Hello,

Like many of you the BASE crew is at home staying busy.  Part of our new set of challenges is finding new and creative ways to keep our communities engaged. After all we have to physically distance, but that doesn't mean we can't be social.  We have initiated several facebook (fb) messenger groups and are getting better with different video platforms; fb messenger video chat, FaceTime, Zoom (thanks Travis) Google Hangouts.  All have proven useful depending on what people outside the staff prefer and have access to.

Groups include:

An audio book club: where we all listen to a book (we just started a new one that is free on youtube) and then chat about it on fb messenger.

A Movie club: Just like book club except we watch movies.  We are going to try and pick movies that people have access to streaming or otherwise.  If they want to participate but can't find that movie we will work with folks to figure it out. if that doesn't work we will do our best to make sure they can watch the next movie.

All Abilities Yoga:  Our regular weekly teacher has agreed to live stream from her home and give other tips for your own at home yoga practice.  For anyone who has never done yoga or is nervous about trying 2 things about doing Yoga online are:

1.  Jolyn (Yoga instructor)  is great about finding ways and adaptive positions for all abilities, body types and attention spans.  If you don't believe me you should know that I'm not just a spokes person for All Abilities Yoga, I'm also a client!

2.  You are gonna be at home so no one can see you.

Role Playing Games RPG: RPGs are things like Dungeons & Dragons & PathFinder, that allow each person to develop their own character and then use that character in a world and story that the Dungeon Master or DM creates.  Our typical RPG group that had met on Fridays has moved to an on line format led by one of our BASE volunteers.

BASEment Improv:  We are still working out kinks and I imagine it will be a lot of trial and error, but that's what Improv is all about. Next Thursday we are going to try using the different technologies to bring some form of Improv to our, students and Summit staff.  There is zero pressure to participate if you don't want to, but if you want to laugh with a great group of people this may just be what your quarantine needs.

BASE Wrestling Foundation BWF:  Are you a professional Wrestling fan? I myself was slow to admit so, until BWF!! For our online activities we will be watching and sharing different ways to watch wrestling. From weekly cable shows and pay per views to classic and new content you can find on youtube or the WWE app.  We will also continue to develop our own Pro Wrestling characters/personalities.  Anyone that wants to can come up with their own Name, entry music, whether you're a heel or hero, costume and storyline.  Typically our wrestling characters (I'm the Hangry Hobbit) then get to perform a skit or improv game at our BASE Showcase.  For now John and the other BWF founders will work with folks online so they can film their own wrestling promo videos at home or where ever their bunker is.

To check out any or all of these groups.  You can do so by visiting the BASE fb page <https://www.facebook.com/base725/> or emailing John at [jhoward@summitilc.org](mailto:jhoward@summitilc.org) or me at [mbeers@summitilc.org](mailto:mbeers@summitilc.org).

Please share with us any ideas you have for more virtual groups or ways you are working to keep folks involved and supported. We are working to figure out ways to engage with students that usually attend events but don't have cell or internet access. So if anyone has ideas we would love to steal them:)

And please ask questions if you want to organize a group specifically for your area or program.  We would be happy to help ya'll set that up.

To Peace, Love & Good Luck out there,

Good luck out there,

Michael Beers