of an impressive plan to improve his health.

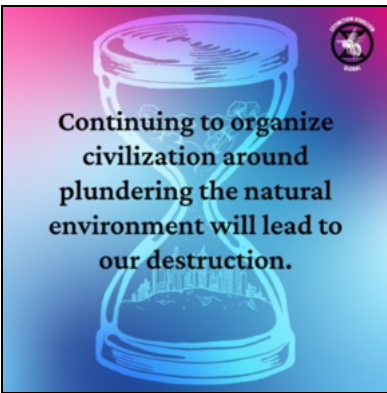
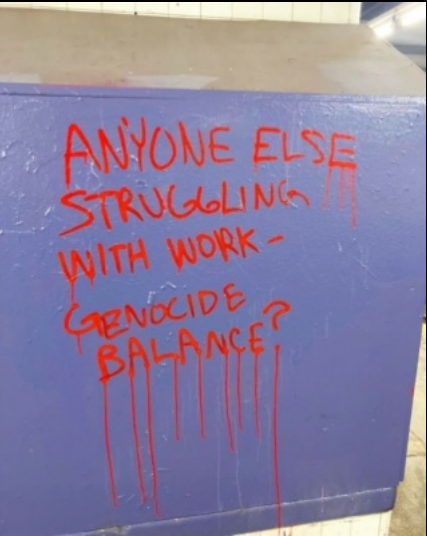
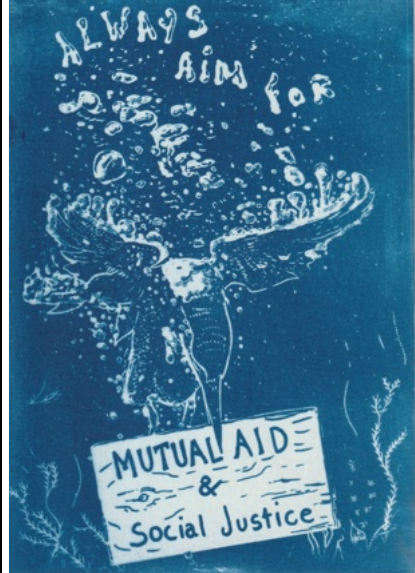
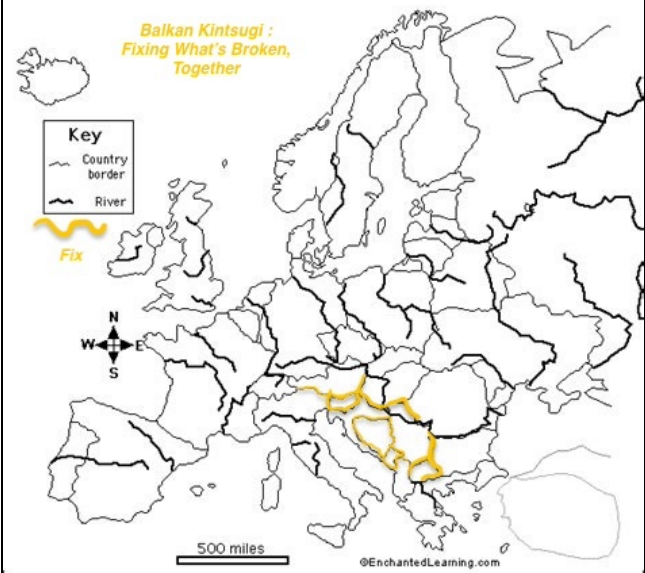


Complex PTSD
Complex Post Traumatic Stress Disorder
Is exhausting, painful, debilitating.

HEALING FROM COMPLEX TRAUMA & PTSD/CPTSD
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Survivors endure ongoing toxic levels of stress, anxiety, endure emotional flashbacks, feel isolated, different to others, feel they can trust no-one, feel shame that is not theirs to feel, but they do anyway. Compassion, patience and empathy are vital.

~ Lilly Hope Lucario



I'm passionate about our European Sustainable Green Environment Renewable Clean Energy Biodiversity Carbon Neutral Emission Reduction Ambition Goals

