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**Mission:** Raven Hill provides a place that enhances hands-on and lifelong learning for all ages by connecting science, history & the arts.

To: friends and family everywhere  
From: Cheri and Raven Hill  
Date: June 19, 2020  
Re: Update

Greetings, everyone.

I love old quotes & sayings and this update has several of my favorites. Funny, how they all seem to fit! Hard to believe that another week has gone by and I am working on yet another update. As the saying goes: "time waits for no one". Here's the latest from Raven Hill:

First of all, the turtles are officially on vacation! Former student, Ruth Rosinski Milks, offered to take all ten turtles, plus two lizards and the red-bellied frogs for the summer or until we reopen. Ruth runs Boyne Valley Community Greenhouse, a non-profit located in Boyne Falls. The greenhouse raises much needed produce, which is distributed on site and through agencies who specialize in assisting those in need. The turtles will earn their keep by eating the old and bolting lettuce and other veggies that are past their prime! What a perfect collaboration!



Another favorite saying is that you are "never too old to learn something new," but that is exactly what is happening. The Petoskey-Harbor Springs Area Community Foundation is working with Rotary Charities of Traverse City to make their COVID-19 Crisis Support Team available for FREE to nonprofits serving Emmet County. I am signed up to learn new technology and social media that will improve my communication skills and allow me to better represent Raven Hill online during this pandemic. Now, I am not fond of technology. I grew up in the era before computers and other than using them as a glorified word processor, I am pretty clueless. So, this will be a real challenge for me, BUT, as a new favorite saying states, "life begins at the end of your comfort zone." In addition, I have been invited to serve as a panelist for the Michigan Council for Arts & Cultural Affairs' upcoming FY21 Operational Support (OS) grant program. This will be another new experience. Due to COVID-19, all panel reviews will be online. I look forward to helping out and think it will be both enlightening and rewarding.



I finally got out of my cocoon a little and ventured to the grocery store for the first time in three months. So far, I have survived the event and "life goes on"! I am still isolating as much as possible, being careful to socially distance and wear a mask. "Better to be safe than sorry." My container gardens are looking great. One pepper plant and all my tomatoes have blossoms! The deer visit regularly in the evening.

I recently read an article about "safe hugs". Since I am a longtime hugger, this hit home for me. Linsey Marr, an aerosol scientist at Virginia Tech and one of the world's leading experts on airborne disease transmission, talks about the risk of contracting a virus during a hug. "A hug seems like a simple thing, but it can be a big thing for some people. Physical affection helps reduce stress by calming your sympathetic nervous system." So, go ahead and hug, but here are suggestions for doing it safely: wear a mask, keep hugs short, face away from each other and don't breathe or talk while hugging! Let the kids hug you around your knees or waist. And kiss those kids and grandkids on the back of the head. A hug or friendly touch can reduce your anxiety and stress levels during difficult times. And for those of you worried about social distancing, just keep the hugging to your household for now! I'm not ready to hug yet, but I'll get there!

Mahatma Gandhi said, "our ability to reach unity in diversity will be the beauty **and** the test of our civilization." How true. Let us never forget this and work to make it happen now. Stay active, keep those brain cells working and as always, keep in touch with people you care about. Happy Father's Day to all the fathers out there, no matter the distance between you and your loved ones or the time between visits. Reach out to Raven Hill too: 231.675.6025. We love hearing about what's happening in your "neck of the woods"!

Cheri