

ingredients (black homosexual person intelligent and talented, white person portrayed as dumb etc.) I did not mind it.

Yesterday I got up very early and updated my project before taking care of little Silvester who was also up way too early. Together we kept in the living room where I fed him a banana and then put him in the walker with some toys to grab. As I managed to get him to sleep Livia woke up and we also kept downstairs for quite some time. As Myrthe and Silvester finally got up we took a walk out through the city and to the chicken zoo. I carried Silvester no longer in the pram but seating in the stroller facing me and eventually falling asleep with my jacket on top. At the zoo Myrthe went home with Silvester to avoid him to wake up with all the crowing of roosters and with Livia we had quite some grass and leaves to feed the hamsters. We also got to talk to Pelle's parents, her mother being the main singer of a popular musical before I got Livia on my shoulders and walked home. There we ate tortellini and then I got to measure my fever realizing that I have all the mild symptoms of the virus now locking down the whole of Europe. Putting Livia to bed I slept deeply and for much a longer time than usual. As I woke up I managed some drawings and then went with the kids to do some grocery. Back home I cooked Livia a stake and prepared a vegetable soup for us. Silvester got to eat baby food with beans from a jar and he really liked it but we had to give him a bath afterwards and he splashed quite some water out feeling quite excited and happy. He latter sat on my knees and then went to bed. Livia and I then got to watch a bit of our old Japanese cartoon and then played hide and seek with her mommy. Later I sat in Livia's room waiting for her to fall asleep and preparing an illustration. Before going to bed to read quite a nice story by Wilkie Collins I got messages from my neighbours in Venice that my tenants were in a big fight so I had to write the three of them.

Yesterday I was up early to look after little Silvester. After feeding him a banana he went back to bed and I could update my project just on time before Livia woke up. I then stayed downstairs with them and after Myrthe and little Silvester woke up I let them all out and vacuum cleaned the entire house including the attic. Afterwards I reached them at the chicken zoo and together walked back to town where Myrthe had a coffee seating outside the main square and enjoying some sun. Back home I made some spaghetti with pesto and tomato sauce which I also ate with some salad before taking Livia to bed. She did not want to sleep but I did manage to keep with her and take a small nap and do my drawings before she finally slept. I then had time for myself in the attic and I finished an illustration while listening to a podcast about the 18th century Dutch philosopher Mandeville. As Livia woke up again I took the kids out for a walk to the supermarket despite the wind. Back home I cooked the leftover soup with bulgur and after eating I sat with Silvester on the sofa to play. He then went to bed with his mom while I played with Livia. We also watched some news about the coronavirus outbreak in Europe. Myrthe kept in the attic to work but then eventually came down with the news that also her academy is closing down due to the virus. She then took Livia to bed and I had time to record a lecture before writing in my fable book and then go to bed to read a sweat Oscar Wilde story.

Yesterday I was up very early to look after Silvester. After feeding him a banana and playing with him I took him to bed and then updated my project. Later I took the kids out for a walk through the city center and went to the supermarket to buy more provisions in preparation for the virus outbreak. All the shelves with the main products like potatoes, apples, pasta, milk, toilette paper, cans of all kid were all gone with people mostly immigrants stocking their homes. We then got what we could and I walked home with my filled backpack, Livia and Silvester. Myrthe kept working in the attic and I prepared some spaghetti with fresh tomatoes and some spinach and onions I found in discount. After eating I put Livia to bed and I also slept a bit before going to my room to draw and start a new painting. Livia got up quite soon with Silvester crying and I took her for a walk on the other side of the railway improvising along the many small canals of the ugly modern neighborhood. We ultimately reached her future school that it was raining and also Myrthe and Silvester joined us there. Together we got back to the supermarket to get some ice-cream only to find that it was even further plundered with people now and a lot of migrants I had barely saw before attacking all the remaining shelves. Back home I cooked some fish with broccoli and got to finally talk to August seating in his room while Ukrainian black-paid workers were putting his villa upside down to follow his mother's schemes for a luxury renovation. I then told him he also should buy at least several kilos of potatoes just in case there will be food shortages and he will have to plant them. After dinner we bathed both kids and then I laid next to Livia writing in my fable book but then fell asleep.

Yesterday I got up early to look after Silvester. We kept downstairs together and when he got tired I brought him to bed. I could then update my project before playing with Livia. As the latter went with her mom for a bike ride I took Silvester to bed and then showered and also got ready to go out. It was finally a decent day outside with no wind nor rain and we took a walk by the river although the path was flooded. Back home Livia ate the leftover pasta and I made some rice with veggies and scramble eggs. Later Myrthe went to bed with Livia and I took Silvester for a long walk on the dike going upstream. It was pleasant but there were too many idiots on a motorcycle and at want point two guys I had to signal two guys driving way too fast but they just honked back. Silvester luckily kept sleeping and at last I just walked down the road to the city where I got a present for Per and Romke's birthday and got some veggies at the small Saturday market, mostly roots and cabbage just in case there will be a food shortage. Back home Livia kept sleeping and Myrthe went out with Silvester while I drew and renumbered the old accounts of my project with a trial software I downloaded. As Livia woke up we walked to the city and got more grocery but again all the main supplies were completely wiped out with people really fearing the outbreak of the coronavirus. Back home I felt nervous but relaxed making a pizza which did not turn out so well. Livia did not eat it and I had to try to feed her the leftover rice. Silvester ate some parsnip and sat with me before going to bed. Later in the evening I sat next to Livia waiting for her to fall asleep and finishing to renumber my project accounts.

Yesterday I was up way too early to look after Silvester. We kept in the living room and I fed him a banana before putting him back to sleep and going up to the attic to update. Later I helped Myrthe figuring out a program to record her lectures now that the academy will keep close due to the coronavirus. She then kept home working on it and I took the kids to the chicken zoo picking all the spring grass and teaching Livia the various names and faculties. After feeding the hamsters with the grass Myrthe also reached us by bike and then Livia went with her while I took Silvester on the same walk down the old dike and up the new dike. It was windy but he kept sleeping and we took the road back to town to find that Livia was very disappointed that her mom did not stop to let her play with the cows in the nearby farm. They then biked home to prepare a pasta with pesto while Silvester and I walked. After eating I put Livia to bed and kept in the attic to draw and prepare an illustration. In the afternoon I prepared a simple dish with tofu, aubergine and zucchini and we ate it listening to the Dutch government on TV announcing strict measures to prevent the coronavirus outbreak. In the evening we played with the kids and after bringing them to bed I watched more news and went to bed.

Yesterday Silvester kept sleeping and I updated my project before walking with the kids downstream on the dike. It was a beautiful day with sun and no wind at last. I then made it all the way down to the fort with Silvester taking his time to fall asleep. As we reached it I played with Livia running around the mounds and then walked to the river path. As Silvester woke up we sat next to the quite flooded river and Livia had some fun throwing sticks in the strong current. It was still quite muddy and we all got quite wet but at last I walked home and we sat in the garden not to disturb Myrthe meeting her colleagues on-line. I then fed Livia some small tomatoes I bought at the market and cooked yet another pasta with pesto along with a caprese salad. As Silvester went to bed with her mommy I kept outside with Livia and she had quite some fun filling water tanks and emptying them. She also got quite wet and at last I brought her to sleep. In the afternoon I could then draw and later took Livia back out to play in the common behind us. No one was around and if people saw me they avoided me as the voice spread I had some flu and I might be infected with the virus. Also Myrthe did not wanted me to go do grocery since if I really get the virus I won't be able to get hospitalized having no insurance and with the local authorities only focusing on their own citizens. Back in our garden I painted the table and the chairs with linseed oil and then started cutting brambles just in case the outbreak stays and I will need to grow my own food to sustain the family. Back inside we ate fish and potatoes before listening to the Dutch prime minister speech concerning the outbreak. After putting Livia to sleep I went upstairs to finish colouring an illustration while listening to a podcast on the Chinese Great Wall. Prior going to bed I wrote in my fable book and then begun reading ancient German stories in my anthology.

Yesterday I woke up with a rather confused head after so much reconsidering whether or not add the numerical tags to my installation in Italy. I did manage to get a clear head updating my project and then went out to put all the brambles in the compost container getting it ready for pick up. I then threw with Livia quite some bags of diapers in the bin at the end of our road and fixed the double stroller so that now also Silvester can seat up straight. The kids were happy to go for a walk together on the newly configured stroller. We first went to the river and while Livia played I put Silvester little feet in the river. After spending some time looking at the big boats passing by we walked to the city via the harbour. Silvester took his nap and we reached the city which was extremely crowded now that the schools are all closed due to the virus outbreak. We then walked around the city walls and bought some fish and oranges at the market. At home we ate the fried fish and I also ate some salad before taking Livia to bed. In the afternoon I drew and but Silvester soon started crying and Livia also woke up. I then walked with them to the hardware store to buy a drill tip to prototype a numerical tag of my project and later kept in the arab neighborhood to let the kids play, Silvester laying on a large swing and Livia nicely playing on various rocking animals. She did not have any shoes as they were wet and I then brought them to the nearby playground that has artificial grass. Silvester was rather hungry so I called Myrthe to pick him up and kept playing with Livia. At home I cooked her some pasta and made an Asian dish with leftover potatoes, cauliflower and tofu. After eating Livia had a nice time playing in the garden while I cut more brambles. As it got dark I kept with the kids downstairs and then went up to the attic to test drilling a wood piece to prototype a numerical tag. Later I took Silvester to bed and after watching some news about the virus outbreak still very bed in northern Italy I spend more time reflecting how to execute the numerical tags. After writing in my fable book I went to bed.

Yesterday I again woke up early to take care of little Silvester and waited he poohed before changing his diaper and bringing it back to bed. I still felt my quite infected in my throat perhaps from the current deadly virus but either way updated my project and also had some time to rethink the numerical tags of my project now leaning more towards some colorful mosaics to install as a flower of life. As all the kids were awake I took them to the big playground on the other side of town. We then played in the slide on the swing before I put little Silvester to sleep in the stroller. As Myrthe joined us I did some tai-chi slowly rethinking all my movements now that I lost it a bit not practicing daily as I use to. Back home I cooked tortellini with mushrooms and spinach before taking Livia to bed. In the afternoon I did my drawings listening to some audio messages from Davide in quarantine in Sardinia. Later I kept configuring the new numerical tags of my project deciding at last to present them as a separate piece from the tebah. In the afternoon I played with Silvester and then took the kids out to the city where I bought a 20 meters Internet cable so that Myrthe can give lectures from the attic. I stopped at the bakery to buy Livia a bread stick but they were signs prohibiting more than three costumers at the time, this for the virus outbreak. I did manage to buy the stick and we walked slowly through the center and then to the small playground by our house. There I let Livia play and kept Silvester in my arms. I also got to talk to August and had to cancel my flight to him this Easter due once again to the corona virus. At home Myrthe prepared a parmigiana with a bag of cheap aubergines she got from the market. While Livia ate some pasta I fed Silvester some mashed pees and then a squeezed mango. In the evening I installed the Internet cable drilling through the attic floor and getting it through with a thread. Silvester woke up a few times with the noise but then everyone slept and I got to watch part of Lazzaro Felice a Pasolini-like and Scola-like new Italian movie which was astonishing at the beginning but then got way too messy.

Yesterday I updated my project very early and then took the kids out for a walk that it was hazy and the wind was completely still. I then ventured with them on the dike walking upstream showing them all the many flowers blossoming on the side of the road and in people's gardens. We later made it down to the chicken zoo where we fed the hamsters before I let Livia in the playground and got little Silvester sleeping in the stroller. Livia walked alone all the way back to the city and there I got her bread stick in the bakery now turned into a hospital with plastic protections everywhere to prevent the spread of the virus. The library was also closed due to the outbreak and we just walked home. There Livia ate some leftover pasta while I ate the sweet potatoes I cooked the night before and fresh tomatoes with feta cheese, capers and black olives. In the afternoon I took Livia to bed and managed to draw in her room as Myrthe is now occupying the attic to do her video-conferencing with her colleagues and students. As Silvester got awake I recorded a lecture in the living room while holding him in my arms. I then let Myrthe feed him and as Livia also woke up she took the kids out to do grocery and I wrote an essay. For dinner we ate hot-dogs and the leftover parmigiana and then I went to the attic to prepare a new illustration before keeping downstairs with Livia while Myrthe took Silvester to bed and kept working. Later in the evening I started rescaling the digital albums of my acquaintances while exploring the new TV channels we got for free to survive at home the coronavirus outbreak.

The other day I was up very early to look after Silvester and then updated my project and also had some time to prototype a new palette of colours for my numerical tags. As all the kids were up and Myrthe had to use the attic to give an on-line lecture to her students I walked out with them to the river despite the weather being quite gray and windy. Silvester fell asleep in the double stroller and with Livia we threw stones in the river now that the water level got down. After walking back via the harbour I cooked some pasta with aubergines and then took Livia to bed. I could then do my drawings in her room before Silvester was up and I kept with him downstairs. As also Livia woke up and Myrthe finished to lecture we took a small walk while I talked to August on the phone announcing him that due to the coronavirus outbreak I won't be able to spend Easter with him. We reached the river but it was too windy and Myrthe went home with Silvester while I slowly walked back with Livia stopping at the playground by the dike. At home I cooked a Jerusalem artichokes soup and after bathing the kids I spent the rest of the evening watercolouring an illustration and writing in my fable book.

Yesterday I updated my project seating on living room floor waiting to look after Silvester. He did sleep longer than usual and I did managed to finish my update before I took care of him. After he poohed he went back to bed and then I took care of Livia before going with her for a bike ride to Beusinchem's lake. The sky was blue but there was a cold wind and she was a little friezed by the time we arrived. I then warmed her in the sun keeping her in my arms before playing in our little island throwing sticks in the water. After giving her a squeeze bag and peeing in the near forest we biked home and spent some time cleaning the garden, her with the little scissors she got from her mom. For lunch we ate pasta with green beans and then I took Livia to bed before drawing in the attic and then playing around with a new palette of colours for my numerical tags. Myrthe and little Silvester went out for a walk and when Livia woke up we just kept cleaning the garden avoiding to go anywhere now that Dutch people have really boosted instead of restricting their social encounters with the virus outbreak. In the evening we ate the leftover soup I made with Jerusalem artichokes and also ate some French cheeses with toasted bread. I also got to talk on the video-chat to Pyotr who got stuck with his family in Finland after making it back from the States just before the outbreak. Livia made quite some noise in the evening and Silvester kept waking up so I stayed with him downstairs while Myrthe took her to sleep. At last I wrote in my fable book and also went to bed to read a story from Tristan and Isult from my old anthology.

The other day I updated my project and recorded a lecture. Later I walked with Myrthe and the kids to the chicken zoo despite the cold wind. Back home I cooked some cauliflowers with dry tomatoes and aubergines and after eating I took Livia to bed. I then had some time to draw and finish the layout for my numerical tags. As Livia woke up again I kept with her in the garden cutting more brambles and also talking to our neighbour Nico about the virus outbreak. Back home I prepared some fish sticks and croquettes before starting a new illustration in the attic. After taking Silvester to bed also Livia slept and Myrthe and I had some time to start watching a super predictable American movie about yet another prisoner of war getting home to his family. Back home I kept reading in my anthology an old German story.

Yesterday I woke up way too early with Silvester. I then updated my project and took care of the kids, bringing them to the chicken zoo despite the freezing wind. We did enjoy some sun once we got there however and fed the hamsters but also the parrots with Livia being less afraid of walking in front of the roosters. Silvester fell nicely asleep and we walked back home through the city made completely empty with the coronavirus outbreak. Silvester kept sleeping outside and I cooked tagliatelle also for Myrthe who kept in the attic video-conferencing with her colleagues. After eating I drew and then put Livia to bed to then take care of Silvester. As he also slept I updated briefly my project thesis and then took the kid to the hardware store to get a cement tile to test a mosaic I want to make out of a numerical tags set of my project. We later did grocery in the supermarket with all the virus restrictions in place and people keeping a proper distance not to infect one another. On the way back home I let Livia play a bit in the park behind our house and then cooked cabbage with sausage pieces, mushrooms and raisins. After eating I took Livia back out to run and jump in the neighbours' trampoline and throw sticks in the water. As it got dark we drank some tea and then I worked some more on an illustration following a mosaic tutorial and the listening to the news about the virus outbreak. After writing in my fable book I finished watching with Myrthe the American movie we started the previous day.

Yesterday I woke up way too early with Silvester waking up to be breast fed. I then updated my project and then kept with him downstairs before going out to the chicken zoo with the kids. It was weird to be avoided by people now that the restrictions to hinder the coronavirus outbreak are in place. After feeding the hamsters with some green leaves we walked to the big playground on the other side of town and also here the few parents were careful not to let the kids get too close. Silvester slept and Livia played a bit before we got back home and I cooked a pasta with some cherry tomatoes Myrthe bought at the market. After eating I took Livia to bed and also fell deeply asleep. As I woke up I did my drawings and got a call from August. I have been trying to call him earlier for his birthday and we chatted while I kept the roof window open and fetched some sun. Later I took the kids out in the nearby playground and talked to the musical singer's boyfriend who was not so much afraid of the virus. Back home I cooked rice and small cabbages with some Asian veggies. We ate and then I went up to rework my numerical tagging going from using colours now back to the 5 by 5 black and white matrix. After making little Silvester back asleep I listened to the Italian news on my phone while finishing to draw a new illustration. As Livia also fell asleep Myrthe and I watched a bit of Ferrante's new season to celebrate our seven years together but had to cut short as Silvester woke up again with some fever. We then moved him and Myrthe in his room and I slept on the big bed alone.

Yesterday I could sleep a little longer than usual as little Silvester slept in his room for the first time with his mommy but as I started to update my project Livia was awake and we kept together in the living room. As Silvester also woke up we made it to the river with at last a blue sky. After throwing rocks there we walked to the harbour so that Silvester could sleep. As he finally managed we kept on a little beach there and then walked home. There I cooked tortellini with spinaches and we all ate outside including Myrthe who was much overtaken by her work. Livia slept very easily but Silvester was not happy and I took him for a walk back to the river where he happily slept. Slowly we made it back home and found Myrthe playing with Livia in the common behind our house. I then sat on the grass to clean some green peas and showed Livia the seeds inside them. She helped me carrying them inside and I cooked some for her and the rest for Myrthe and I along with some aubergine and paprika. I also cooked some rice noodles and we once again ate all together in the garden. In the evening I coloured an illustration while listening to an old