



# ILEA NCC

## Living in SIP Together Weekly

It is Week #13 of SIP in the Bay Area. It both feels like the weeks have flown by, and like we've been quarantined forever. As we watch parts of Northern California start to reopen, it is hard to find the balance of opening ourselves back up to the lives we led pre-COVID and continuing to practice restraint in order to keep our loved ones and neighbors safe. Each person has their own levels of comfortability right now which means "reopening" looks a little different for everyone. We encourage you to continue to do what feels right for you and your household – but don't forget to let a little joy in, even if that is just turning up the music and dancing in your kitchen!

- If kitchen dancing is absolutely your jam, please join us next week for our [Hump\(ty\) Happy Hour on Twitch!](#) Each Wednesday we feature a different local DJ and we've got Andrew Verducci on deck for Wednesday, June 17<sup>th</sup>. I look forward to finding a new recipe to cook each week while I listen to an awesome DJ set curated specifically for our ILEA NCC community!
- I've shared a number of articles from SF Travel on this platform as they continue to create uplifting local content during this time of need. But this week I wanted to direct you to their [Good News](#) page. They continue to share local and global good news and we need that now more than ever!
- I am thrilled to share with you another incredible pivot from our San Francisco catering community. 49 Square has created several different food concepts and is partnering with food delivery services to bring those to your home! My favorites are their [Keto-friendly](#) page and the [Hot Bod Bowls](#) – check them out!
- If you are starting to work on a gathering, virtual/hybrid conference or wedding in late summer and beyond, don't count out the [Exploratorium](#). As they ramp back up to reopening

the museum, they will have extraordinary availability for private audiences. Plus, follow their [COVID conversations](#) to stay up to date on the science of COVID-19.

- In the spirit of continuing the conversation on anti-racism, I wanted to share this list of [movies & documentaries](#) that confront race and injustice. Many are available for free this month so I'll be taking advantage of that opportunity to watch them and learn from these stories.
- And to end this week's list, I wanted to share a [video](#) and a [series of photos](#), both featuring some of the amazing moments that have happened over the past couple of weeks during the protests. I love seeing these uplifting moments of unity.

Email me at [togetherweekly@ileancc.org](mailto:togetherweekly@ileancc.org) if your business is reopening with a pivot so we can feature you in an upcoming SIP Together Weekly!

**Growing Together While Apart,**  
Kelsey Linden, Board of Directors