

#figchronicles



C-19 & groundhog day living

# #figchronicles

## [the girl & the fig](#)

110 West Spain Street  
Sonoma, CA 95476

## [the fig cafe & winebar](#)

13690 Arnold Drive  
Glen Ellen, CA 95442

## [the girl & the fig CATERS!](#)

21800 Schellville Grill  
Sonoma, CA 95476

## [The Bite Goes On](#)

This is the eighth issue of #figchronicles. This issue is much different than the past issues as it will be online only and not a printed newspaper, have less content on food, wine and farming (as most of the other issues tend to have), and the collaboration included is for the most part from people I have not met. I have been grateful for having something to work on other than my business during this time and I realized through this process that this is part of my personal art therapy during C-19.

A few more words of gratitude:

To all those that have been willing to sacrifice their own safety and well-being in this crisis for all of us, I am eternally grateful. I wish you safety and health everyday as you work tirelessly to get us to the other side of this pandemic. It may not be said enough, but your contributions are monumental; and so appreciated. You are in my prayers, heart and mind each and every day.

Thanks for taking the time to take a peek. I hope you enjoy this issue. Most of all, thank you for your support, your business, the cheering on the sidelines, your patience and your encouragement during this time. A big thank you for our figfamily team that is on our front lines keeping our businesses going.

Thanks Jennifer for your eagle eyes on this - you are an amazing editor!!

If you want to read the other 7 issues - [CLICK HERE](#) or [HERE](#).



# #figchronicles

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photo by Sarah Gibson



SONOMA :

# Restaurant Life

## Working with what we've got *or* Some things will never look the same.

Just WOW - my mind is still foggy with trying to digest all that has happened in our business and community since C-19 arrived. One thing is for sure; I will never take the joys in my life for granted ever again.

Just a few months shy of celebrating our 23rd anniversary of the girl & the fig in Sonoma County life changed. Instead of planning all of the summer and fall weddings, rehearsal dinners, music concerts, Suite D pop-ups, and winery events, - we are left with finding ways to keep our business from folding, like so many we sadly hear about across the country, day after day. It is a desperate time surrounded by the death of human life and the death of small businesses around the world.

As things shift everyday, every week, and every month, we are being as creative and as strategic as possible to have some semblance of a business when this comes to a halt or a vaccine is ready. I have called John our WARRIOR as he has been standing on the front lines in what could be an episode of Rocky meets Faulty Towers meets Murphy's Law. His perseverance is unyielding and he does fight the fight everyday while we find some ironic humor in everything that has become the new normal. After weeks of tears, hard communications and abrupt changes, we seem to be settling into a routine.

**the fig cafe** has been at it the longest and it continues to do just food to go and curbside service. We added groceries and wine specials to the mix and the support from our Sonoma Valley neighbors and friends has been heart-warming and deeply appreciative. When given the opportunity to have indoor seating, we declined as the social distancing would definitely not make sense in this small restaurant with an open kitchen. So this is how we will continue, with a small menu and an even smaller staff.



Serving up fried chicken dinners for 2, pizza, salads and entrees (even a cake that serves two) we are cooking food that our guests want to eat - either because it is comforting or they can't make it themselves. Of course we miss serving our longtime regulars and when I see familiar names on the to-go orders I am grateful.

The next operation we tackled was our **catering department**. The state had made an early decision (that has since been reversed) that only wineries and tasting rooms with a legitimate food component would be permitted to open. As we were already gearing up with some new offerings for the 2020 season, we were quickly ready to accommodate this as we saw it as a win win for all of us and something that would be enjoyed by the guests. For a few weeks, we were crazy busy, and I commend the team that introduced these items to the wineries. The kitchen/production team rocked it under very challenging protocols with physical distancing and sweaty masks for 8 hours producing a large amount of items for about ten different venues. When the requirement was lifted, the need for these meals dwindled and so did the orders. I totally get it, no one really understood the exact reasoning behind the requirement of having food as there were already so many other moving parts.

Next stop was a sweet (pun intended) collaboration that we made with **Amy's Wicked Slush** of Healdsburg (perfectly-textured, flavored slushy ice) at the girl & the fig. We created a take out window/door and have been offering both regular slush as well as the adult versions, **SLUSHTAILS**, which are perfect for those hot days. A limited menu of grab and go food items are available to purchase along with the drinks. Being so much fun and something we didn't have in Sonoma, we can



see this running through the summer. Another collaboration we did was with our friends at Starling Bar. We set up one of our pizza ovens at the bar to add a food component to their cocktail business.

Our next project was **the fig rig**. I coordinated between the City of Sonoma and the Superintendent of Schools to permit us to use the bus loading area while the high school was closed. As with many bureaucratic events, it took some time; about six weeks from when I asked until when I got the permit. We were so grateful for the opportunity to be there, and we served up some of our favorites including burgers, fried chicken sandwiches, salads, and cookies. We had Wicked Slush available at the truck as well.



With the truck up and running, we started to work on getting the patio open at **the girl & the fig**. Unfortunately, at the time, we could not get enough employees that were ready to come back to work. We had to decide on which operation would make the most sense, so we shut down the truck and sadly have since sold it as we continue to simplify our operations.

We are lucky as we were able to maintain a 50% patio capacity with nine tables. We knew that our inside dining rooms would be out of the question until next year since: it is too difficult to maintain physical distancing the way our space is configured in our wonderful old building. We did, however, get a very welcomed offer when the Sonoma City Council voted to allow all businesses in the city to spread out; on driveways, sidewalks, and backyards to build the capacity back up. We were able to get another 6 tables on one sidewalk and a few more near the Wicked Slush takeout area. We hope this is an idea that can stay indefinitely.

Our Chamber of Commerce also worked with our City Council to allocate some of the space on the eight acre Sonoma Plaza for any business who may want to use it. Though it did take a few weeks going through the requirements of permitting and building tables, benches and stanchions, we did get it open and gratefully can use it until the end of September. People are loving the safe, casual dining experience under the beautiful trees that seems to keep out some of the heat of the summer.



During this whole time we went back and forth considering many different factors. Can we do this?; Will it be profitable or break even? What do we need to make this happen? Do we have enough staff? How much money do we have to spend to make it happen? There are so many considerations that years ago would have been a welcome challenge. To top all this off is the constant fear of whether a team member would be infected with C-19. Even though there is no shame around getting the virus, it is a complicated labyrinth of tracing, quarantining, testing, over the top sanitizing, and closing the operation while this is occurring. When we close, we need to reach out to all of the reservations to postpone and possibly cancel. With such a small, tight hospitality worker community where many staff members have more than one job, it turns out when one restaurant gets affected, we all get affected eventually.

This situation really is unprecedented and I have yet to find a book entitled "How to Survive Business in a Pandemic", or "How Not to Make Enemies During a Pandemic", or "How to Please Guests in Times of Crisis." I have no doubt there are many people working on these manuals now as we are living through these times. In the meantime, I have welcomed outside sources that have been able to objectively talk about the do's and don'ts to assist in helping our front line staff to get through this.



We have utilized many hospitality forward companies and publications (including Zagat, Taste, On the Counter, James Beard Foundation, The Daily Prelist, and too many more to name them all) with writers who have some clues into understanding the difficulties that we are all facing. They have been supportive with relaying all sorts of information aimed to educate all of us, businesses and customers, in these times. We appreciate the sound advice when we see it.

Colman Andrews is one of those food writers. He writes for Departures, the American Express magazine, and in one of these articles he talks about the new jobs that didn't exist before the pandemic. This resonates with me as each of these jobs happen in our restaurants. Even though we don't specifically hire for these jobs, existing job descriptions have taken on some new responsibilities. In his roundup of new jobs some of the job titles include; Sanitation Specialist/Hygiene Captain, Coronavirus Cop, Food Protection Manager, Temperature Taker, and Delivery Driver.

Another recent article that he wrote is called "[Restaurant Etiquette in the Coronavirus Era: 10 New Rules](#)". This is just one of compassionate guides floating around to assist restaurants in helping them tell the new story of the two way street of restaurant service. A few of these new rules that resonate with me include: **#3 - Wear a mask and keep your distance** - it really does show you care about those who are serving you as well as your fellow guests. **#6 - Don't expect perfect service** (We want nothing more than to exceed your expectations with our food and service, but things are different. Staff members are doing their best and juggling a lot, and many things won't be how you remembered them pre C-19.); **#9 - Don't linger** We went from 40 tables to 15. We want you to relax and have a good time, but we don't have the luxury of having you stay longer than it takes to eat your meal.; and **#10 - Tip generously** - but you are already doing this!!). Thank you.




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***Whatever it is, coronavirus has made the mighty kneel and brought the world to a halt like nothing else could. Our minds are still racing back and forth, longing for a return to "normality", trying to stitch our future to our past and refusing to acknowledge the rupture. But the rupture exists. And in the midst of this terrible despair, it offers us a chance to rethink the doomsday machine we have built for ourselves. Nothing could be worse than a return to normality.***

***Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.***

***We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it."***

**Anuradhati Roy**

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# Helping Hands

## SONOMA FAMILY MEAL

Two weeks after we closed the restaurants due to the pandemic, we found ourselves working with [Sonoma Family Meal](#), an organization founded by Heather Irwin that raises money and pays restaurants a stipend to produce meals for the hungry. Other than a couple of staff meals this was just about the only cooking we did after the shut down. These monies were also the first revenues we had seen since mid-March. We were so grateful to have a focus and a place to help in our community. It was slightly distracting from the crisis at hand, but we fell into emergency mode just as we did in the 2017 fires. From April 1st through June 26th we prepared and provided over 23,000 meals that were distributed throughout the City of Sonoma, La Luz, Council on Aging, and the Vintage House. As Sonoma Family Meal continues to do their work, I know they are digging in and preparing for another wave later in the year if the predictions that the virus will surge are correct.



'SMILING EYES' Michelle Dale - Sonoma Family Meals Volunteer

## CALIFORNIA RESTAURANT ASSOCIATION FOUNDATION

Before the pandemic struck, we were honored and excited to be asked to participate in the [CRAF](#)'s special Grateful Table event that serves as a major fundraiser for their foundation. Like just about every other event since mid March, this too was cancelled. However, CRAF continues to do their work, even more so as one of their efforts is assisting restaurant workers that are facing hardship, especially those that have been diagnosed with C-19. Donations received by CRAF will provide groceries, childcare, and some housing expenses.



## WORLD CENTRAL KITCHEN

If you haven't heard of [José Andrés](#), (above) he is a renowned chef that operates more than 30 restaurants across the country. He is a television personality, cookbook author, and the chef/owner of [ThinkFoodGroup](#).

I first heard of him in 2006 when John and I were participating in Worlds of Flavor at the Culinary Institute of America. He is easy to remember as he was the chef serving the avant-garde dish of foie gras wrapped in pink cotton candy on a stick.

As the 2018 Humanitarian of the Year and Food Activist, you will read stories upon stories of how José Andrés, the founder of World Central Kitchen, and his organization show up when disaster strikes.

He is an amazing example of how the restaurant community can come together to help those in need no matter what it takes. He stepped up in Puerto Rico after Hurricane Maria completely destroyed the island and left the population without power and aid for weeks upon months.

This disaster came recently after the Sonoma Wildfires as I remember the Sonoma Rotary wanting to send a container of goods and supplies to Puerto Rico as a pay it forward from the aid we received after the fires, but they were unfortunately denied that opportunity.

Currently, on a worldwide effort, [World Central Kitchen](#) is working with restaurants across the United States to distribute individual meals for those in need as well as a handful of other programs that serve communities worldwide.

***Our restaurant and food communities always find a way to help - we are driven to feed and comfort others and I don't think that will ever change no matter how bad it gets.***



# Virtual Living

By now, you have possibly completed your first chapter of sheltering in place, which may have included: entirely cleaning your house, reorganizing your boxes of old photos, repotting most of your plants, baking banana bread, learning a new language, and planting your summer garden. Your second chapter may have been completely online.

For so many of us, we have turned to our screens for so much (including necessity, content and entertainment). Prior to C-19, we were already virtually shopping, emailing, banking, and booking travel. Now, while sheltering in place, we have been doing so much more.

Many companies have redirected their employees to work from home at least until the end of the year. Schools and universities have pushed their curriculums online sending all of the college students back home.

My virtual world started off relatively slow with maintaining our social media, connecting with our staff, answering emails, and a Mon-Fri Chamber of Commerce call that I would consider a lifeline to our community. I made a point to watch the Governor's daily updates on Facebook regarding C-19 and would stream the news to understand what was happening around the world.

Not wanting to join in with the hoarding of toilet paper at the market, my relationship with Instacart intensified, and I have come to know a few of my shoppers by name while they know some of my preferences too. I even had a virtual call with my doctor (which was great - she could only see me from the neck down).



Transcendence Theatre Company

After postponing a high school girlfriends birthday trip in April, we have moved our birthday/cocktail celebrations to zoom calls. Brian and I have turned to zoom for our [The Bite Goes On](#) podcasts, and we have been able to maintain our weekly schedule. It has been a great opportunity to keep up to date with our colleagues with how they are dealing with C-19 and what they are going through.



Podcasting with the Winemakers and The Bite Goes On

I have loved watching some of our local organizations that have turned their efforts to converting their annual events to over the top Virtual Experiences, including my good friend Gary Saperstein, owner of [Out in The Vineyard](#). Gary presented three days of events including a diversity panel about The Colors in Wine Country, a wine tour with tastings, a dance party, and a Sunday brunch drag queen bingo. My other friends who created [Transcendence Theatre Company](#) have turned their season from star filled evenings in Jack London State Park to a three month Broadway extravaganza online. I can't imagine that they could predict a pandemic but they were so smart in capturing their past eight years of shows into video and thus having a large library of content to share.

The annual [Sonoma Valley Authors Festival](#) moved online with eleven days of authors and speakers of which was amazing to feel so connected with the author on the screen. Our [Valley of the Moon Music Festival](#) also went online for their 6th annual event. What



Gavin Newsom, California's State Governor during one of his midday updates on facebook

a beautiful treat. Working in the restaurant business for so many years, I have missed just about all of these events unless we were cooking at them. I am grateful for having the opportunity to enjoy the generous gifts on demand that many of these organizations have offered complimentary.

## OUR NON-PROFITS

Sonoma is filled with wonderful non-profits and they too have been greatly affected. They have turned to virtual auctions, galas, and entertainment to find new ways to raise money.

## PET'S LIFELINE

[Pets Lifeline](#) held their annual Paws for a Cause as a Virtual Gala which included auction items, videos, performances by local artists and even a peek into the animals currently up for adoption. You can even purchase your dinner ahead of time to enjoy during the show.

## SONOMA COMMUNITY CENTER

Every year, the [Sonoma Community Center](#) honors a person/s who has contributed greatly to our community, they are called "the Muse". This year, it was held online as the "Amusement-athon", combining fundraising with a multi-packed schedule of local entertainment.

## LA LUZ

[La Luz](#), celebrating their 35 years on a Zoom presentation - "Ole Noche Virtual" in place of their annual fundraising event and continue their fundraising with mezcals tastings and more.



### ABROAD in BARCELONA

With the sadness of empty theaters, concert halls, sports stadiums, and the like, there have been some that have turned the sadness into performance art that could only have occurred because of the emptiness of a venue. You may have seen images similar to the image on the right (credited to Emilio Morenatti/AP) where an opera house was filled with plants. In the Gran Teatre del Liceu, plants filled 2292 of the 2300 seats for an online performance of Giacomo Puccini's "Crisantemi" as executed by the IceLi string quartet. After the concert, the plants were donated to 2,292 health care professionals, specifically at the Hospital Clinic of Barcelona.

### FOR FASHIONISTAS

I have never paid much attention to fashion but on a day in the rabbit hole, I came upon a series of runway shows. The first one that continues to mesmerize me was the [Dior Cruise 2021 Collection](#) Maria Grazia Chiuri. It was unlike any fashion show that I have ever seen. Folk dance and music (with a full orchestra), and an elaborately lit set that looks to be in the midst of a cathedral courtyard. Yes, there were clothes, and stunning models but just WOW. I may have watched it three times and then tunneled my way to all of the back stories and other designer's shows. I found out that the Dior show was presented in Lecce, in Puglia, Italy, a place that is now on my travel wish list when we get invited back to Europe. Don't miss their [Autumn-Winter Haute Couture Show](#) - or [Jacquemus Menswear Spring Summer 2021](#) masterpieces - beyond fashion indeed!

### EDUCATION

[Batonnage - Women in Wine](#) switched their forum over to Virtual conversations and break-out groups for this year. With over 30 speakers over the course of ten days it was a whirlwind of valuable information and insight to the state of affairs and equity with women in the wine business on every level.

The [James Beard Foundation](#) has many voices in the world of food, farming and regulations. They have been doing an amazing job of putting together interesting conversations with a wide range of experts on these online panels. If you are unavailable during the scheduled time, you can return to watch many of them on demand.

Years ago I had a marvelous invite from my friends at Campovida Winery to come to a gathering of leading-edge changemakers and visionaries called [The Do Lectures](#). It was a wonderful experience and even though I was only able to participate for one day, this "encouragement network" has remained in my life. Here you will find some authentic stories from people from all over the world sharing their experiences. I highly recommend watching some of these incredibly inspiring talks especially now. The subject matters are diversified so there is definitely something to listen to/watch for everyone.



### COOKING CLASSES

Do you have the desire to learn a few new recipes but didn't have the time? There are many ways to do this, but on [cuilne](#) you can travel around the world through recipes. Not only does a chef walk you through some of the regional recipes from their country, they also send you a box of pantry ingredients that are pre-measured and allow you to complete the list with any fresh ingredients that you will need. You can either select your class by country, chef or recipe.



You may have seen an ad in your social streams for [MasterClass](#) which has a monthly fee of \$15 gives you unlimited classes from chefs including Gordon Ramsey, Thomas Keller, Aaron Franklin, Alice Waters, and so many more! There is more to cooking here; you can find classes on gardening, photography, writing, business tools, fashion, and more.

[Airbnb](#) was already doing experiences but once C-19 hit, they shifted to adding a huge amount of virtual classes. Just on the cooking category of online experiences there are over 120 options with an average price of \$24 per person.

Another cooking resource you may enjoy is the [Kitchn Cooking School](#) which covers a lot of the basics in 20 lessons. The website itself has many more things other than just these classes.



## SHOPPING

I have been extremely grateful during these times for our friends across the country who have been ordering from our online store. Knowing how impactful this has been for us, I have been trying to do my share and pay it forward. Here are a few companies that you may find interesting:

### LOCAL MAKERS

[Miracle Plum](#)

[Bay Area Doorstep Market](#)

[INNA](#)

[Petaluma Seed Bank](#)

### CHEESE + CHARCUTERIE

[Cowgirl Creamery](#)

[Journeyman Meat Co](#)

### CHOCOLATE

[VOLO chocolate](#)

[The Garden Society](#)

[Askinosie chocolate](#)

### WINE + BOOZE

[Sonoma At Home](#)

[Prohibition Spirits Distillery](#)

[Hanson of Sonoma](#)

### SMALL GIFTS

[Tiddle E. Winks](#)

[Teipiadur](#)

[parabo press](#)

[girlfigstore](#)

### COMFORT FOOD

[Goldbelly](#)

[Mouth](#)

[Bokksu](#)

## GIFTCARDS

I can tell you without a doubt that every business I know that has been affected by C-19 will be grateful for your gift card purchases. Businesses need the cashflow now more than ever. Whether it be your treasured local restaurants, your bookstores, even your hairdresser, or your favorite tattoo artists, your online purchase will be a welcome gesture. If you want to do your holiday shopping now, especially as you may have the time, go for it as long as you spend at small businesses! If you are so inclined, you can even get a [giftcard](#) from the girl & the fig.

Now this being said, we have all been affected in different ways and this may not be the time for you to spend a bunch of money that you don't have or run your credit card balances further than they need to go. There are still ways to let people know that you are thinking about them and wishing them well.

I received the most fabulous hand-typed letter from an amazing friend - yes on a real typewriter. It made my day and was such an unexpected surprise. My neighbors have been gifting me their fresh baked biscotti and scrumptious peaches from their tree. They know that I am oogling their fig tree for when the figs will be ripe and ready to devour.

Are you listening to a lot of music? Make a quick playlist for a friend or suggest a new artist that they may love. How about a raffia-tied bouquet from your garden or propagate a baby succulent from your collection. So many sweet things we can do to make someone happy that just cost us a little bit of time.



# COVID STREET ART

Do a quick search on Instagram for Covid art and you will twirl your way down the rabbit hole for hours. Hmmm, I actually have hours to do just that.

Street art is present in almost every large city. As once crowded areas have thinned out, artists have found acres upon acres of canvas at their disposal. It is amazing how the very invisible enemy of C-19 is so graphically presented. This art is strongly emotional, powerful, and packed with angst.

For weeks, I have been following [@thevelvetbandit](#), an amazing artist on Instagram. I have been fascinated by the simple yet pointed designs that are popping up in Santa Rosa and beyond. I reached out to The Velvet Bandit to see if I could interview him/her about his/her process.

**SB:** Have you always been a Street Artist or is this something totally new?

**TVB:** I've been an artist all of my life, but March was the first time I have ever done any street art. I've always wanted to and this seemed like the perfect time. Let's Roll (image top right) was the first one I did.

**SB:** Do your ideas simply free flow or where do you get your inspiration?

**TVB:** My first inspiration for street art came from artist-activist Shepard Fairey. There is certainly a lot of inspiration around the virus and they just keep coming. I want my art to carry a positive message about Covid. There is plenty of imagery around this and there are so many ideas in my head that I just need to get them out. The news continues to shift and that just gives me more to paint about. I have always been an activist so this feels very right.

**SB:** What is the process and what is the medium that you use?

**TVB:** I use newsprint paper and create my image with acrylic paints. When the image is complete I find the spot for it and use a non-toxic, non-permanent wheat paste made from flour and water for the adhesive. I put a coat of the wheat paste on the surface (concrete, metal, wood), adhere the image and then add another coat or two on top to seal it.

**SB:** Do you have to sneak out in the middle of the night to leave your mark?

**TVB:** In the beginning, I was very careful not to get caught. I reached out to both a police officer friend and an attorney to make sure I wasn't breaking any laws. The bottom line is that as long as the art is not affixed permanently, I am probably okay. Now I tend to "hang" my images in daylight, I am wearing a mask so I am unrecognizable.

**SB:** Do you think people are collecting your art or do you think it is being abated?

**TVB:** I am not really sure and I am not attached if I come back to a location and it is gone. It would be cool to think that people are collecting them, but my reality is they could be posted for 5 minutes or 5 months.

**SB:** Is there anything else you think we should know?

**TVB:** I am absolutely shocked by people's enjoyment of the work. I love seeing my work tagged and it has been such an amazing response. This definitely keeps me motivated. There are three parts to this, all of which keep me engaged:

- 1) Creating the art.
- 2) Finding the spot and 'hanging' it for the world to discover.
- 3) Sharing and seeing it in the world.

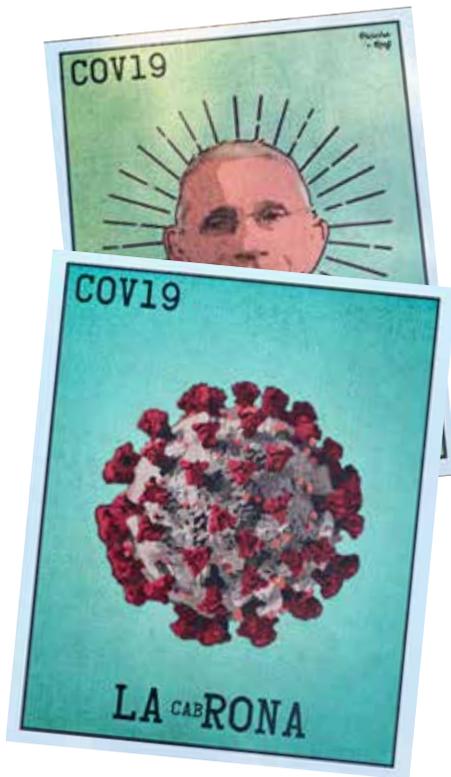
People have been donating to help me continue to purchase art supplies and I am actually making more money than I was in my pre-Covid job. I can see myself doing this forever.

**SB:** Well, I am a huge fan, and I look forward to my future treasure hunt in Santa Rosa so I can see how many of your images I can find. In the meantime, I will continue to be a lurker and cheer you on from the sidelines.

If you want to donate to keep these positive, and fun messages alive you can Venmo a contribution to [@thevelvetbandit](#).

For more information on wheat pasting and classes, visit the [Fearless Collective](#).





[The Pandemic Loteria](#) is part of a Covid art series that has captured a lot of attention. Pandemic Loteria, by artist Rafael Gonzales Jr, are loteria cards re-imagined into COVID-19 pandemic-themed cards that make light of the serious situation.



Rafael Gonzales Jr  
@pinche\_raf\_art

**Pablo Fontagnier (Hombre)** is a German graffiti artist. "He sees himself as a "child of the 80s", which is also regularly shown in the motifs of his work. As one of the first graffiti artists to deal with characters, he moved away from exclusively black outlines. In contrast to the technology that was common at the time, he chose a darker graded tone for his fill-ins than the colors for his outlines. His style, strongly influenced by digitalization, is characterized by reduced forms, hard edges and a special sense for the play of light and shadow." [Source](#)



Pablo Fontagnier  
@hombre\_suk\_trs



### GOOGLE ART PROJECT: STREET ART

Here are some other artist instagram accounts that I am lurking on to understand how they find their inspiration during this time.

[@covidartmuseum](#)

[@tvboy](#)

[@lapofatai](#)

[@\\_kiarashkhalili\\_](#)

[@nakrobmoonmarsnut](#)

[@lastreetartgallery](#)

[@pobel.no](#)

[@jason\\_irla](#)

[@davepollotart](#)

[@welinoo](#)

[@the.rebel.bear](#)

[@elmaalouf](#)

[@sideco1196](#)

### More Sources:

[Over 100 Experiences](#)

[San Francisco Culture](#)

[Virtual Vacations](#)

[David Lebovitz](#)

[Art-o-mat](#)

[#Coronart](#)

[Delicious Cinema](#)

[The Museum of the World](#)

[My Little Paris](#)

[The Prep List \(listen\)](#)

[Live Jelly Cam](#)



*@kongwave*

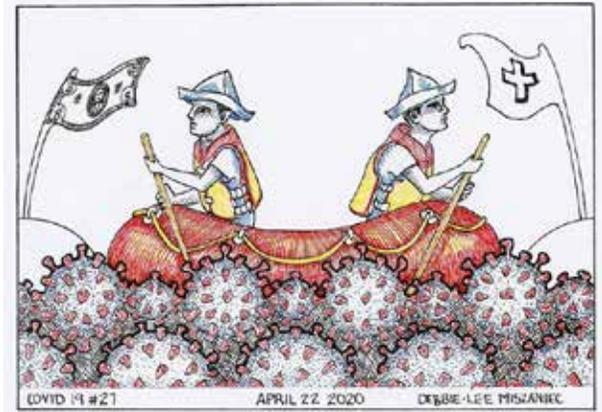
Baton Rouge artist painted a picture inspired by the classic US Army recruiting poster, with a doctor instead of Uncle Sam.



*Alaine DiBenedetto*  
[h-dart.com/alaine-dibenedetto](http://h-dart.com/alaine-dibenedetto)



[@guadalupecaceres](https://twitter.com/guadalupecaceres)



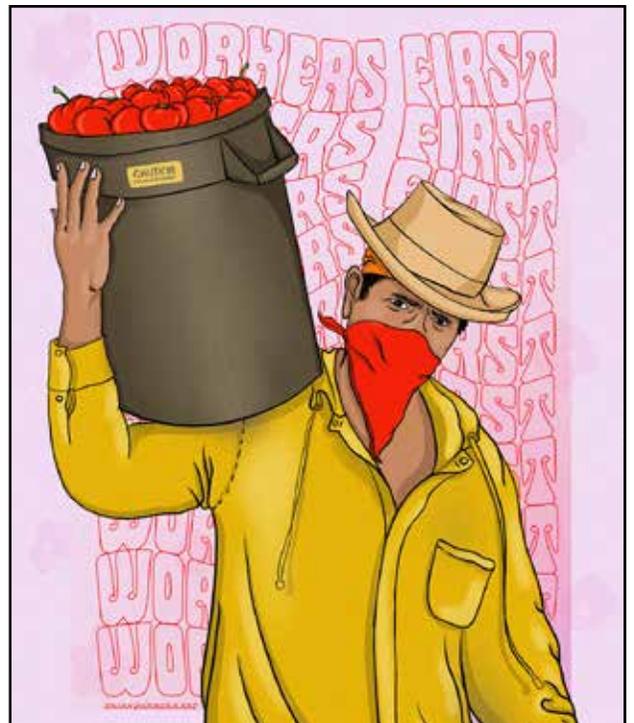
"I'd say that COVID-19 has taught me the value of connecting with people, being flexible and making room to respond to new circumstances as an artist."

*Debbie Lee Miszanic*  
[onelifeart.com](http://onelifeart.com)



*Mark Strandquist*

"Based in Philadelphia, [#FillTheWallsWithHope](https://twitter.com/FillTheWallsWithHope) began in early March, 2020 in response to the growing number of boarded up businesses, emptiness, and fear that was spreading across the city. We asked artists and poets, 'If you could fill the walls with your words and images, what would you share in this moment to support folks' emotional/mental health, share resources, and help us all dream of a more just, creative, and beautiful future?' As dozens of submissions came in, they were printed and wheat pasted on blank walls and boarded up businesses. Within a month we've installed over a thousand posters across the city."



*Brian Herrera*  
[brianherrerashop.com](http://brianherrerashop.com)

# HISTORY REPEATS



## WEAR a MASK and SAVE Your LIFE

The emergency that now confronts our city beyond the facilities of the health department

### ✚ THE RED CROSS ✚

has come to the assistance of the Board of Health. Doctors and Nurses cannot be obtained to take care of the afflicted. You must wear a mask not only to protect yourself, but your children and your neighbor from influenza, pneumonia and death.

### A Gauze Mask Is 99 per Cent PROOF Against Influenza

Doctors wear them—those who do not wear them get sick. The man or woman or child who will not wear a mask now is a dangerous slacker.

### WEAR MASKS GOING TO WORK AT WORK GOING HOME AT HOME

This statement was authorized at a meeting of the undersigned, who are convinced that it is the only way to stamp out the epidemic:

- |  |   |
|--|---|
| CITY AND COUNTY OF SAN FRANCISCO<br>JAMES ROLPH JR., Mayor             | SAN FRANCISCO CHAMBER OF COMMERCE<br>ROBERT NEWTON LYNCH, Vice President        |
| BOARD OF HEALTH of SAN FRANCISCO<br>ARTHUR H. BARENDT, President       | SAN FRANCISCO BUILDING TRADES COUNCIL<br>P. H. McCARTHY, President              |
| AMERICAN RED CROSS<br>JOHN A. BRITTON, Chairman San Francisco Chapter  | SAN FRANCISCO LABOR COUNCIL<br>JOHN A. O'CONNELL, Secretary                     |
| STATE COUNCIL OF DEFENSE<br>CHARLES C. MOORE, Director                 | RETAIL DRY GOODS ASSOCIATION<br>WILLIAMS MARKS, President                       |
| UNITED STATES SHIPPING BOARD<br>DON W. BINGHAM, Sanitary Engineer      | CIVIC LEAGUE of IMPROVEMENT CLUBS and ASSNS.<br>DR. JULIUS ROSENTHAL, President |
| UNITED STATES POSTAL DEPARTMENT<br>CHARLES W. FAY, Postmaster          | RESTAURANT MEN'S ASSOCIATION<br>J. J. EPPINGER, President                       |
| SAN FRANCISCO CLEARING HOUSE ASSOCIATION<br>FRED H. COLBURN, Secretary | ASSOCIATED CHARITIES<br>O. E. CUSHING, President                                |



*Matthias Kreschner  
@matthias.kreschner*



*@domenicovtalarico*



*@charlieprobablywood*

**THE MASK PROJECT**

Another fascinating art collective drawn on the crisis is called The Mask Project. Created by [The Curators](#) (a curated online gallery and shop) and presented as a competition judged by a "prestigious jury", the art is absolutely unique and somewhat heightens the reason we are wearing masks today. The public has the opportunity to vote on the art to select the 20 finalists. Cash prizes of \$3000 will be distributed to the top 6 winners in two categories: Limited Edition and Original.

[UNESCO and MEADOWS artists against COVID-19](#) is another mask art project, "CREATIVITY UNDER LOCKDOWN," that "aims to advance global social responsibility awareness by encouraging people to wear masks, not as an obligation but out of conviction, that it is one of the best measures of protecting one another from the risks of infecting others. In the future, if these masks are realized with the imprint of these international artists, they would even carry the message further and transform the experience of wearing a bland monochromatic mask into a more colorful and hopeful experience." There were 250 participating artists from 120 countries that were included in this exhibit.

<p><b>Abdullo Negmati</b> TAJIKISTAN</p>	<p><b>Haji Chilonga</b> TANZANIA</p>	
<p><b>Farrukh Negmatzade</b> TAJIKISTAN</p>	<p><b>Surakiet Ratana-Amnuaysiri</b> THAILAND</p>	
<p>United Nations Educational, Scientific and Cultural Organization Beirut Office</p>	<p>MEADOWS <b>MASK ART</b> CREATIVITY UNDER LOCKDOWN ARTISTS AGAINST COVID 19 2020</p>	<p>MEADOWS International Institute for Sustainable Development 100 Biological Resources</p>



Chuting Lee - [@leechuting](#)  
 Lech - [@lech.masks](#)  
 Jo Makowska

Ida ohn-breumlund  
 Xavier Castro  
 Brígida Ribeiros - [@brigida\\_ribeiros](#)

Raman Tariq  
 Nika Schmitt  
 Marcela Cabutti

## MASKS :: DESIGN



In Minneapolis, two mask projects popped up by artists/sewers Maggie Thompson and Jaida Grey Eagle. The Ribbon Mask Project and The Protest Mask Project stem from the [Makwa Studio](#).

The Ribbon Mask Project was a response to the need that came from the community's call regarding the lack of masks for hospital patients and health care workers.

The Protest Mask Project was another passion effort that formulated during the mourning over the murder of George Floyd and the protests that followed. They have been delivering masks to protest sites to make sure that protesters feel protected as they gather to call for change.



[@stuartrivision](#)

*sumanley**Yaroslav Danylchenko**#covidart*

# THE MONA LISA CHRONICLES

The Mona Lisa was painted by Leonardo Da Vinci over 500 years ago and is the most recognized painting in the world. It also has quite the history that includes mystery, vandalism, and theft. It is no wonder that it appeals to both art historians and artists alike.

The Mona Lisa has long been used as a canvas for other artists wanting to do their own twist in creating their own 'Mona Lisa.' Some of the most famous versions of these have been painted by Peter Max, Orlando Quevedo, Marcel DuChamp, and Salvador Dali.

It has been fun looking at the Covid-19 versions. There is just no end to creativity.

[Mona Lisa Reimagined](#)  
[Fine Art America](#)  
[Mona Lisa Inspired Art](#)  
[Mona Lisa Parodies](#)

*Kasia Kosar*

## [COVID ART MUSEUM](#)

#CovidArtMuseum is the world's first museum for art born during COVID-19 crisis. There are over 120K followers on Instagram. Three Spanish art directors from Barcelona created Covid Art Museum. Emma Calvo, Irene Llorca, and José Guerrero were working in advertising when they decided to call out for art from artists all over the world.

"It's one of the few moments when something affects the whole world at the same time, so it's normal that artists from very different places get inspired and want to express what we are living."

To date they have received over 250 original art projects from more than 50 different countries. To be considered for the virtual museum, artists can submit their originals through a basic questionnaire on the [@covidartmuseum](#) Instagram profile. The hashtag #CovidArtMuseum will be found on all these artworks.

The medium can be anything, including illustrations, photographs, paintings, drawings, animations, video, etc. Whether the art works come to them or they find it and procure it, the main subject is the crisis of Covid19.

We can hope that one day these very personal artworks can be found in a book, or physically shown where we can see them IRL. For the present, they are focused on collecting the artworks and reaching as many artists as possible around the world.





@thedirtyastronaut



@allad8



#coridart



#coridart

# SILVER LININGS

Trying to find a silver lining in Covid has been easy for some as they delve into old hobbies and new projects that they wouldn't normally have time for. There are a whole lot of things that I wish I had started in April, but put off while focusing on our business. What we thought may be over with in June continues on as I write this in late July with no real end in sight. As time has gone on, I have found myself attempting to dabble in art by painting both acrylic and watercolors, but I easily find myself back to my comfort zone of work. I will keep trying, though.

## Banana Bread + Time in the Kitchen

Would you be surprised if I told you that, after sourdough, the number one searched recipe on Google at the end of April was Banana Bread? Not just in the US but in Australia and London as well. (tidbit: In California, banana bread using almond flour exceeded every other state by far.) Removing banana bread from the query, [Popsugar](#) made a list of the most popular searched items by state (we have a lot of time on our hands). California called for [Snickerdoodles](#), and (believe it or not) Arkansas, Iowa, Kansas, Kentucky, Michigan, Missouri, Nebraska, Ohio, Oklahoma, Texas, and West Virginia all searched for Hamburgers while those party animals in Florida called for

the Margarita.

The point of this is that most of us have much more time on our hands. Banana bread makes some kind of sense as it is easy, it will work with your very old bananas, and it is comforting. Fifteen of these states' searches revolved around baking. It would seem that baking is considered a stress relieving activity.

## [Banana Bread Recipes](#)

Some of my favorite recipe websites include the [New York Times](#) (some recipes are free, but there is a paywall) and [Eat Your Books](#), which with a membership you can catalogue your books and do a quick search for recipes that you actually have in your collection. Another good one is [Epicurious](#): started over twenty years ago, they have a huge collection that include recipes from Gourmet, Bon Appetit and more.

## Gardening + Pickling

Since the pandemic started in spring in the United States folks got back into their gardens. Sonoma even had a Victory Garden giveaway

to encourage more people to grow their own vegetables. Since our local hardware store was considered an essential business, people flocked to purchase starters, seeds, dirt, and all sorts of garden necessities. The most adventurous of these gardeners took it another step as the season went on to pickle some of their harvest to be enjoyed at a later time.

## [Pasta from Scratch](#)

I was filled with joy when I saw some social media posts of my niece and nephew learning to make their own pasta. I yearned to be there with them just to join in on the fun and marvel in their end results.



Some of us are using this pause to step back in time and learn the basics of many things we just take for granted. Whether attempting these crafts or just enjoying the YouTube, or Masterclass videos, filling the time with learning has been a silver lining to fill the days.

I am particularly fond of the [“The Shape of Pasta”](#). These wonderful mini episodes can be found on the relatively new short-form video platform called [Quibi](#) and feature renowned Chef Evan Funke taking road trips to different towns in Italy in search of forgotten pasta shapes. He gets up close and personal with chefs and nonnas to learn their special techniques and new shapes. Just the romantic sound of them conversing in Italian is enough to sweep you away.

These episodes will frustrate you at the same time knowing that your next trip to Italy could be years away. In the meantime, you can dream while you watch the process of making agnolotti del plin, busiate, trofie, and a few other pastas that I had never heard of.





### Keeping it Green

I have read articles that indoor plant and succulent purchases are on the rise in large cities. This seems to make sense when we are sheltered in place and there is a longing to bring the outside in. Fresh flowers, fiddle-leaf fig trees, jade plants, roseum and hens and chicks will all bring joy. Keeping them alive is another story (at least for me).

### Family Tree

Have you ever tried to make your Family Tree? If not, you probably have a few hours to give it a go.

I have been off and on [Ancestry](#) for years, as it can be very time consuming. Don't let that put you off, though, as the results are so interesting and rewarding. You just may find a new cousin that you didn't know existed.

So far I have found 337 relatives on my tree and I have no doubt that there are many more to find. As you continue to follow the hints and search for more information, the hours fly by.

### Puppies

I have no fewer than five friends that have gotten a new puppy during C-19. Is it the need for the sweet puppy love or the newly acquired time to allow for puppy training? Whatever the reason, I believe a new puppy is definitely a silver lining. My dogs Remi, almost 3 years old and Rugby, a little over 1 year old have been such a saving grace for so many reasons during this time. For one they wake me up everyday with kisses and nudge me out of bed to start our day with a walk.

### Dog Portraiture

If you did get a new puppy during this time then I would suggest contacting my friend Joan at [www.joanstagnaro.com](http://www.joanstagnaro.com) who has found her Silver Lining by going back to her art. With a wide circle of friends with dogs and a true talent for capturing your dog's personality, this would be the time to get on her waiting list. She did a beautiful job with both my kids, Rugby and Remi.



Remi (top) Rugby (below)  
Painting by Joan Stagnaro



### C-19 ROCK ART

Rock art projects around the world are not new, but it is genius that they are now part of C-19. These rocks represent part art therapy, part kindness project, and part honoring the health workers on the front line.

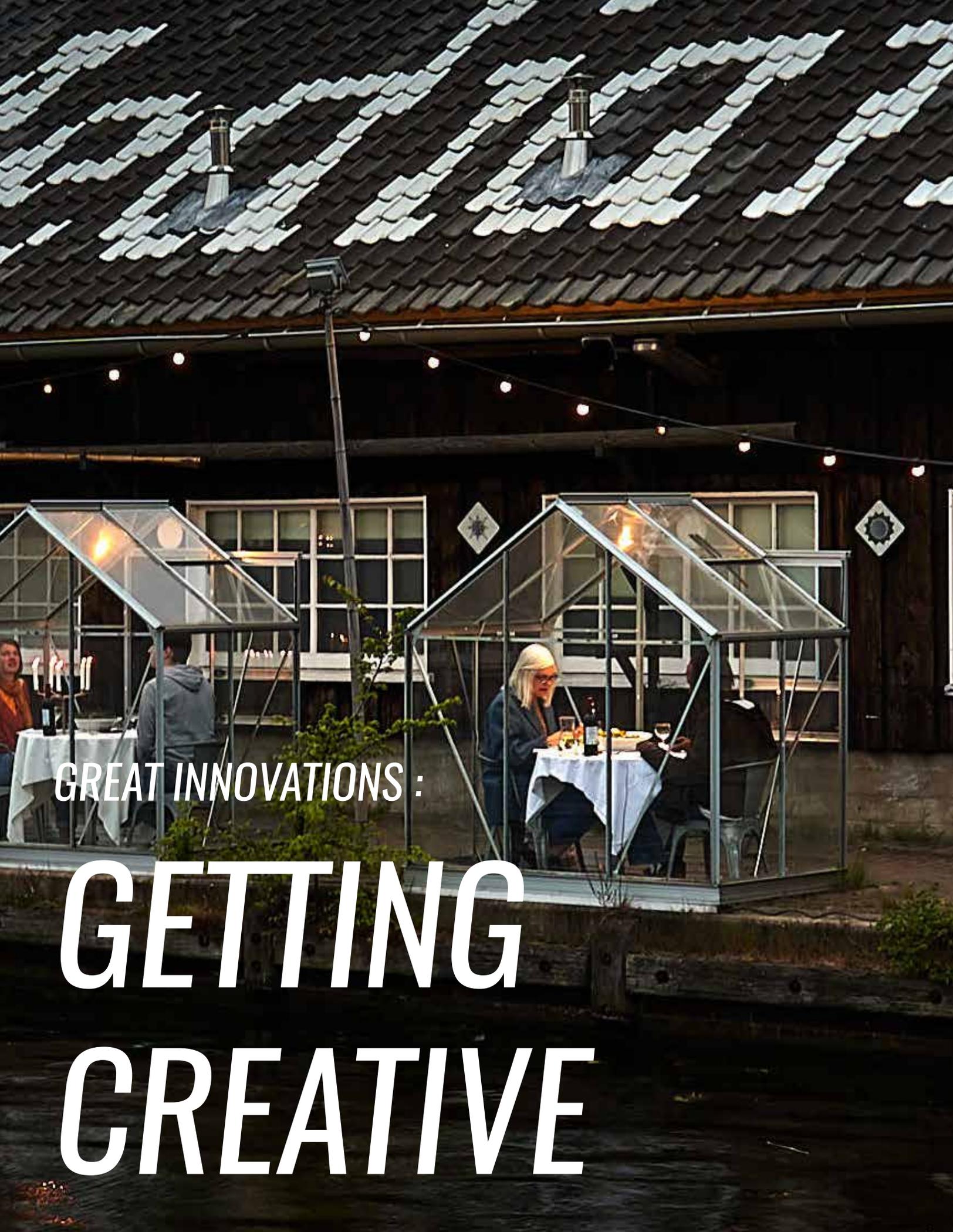
One of my favorite themes are all of the Rock Snakes that wander their way through forests, neighborhoods and continue to grow with the help of the community. A few of them include the [Love Farm Rock Snake](#), [Santee Rock Snake](#), [Laredo Covid-19 Snake](#) (in mid-June they had over 2200 rocks), and the [Buxton Covid-19 snake](#) with more than 3000 hand painted rock contributions.

In some areas these decorated rocks are hidden in plain sight. They could be anywhere, waiting for you to discover them while on your walk, in your everyday life, and in the most unexpected areas. Think of it as a gratitude scavenger hunt.

### Want to give it a try?

These pictures should give you plenty of inspiration. Find the perfect rock. A base coat is based on your preference but not necessary. Use acrylic paint with a brush or experiment with different markers that you have on hand. Seal with a clear gloss sealer if you want it to shine or a matte finish for a more natural look. Enjoy!





*GREAT INNOVATIONS :*

# *GETTING CREATIVE*



## When disaster looms, creativity blooms.

[Mediamatic ETEN](#) is a plant based restaurant in Amsterdam (picture on page 28-9). I had never heard of them until I started seeing images of their dining greenhouse pods everywhere online. They are calling this service *Serres Séparées*, and the staff is serving food on long boards so as not to get close to the guests. These greenhouses have reached New York's [Ampia Restaurant and Rooftop](#) where they recently upgraded their socially distanced dining with plastic greenhouses as well.



As the concern over touch points grew, so did the need for new technology or technology used for other purposes. One of these tech tools that we had never used before in our business was the QR code.

My nephew Josh suggested [Flow Code](#) as a great idea to connect our guests to the menus without physically touching it. Out of all of the different tools we had tried since the start of C-19 our QR codes have been the most successful. The fact that almost everyone has a smartphone and knows how to take a picture allows us to explain this easily, and these codes take our guests to each of the different menus that we are offering. Other solutions that QR codes can provide include redirects to websites, social media sites and just about anywhere that you want someone to go on the internet.



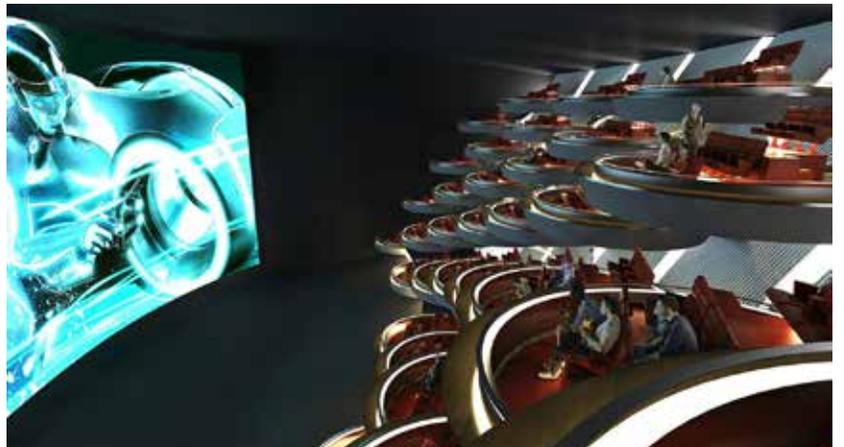
Another innovator featured on the news has been offering her PODS (room for one) for Pod Parties rentals. [@madeinpain1](#)



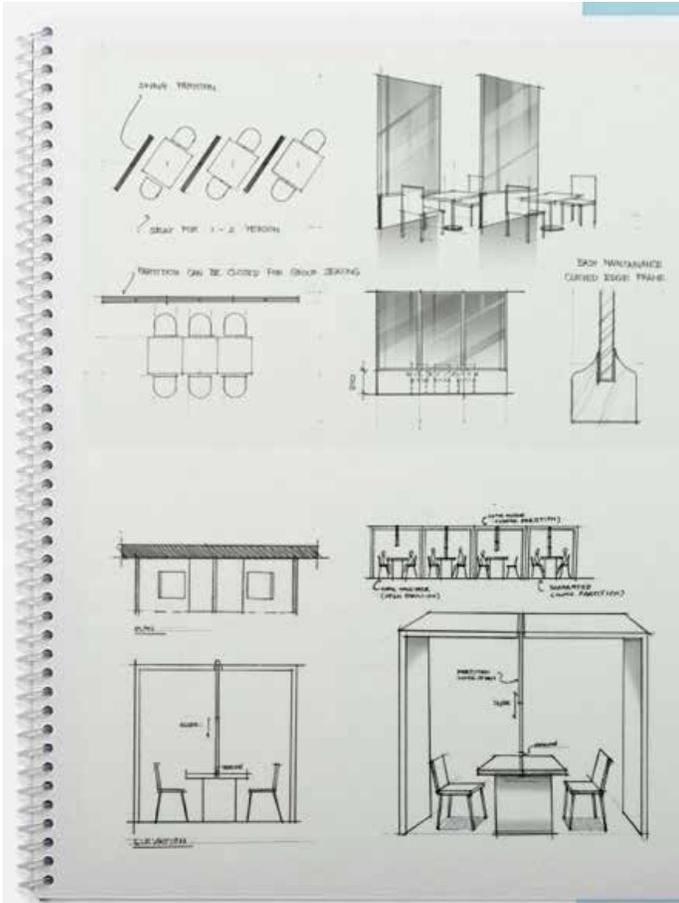
The [Immutouch](#) is a smartband that buzzes when the wearer's hand goes near the face. This invention was created in Seattle from a company called Slightly Robot.



Is it art or is it a real restaurant? [Bord För En](#), another find, is a table in the middle of a field for one and this Swedish couple sneds a basket of food by ripcord.



A new cinematic experience is being imagined by [Ôma Cinema](#) in Paris to open next year. Trying to create a new cinematic experience and create an innovative design for social distancing.



A snippet from the 26-page hospitality design white paper created by greymatters to lead the design industry in a new way of thinking about space.

My friend Alan Barr is the Founder of [greymatters](#), which is an award-winning hospitality design firm. With offices in Singapore, Bangkok, and San Francisco, he is now looking at the ways design needs to change in our social spaces; restaurants, meeting spaces, hotels, resorts and more. He is working with his design team to create design-forward ideas, and prototypes that will be relevant, meet guest expectations, and will be functional for the long term. Bravo!

### The Paradigm Shift

“We’ve suddenly found ourselves inextricably woven into the most complex and potentially disruptive event in the history of hospitality - the advent of COVID 19. This is not an economic blip or a regional downturn, it’s a call - and, some would say, an opportunity - for all of us, whether owning, managing or influencing the design of leisure or corporate spaces, to confront this monumental paradigm shift head on. To rethink the way we plan our spaces.”

Feel free to [click to read the paper](#) in its entirety. It is very well done (not a surprise to me) as greymatters is cutting edge and extremely generous to share this with the public.



PANDEMIC DESIGN by Christophe Gernignon PLEX'EAT  
Instagram [@christophegernignonstudio](#)



Chinese architect [Sun Dayong](#) has a possible way to curb the spread of this virus: Be a Batman. He designed a concept for a wearable shield partly inspired by the structure of bat wings.

# MENTAL SHIFTS : SUR VI VAL

When faced with fear from the unknown, we try to find ways to comfort ourselves. These are not always the best things for us, like finishing the pint of ice cream in one sitting, calling it a two bottle night (knowing that the first bottle was opened before noon), and binge-watching random shows on Netflix or reruns that you didn't even like the first time around.

This situation is truly unprecedented from anything we have ever experienced in our lifetimes. Seems like this is a chapter from a crazy science fiction book or even a possible horror film. However, these feelings are not

shared equally for everyone. People I know, and you know too, haven't been affected all too much. It may just be an inconvenience for them and not a life altering experience as it is for others.

## So how do we get through it?

Caring for ourselves and others should be top on our list. Being grateful for the things that we take for granted is helpful too.

There are lots of opinions and ideas to create a mental shift that won't make things worse. I will just share a few ideas that you may or may not have already taken on.

My brother told me to walk, everyday, no matter what. I really didn't want to walk, but after a few days his advice got so annoying that I started to walk, everyday, just so I could say I walked and we could talk about something else.

The dogs have settled into a routine of waking me really early and I pop out of bed and walk the dogs along different routes of the neighborhood. I turn on a podcast episode, an audio book or some music and let the dogs sniff out all of their neighbors.

The second week of walking I started noticing the plants, the flowers, and the trees. I downloaded a plant app to see if I could learn how to identify all of these beautiful specimens. I check out all of the fireplaces to see that each one is uniquely different and recently have been fixated with the mailboxes. I saw how lawns were important to some and not so much to others. I smiled everytime I walked by the house where the

people arranged metal goats in a different way almost everyday. (After a month or so, the baby metal goats showed up.)

I started to see the same group of dogs walking their people everyday, all with such a politeness of keeping at least six feet away by crossing over to the other side of the street with a wave - the beautiful collie, the chihuahua and its partner the greyhound mix, the older golden retriever, the insane standard poodle, the lab twins, and every once in a while we randomly run into Remi's grandmother.

Meditation, working out, cooking, listening to music, talking to friends, making art, and reading a good book are all things that can help or at least distract you from the long days of C-19. One of my favorite self care routines is a mid-afternoon nap.

Personally, when this time is past us, I want to be sure that I have accomplished a few meaningful things that somewhat make up for the business stress that awaits me everyday. We can look at this time as a personal reset, something that we can control when there are so many things that are out of our reach.

My C-19 Mantra: One day at a time, waking up to a new day with a positive mindset.

[My Spotify C-19 Playlist](#)

[SOME REALLY GOOD  
MUSIC LIVES HERE](#)





