

# AMICALE NEWSLETTER

## *Carpe Diem !*

(Edition 3 – 7 April 2020)

### Introduction

1. Well, here we are again, dear Members. Three weeks since our (French) 'lockdown' and still counting. The good news is that some countries are already looking at the possibility of lifting some of the restrictions; although France has made no formal move in this direction yet. You will find more detailed commentary below, including some input and quotes from the "experts".
2. We have had several complimentary comments on the first two issues of CARPE DIEM, although some people felt it was too long. Obviously they were too busy to read it at present !
3. The aim of the first two issues was to establish a baseline of information, for all of us, including the less technically savvy ; including a few References that you can go back to, e.g. links to culture, research and general news, now that we are mostly stuck at home. From now on, CARPE DIEM will concentrate on "Breaking News" and other interests. Hope you continue to find us good value: news, jokes and other interests are welcome, indeed encouraged, but "Keep it Short"!

### What is Happening?

4. In China, with massive resources and public cooperation, the nation seems to have turned the tide. The same cannot be said of America, where Trump's intransigence has unleashed a whirlwind.(\*). Countries that are "testing" and using masks, seem to be "winning".  
Meanwhile in Europe, the debate has started about when to lift respective lockdowns. This debate is about the respective importance of keeping infection under control (until a cure/vaccine is found) balanced against economic damage. A handful of EU countries are looking at opening some general-purpose stores, (in addition to food shops & bakeries), with the caveat of "see what effect this has".

*\*As Trump claims he is "smarter" than the virus, one commentator says: "You do realise you're making the bold claim to be smarter than a tiny coil of ribonucleic acid, in a lipid sphere, with a few protein spikes and an IQ of zero?"*

5. Several shops and stores, meanwhile in our Canton, including **Weldom** and at least one Nursery, are open to 'online' orders and **E. Leclerc** has begun selling items such as pool chemicals. **Picard** (frozen food) will deliver, to your home.
6. If you are interested, several groups are starting up, including the IWCV, on the Apple App, "Zoom" and the Midi Lunch Group, on "Whereby". While a very good way of enhancing social interaction (as opposed to distancing !) we have found that these internet links are dependent upon having at least three megabytes of

bandwidth/speed. This of course will improve with the introduction of fibre optic cable, for some in the Canton, sooner than others.

## Useful Tips and Links

7. The latest “Lockdown Form”, issued by the French Government, can be used on your Smart Phone, without the need to print it off . See this guidance from “**THE LOCAL**” online newspaper: <https://www.thelocal.fr/20200406/france-coronavirus-lockdown-this-is-how-frances-new-online-permission-form-works>

All details are to be found on the site of the Ministry of Interieur  
<https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Attestation-de-deplacement-derogatoire-et-justificatif-de-deplacement-professionnel>

On the same page at the bottom, there is also the paper version in **French and English** !

‘The Local’ is a good source of news, as is the English-speaking newspaper **CONNEXION**, <https://www.connexionfrance.com/> , available both in hard copy, by subscription and on line. For typical topics, this week, for English speakers, see graphic attached at Annex A.

The government has also released an autorisation to buy and plant seedlings (tomatoes, salads, ...) . As a results, most nurseries in the canton are organising home deliveries and Drive ins.

For Scandinavian speakers, see the Riviera Club news: <https://rivieraklubben.com/>

**Food !!** Don't feel like cooking. Call Traiteur Julien for home deliveries.  
<http://cuisinedejulien.com/?fbclid=IwAR0MCycl1QUXejkWWTKd5SyCK5co4-WDo0VoPSKZBQM0EcYaIJU0osmeHFO>

The Menu [http://cuisinedejulien.com/CMS/modules/dl/974820295/IMG\\_6182.JPG](http://cuisinedejulien.com/CMS/modules/dl/974820295/IMG_6182.JPG)

## Culture and General Interest

8. **Opera.** This week the opera, ‘Barber of Seville’ was available on-line, starting at 19.30 for a good evening’s entertainment. You missed it? Here is the replay.  
<https://www.operadeparis.fr/magazine/le-barbier-de-seville-replay>
9. **For the Fun** . Travel around the world and listen to the local radios  
<http://radio.garden/listen/rivieraradio/EaRZ7ttC>

## Future Research and Developments

10. Although many have and continue to underestimate the effect of Covid 19, there are many hopeful signs:
- a. The 'Bill Gates Foundation' has pledged several \$billion in research funding to defeat the virus
  - b. Some seven different tests are now being trialled to see which is the best way of detecting who has it and who's had it, with the dual aims of helping contain the infected and releasing those who are now deemed immune.
  - c. Studies continue into the use of Ultraviolet devices, which were successful in defeating SARS and MERS, see: [www.digitaltrends.com](http://www.digitaltrends.com)
  - d. Studies indicate that personal fitness and exercise have a beneficial effect in fighting off any virus attack, while smoking has an adverse effect. So now is your chance to ramp up your personal regime! Stay fit and stay well!

## Finally

11. Please send articles and jokes to the Editor. A bottle of wine will be retained in my Cellar, for winning entries !



## CONTACTS

Terence Knott, Vice President & **Editor**: [terryknott@icloud.com](mailto:terryknott@icloud.com)

Frans Steenbrugge, Vice President [fvsteenbrugge@gmail.com](mailto:fvsteenbrugge@gmail.com)

Lesley Joffick: Coordinator of **Amicale à l'Ecoute**: [lesleyjoffick@hotmail.com](mailto:lesleyjoffick@hotmail.com)

## AMICALE L'ECOUTE (3)

Dear Members,

*During the bubonic plague pandemic in 1665 Isaac Newton had to work from home. He used the time wisely according to John Conduitt. He discovered many of his theories during this period of isolation.(1688-1737)*

Now is the time for us to use our time wisely!

It can be a time:

- To connect via social media with our families
- To be reflective
- To be closer to nature
- To share recipes
- To share great books for adults and for children
- To be creative
- To be playing online
- To tend our garden

This week CONNECT VIA SOCIAL MEDIA WITH OUR FAMILIES

Many of you will be in touch daily with your families on FaceTime, WhatsApp and other technology. I would like to share with you a couple of things I am doing with grandchildren which probably would not have occurred before this lock down.

### HOME SCHOOLING

According to Unesco 188 countries have closed educational institutions and this means 89% of the world's students are at home trying to follow their studies. You may have one or more grandchildren in this position and this puts extra pressure on their parents. The schools and colleges are providing guided instruction but what happens when the work is finished ? There are still many hours in the day left for parents to find an occupation for their children while probably trying to continue their own work themselves.

With the younger children you can do a project with them online. Select a subject that interests your grandchild and have them do some research. This can be observing nature in the garden and making collections; such as leaves; seeds stones or rocks. You as a grandparent can do the same and then together on social media you can compare notes, you can plan a project together such as doing some art work, making a scrap book.

With older children you can research the same subject as they are researching and exchange information. One of my grandchildren at University is doing a thesis on "Happiness". Fascinating subject to research!

If you want to share your experiences with us please do so and don't forget to **call if you need help**. Remember we have 6 wonderful helpers who are there to help YOU

Lesley Joffick


[lesleyjoffick@hotmail.com](mailto:lesleyjoffick@hotmail.com) 0647797756 (in English)

Frans Van Steenbrugge

[fvsteenbrugge@gmail.com](mailto:fvsteenbrugge@gmail.com) 0608702455 (in French)

## ANNEX A

Connexion Topics (to enlarge, click on icon and drag)

Digital version of Covid-19 confinement for... 

Recent stories

**Signs of hope:** Latest figures in France

**Europe warning:** Covid-19 drugs to 'run out within days'

**1km radius:** Map shows exercise area

**Peak:** France should be 'careful'

**Tap water:** Extra chlorine changes taste

**Shops and brands:** Which ones are still trading?

Other news

**D-day hero:** Frank has died aged 95

Subscriber extra articles

- **Chloroquine:** 220,000 sign petition
- France trials new Covid-19 blood test
- Public may be asked to wear masks
- Fruit, veg and Covid-19: France issues safety advice
- Covid-19 and property sales in France
- Experts defend stance on ibuprofen
- France warned on fake gendarmerie Covid-19 form checks
- Blood from worms (yes worms) may save virus patients' lives
- French postal services you can use from home
- Financial aid for gîte and chambre d'hôtes owners
- Aid for self-employed
- Americans in France benefit from Covid-19 tax refund

[Subscribe here for instant access. From €12 for 3 months](#)