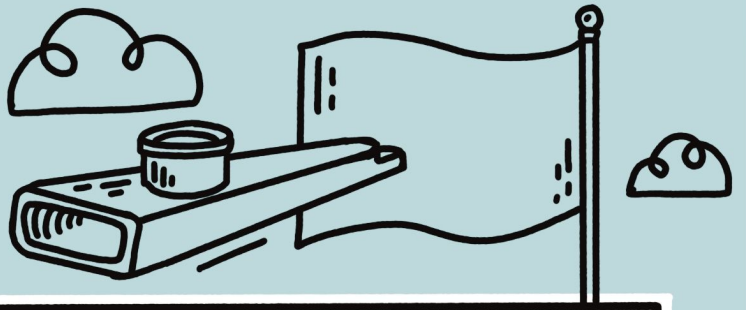

welcome to
SYNC goûTER
1 MAY 2022
OPEN
WELCOME
Land acknowledgement from Harbourfront Centre
from PAM
from ALEX curator of co-motion festival
"time to put the kettle ON!"
hello
HOSTS:
Carmen + Sarah

MAY DAY by SEELEY QUEST

'the Juice of our Resonating Power'



Q. What are we helping to grow and bloom?
How is your attention presence connecting with community?

* The GEMS of the CONVERSATIONS...
HOPEFUL that this CONTINUES post COVID

HERBS!
- ☐ GINGER
- ☐ BASIL
- ☐ LIVING PEAS

EXERCISE IMAGINATIONS by NECESSITY

Helping INDIVIDUALS grow

COMPASSION & LOVE

The JOY of CONNECTING

GROWING INTERDEPENDENCE

Helping to find RESOURCES AND PASS THEM ON

EMPOWERING ↑ within the COMMUNITY

EXPRESSED OPENLY

... ...

"BEING LIMITED EDITION" 1 of 10

ATTUNING to SPRING

Influence of the ENVIRONMENT

"ENSEMBLE ECOLOGY"

LOVE is the art of PAYING ATTENTION ?

CHECK INS during COVID

Relationship with COMMUNITY

BEAUTY of ACCESS

POSITIVES of ONLINE

"ENSEMBLE ECOLOGY"

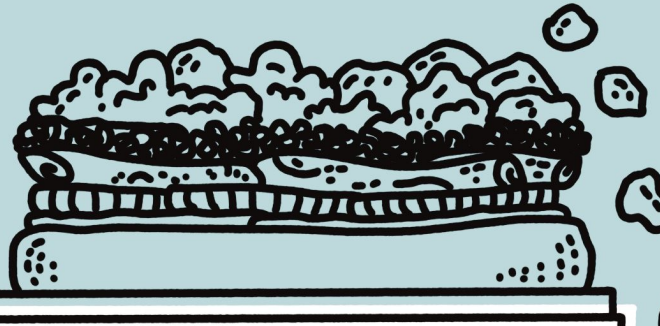
forsythia...

nasturtiums...

"REGENERATION of CARING CULTURES"

rosemary...

TARTINE by INGRID PALMER



Q. What do you expose or show in your own tartine and what layers do you hide?

ARE YOU an...
EXTROVERT?
INTROVERT?
AMBIVERT? (Something in the middle)

SALTED BUTTER? PLAIN or FLAVOUR-FULL?

SPICY CHEESE? "my" "humour" like HUMOUR

SURPRISE INGREDIENT! then cover it up!

ARE YOU only what you show on the SURFACE

my "BRAND" is my WHEELCHAIR → the CONVERSATION STARTER

NOURISHMENT & HEALTH → will help us to MOVE FORWARD

is it SEASONAL? OR SITUATIONAL?

gems of the CONVERSATION

ways to EXPOSE...

COMPLEXITIES of QUEERNESS

EXPLAINING ourselves

do our TRUTHS push away from others

ACCESS NEEDS

DISCLOSURE

SUGAR-people being TOO SWEET -FAKE- -ARTIFICIAL-

is POLITE BUT not INCLUSIVE

WHO is making WHO feel COMFORTABLE...

are they met? FOR EVERYONE!

comfortable or safe to do so...

FLEXIBILITY & VULNERABILITY

asking for HELP SOS

WHO is Responsible?

THE AFTERTASTE! what FLAVOURS stay in your MOUTH? LINGERS..?

"DIFFERENT PARTS of ME"

"HOW MUCH SHOULD I SHOW THEM?"



MACAROON by CHARLOTTE JACOB-MAGUIRE

Q. How do you influence and change things through your confectionary?



PLANNING ahead... thinking about WHAT is TO COME.

CHALLENGE → OR find a DIFFERENT WAY!

NOT JUST LIVING in a world that seems UNFAIR. → IMAGINE a NEW FUTURE

TAKING on more than you should

the right RECIPIES → asking what is RIGHT for everyone

just imagine another PATH

"am I an UNCOOKED PIE?"

unwarmed enviroment... → CAN WE CHANGE this? HEAT it UP?

HAVING SUPPORT from OTHERS

OR THROW IT OUT!

BEAUTY in the DIFFERENCE

* the GEMS of the CONVERSATION *

EACH PART of our BODIES are IMPORTANT

"ACCESS is LOVE"

MORE COOKS → DELEGATE!

Different DIETARY REQUIREMENTS

creatively REPURPOSE.

Seeing ourselves as HUMAN

STEP BACK & LOOK at BIGGER PICTURE

the LEFTOVERS → mix it all together → FUSION → DISCOVERING NEW WAYS

Importance of LISTENING... and WAIT for FULL RESPONSES

COMMUNICATION

REACHING OUT...

Who has the KNOWLEDGE?

SALT

"IF YOU SHARE THEM with EVERYONE THEY will MAKE a BIGGER DIFFERENCE"



SYNC GOÛTER

an invitation to a **SPEAK EASY**!

THANK YOU for JOINING US!

"" ""

from ALEX

PASSWORD to enter ...

ASL for 'INTERDEPENDENCE'



live scribe by annaleeslim.com