

Minutes of Silence, G-Rated Fun & Allies

“The human race has only one really effective weapon and that is laughter.” – Mark Twain

What do you call a Lazy Baby Kangaroo? A Pouch Potato
What did the mother Buffalo say when her son went off to play? Bi-son!
How do you know when a joke is a Dad joke? When it becomes a-parent.
What did the judge say when the judge sat down in a dentist chair? She looked up at the dentist and she said:
Do you promise to pull the tooth, the whole tooth, and nothing but the tooth?
How do you make a Kleenex dance? Add a little boogie.
Where do bad rainbows go? To Prism. with a light sentence; and time to refract and reflect.
Knock, knock. Who's there? Tyrannosaurus Rex. T- rex who? Tyrannosaurus wrex everything
Why did the booger cross the road? Because the kids kept picking on it.
Why did the guy, or the gal, or the they get a job at the bakery? They kneaded the dough.
The theatrical performance about puns was a play on words.
A baby motto: “If at first you don’t succeed, cry, cry, cry again.”
What happens if you do not pay your exorcist? You get repossessed!
A boy asked his father, can you *please*, please explain to me what an eclipse is? Dad’s reply: No son
I used to be addicted to the 'Hokey Pokey', but I turned myself around.
How do you know when an adult is see-through? When they are trans-parent.
What goes around the world - but always stays in the corner? A stamp.
I stayed up all night wondering where the sun went, then it dawned on me. ☺

Like Ukraine do a MINUTE OF SILENCE (MOS) DAILY to save our Democracy, Constitution and our Planet:

At any opportunity - whether at a rally, townhall, mealtime, church service, sporting event, etc.- have a pre-determined time when everyone can stand up for a MOS with a hand held high with a peace symbol or a Nelson Mandela/Black Lives Matter fist, or hold hands. **Ukraine does a minute of silence every day at 9 AM.**

We did this at the People’s Climate March in NYC with over 300,000 when - as Bill McKibben suggested (days before) - that at two minutes to 1 PM everyone stop marching and go quiet, AND WE DID, like a Flash Mob, a We-The-People initiated MOS that no-one told us to do. Here’s my 50 second clip: <https://tinyurl.com/NYCMomentOfSilence>

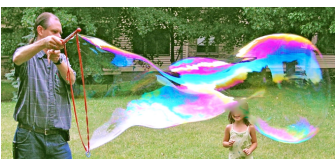
It was truly a spine-tingling experience that inspired the creation of: <https://standupdaily.org> where it explains the MOS and how Americans across the country can have a National American Goal (NAG) for each day of the week. Stand up for a MOS together or go outside your door at 12:12 PM or 6:12 PM (when many people are eating, either alone or together). 12 because we’re at the 12th hour). After a minute **do a shout out for...**

Media Mondays Shout out: “Return the Fairness Doctrine”. **Voting Rights Tuesdays** “Pass the John Lewis Act”
Worker Wednesdays “Double or Triple the Minimum Wage” **Therapeutic Thursdays** “Medicare For All”
Financial Fairness Fridays “Reverse Citizens United” **Safer Society Saturdays** “Sensible Gun Laws Now”
Save Our Selves Sundays “No more Wars and Climate Justice Now”

Then sing, dine together, dance, play a collaborative game: <https://tinyurl.com/FunEnergizer>

<https://tinyurl.com/2BlanketBalls> <https://tinyurl.com/MenousisDance> <https://tinyurl.com/ElbowTag>

“If we can’t dance, I don’t want to be in your revolution” - attributed to Emma Goldman



Rick Gravrok – Funster, provides Big Bubble fun and collaborative play. His Dad Joke & Games list, Bubble Juice recipe and other free resources are at <https://standupdaily.org/> with Bubble Wands, customizable yard signs, etc. for sale online and at his St. Louis Park, MN home.
rick.gravrok@gmail.com 952-220-8153 Venmo: @rick-gravrok

→ And finally: Instead of asking kids “How was school today?” Ask: “How were you helpful today?”

Allies and Progressive news sources

Heather Cox Richardson <https://heathercoxrichardson.substack.com> Amy Goodman. <https://www.democracynow.org>

Belle of the Ranch <https://www.youtube.com/c/BeauoftheFifthColumn> Thom Hartmann <https://thom.tv>

350.org Minnesota: <https://mn350.org> (612) 440-5350 info@mn350.org

50501: <https://www.fiftyfifty.one> <https://www.facebook.com/50states50protests> <https://mn50501.org>

ACLU - American Civil Liberties Union <https://www.aclu.org> Minnesota: <https://www.aclu-mn.org>

AFL-CIO Minnesota. <https://www.mnaflcio.org> mnaflcio@mnaflcio.org 651-227-7647

Climate Justice Committee MN* <https://cjc-mn.wixsite.com/climatejusticemn>

Citizens Climate Lobby <https://citizensclimatelobby.org> cclcommunity@citizensclimate.org 619-437-7142

Elders Climate Action: <https://www.eldersclimateaction.org> <https://www.eldersclimateaction.org/twincities>

FAMM* – Families Against Military Madness. WAMM.FAMM@gmail.com
<https://womenagainstmilitarymadness.org/committees/families-against-military-madness>

First Unitarian Society of Minneapolis: Give Congregational Humanism a try. (612) 377-6608. <https://firstunitarian.org>

Indivisible: <https://indivisible.org/> MN03 <https://indivisiblemn03.org> Twin Cities <https://indivisibletwincities.org>
West Metro <https://sites.google.com/view/indivisiblewestmetro> local chapters: <https://indivisiblemn03.org/local-chapters>

ISAIAH Faith-based coalition of over 100 congregations <https://isaiahmn.org> 651-376-1001 isaiah@isaiahmn.org

MCEA Minnesota Center for Environmental Advocacy <https://www.mncenter.org> St. Paul, MN 651-223-5969

MIRAC* MN Immigrant Rights Action Committee. <http://miracmn.com> <https://www.facebook.com/miracmn/>

MNIPL Minnesota Interfaith Power & Light <https://www.mnipl.org> info@mnipl.org (651) 301-8195

MONARCA of MN <https://monarcamn.org> To observe, report and train for ICE activities. 612-441-2881

Stand Up Daily <https://standupdaily.org> for Minutes Of Silence, Customizable/reusable yard signs,
Bubble Wands, <https://tinyurl.com/SloMoBubble>, free G-Rated Dad Joke lists, Bubble Juice Recipe, etc

Sunrise Movement. (Youth led) <https://www.sunrisemovement.org> <https://www.facebook.com/sunrisemvmt>
action@stpaul.smvmt.org sunrise@macalester.edu <https://www.facebook.com/sunrisetwincities>

Third Act (60 and older, founded by Bill McKibben, founder of 350.org). <https://thirdact.org/>
<https://thirdact.org/minnesota> <https://www.facebook.com/thirdactmn> thirdactmn@gmail.com

Twin Cities Nonviolent <https://twincitiesnonviolent.wordpress.com> twincitiesnonviolent@gmail.com

Veterans for Peace MN* <http://www.vfpchapter27.org> vfpchapter27@gmail.com 612-821-9141

Vote Climate. <https://www.vote-climate.org> 612-824-2080

WAMM* – Women Against Military Madness <https://womenagainstmilitarymadness.org> 612-827-5364

Women's March <https://womensmarch.com> Minnesota: <https://womensmarchmn.com>

* With offices at 4200 Cedar Ave S, Minneapolis, MN 55407