

# 2024: A Year When Decade Happened

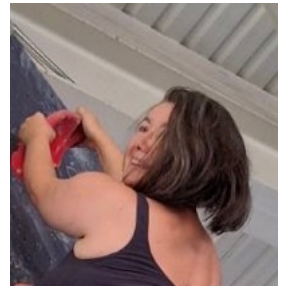
2025-01-10

There is magic and medicine  
in giving ourselves permission  
to love what we love  
(and let it love us back).

This is my traditional yearly overview: to keep in touch with friends (in the absence of social-media);  
to look back on my life & to plan for the future.

This is a story about only previous **10 months**, but it could have been a **decade**, so many things happened!

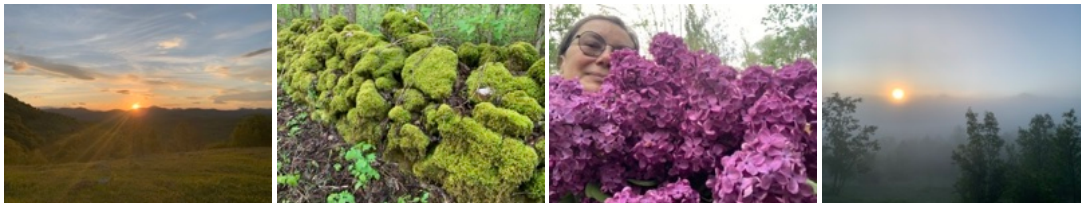
- \* We got married
- \* We broke up
- \* I became Dutch
- \* We moved houses
- \* I got a grant
- \* I spent 6 weeks in Lika
- \* I published a zine
- \* We lost the cat
- \* I had 2 lovers
- \* I stopped taking antidepressants



^^^ Wedding; The End; becoming Dutch; at 38C3



^^^Zine, grant, hackathon



^^^ Lika: light, peace, nature

2025

Since each one of those 10 big events in 2024 is by themselves very high on the stress scale,  
AND there were other 100 things that happened too...  
I am hoping that the 2025 will be a year for recovery & reconnection.



Here is a long version of this PDF & even more extra photos & links:  
<https://becha.unciv.nl/2024-decade-long.pdf>  
<https://becha.unciv.nl/extra-2024-small.pdf>

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## Long list about all 2024 things

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It's overwhelming to write about all of this, since it's all TOO MUCH -- even the good things!!  
So I'll divide it in categories, include links, and point to the photos below...

### Nature:

- \* I spent 6 weeks in Lika (April-September, 1 week each month, on average)
  - \* <https://social.v.st/deck/tags/LikaLodge>
- \* I Had The Cat (for first 9 months during this year)
- \* The Cat got lost in September :(
  - \* <https://www.amivedi.nl/detail/?meldingid=2100779>
- \* I "came out" as a post-menopausal woman

### Relationships / Connections:

- \* Got married to Arnd (in February)
- \* Broke up with Arnd (in September ) (after 13 years together!) :(
- \* Met 2 lovers = Started having sex again (after 5 years of menopause / depression/ COVID / lockdowns / bad relationship )
- \* Attended multiple events & met many friends, old & new
- \* Had a big moving-away party & many smaller parties (April, July)

### Agency:

- \* Moved houses
  - \* Moved out of big place (after 4.5 years; with lots of decluttering, giving away & washing)
  - \* Moved into the small place / my own old house! / where we did lots of cleaning & some painting
  - \* while dealing with tenants in the first half of 2024 (trying to be a "good landlord", an oxymoron)
  - \* Rented a storage place
- \* Became Dutch (got passport in September!)
- \* Asked for sabbatical/long vacation for 2025
- \* Continued to NOT FLY (6 years so far!)
- \* Traveled by train a lot (all the way to Athens; & Berlin, Krakow, Prague, Luxembourg, Sarajevo, Zagreb & Gracac...)
- \* Stopped with RIPE Code of Conduct work (in November)
- \* Managed to get to CCC Congress (after 5 years of not going)

### Creativity:

- \* Got an award! IEEE grant for "Connecting Lika" project <https://wiki.techinc.nl/User:Becha/Lika/ProjektPovezanoPolje>
- \* Published a zine <https://doi.org/10.21428/57a7f7a7.5d685a20>
- \* Green Tech : Organized a Hackathon, posted monthly to RIPE-list, organized Open House
  - \* <https://labs.ripe.net/author/becha/celebrating-green-tech-hackathon-results/>
  - \* <https://labs.ripe.net/author/becha/announcing-the-green-tech-hackathon/>
  - \* <https://www.ripe.net/meetings/open-house/green-tech-and-sustainability-in-internet-technologies-2-oct-2024/>
  - \* [https://wiki.techinc.nl/Sustainability#RIPE\\_list\\_2024](https://wiki.techinc.nl/Sustainability#RIPE_list_2024)
- \* Participated at work conferences: as a moderator, curator, Community Builder, speaker... (SEE-12,RIPE88,RIPE89...)
- \* Attended events & contributed, both for work & for community (presentations, PC, CoC, Diversity, Local Hubs...)
  - (AMRO, /etc, IKEM Academy, NLNOG, LUNOG, 38C3...)

<https://media.ccc.de/v/38c3-the-whois-protocol-for-internet-routing-policy-or-how-plaintext-retrieved-over-tcp-43-ends-up-in-router-configuration>

- \* AMRO: Away from the "Internet of Ecocide": inviting radically open participation in Internet protocols standardisation
- \* <https://radical-openness.org/en/programm/2024/afternoon-session-sustainable-degrowth-practices-aesthetics>
- \* <https://wiki.techinc.nl/File:AMRO2024-slides-with-notes-vesna.pdf>
- \* <https://radical-openness.org/en/programm/2024/internet-squirrels>
- \* <https://pretalx.com/etc2024/talk/XTFWJX/> (Hacking Menopause)
- \* <https://pretalx.com/etc2024/talk/CS3WPX/> (Internet Governance & DEI)
- \* <https://web.archive.org/web/20240501202123/https://top.permacomputing.net/> (Internet Governance & Sustainability)
- \* Made an art project, as part of my therapy
  - [https://wiki.techinc.nl/User:Becha/mental-health-help#Art\\_2024](https://wiki.techinc.nl/User:Becha/mental-health-help#Art_2024)
- \* Contributed to "Amsterdam Vision on AI" <https://www.amsterdam.nl/innovatie/amsterdamse-visie-ai/>
  - \* my text: [https://wiki.techinc.nl/File:Amsterdam\\_gemeentelijke\\_visie\\_op\\_AI\\_Maart\\_2024.pdf](https://wiki.techinc.nl/File:Amsterdam_gemeentelijke_visie_op_AI_Maart_2024.pdf)
- \* Applied for many many grants & funds "gracefully" received all (but one) refusals & rejections

### Family:

- \* Alisa finished 1st year of studies & got "propedouse" & started 2nd of PABO
- \* Charlie became a student of Human Geography and Planning, Uva
- \* Alisa visited me in Lika; Mileva & Marija & Misho too
- \* Kaja & Nemanja visited in Amsterdam
- \* Charlie visited Zagreb (family) & Zurich (Zdravko)
- \* Alisa took part in demonstrations at university, in support of Palestine
- \* Charlie & Arnd had a long trip to Japan

### Health:

- \* In first half of the year I was sick frequently ; in second half much less!
- \* September: stopped taking antidepressants (after 4.5 years!) & finished a year-long "schema" therapy
- \* Still struggling with C-PTSD (anxiety/depression), obesity & menopause
- \* Started with taking better care of myself: weekly swimming, taking supplements, asking for help

### Death of several people & animals this year have touched me deeply:

- \* Joy, a colleague from work
- \* Erik Bais, from RIPE community
- \* Koko (Nikolina's cat; & Tori (Vlaja's dog)
- \* Frans de Vaal, Dutch primatologist <https://news.emory.edu/features/2024/03/er-frans-de-waal-16-03-2024/index.html>
- \* JAMES C. SCOTT, ANARCHIST THINKER <https://anarchistnews.org/content/was-james-c-scott-anarchist>
- \* Hans Plomp, one of the founders of Ruigoord <https://www.at5.nl/artikelen/227982/ruigoord-grondlegger-hans-plomp-80-overleden>
- \* Mrachak/Grapje: my cat, my emotional support animal... lost - maybe dead, maybe free

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## Affirmations

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Although I know I don't have to prove myself, I am still/sometimes overdoing it.  
Even if I feel inner pressure to be a pleaser & put too much effort  
Instead, I may : **do just enough!!**

Although I know I am deserving of (what I) love, sometimes I don't go for it.  
Even if I feel compelled to go for something safer  
Instead, I may focus my energy & time on what I really want!!

Although I know I am lovable, I still don't ask for attention.  
Even if I think that disconnecting is going to make the pain hurt less,  
Instead, I may feel loved! (& turn towards, and ask )