

AMICALE NEWSLETTER

Carpe Diem !

(Edition 2 – 1 April 2020)

“Hope smiles from the threshold of the year to come, whispering ‘It will be happier’”

Alfred Lord Tennyson

Introduction

1. We are pleased to say that the first edition of “Carpe Diem” was well received. It started with a Virus baseline of information and a few popular sites, for culture.
2. It is intended to spend less time now on the Covid19 issue, unless some major news breaks and we assume you are, yourselves, getting used to tracking the news. Some of us are pursuing a fast learning curve, on information technology ! If you need help on this, let the Editor know, as we have several Members who are quite IT knowledgeable, even Expert !

Government and local edicts

3. Please note that the approved form, for exit from your house has changed. A copy of this can be found at: <https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Attestation-de-deplacement-derogatoire-et-justificatif-de-deplacement-professionnel>

See also: <https://www.lci.fr/sante/video-edouard-philippe-nous-allons-encore-durcir-les-mesures-de-confinement-2148920.html> from last week (some will have seen this)

Note: the radius of travel for moving outside, for exercise/dog-walking, has been reduced to **one Kilometre** and not more than **one hour** outside your garden/house. You are now FORBIDDEN to walk in the local woods/forest.

4. Fayence (www.ville-fayence.fr), Montauroux (www.montauroux.fr) and Callian (<http://www.callian.fr>) have websites dealing with local issues. If you know of any others locally, please tell the Editor (terryknott@icloud.com)
5. Two Covid-19 health centres will be opened in the Pays de Fayence – There is an interview with Patrick Rouverand (physiotherapist and President of the Association of Health Care Workers in Fayence, in Var Matin newspaper .

Interests

6. Gardening. You will find a short article on Gardening below
7. Wine forum. Val d'Iris as made an offer. See details below.
8. Other interests might include Art/Painting, Golf, Bridge, etc, but they need a Sponsor.

9. If you would like to write a short article, or send us your photos, we cannot promise to print them all, but will certainly try. The Editor is offering a bottle of wine, for the best article, or joke; and will help you drink it....virtually, of course!!
10. French conversation. Now is a good time to improve your languages. Why not find a friend, who speaks a different language and chat on new 'ZOOM', Facetime (Messenger), Whatsapp or Skype. Please note if you want to use ZOOM, you can download it from the Apple App Store, free, but make sure you choose the right one, called "Zoom Cloud Meetings". The IWCV is also using this software.

AMICALE à L'ECOUTE

11. This new Amicale service is being run by Lesley Joffick and thanks to her and the splendid volunteers, who have stepped forward with offers to help some of the older Amicale Members, and some who are isolated or physically disadvantaged.
12. PLEASE NOTE. If you are in doubt, as to whether you have COVID19, do NOT go to see your doctor, but ring him/her for advice. Key symptoms are fever and dry cough. If you experience severe difficulty breathing, ring 15 for an ambulance. Some helpful tips on combatting the virus are below
13. More about Amicale à l'Ecoute in **ANNEX A**
And if you want to help, or have questions, please contact Lesley Joffick

AND FINALLY

14. Don't forget to send in your best articles, jokes or stories, for winner of a virtual bottle of wine, which the Editor will share with you, in due course!
15. Did you know, manufacturers have come up with a new, novel idea: left-handed toilet paper. If you are left-handed please contact the Editor, for details. Limited supplies.
16. And REMEMBER: You are not alone !!!

CONTACTS

Terence Knott, Vice President & Editor: terryknott@icloud.com (also Zoom Teleconf)

Frans Steenbrugge, Vice President (standing in for Françoise Dupeuble):
fvsteenbrugge@gmail.com (Also Facetime, WhatsApp, Zoom, or 0608702455)

Lesley Joffick: Coordinator of Amicale à l'Ecoute: lesleyjoffick@hotmail.com

And our gallant Committee & Coordinators

USEFUL LINKS AND QUOTES

Release your inner Columbus!

<https://www.connexionfrance.com/Mag/French-Life/Travel-writing-contest-ideal-for-coronavirus-confinement-period>

Wills

For English members: a possible contact for updating Wills, Power of Attorney etc: www.lawdepot.co.uk Please note a Will is acceptable in France and can be hand-written in French (indeed its preferable, to avoid forgery). You can either keep the document at home, or deposit with a Notaire and/or your children/a relative /executor.

Did you know? (Courtesy of local on-line site – Connexion newspaper)

COLUMNISTS

Samantha David

Wed 25 Dec 2019

15h00

523 words

0



Using vous to French lover 'is sexy thing to do'

Should you use *vous* or *tu* when talking to your neighbour? Your bank manager? Your dog? Your husband?

The old guideline was *tu* for children and animals, *vous* for everyone else.

But that doesn't hold true any more. Just where are you in your relationship? Get it wrong either way, and you're likely to raise hackles.

Speaking in very broad terms, *tu* is more left-wing, more egalitarian, revolutionary, young and groovy – *vous* is more traditional, more right-wing, more conventional, perhaps a little more stolid.

Groovy 68ers (the generation who protested for social freedoms ...

Mail and Parcels

Chronopost : A thought for the poor delivery man who will no longer have the excuse : « Nobody home» .

Editor: I received my long awaited four face masks today, eight weeks after my order (they arrived from.....China!)

Here's some advice, from the Connexion newspaper www.connexionfrance.com



The government has issued advice about receiving parcels at home during the Covid-19 crisis.

Home deliveries must be made in the mailbox whenever possible. Senders are encouraged to reduce the size of their packages to facilitate this type of delivery as much as possible.

— If the parcel does not fit in the mailbox, the delivery workers should knock on the door or ring the bell to notify you that they are there. The package must be put on the doorstep for the person to take it without having contact with the delivery person.

No handwritten or electronic signature is needed as the aim is to avoid close contact.

People who receive a parcel should wait before opening their door, to give time to the delivery man to step back. They are also advised to wash their hands after receiving and opening the parcel.

STOP PRESS!

Please note, with immediate effect, the Post Office service will only operate Wednesday, Thursday, Friday.

Improve your French/English!

Il pleut des cordes (*Pour les anglais, il pleut des chats et des chiens*)

Does not mean it is raining ropes, but it is raining cats and dogs

Mener quelqu'un par le bout du nez

Does not mean you are pulling somebody's nose but rather you wrap someone round your little finger

To have ants in one's pants

Ne veut pas dire que l'on a des fourmis dans le pantalon mais que l'on ne tient plus en place.

To go bananas

Ne veut pas dire que les bananes s'en vont mais que l'on pique une crise ou que l'on devient dingue

Courtesy of the Fayence Giggle Club – quote by Scott Fitzgerald (author)

Dearest Rosemary,

It was a limpid dreary day, hung as in a basket from a single dull star. I thank you for your letter. Outside, I perceive what may be a collection of fallen leaves tussling against a trash can. It rings like jazz to my ears. The streets are that empty. It seems as though the bulk of the city has retreated to their quarters, rightfully so. At this time, it seems very poignant to avoid all public spaces. Even the bars, as I told Hemingway, but to that he punched me in the stomach, to which I asked if he had washed his hands. He hadn't. He is much the denier, that one. Why, he considers the virus to be just influenza. I'm curious of his sources.

The officials have alerted us to ensure we have a month's worth of necessities. Zelda and I have stocked up on red wine, whiskey, rum, vermouth, absinthe, white wine, sherry, gin, and lord, if we need it, brandy. Please pray for us.

GARDENING

We have had an exceptionally mild winter and in my garden at present, I have snowdrops, daffodils, tulips and roses, all in bloom.

We need to spend time cleaning up the dead leaves and branches, which harbour the bugs/bad insects; and prune back any stems & branches, which have died in the last few months. If you have the necessary chemicals, you need to spray your roses NOW, to give the new growth a chance to remain healthy.

Any lawn you have would benefit from spiking (even a garden fork will suffice) to improve drainage and a LIGHT cut from the lawnmower.

If you have olive trees and are physically active, clean out the new growth in the centre of the tree (remember "a bird should be able to fly through it", to ensure sunshine and fresh air) and clip/cut new vertical growth, which will not bear olives.



Wine Forum

The Wine Forum is temporarily suspended but the Val d'Iris sent us an offer reserved to AEPF members:

1 White 2019 + 2 Rosés 2019 + 1 Cabernet Sauvignon 2016 + 1 Cuvée Eva 2016 + 1 Cuvée Léonore, all 6 bottles for 54 Euros including home delivery.

You will find these wines on the site <https://valdiris.com>

Order before 8th April by email info@valdiris.com or by calling Anne or Ludovic on 04 94 76 97 66 specifying "Amicale Offer"

Val d'Iris will supply contactless wine deliveries with two possibilities:

- Either you pick up the order that we will have prepared for you, between 8.00 am and 3.00 pm. The sanitary distance will be respected
- Either we deliver you free of charge throughout the Pays de Fayence. The delivery day will be communicated to you.

If you are reluctant to pay on line, it is still possible to pay, at the domain or at your home, in cash, check or bank card

Culture

Watch the National Theatre, for free, on line! www.nationaltheatre.org.uk

Musique Cordiale: Like everyone else, we are monitoring the situation of Covid-19 in the Var and throughout Europe and we will keep you informed of our plans and our contingencies as they evolve. We have postponed the opening of our ticket office until July 10 (normally April 1) and hope that a festival (everything is ready and organized for August 1-16, 2020) can still take place - to recover and revitalize us.

USEFUL TIPS ON COMBATting CORONA VIRUS

Wash your hands with soap regularly. The soap breaks the substance binding the virus structure

Don't put your hands to your face, mouth, eyes, nose – easier said, than done!

Keep a special pair of shoes (preferably slip-ons) to go out. Leave them outside. Use a shoe-horn if you have one. Leave that out too.

The quest for the coronavirus vaccine (Seth Berkley | TED Connects)

Watch this if you have one hour to kill

https://www.ted.com/talks/seth_berkley_the_quest_for_the_coronavirus_vaccine?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsp

Masks. You can find instructions on how to make a linen/cotton mask, on the internet. Don't keep using the same mask all the time, it will hold longer term infection. You can sacrifice a thick pillow case, or sheet, to make these; and you can bolster the protection with tissue paper/paper napkins, for disposable "innners"

Dominique Hirt, member of the Amicale informed us that the Foyer Rural de Fayence organizes with several volunteers, the making of masks for the hospitals of Grasse, Draguignan ... but also for the cashiers of the supermarkets and other people particularly at risk . For more information, contact Dominique Hirt
dominiquehirt@orange.fr

How to make a mask and improve your French at the same time ?

https://youtu.be/tRuGqhO_atE or <https://youtu.be/i1Fz1ldzspg>

Correction. Please note: the advice last week, about the Virus being vulnerable to heat and a temperature of 27 degrees is deemed to be MISLEADING. Best science is still not sure, but experts THINK that a combination of rising external temperature and sunlight (UV) – as in Summer - hinders the Virus. As yet, however, NOBODY KNOWS!

ANNEX A

AMICALE A L'ECOUTE

We are indebted to Lesley Joffick and her splendid volunteers, for the information and assistance here.

HELPFUL TIPS

"It is necessary, for the sake of the forward march of the human race, that there should be proud lessons of courage permanently on the heights."

Victor Hugo *Les Miserables*

The message this week : **HAVE COURAGE!**

During this coronavirus pandemic it is important to keep fit, keep busy and stay calm.

EXERCISE is very important. I, personally walk around the pool 33 times and I understand this is 1 kilometer. I recommend you look online for ideas about exercise written by the experts:

CNN Health has a good page . If you type in 'How to strengthen your immunity during coronavirus the following page comes up

<https://edition.cnn.com/2020/03/26/health/immunity-exercise-sleep-meditation-stress-coronavirus-drayer-wellness/index.html>

SPRING CLEANING TIME

I hate housework. You make the beds, you wash the dishes, and six months later you have to start all over again. Joan Rivers

Many of us have a femme de ménage, who we have had to ask not to come into the house in this time of lock down. For the first time in ages I did the hoovering and had forgotten how hard it is, but when I had finished I had a sense of satisfaction.

Now is the time to clean up and clear out! It's Spring time.

CLEAN UP

Take one room at a time. Make a plan. Start first with getting rid of the DIRT (brought in from the garden on the bottom of your shoes) DUST (made up of all sorts of things including fibers, food particles, bacteria, mold and fungus spores-not to mention dust mites) GERMS (those microscopic beings we share our homes with) MOLD (which might be growing in the shower)

CLEAR OUT

What's in your kitchen cupboards? Take everything out, look at the dates, wipe everything down and return only the necessary. You probably will be getting rid of pantry moths which enter the home through infested grains and other dried food.

What's in your wardrobe? This is the time of year to wash and store all winter clothes. Those you didn't wear at all this winter how about donating to the Croix Rouge?

I don't want to make these weekly HELPFUL TIPS too long.

I can recommend two excellent books I purchased in the United States in 2006: *Cleaning Plain & Simple* and *Organizing Plain and Simple*, both by Donna Smallin

Lesley Joffick,

AMICALE A L'ECOUTE

06 47 79 77 56

lesleyjoffick@hotmail.com