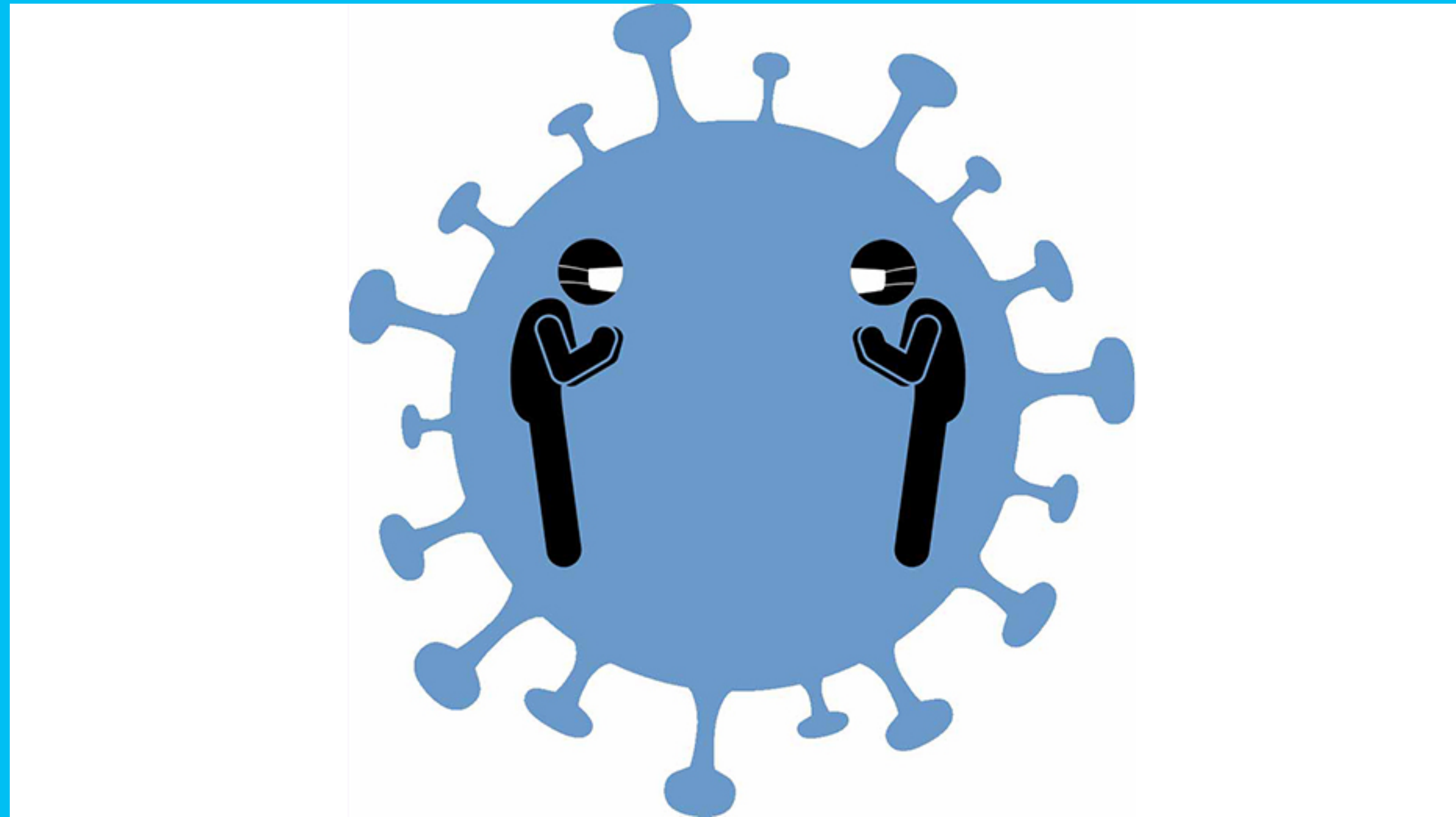


PATI ALLEN BRICKMAN 11/3/2020

Reinventing the 'niceties' in a Covid World



Opening Prayer

A prayer for peace in times of trouble

Lord, give us peace that we may shine brightly in a dark world. Grant us the courage to live faithfully to our highest values even in the midst of hard times. Let our faith in each other be the beginning of wisdom and compassion rather than allowing fear to drive our actions.

Help us to live strongly in the midst of a world that needs to know peace. We pray for our brothers, sisters and LBGTQI siblings of the world, for we are of one family.

Show us mercy and heal those who are suffering in times of trouble and plague. Most of all, inspire us to restore the world and make all things new.

Amen.

CEEW Wishes You to Know

By consensus, the board recognizes that a group of members decided to hold their own forum on Judaism and Current Events.

Views expressed during conversations may not necessarily be those of CEEW.

Upcoming Discussions...?

- ▶ 11/10 Open Discussion: Looking Forward.
- ▶ That will be our last formal J&CE session of the year. This has been a wonderful experience with a group of smart, interesting and supportive friends. Thank you all for sharing this with us.
- ▶ We thought we would then take a long winter break until late spring when we would reinvent and reconvene.
- ▶ But some have expressed the desire to get together over the winter on a regular basis for timely discussions, schmoozing and just for moral support. Think about what that would look like and bring your ideas to next week's meeting.

Discussion Guidelines

1. This is a **discussion**, not a debate.
2. Everyone is encouraged to **participate** but feel free to just **listen**.
3. Try to keep your contributions **concise** and to the point.
4. **Raise** your hand to signify your wish to speak.
5. Please **fact-check** your sources.
6. **Listen** to and respect other points of view.
7. Seek first to **understand**, not to be understood.
8. **Mute** yourself if you have background noise.
9. Be thoughtful. Be kind.

The Jewish Perspective on Respect

Rabbi Hillel said, “That which is hateful to you, do not do to others” (Shabbat 31a). The value to show respect is one of the key elements to the Jewish worldview. It is part and parcel of almost everything that Judaism teaches, from how one is to approach G-d to how one should act with one’s parents and family members.

G-d is respected as the creator of the Universe, just as parents are respected as the creator of children. The idea or value of respect extends beyond one’s own family to include others as well. The benefit of respecting others is not found in what might be gained by showing such respect alone, but also in adherence to the value in and of itself.

To live a life respecting others means to realize that everyone is unique, and everyone should be valued as such. This is the essential element of the Golden Rule.

Following the latest health guidelines
is the ultimate form of etiquette

Our literal survival depends on our ability to
change cultural and habitual behavior quickly.

As our scientific knowledge of covid-19
deepens, “covidiquette” advice may change.

There is one etiquette rule that applies
universally: Be kind.

Do I always have to wear a mask?

1. “Going out in public without a mask is an etiquette felony,” writes Steven Petrow, etiquette expert.
2. How do you usually handle the following situations:
 1. Walking in an unpopulated area alone or with household/bubble members.
 2. Hanging out at the park.
 3. Walking or jogging with people passing.
 4. Walking around town.
 5. Eating outside at a restaurant?
 6. What situations are problematic for you?



BONUS ADVICE: DO
KEEP YOUR USED MASK OFF
THE DINING TABLE.



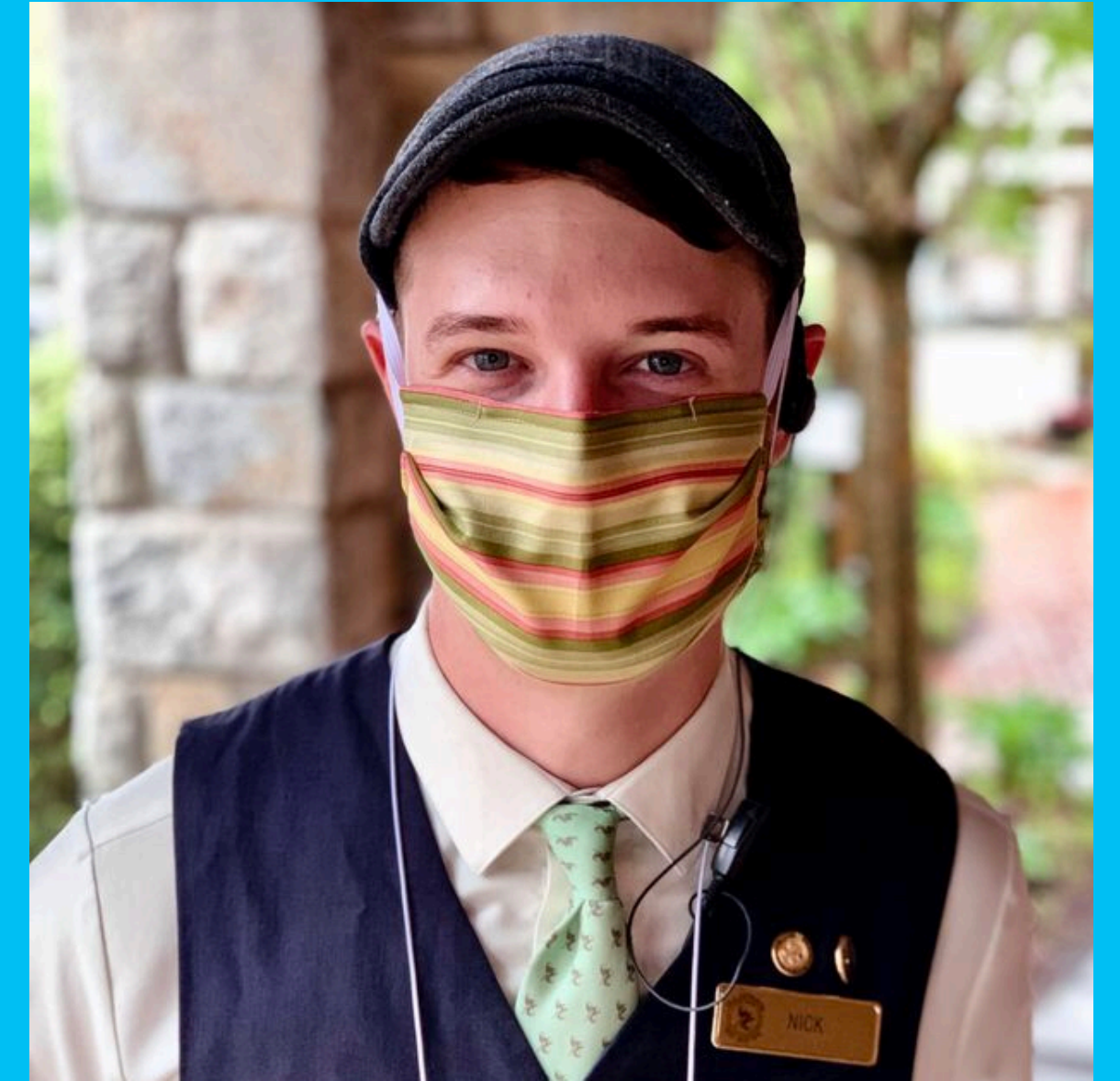
Avoiding mask meltdown.

1. Remember: we can only control what we can control.
2. Most of the time - just let it go. Confrontation never ends well.
3. Your home, your rules. Keep some disposable masks by the door for work people who are unprepared.
4. If other customers are not wearing masks, you might want to keep your distance and make your visits brief.
5. If staff are not wearing masks, you may want to find another store and consider writing to the management. Feedback is sometimes powerful.
6. Have you experienced a mask meltdown?

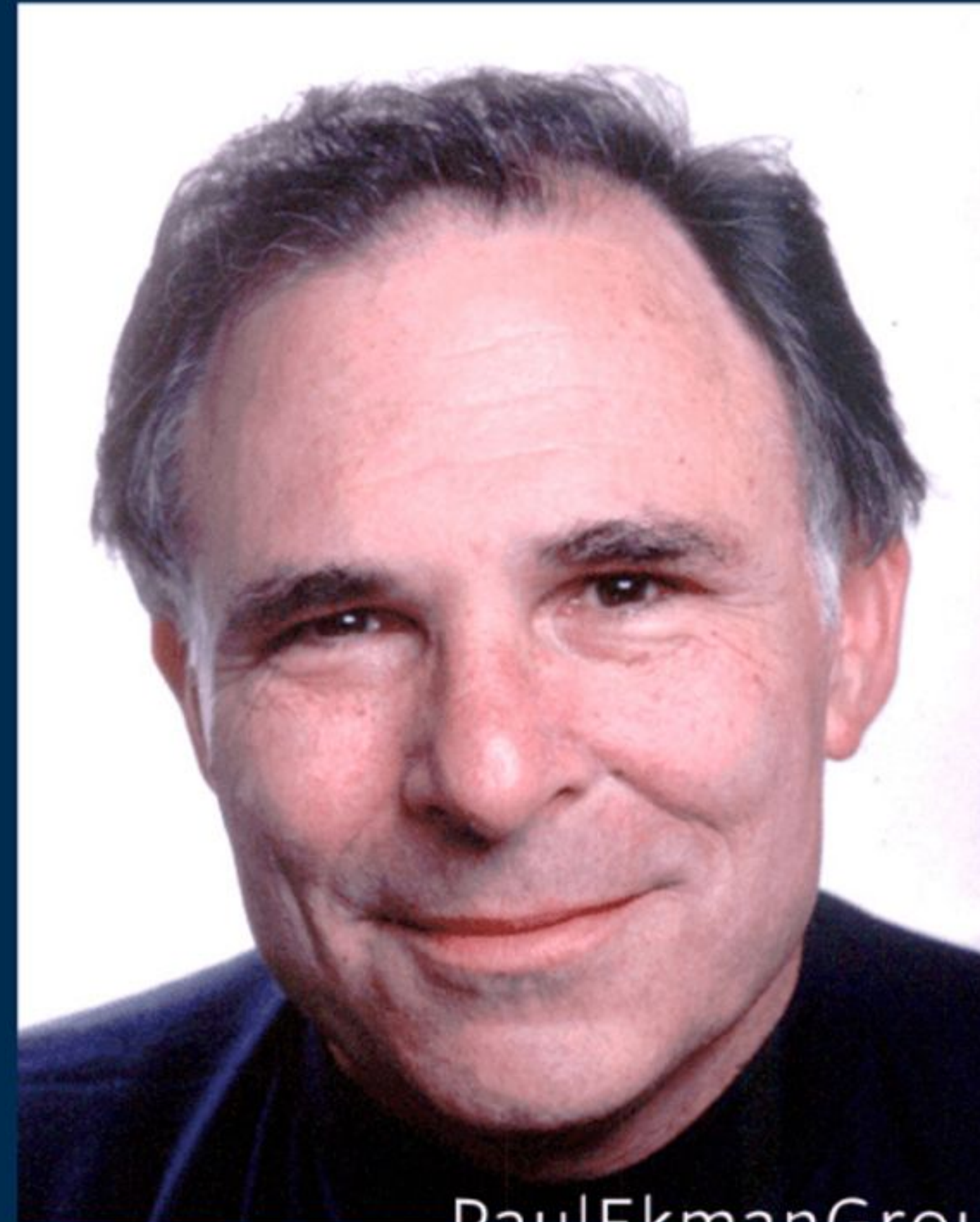
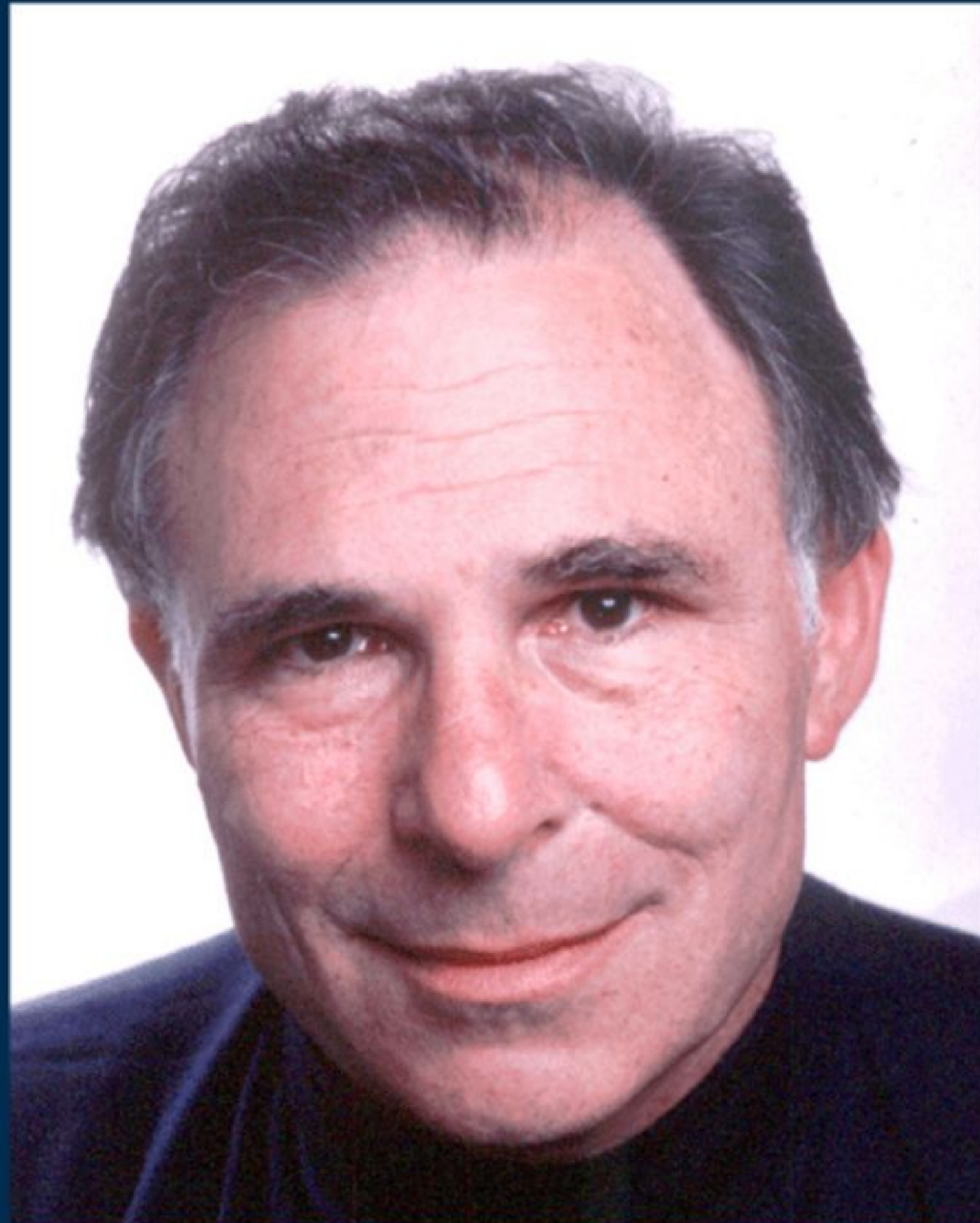


How to smile with a mask on.

1. The smile greases the wheels of society and keeps us connected. But how do we keep that connection with half our face covered?
2. Solution: The 'smize.'
3. The *smize* was coined by supermodel Tyra Banks in 2009. It means to smile with your eyes in a playful or alluring way. It involves bringing life to your eyes while keeping the rest of your face neutral.
4. It's actually half of the Duchenne smile, named after the French neurologist on the 1800's, involves lifting the corners of the mouth and crinkling the corners of the eyes. This is the queen of smiles, signaling true joy.



The Duchenne Smile



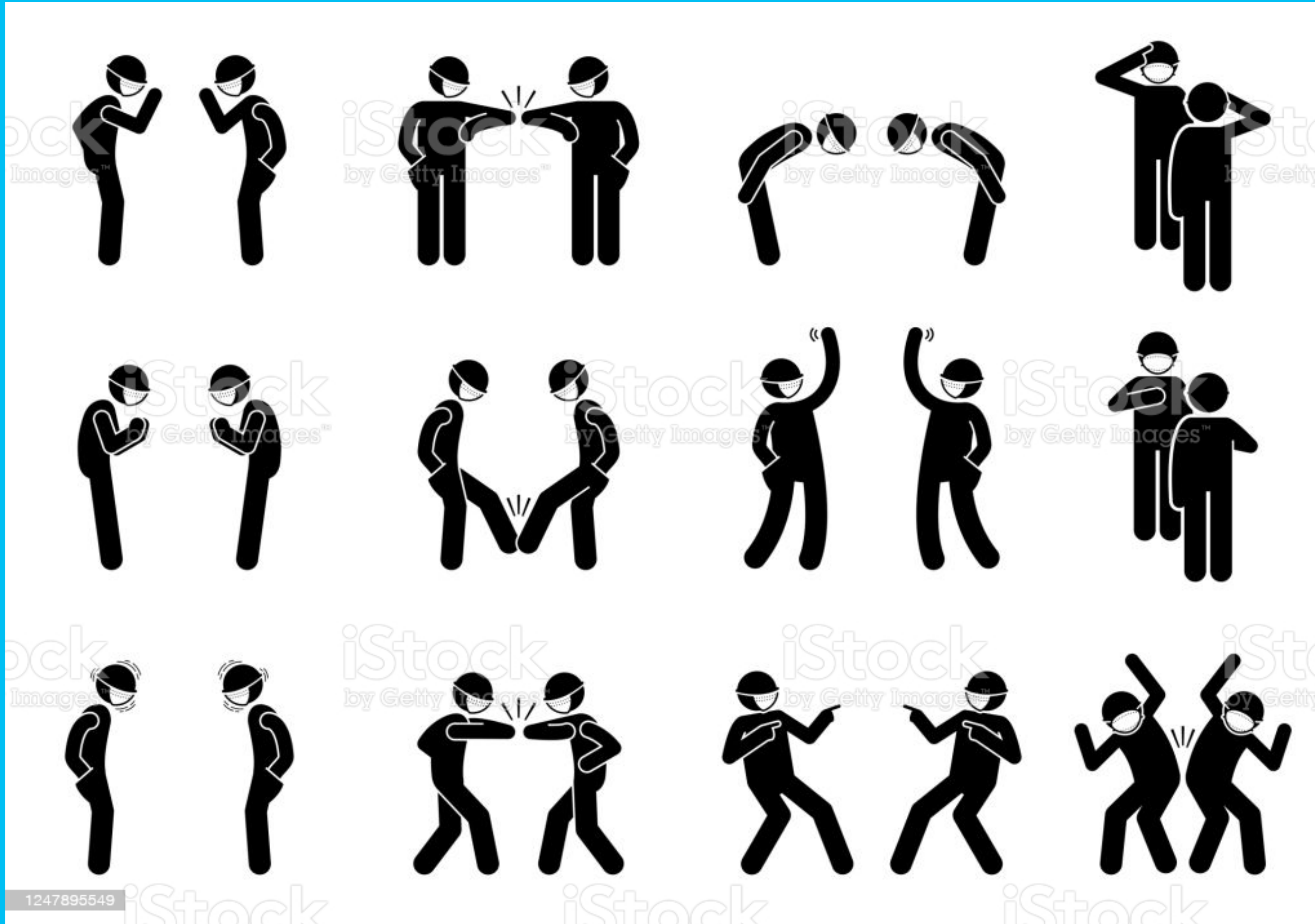
PaulEkmanGroup®

Covid = the death of the handshake.

1. How do you greet someone? Let's take a vote on the best ways:
 1. Namaste (favored by many etiquette experts)
 2. Elbow bump
 3. Wave
 4. Foot bump
 5. "Smize" smiling with your eyes
 6. Other suggestions?

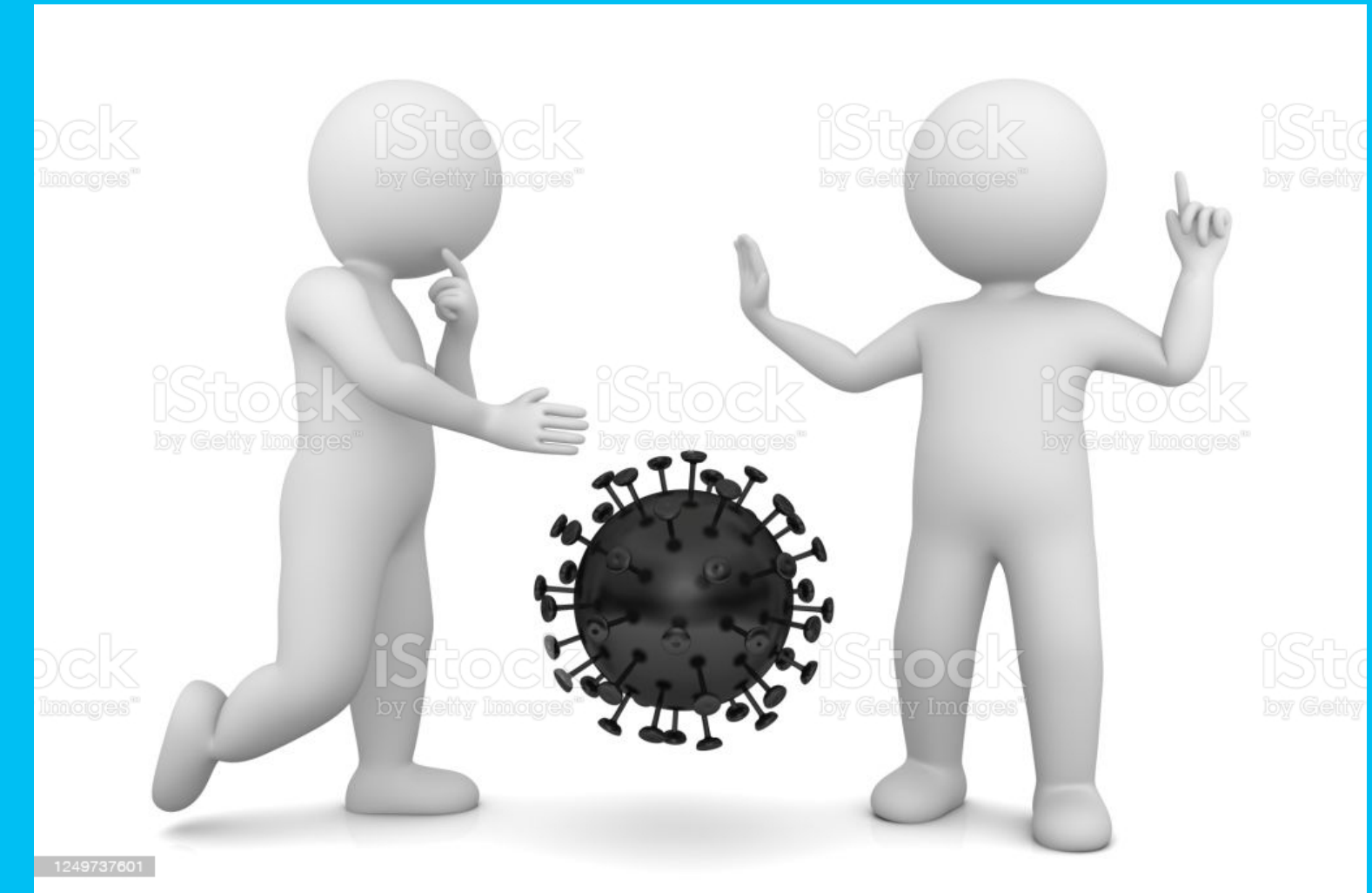


The Menu



Avoiding that handshake.

1. Use your words - and body language. Ideas:
 1. Take the initiative. Start the greeting in a way that signals you are not shaking hands.
 2. Take a step back and wave.
 3. Keep your hands at your sides. Use a friendly verbal greeting or nod.
 4. Hold hands into a stop sign at the shoulders. Smile (smize!)
 5. Use a little humor like, 'Oh I wish I could shake your hand!'
2. Accept that it's going to feel awkward.



Keeping our distance - at least 6 ft.

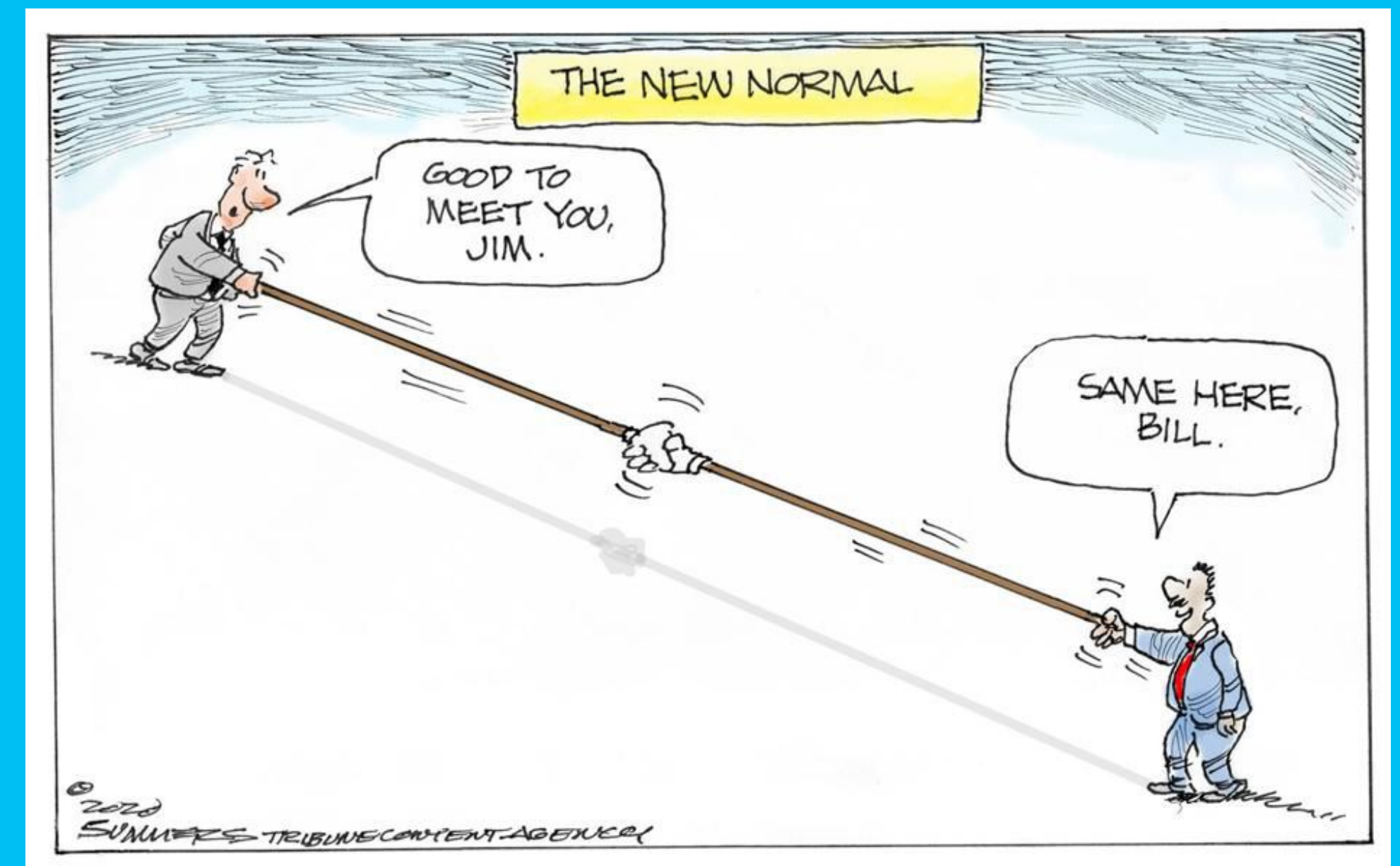
1. Safety comes before etiquette. Always.
2. Should I let someone get close enough to pet my dog? Probably not.

Try, 'She's not that comfortable with strangers.'

3. What if others don't stay on the floor markers? Try, 'I think we should have more distance here.'

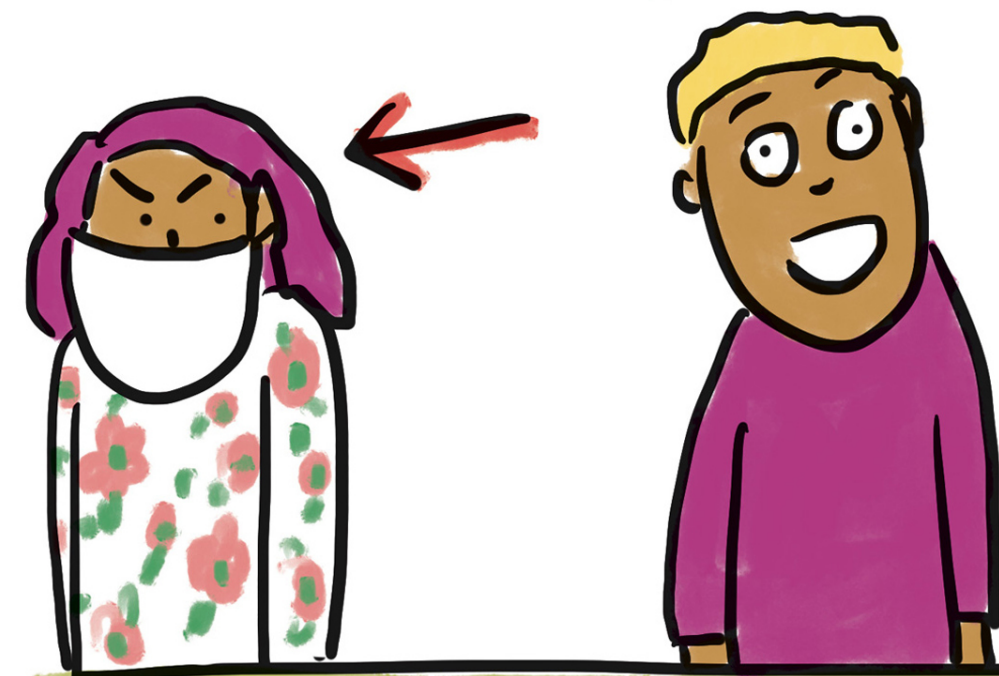
4. Take the initiative to move out of the way.

5. If invited to an event it's okay to decline, no excuse required. Or try, 'Thank you so much but I'm not terribly comfortable socializing indoors just now.'

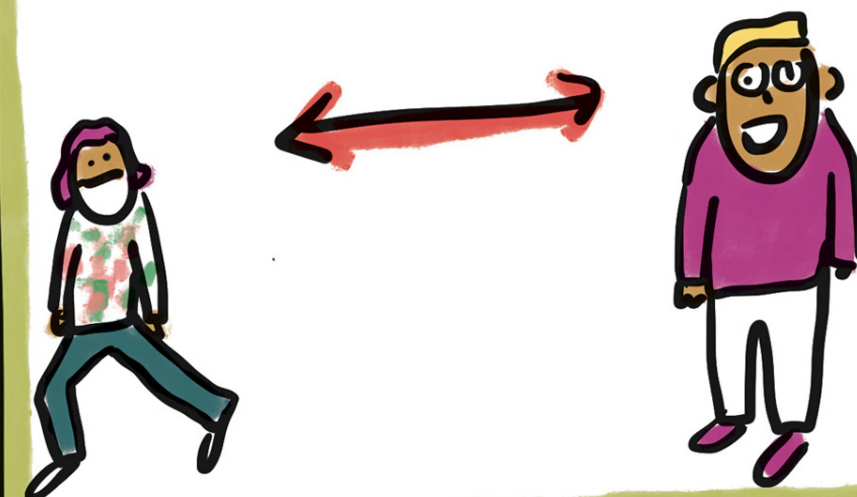


YOU CAN CONTROL YOUR OWN.

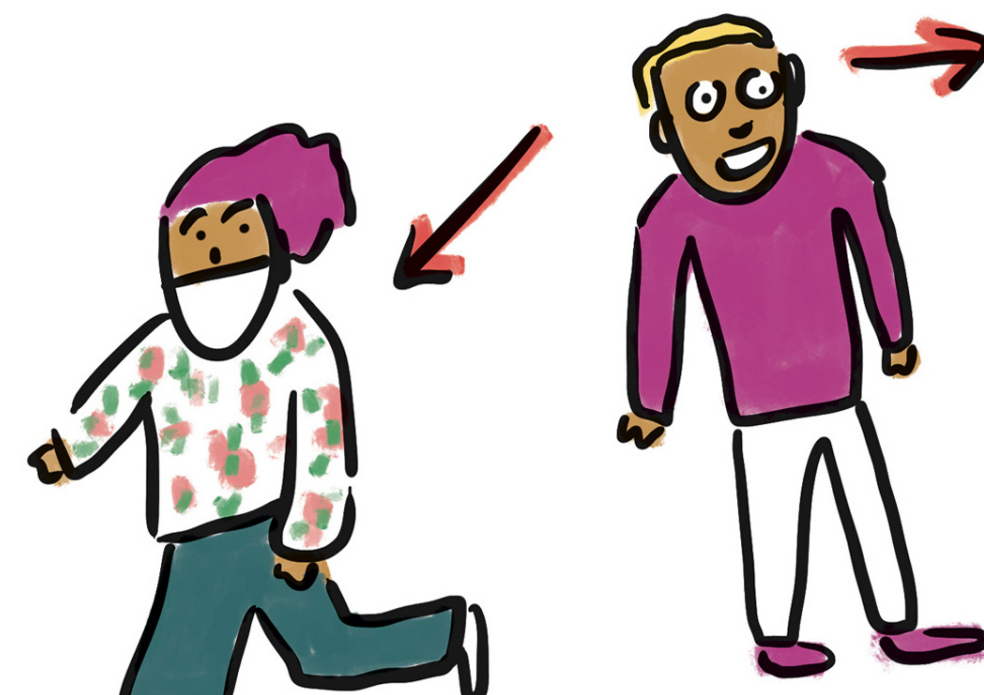
☒ Turn your face away



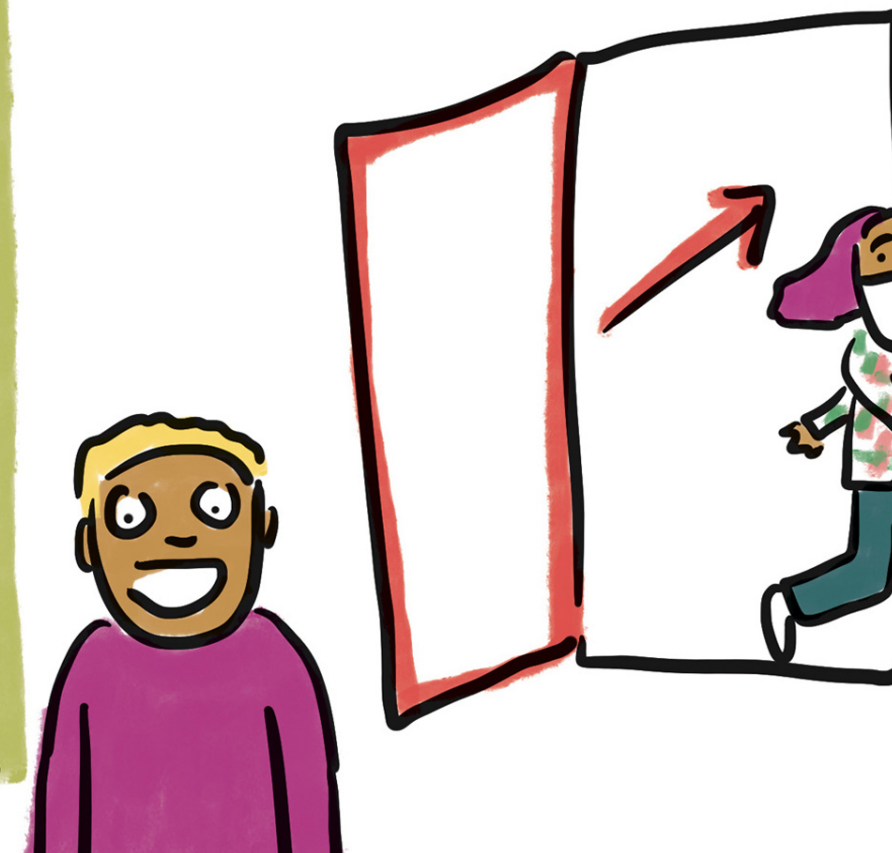
☒ Step over a few feet



☒ Walk in a different direction

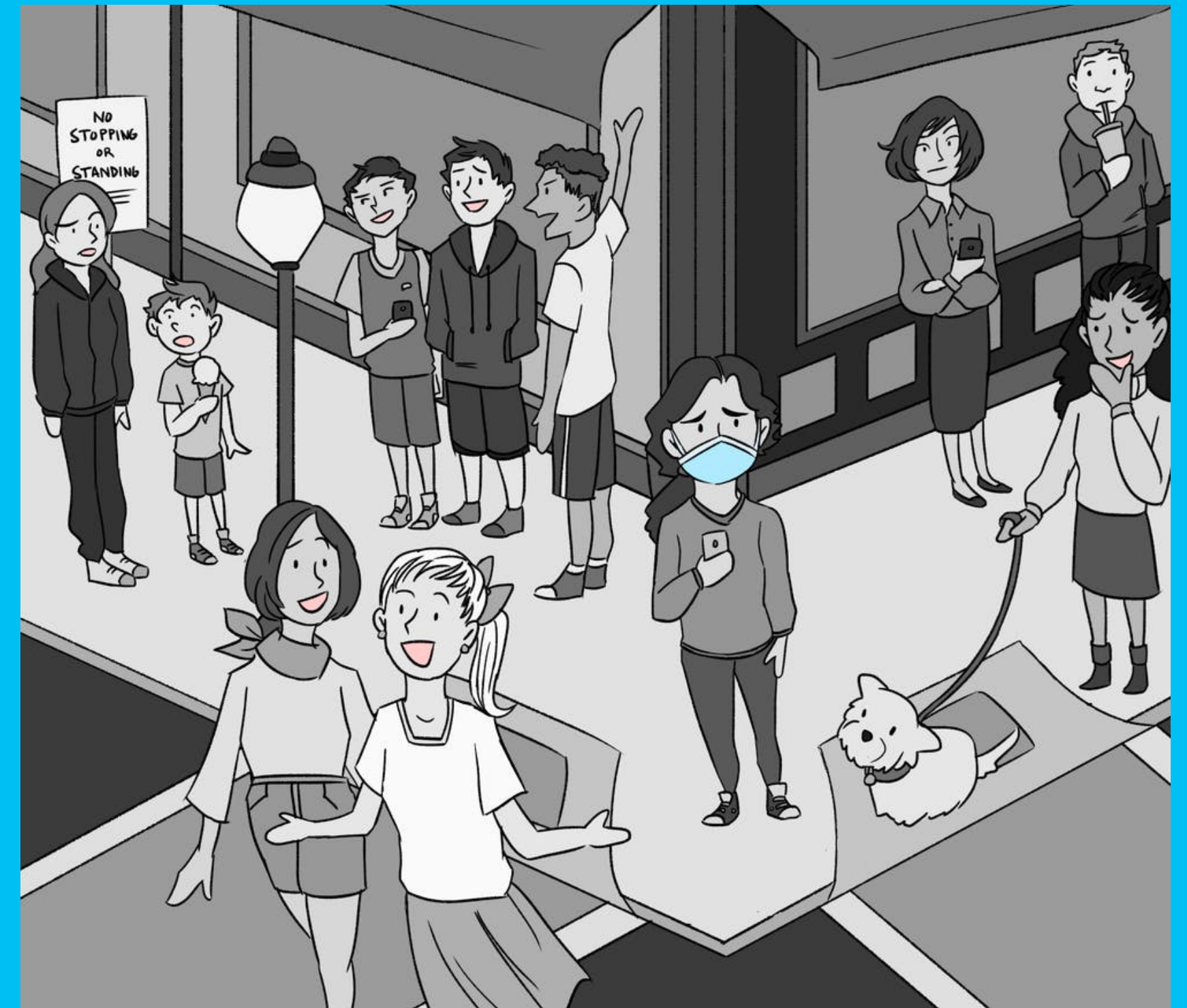


☒ Leave



Why don't others take this seriously?

1. If someone says they think you're taking safety measures a little too seriously, just agree with them.
2. We all have to make decisions we feel comfortable with.
3. Lecturing others on why they should follow the same guidelines as you is fruitless and will only engender hostility. It may not end well.
4. As we learn more about Covid-19 the scientific advice may change. Keep yourself updated using reliable sources.



HOW TO GET PEOPLE TO FOLLOW THE RULES!!!

- USE A LITTLE PEER PRESSURE



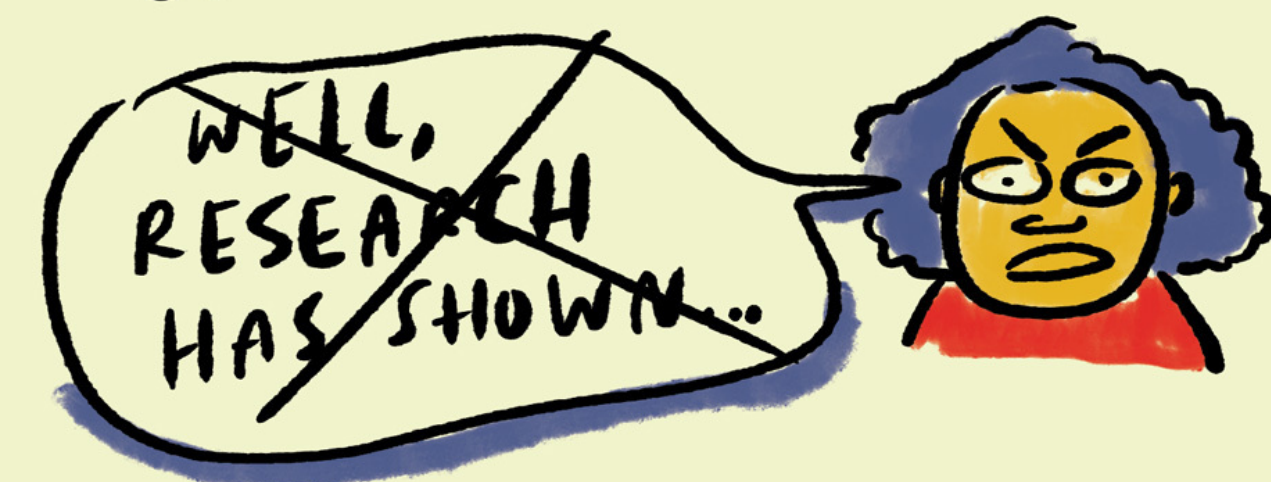
- BE A ROLE MODEL



- PICK AND CHOOSE YOUR BATTLES



- GENTLY NUDGE BUT DON'T GET TOO TECHNICAL



DON'T POLICE OTHER PEOPLE'S
BEHAVIOR UNLESS YOUR **SAFETY**
IS AT RISK.



DO

SIR, CAN **WE** PLEASE PUT
A LITTLE SPACE BETWEEN
US?



DON'T

THE **MAYOR**
SAYS THAT
MASKS ARE
REQUIRED IN
PUBLIC SPACES
AND YOU'RE
VIOLATING
THE ORDER!
WEAR YOUR
MASK!!!



Virtual Etiquette

1. It is our new normal to use technology to stay in touch for work, socializing, life events, and catching up with family and friends.

Treat a virtual meeting the same way you would an in-person meeting.

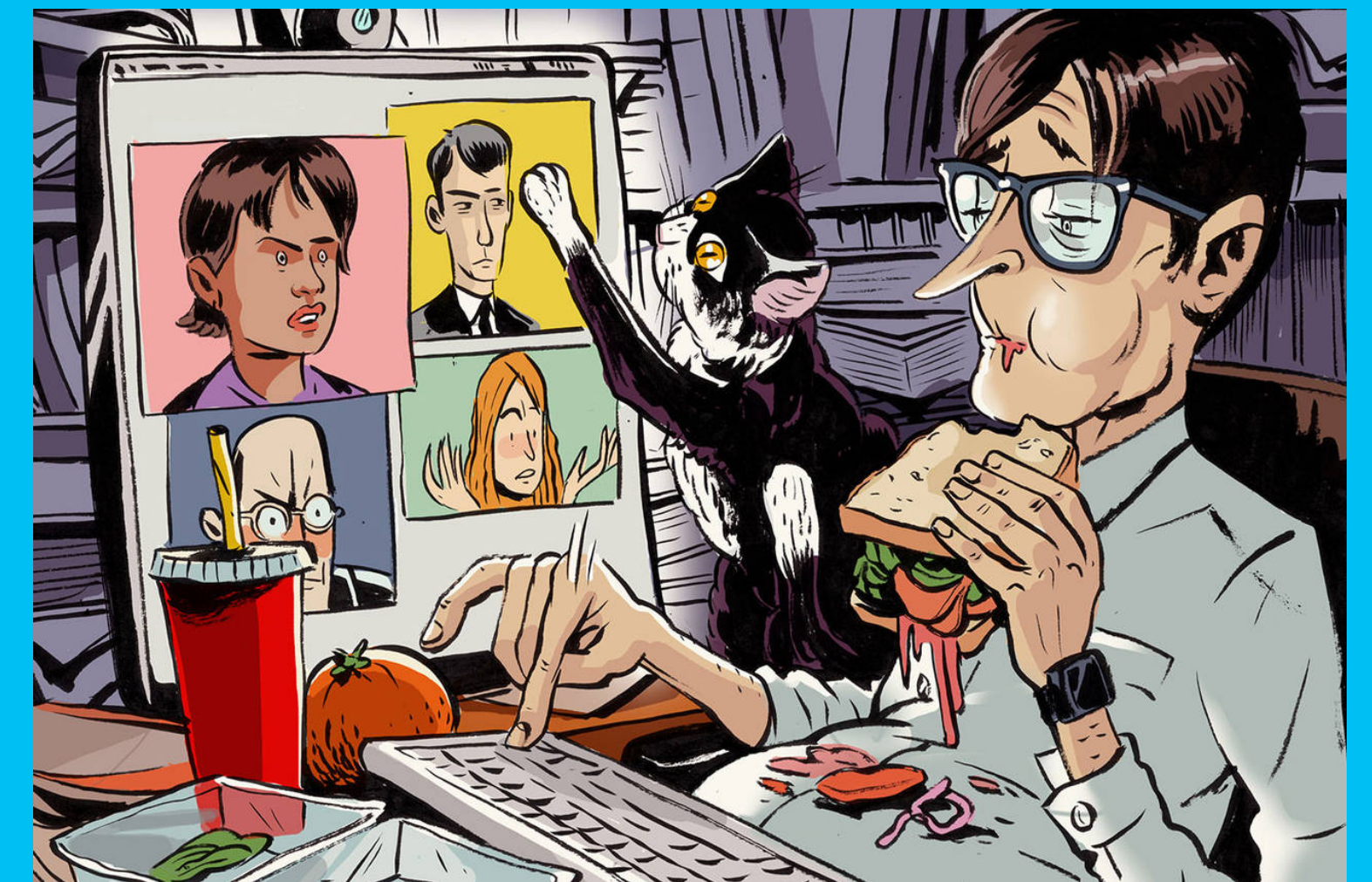
2. Here are the newest Zoom etiquette rules:

1. Join early - at least 5 minutes.
2. Don't lurk - attending a meeting without your camera on. That's you being there but not being there. If you have to have your video off, explain it politely.



Virtual Etiquette, cont.

1. Dress as if this meeting was in public.
2. Make sure there is lighting on your face. Lighting should be in front of you, not behind you. Check your own video.
3. Adjust your camera so your full face is what people see, not the top of your head. Try to have the camera in front of you if possible. Look into the camera, not at yourself.
4. Be aware of background noise and mute yourself.
5. Excuse yourself to answer the phone or do other necessities. Mute.
6. Try not to multi-task. Don't eat unless this is agreed upon.
7. Unless this is an informal chat with family or friends, sit up.

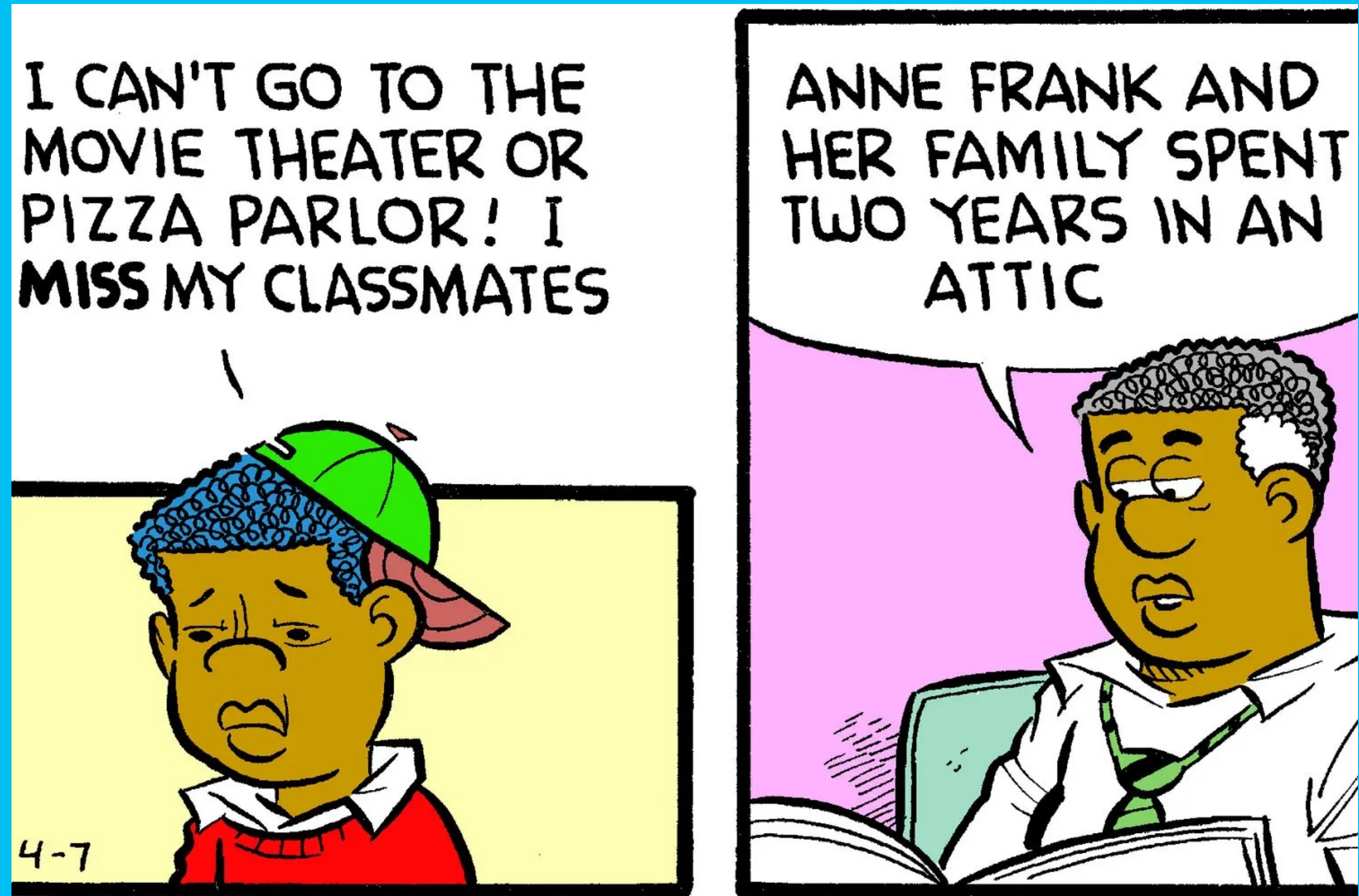


Tipping etiquette - be generous.

1. The pandemic has changed a lot of social norms, including tipping practices.
2. Customers should be aware of the drastic changes in the hospitality and service industries and be acutely aware of the health risks that these workers are taking to meet your needs. Your tip should reflect that.
3. Always tip for delivery and takeout/curbside pickup.
A service or delivery fee is not a tip.
4. Be careful with cash. It's dirty. Put it in an envelope ahead of time if you can.
5. Whatever extra you can give, be willing to give it.
6. 25-30% is the new 15-20%. At least.

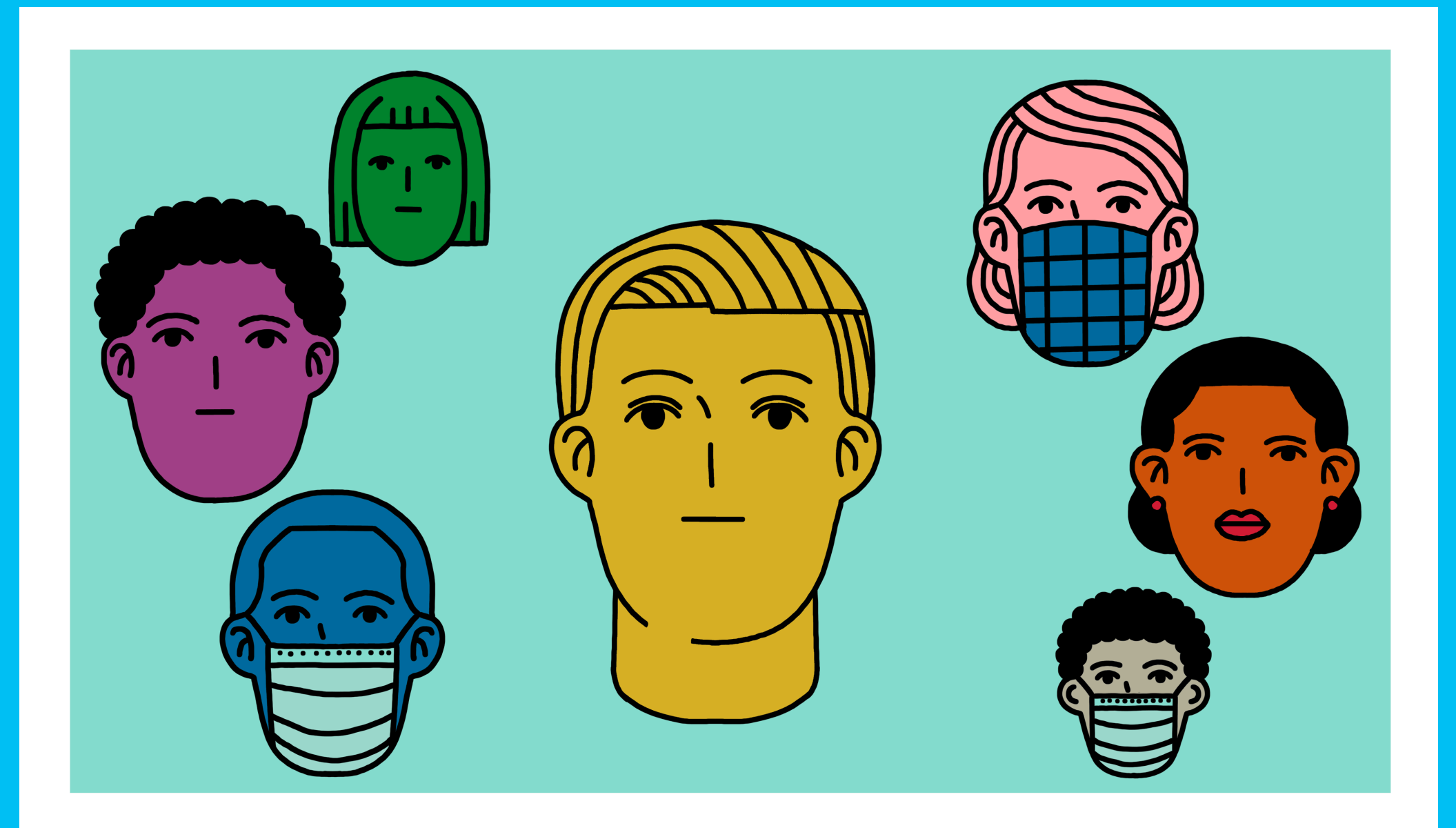


It's all quite overwhelming.
On the other hand...



How has the pandemic changed us?

1. Our behavior is now more fear driven.
2. Prior to the 1918 flu pandemic spitting on the street was common as was coughing without covering the mouth. Afterward, these behaviors were forever considered impolite.
3. The tendency to believe that a threat is imminent may be magnified in some people for some time come.
4. Will handshaking ever become the norm again?
5. Disinfecting surfaces may be here to stay.
6. The sense of our interdependence could drive us demand a more supportive social safety net.

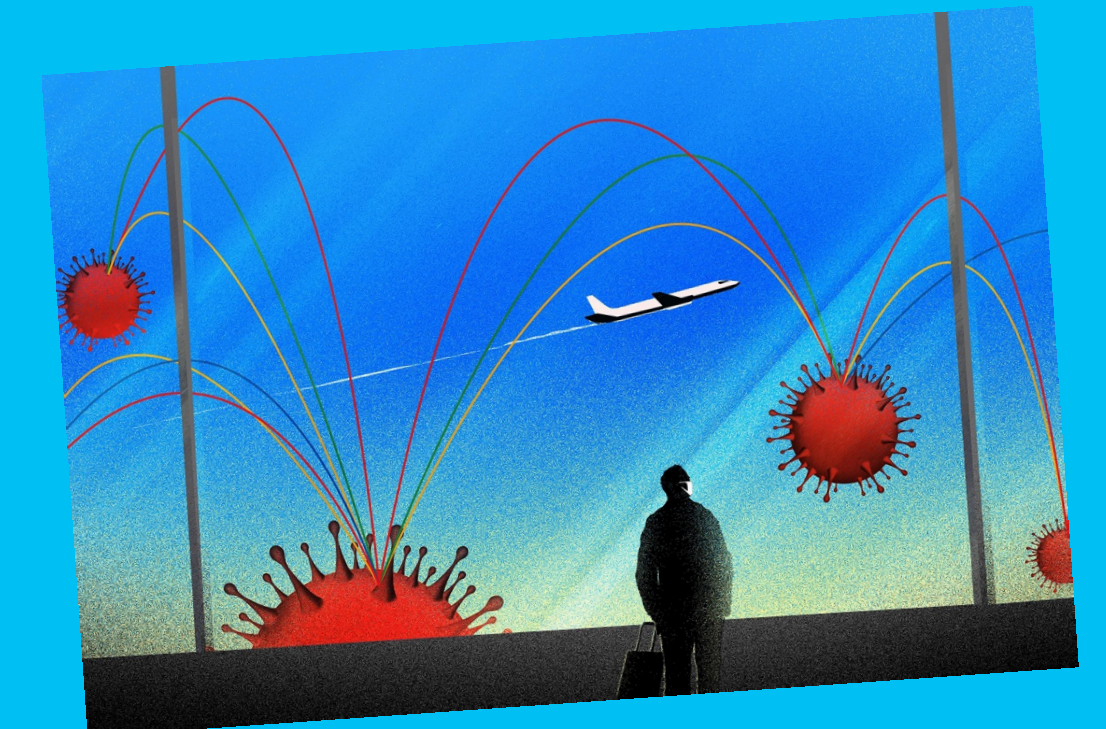


What will the future look like?

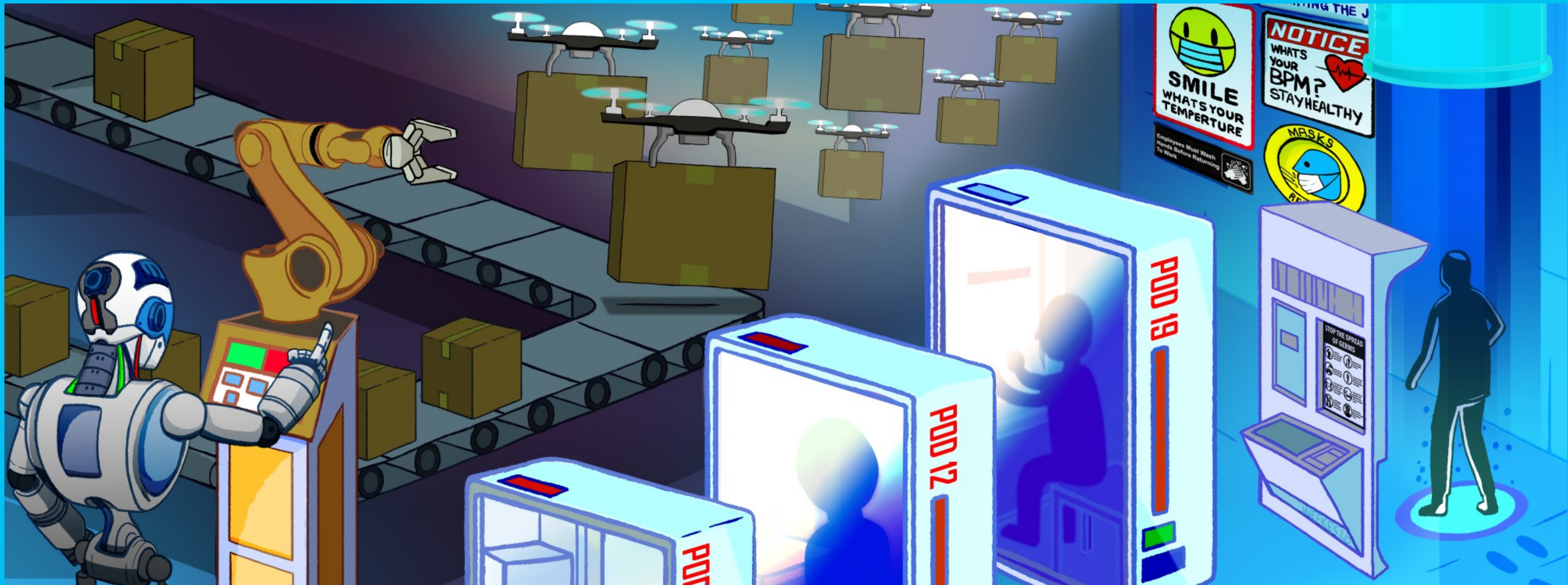


1. What do you think the future will look like for:

1. Restaurants and hospitality
2. Entertainment, theater, cinema, musical performances
3. Sports events
4. Education
5. Work life
6. Healthcare
7. Mass transit, air travel, cruises
8. Travel and tourism industry



We should not expect to return to a
'normal' that is already outdated.





References and Resources

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