

NSD DEI Council

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NSD INITIATIVES TO STAY CONNECTED

STAYING IN TOUCH THROUGHOUT THE DAY



To keep in touch throughout the day, quickly touch base multiple tools are available:

- Google Hangouts chat (NSD admins)
- Slack (ANP, Berkeley Heavy-Ions)

Maintain group meeting schedules etc.

- Zoom! -- Essentially all NSD programs are maintaining regular group meetings, or even increasing frequency (RNC is now weekly)
- Division wide we are keeping in touch -- this meeting!

- Multiple NSD programs have initiatives around lunch (when there is no noon talk or meeting)
- Use Google Hangouts or Zoom to facilitate a virtual lunch
 - ANP – Tuesday & Thursday
 - Theory – Monday & normal lunch seminars are now virtual
 - Neutrinos – Every day has a drop-in (except where talks/meetings are scheduled)



DROP-IN
OR GROUP
LUNCHES

COFFEE BREAKS

- Low-energy program has a twice-daily drop-in coffee break on Zoom each day (10 am, and 3 pm) – welcome to join (Zoom meeting ID from Augusto Macchiavelli)
- 88 Operations - Tuesday afternoons
- Early Career ERG – upcoming Wednesday April 8 @ 10 am (favorite book/movie this week)
- All-Access ERG – upcoming Thursday April 9 & Tuesday April 14 @ 11 am



HAPPY HOUR



Cheers! From a distance...

- Multiple NSD programs are also having Friday virtual Happy Hours
 - ANP and Neutrinos at 4:30pm and 5pm respectively
- WSEC-ERG Happy Hour (last Wednesday @ 4:30pm)

OTHER INITIATIVES



- Movie nights or weekends
 - All Access ERG held a Netflix Party last Wednesday; Berkeley Lab Post-doc Association also had one
 - Lambda Alliance and All Access ERG are hosting tomorrow at noon
 - Neutrino group are suggesting a common movie to all watch over a weekend
- Collecting and sharing online activities/resources (i.e. from Alan, to the neutrino group)

- NY Times calming exercises:
<https://www.nytimes.com/2018/11/05/style/self-care/the-calm-place-on-the-internet.html>
- Personal development and learning:
 - [The Science of Well-Being](#) - an extremely popular course at Yale that is being offered for free on Coursera. [go at your own pace]
 - [Science of Happiness](#) by Christine Carter (UCB Greater Good Science Center) [about 8 min], and other videos from the [Greater Good Magazine](#)
 - [Real-time modelling of the 2020 coronavirus epidemic](#) - a timely (and enjoyable) colloquium by an applied mathematician Dan Coombs at my alma mater UBC last week. [about an hour]
 - [The Many Uses of Geometry](#) by Carlo Sequin (UCB) [about 20 min]
 - [Editing the Code of Life: The Future of Genome Editing](#) by Jennifer Doudna (UCB/LBNL) [about 90 min]
- Online shows/concerts:
 - Cirque du Soleil (a Montreal-based contemporary circus, 60-min online show): <https://www.cirquedusoleil.com/cirqueconnect>
 - NY Metropolitan Opera is streaming a single opera every day from 4:30 pm (PDT) to ~noon the next day. Link to the stream is on their front page: <https://www.metopera.org/>. This week's schedule is [here](#).
 - London Symphony Orchestra: They have made their contact online on [Youtube](#).
 - Berliner Philharmoniker has also opened up their digital concert-hall archive for 30 days free access: <https://www.digitalconcerthall.com/en/home>
 - A 5-min clip of Ronnie Chieng's standup comedy at Jimmy Fallon's The Tonight Show on [YouTube](#); it's about Asians. With an Asian background, I just found it very funny.

- Staying in touch in this bizarre time is critical – with friends, family, colleagues and neighbors
- If you're feeling isolated, you're not alone – reach out!
- As an NSD community, we should make sure we're reaching out to all our colleagues – from undergraduates to retirees
- Lab ERGs (<https://berkeleylab-erg.lbl.gov/>) are very active at present – a great time to join!

ADDITIONAL
THOUGHTS?