



**October Seminar Day  
Wednesday, October 7<sup>th</sup> Zoom Chat  
Leadership Quest Class of 2021**

- 08:15:28 From Eric Steigleder : <http://www.richmondhistorymakers.com>
- 08:18:53 From FRANCES WILKINSON :  
<https://www.pgatour.com/champions/tournaments/dominion-energy-charity-classic/charity/birdies-for-charity.html>
- 08:19:08 From Cathy Vrentas : Please feel free to join my team. I'll be walking in my neighborhood of Willow Lawn with a family member to celebrate two people, my father and the wife of one of my mentors: [https://act.alz.org/site/TR/Walk2020/VA-GreaterRichmond?team\\_id=625771&pg=team&fr\\_id=13704](https://act.alz.org/site/TR/Walk2020/VA-GreaterRichmond?team_id=625771&pg=team&fr_id=13704)
- 08:24:27 From Paul Drumwright : The Richmond Folk Festival is going virtual this weekend starting on Friday through Sunday with performances online and streamed via VPM.  
<https://www.richmondfolkfestival.org/schedule>
- 08:25:09 From Susan Winiecki : Hi, all, if you like the intersections of social history and food, join us for the seventh annual Fire, Flour and Fork this month (Oct. 15, 22 and 29) and Nov.  
<https://www.fireflourfork.com>
- 08:43:21 From Cindy Blanton : LOL to the "i frustrate hawks"
- 09:33:12 From Dove: Jacque Vaughan : I'm reading the Henna artist too!
- 09:33:27 From Susan Winiecki : Hi, Noah, Susan Winiecki, home in South Side, work in Powhatan as of July 6. Last creative thing: Sourced, created a kitchenette in a garage apartment. At work, created a new event called a Six-Pack of Thrifting along U.S. 60.
- 09:34:25 From Korinn Carter : Korinn Y. Carter, Richmond VA
- 09:34:46 From Owl: Keesha Trim : Keesha Trim, Church Hill - I created a hat as part of the Creative Sprint Challenge
- 09:34:49 From Dove: Anna Strahs Watts : Anna Strahs Watts, Richmond, VA - a funfetti cake
- 09:34:50 From Andrew Town : Andy Town, Richmond City (Woodland Heights), last creative thing was to entertain 6 kids for a weekend
- 09:34:51 From Jerry Howard : Jerry Howard, Chesterfield home, office Henrico, Wrote Chapter 2 of my second book
- 09:34:59 From Korinn Carter : A promotional video for the St. Luke Legacy Center
- 09:34:59 From Jenn O'Rourke : Jenn O'Rourke, Lakeside VA, I have been creating a flower garden around my new patio.

- 09:35:01 From Walter Crenshaw : Walter, I live in Midlothian, last creative thing i finished was an oak sofa table currently making some end tables
- 09:35:02 From FRANCES WILKINSON : Frances Wilkinson. Located near Univ of Richmond. Last creative thing: Built a robot costume for my 6 year old daughter using aluminum foil and amazon boxes
- 09:35:03 From Eric Steigleder : Hello! Eric Steigleder, here in Shockoe Bottom. I recently applied and was accepted as an album review writer for a blog - haven't done any creative writing in years and was excited to get to listen to music and share opinions just for fun.
- 09:35:03 From Natisha (Nuh-tee-shuh) : Good morning. Natisha from Chesterfield. I made rainbow bread from scratch.
- 09:35:06 From Aesha Mehta : Aesha Mehta, Richmond, made a DIY photo backdrop from a clothes rack and amazon flowers/ivy
- 09:35:08 From Drew Melson : Drew Melson, Henrico, VA, I designed the logo for my daughter's "Super Owl" Halloween costume
- 09:35:15 From Cindy Blanton : Cindy Blanton, in my home office here in midtown. painted furniture
- 09:35:16 From Charmaine Mitchell : Charmaine. North Chesterfield. About me in Milanote
- 09:35:17 From LaShawanda Moore : LaShawanda Moore, Chesterfield, released a book June 1
- 09:35:19 From Cathy Vrentas : Cathy, near West End, I guess I sort of would consider my work, we creatively design new setups for our lab equipment. if that counts!
- 09:35:21 From asingleton : Amy Singleton from the Community Foundation, now working at home in Henrico. I'm doing the Creative Sprint and have done a few of the daily challenges.
- 09:35:22 From Dove: Jacque Vaughan : Jacque Vaughan, Richmond City - South Side — Created a Eucalyptus Wreath
- 09:35:27 From Christa Donohue : Chesterfield - fun pancakes for breakfast
- 09:35:27 From Roberta Oster : hi Noah, Roberta Oster here. I'm home in Richmond. painting at the James River with my daughter
- 09:35:27 From Bryan Wallace : Bryan Wallace, Downtown area, last creative thing I did was build a website.
- 09:35:28 From Dove: Valaryee Mitchell : Valaryee Mitchell, Richmond VA,
- 09:35:31 From suedavies : Sue Davies, home is Midlothian, paint and sip !!
- 09:35:33 From Paul Drumwright : Paul Drumwright, Short Pump, Filmed a fire prevention video for Goochland Fire Rescue

09:35:35 From Jordan : Jordan Coles, RVA, baked homemade treats

09:35:38 From Takiyah Lee-Allen : Takiyah Lee-Allen, Hopewell, and I designed a graphic.

09:35:38 From Sandy R : Sandy Reynolds. Live on South Richmond; work in Church Hill which is where I am now. Creativity is my weakness.

09:35:41 From Hawk Frances Sterling : Frances Sterling, City of Richmond, put fairy lights in our front yard for the fall

09:36:00 From shannon wray : are you related to Chuck Scalin?

09:36:06 From Katherine.Faina : Kate Faina, Richmond, created a wreath out of my father's ties!

09:36:17 From Ryan Melcher : My name is Ryan Melcher and I am currently working from my office at the boulders Office Park in Richmond, VA. I helped my brother create a new recipe for a hazy IPA using hops we hadn't previously experimented with.

09:36:18 From John Bolton : John Bolton - Henrico - \_\_\_\_\_

09:36:30 From Nathan Hatfield : Nathan Hatfield; RVA; replanted several containers for fall/winter

09:36:33 From Mariya Vysotskaya : Mariya Vysotskaya, Midlothian, VA. Had to use my creativity for turning various dance events into virtual ones

09:36:44 From Adrienne Wright : Adrienne Wright- Henrico-series of family portraits in water color

09:36:59 From (Owl) Melvin Carter : Hello I'm Melvin Carter, Richmond, renovating a 113 year old house.

09:37:03 From carol : Hi my name is Carol Adams- I'm in downtown. The most creative thing is remodeling my 100 year old home for the last 3 years.

09:37:12 From Owl: Theo Appiah-Acheampong : Theo @ work in Richmond VA. Made some chili sauce with peppers from our therapeutic garden

09:37:21 From Meg Garner : Hi! Meg Garner in Henrico. Recently took a jewelry making class and made a silver and rose gold bracelet.

09:37:21 From Hawk: Peter McCourt : Peter McCourt, Henrico (Short Pump)....

09:37:55 From Ryan Bouldin : My name is Ryan Bouldin, I live in Chester, Va. The last creative thing I did was creating the concept for an interview series where I sit down with up and coming entrepreneurs and professionals in the region. I recently interviewed one of our fellow classmates Korinn Carter who set the bar incredibly high with her amazing interview!

09:38:37 From Yewande Austin : Yewande Austin

09:38:58 From Yewande Austin : Petersburg, VA. Building a village in Nigeria.  
09:39:49 From Yewande Austin : I'm sick and look horrible so I'm not on camera. so here's my emoji. ☐

09:42:29 From Jerry Howard : Because they keep remaking the same movies

09:42:29 From Dove: Jacque Vaughan : Seems like a luxury to step back reflect, and create

09:42:29 From Jenn O'Rourke : Because change happens so quickly now.

09:42:31 From Walter Crenshaw : because knowledge/technical skills are a commodity

09:42:36 From asingleton : it helps with problem solving

09:42:37 From Cathy Vrentas : complexity of issues requires new ways of thinking

09:42:38 From FRANCES WILKINSON : We are constantly adapting to new things

09:42:38 From Cindy Blanton : problem solving

09:42:40 From Hawk Frances Sterling : Helps to solve new problems

09:42:42 From Eric Steigleder : Because it can't be automated

09:42:46 From Eric M. Shoenfeld : It is a human condition.

09:42:47 From Christa Donohue : Creativity moves us forward

09:42:49 From Drew Melson : Allows for innovation

09:42:49 From shannon wray : because creativity can't be replicated by AI

09:42:50 From Kelly, Ashley W. : allows to innovate

09:42:52 From Aesha Mehta : The world isn't as linear as it used to be and in order to progress we need new ideas

09:42:52 From Sandy R : Everything continues to evolve and you'll have to be creative to adapt to that evolution.

09:42:55 From jvjohnson : because of the covid restrictions

09:42:55 From (Owl) Melvin Carter : creativity facilitates problem solving

09:42:56 From Joe Piacentino : the world is changing fast. Creativity is about being adaptive & reacting positively for survival.

09:42:56 From Meg Garner : ability to bob and weave in uncertain times, creating opportunity to rethink things

09:42:57 From Hawk Frances Sterling : Guides healing

- 09:42:57 From LaShawanda Moore : Innovation through change
- 09:42:58 From Peter McCourt : Issues/problem solving requires it
- 09:42:59 From suedavies : Need to find new ways to do things - old answers are not working
- 09:43:00 From Andrew Town : To keep pace with the acceleration of tech and information industry
- 09:43:00 From Nathan Hatfield : Allows us to think outside of the box
- 09:43:01 From Chris Kantner : It helps us break out of our individual silos
- 09:43:08 From Bryan Wallace : encompasses critical thinking, making connections, and innovation
- 09:43:12 From LaShawanda Moore : Engagement and fulfillment is needed in the workplace
- 09:44:18 From Cindy Blanton : roots
- 09:44:22 From Hawk Frances Sterling : Roots / soil
- 09:44:37 From LaShawanda Moore : people
- 09:44:53 From LaShawanda Moore : creativity comes from people
- 09:44:57 From LaShawanda Moore : the foundation and root of all
- 09:54:59 From Anna Strahs Watts : I wanted it to be recognizable from the start... womp
- 09:55:06 From Charmaine Mitchell : Ask to do a simple task
- 09:55:07 From Jerry Howard :  
I thought it was simple  
I enjoyed connecting them  
The face that emerged was not planned  
It made me feel creative and even a bit comical
- 09:55:21 From Jordan : Started off confused but then realized i could get creative
- 09:55:21 From Anna Strahs Watts : Which made me feel amused and also I wished I had chosen a bigger piece of paper and some crayons
- 09:55:23 From Andrew Town : I noticed my discomfort participating in exercises when not knowing where they're headed. Like information and level of self control
- 09:55:27 From Eric M. Shoenfeld : Simple question - neutral reaction.
- 09:55:28 From Dove: Jacque Vaughan : There a time when flexing your creative juices is not "productive" or a important as doing "work"

09:55:29 From Christa Donohue : Felt uncomfortable to dive in without knowing the end goal

09:55:29 From (Owl) Melvin Carter : an intuitive response, easier than I imagined, the solutions will flow if I'm open minded.

09:55:29 From Meg Garner : started as "what no direction?" and then talked myself through letting that go and doing own thing.

09:55:30 From Frances Sterling : Enjoyable

09:55:30 From Cathy Vrentas : relaxing to participate

09:55:33 From Walter Crenshaw : resisted my first instinct to draw the circles in a line

09:55:35 From Jenn O'Rourke : I tried to pre-think what we'd need in the end...whoops!

09:55:36 From Korinn Carter : It reminded me of the SPACE program I was in in elementary school, also a test I took to get into Richmond Community High School - we had to make a page of circles into something

09:55:37 From Eric Steigleder : Thinking about being creative while discussing creativity ended up in me not being all that creative. Overthinking!

09:55:38 From Dove: Valaryee Mitchell : I drew 3 connected circles. I felt calm. I never planned to create a recognizable object - I like to doodle.

09:55:38 From Frances Sterling : Curious about others

09:55:42 From Ryan Melcher : I was disappointed I didn't know the end objective at the beginning to prepare my image. I was also impressed by the diversity of the group and the creative ways some people used their circles.

09:55:48 From Dove: Valaryee Mitchell : It was fun and calming.

09:55:54 From Korinn Carter : I didn't like that I couldn't decide what to make my 3 circles

09:55:56 From Kelly, Ashley W. : initially wanted more instructions and felt uninspired, but then dove in and had fun

09:55:59 From Peter McCourt : Simple directions=>simple response in drawing=>Directions followed, Done.

09:55:59 From Sandy R : Had to figure out how big and where the circles would be drawn on on the page. Apprehensive about next steps and once the final picture was drawn, wasn't as bad as I anticipated it would be.

09:56:15 From Owl: Keesha Trim : I drew three circles, three times because I didn't know what was next.

09:56:19 From Korinn Carter : I also didn't want to share, because I didn't know what my picture was... so how could anyone else :)

09:56:20 From shannon wray : but the unknown leads to creativity!

09:56:23 From Carlyle : My circles started connected so by the second instruction I thought "oh well, next time"

09:56:25 From Owl: Theo Appiah-Acheampong : I was curious where this was going, not enough information and then I just went with the flow

09:56:31 From Bryan Wallace : I thought about doing something different.. so drew ciecles from that lens

09:56:44 From Amy Singleton : I thought about re-drawing my circles, but then I just made do.

09:56:53 From Mariya Vysotskaya : it felt fun to draw!

09:57:05 From Susan Winiecki : I'm hungry and I responded to the circle by making them into different pies, wishing I had a slice

09:57:07 From Kenneth Ragland : Made me think outside the box

09:58:09 From carol : I get excited about creating, it's fun starting with a blank canvas -

09:58:51 From Mica Scalin : If you haven't started the Creative Sprint yet, don't't worry! You will be able to jump in after this!

09:59:38 From Cindy Blanton : will we get the slides in the seminar materials? i ask bc i'm having a hard time taking notes due to a broken wrist

10:00:22 From Leadership Metro Richmond : yes slides will be posted after to the LMS

10:02:07 From Christa Donohue : I remember following that project!

10:02:07 From Eric M. Shoenfeld : that's 365 new ideas

10:02:08 From Frances Sterling : Big commitment

10:02:08 From Ryan Melcher : Skullsa re somewhat uniform

10:02:10 From Cindy Blanton : lot of work and pressure

10:02:11 From Andrew Town : 365 different forms/media

10:02:12 From FRANCES WILKINSON : Thats 365 new ideas

10:02:13 From Korinn Carter : That's a lot!

10:02:15 From Dove: Jacque Vaughan : I can't wait to see the others

10:02:16 From Kelly, Ashley W. : that's a lot of skulls

10:02:17 From Jerry Howard : running out of skulls

10:02:23 From Susan Winiecki : Sustaining your momentum

10:02:26 From Owl: Theo Appiah-Acheampong : How many ways could you make a skull?

10:02:40 From Dove: Jacque Vaughan : So cool!

10:02:49 From Kenneth Ragland : Love that song LOL

10:02:50 From shannon wray : Noah - you may find Rhett Hutchence's skulls interesting  
<https://www.instagram.com/rhetttttro/?hl=en>

10:03:03 From Jerry Howard : why

10:03:06 From Anna Strahs Watts : keep me posted!

10:03:07 From Eric M. Shoenfeld : that's nice

10:03:09 From Eric Steigleder : me too!

10:03:14 From Amy Singleton : that's crazy

10:03:14 From Kelly, Ashley W. : you crazy!

10:03:35 From Jerry Howard : noah is so "adorable" with his skulls

10:03:53 From Cindy Blanton : lol jerry

10:03:58 From Jerry Howard : that's awesome!

10:04:25 From carol : you created a product demand

10:05:12 From Mariya Vysotskaya : Noah - where can we see your full collection of the skulls?

10:05:21 From Eric Steigleder : What did the skulls like like in the middle of the year?

10:05:29 From Eric Steigleder : look\*

10:05:56 From Ryan Melcher : <http://www.chopsueybooks.com/products/skulladay>

10:06:04 From Andrew Town : @Mariya <https://www.noahscalin.com/skull-a-day>

10:06:13 From LMR - Colleen : <https://www.instagram.com/noahscalin/>

10:06:16 From Andrew Town : or better yet, buy his book :)

10:07:04 From Bryan Wallace : states

10:07:06 From Ryan Melcher : States



10:07:06 From Mica Scalin : Patricia will share a 20% discount code for the book on the LMS after the session.

10:07:08 From Kelly, Ashley W. : the sstate

10:07:08 From Drew Melson : states

10:07:09 From Cindy Blanton : states

10:07:15 From Dove: Jacque Vaughan : Awesome

10:07:16 From Dove: Valaryee Mitchell : the states

10:07:17 From Cathy Vrentas : so cool

10:07:44 From Eric Steigleder : Virginia gets to be the upper lip!

10:07:45 From Jerry Howard : Alaska? lol

10:07:54 From Ryan Melcher : Left out a state

10:08:00 From Susan Winiecki : Left out Hawaii

10:08:00 From Andrew Town : hawaii

10:08:27 From Anna Strahs Watts : amazing!

10:08:31 From Anna Strahs Watts : they didn't even notice?

10:08:32 From Eric Steigleder : "that's awesome!"

10:08:32 From Dove: Valaryee Mitchell : they loved it

10:08:33 From Drew Melson : amazing

10:08:35 From Jerry Howard : the upper lip is one of the most sensitive parts of the body-  
virginia

10:08:38 From Jerry Howard : lol

10:09:05 From Dove: Jacque Vaughan : Love: First Draft

10:09:27 From Dove: Valaryee Mitchell : It is more menacing with Alaska and Hawaii

10:09:41 From Dove: Jacque Vaughan : Wow!

10:09:41 From Jerry Howard : that's cool

10:09:47 From Dove: Valaryee Mitchell : Very cool

10:09:52 From Charmaine Mitchell : Fabulous  
10:10:09 From Mariya Vysotskaya : that is super creative!!!!  
10:10:38 From Dove Gena Reeder : Hawk  
10:10:46 From Joe Piacentino : owl  
10:11:20 From Jerry Howard : perfect to you is not perfect to others  
10:11:56 From Jerry Howard : intenshinowl  
10:12:55 From Dove Gena Reeder : those look delicious!  
10:14:17 From LMR - Colleen : Hello there - who is this?  
10:14:39 From Bryan Wallace : you had a "box" to think outside of  
10:15:16 From LMR - Colleen : BBYO Climate - please type send us your name or we cannot allow you into the Zoom.  
10:15:35 From Ryan Melcher : Googly eyes  
10:16:50 From Owl: Theo Appiah-Acheampong : I was thinking how you were going to make skulls in 365 different ways - Now I see :)  
10:18:53 From Eric Steigleder : way cooler!  
10:19:02 From Rebecca Ivins - Hourigan Construction : THIS is cool!  
10:19:23 From Eric Steigleder : Looks like the creature from "Trick or Treat" ...  
10:24:08 From Rebecca Ivins - Hourigan Construction : Did you yourself know what you were capable of?  
10:25:05 From Dove: Jacque Vaughan : Wow! So inspiring!  
10:26:41 From Cathy Vrentas : vegemite  
10:26:42 From Kelly, Ashley W. : nutella  
10:26:42 From Susan Winiecki : Marmite?  
10:26:42 From Bryan Wallace : vegemite  
10:27:19 From Eric Steigleder : That's an album cover for sure.  
10:27:45 From Jerry Howard : that one looks smart  
10:28:13 From Jerry Howard : tapping into infinite intelligence  
10:28:15 From Eric Steigleder : Brains?

- 10:29:33 From Eric Steigleder : The Mutter Museum is great!
- 10:32:38 From Christa Donohue : My 4 year old just went to grab his note book of alien drawings to share!
- 10:32:46 From Eric M. Shoenfeld : is that slash wearing a t-shirt with it?
- 10:33:36 From Vikki Keszey : @Christa that's amazing :) My 7 year old popped her head in for help with school and flipped out
- 10:34:41 From Jerry Howard : Semper Fi!
- 10:35:18 From Jerry Howard : Marines do all manner of things to stay sane amidst insanity
- 10:35:26 From Jerry Howard : Oorah!!
- 10:36:13 From Jerry Howard : Marines are commanded to Improvise Adapt and Overcome on a daily basis
- 10:36:44 From Mariya Vysotskaya : what an amazing story!!! wow!
- 10:36:52 From Rebecca Ivins - Hourigan Construction : Jerry - powerful
- 10:37:01 From Dove Gena Reeder : I never thought of Marines as being especially creative but everything you just said Jerry is incredibly creative
- 10:38:01 From Meg Garner : What skull took the longest to create?
- 10:38:21 From Jerry Howard : Thanks! We are often in the situation of: First to Go, Last to Know
- 10:38:30 From shannon wray : were you disappointed when the year ended?
- 10:38:42 From Jerry Howard : Aww, thanks Micah!
- 10:41:31 From shannon wray : can you list the big 7 again
- 10:53:54 From LMR - Colleen :

#### THE BIG SEVEN

Dream Small  
Let Go of Perfection  
Embrace Limitations  
Cultivate The Unexpected  
Expand Your Default Settings  
You Can't Do It Alone  
Inspiration Is Everywhere

- 10:53:57 From Charmaine Mitchell : This segment is interesting, inspiring, and entertaining.

10:55:03 From Bryan Wallace : I really appreciated the way you centered creativity within the workplace and connected it to productivity.

10:55:18 From Frances Sterling : We are going to "mind-map" our collaboration using one of the platforms we have been given to collaborate for our project

10:56:38 From Bryan Wallace : Great point!

10:57:51 From Mica Scalin : Don't forget to sign up for [www.CreativeSprint.co](http://www.CreativeSprint.co)

10:57:54 From Frances Sterling : We were inspired to not be daunted about where to start with our project at LMR

10:59:06 From Anna Strahs Watts : We talked about giving small "wacky" ideas the space to flourish in the small amount of time we have - and not just dismiss ideas that aren't flushed out yet

11:00:50 From shannon wray : Thanks Noah and Mica - so inspiring!

11:00:53 From Dove Gena Reeder : It's hard to be creative when there is so much trauma going on right now

11:01:08 From Dove Gena Reeder : but maybe this is how you get that spark back?

11:01:18 From LaShawanda Moore : what is the website again?

11:01:23 From Christa Donohue : Loved this session- Thank you!

11:01:27 From Bryan Wallace : This was great! Thanks Noah and Mica!

11:01:39 From Korinn Carter : I loved this session! Thank you so much to both of you

11:01:56 From Mariya Vysotskaya : Many thanks! Amazing and inspiring story, and I cant wait to share it with others!

11:02:10 From Kenneth Ragland (Hawk Time!!) : Thank you Noah and Mica!!

11:02:36 From Eric Steigleder : Really enjoyed this presentation and how it relates to the work we'll be doing in our groups and in our day-to-day. Much appreciated!

11:02:37 From Adrienne Wright : Thank you for sharing your time!

11:02:43 From Anna Strahs Watts : Thank you both!

11:02:44 From FRANCES WILKINSON : Thank you!

11:02:45 From suedavies : Great session as always - thanks so much

11:02:46 From Andrew Town : thank you Scalins!

11:02:48 From Cathy Vrentas : Thank you! Very inspiring.

11:02:58 From Meg Garner : thank you!

11:03:06 From Nathan Hatfield : Thank you Noah & Mica!

11:03:12 From Yewande Austin : great presentation!

11:03:21 From LaShawanda Moore : Thank you!!

11:03:24 From Kristen Williams : that was amazing thank you!

11:03:29 From LaShawanda Moore : Very inspiring!

11:03:30 From Gena Reeder : Thank you so much!

11:03:43 From Drew Melson : This was so great, thank you Noah and Mica!

11:03:49 From Amy Singleton : Thanks!

11:03:52 From Mariya Vysotskaya : Is lunch going to take place at their café?

11:04:19 From Yewande Austin : should sick folks at home rejoin the Zoom at 12:45pm or 1pm?

11:04:35 From Yewande Austin : ok sorry I'll review.

11:05:09 From Yewande Austin : got it thanks! amazing program!!!!