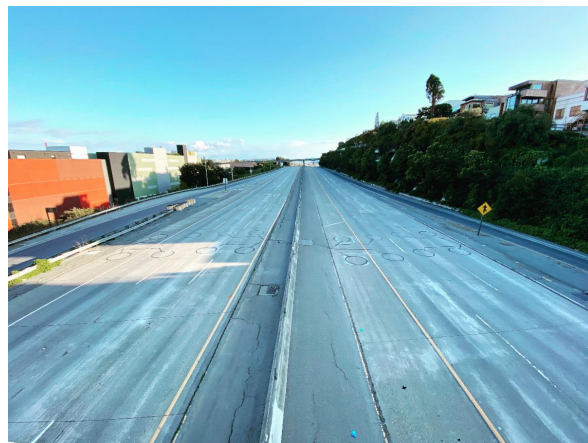




A Special Pulse Edition to Lift Your Spirits

Greetings!

Millions of Americans are sheltering in place in order to end the COVID-19 pandemic. We applaud all those practicing social distancing for they are being responsible. It is a great time to take in the reality with an eye to the world we seek to create. It is important to note that although it may not have been the original source of the virus, a fish market in China was where it exploded to become a pandemic. Food is fundamental and linked to almost everything. A healthy natural world and the food that emerges from it are the fundamental needs of our existence and our civilization. We must offer more respect to both nature and our food system based on more knowledge, care and investment in their health and resilience.

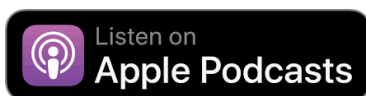


(Image: 280 Freeway in San Francisco, by Doris Meier)

I offer four suggestions for content that I hope will lift your spirits and provide a more positive vision for the future.

A Conversation with Alice Waters

We spoke of Chez Panisse in the time of Corona; her vision for edible education and a transformation of our school meals; the new UC Davis Institute dedicated to Edible Education and her vision for a September 2021 Slow Food Terra Madre of the America's event in Sacramento. It is a warm and uplifting conversation to feed our dreams for a brighter future.



Today is Fantastic Fungi Day!

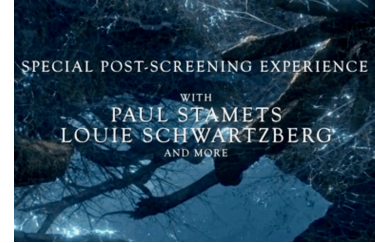
Join me in celebrating and interacting with the Mycelium Network, which is out to change the world. *Fantastic Fungi: The Magic Beneath Us* is a heartwarming, awe inspiring film that reveals what our future could include if we made it so. Mushrooms offer healing gifts for our earth, bodies and minds. The film highlights an important truth: by working with

nature rather than against her, we will open the door to an abundance of solutions to the many challenges of our time. Hit the links below to watch the trailer and the film and to register and participate in a live conversation with Paul Stamets, the film's starring mycologist, and Louie Schwartzberg, the Director. (Image, L - R: Paul Stamets, Louie Schwartzberg)



Why I Think You Should Watch and Share Fantastic Fungi





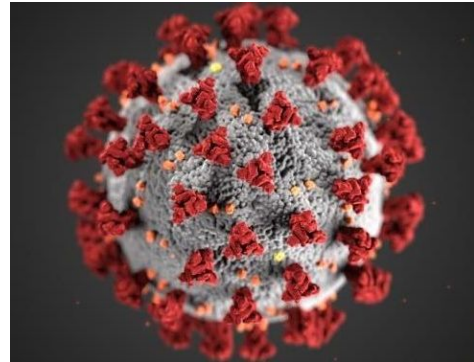
TRAILER

FILM

LIVE Q&A

My brief COVID Commentary

I offer my thoughts what is the best outcome when such a world-altering event takes control of our lives?



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How Do Big Changes Happen?



And in case you missed it, here is my recent conversation with Dave Henson of the pathfinding Occidental Arts and Ecology Center. We talk about how change happens. It is moments like the one that is unfolding before us that make the once impossible, a new reality.



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Michael Reid Dimock
President
Roots of Change
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