

AMICALE NEWSLETTER

Carpe Diem !

Edition 4 - 14 April 2020

AMICALE L'ECOUTE

Dear Members,

BE CLOSER TO NATURE

Hope is the thing with feathers, that perches in the soul, and sings the tune without the words, and never stops at all.

-Emily Dickinson

This week I decided to do 'Nature' because I have had several emails and phone calls with people who say this lock down has brought them closer to nature. Spring is bursting out all over.

The **BIRDS** are singing. In CONNECTION last week there was an excellent article on birds in France "Help to identify songs of Birds in France"
<https://www.connexionfrance.com/Mag/Nature/Help-to-identify-songs-of-birds-in-France>

another site is

http://www.les-amis-des-animaux.be/Centre_de_documentation/conseil/oiseaux.html

Many of us are spending more time in the garden during this beautiful weather. If you feel like it, may I suggest you listen and identify the birds in your garden and send the list to us so we can circulate it to our members.

The **FLOWERS** are beginning to bloom. I have also begun to photograph the flowers, both cultivated and wild, in our garden. I know others have done the same. Let's exchange photographs too.

BUTTERFLIES too are flitting around. Can you identify them?

FROGS are beginning to mate. Have you heard or seen them yet?

Finally **CLOUDS**. We haven't had many lately but some of the morning and evening skies are magnificent.

If anyone is interested in sharing your experiences with us please do so. Join this observation of nature, please send us your photographs and observations and we will put them together to share with our members.

Lesley Joffick lesleyjoffick@hotmail.com 06 47 79 44 56 (English)
Frans Van Steenbrugge 06 08 70 24 55 (Français)

Introduction

Well here we are, in our fourth edition of Carpe Diem. Thank you for all the kind words from Members, for our modest efforts!

This week, we shall include a piece from our beloved President, Francoise DUPEUBLE and then take a tour through what's happening around the world, in France and in our Canton. Please feel free to pass it on to friends and relatives. Currently we have readers in the USA, New Zealand, Canada and South Africa; and of course the fifteen nations of the Amicale!

Secondly, I would encourage you to forward any interesting articles, discussion pieces, (short) jokes and topical news. The Editor cannot promise to print them all, but the prize for the best joke is still running: a bottle of wine and the first winner will be announced soon.

News of our President

"Hello dear friends of the Amicale

Some of you are wondering about my health: what is going on with our President? Why did she disappear from radar screens? I heard she broke her arm? Here a few words, to reassure you.

Yes, I broke my arm - the right one of course! - a little severely (open fracture), and it took a surgical operation and three pins, plus many stitches, to repair everything and get it to hold. But I guess that's happened already to many of you! Now it's been four weeks and I can see the end of it.

Another reason for my silence: I had my two grandchildren, 8-year-old twins, with us during the same 4-week period and it was difficult to manage with an immobilised arm. I didn't have much time left to communicate. But next week, they go back with their mom and I will be more available. What a strange period!

*I salute the initiative of Frans, Terence and Lesley to publish every week (what a job!) a crisis newsletter under the pretty name of **Carpe Diem**. This means, 'let us take advantage of the time that is given to us to take stock of the important things in our lives and those that do not deserve to be spent too much time or energy'.*

I also salute the commitment of many members of the Amicale who, within our association as in other local structures, volunteer, at the risk of their own health, to help others, listen to them and take care of their shopping.

I wish you all the best for your health and your families and all my sympathy in the hardships you might be going through.

Take care of yourself, take care of others, get out as little as possible.

I look forward to seeing you at our next meetings in a hopefully nearest future. In the meantime, receive my virtual hugs.

Françoise

Meanwhile the two Vice Presidents and the Amicale à l'écoute Committee are doing their best to "keep the show on the road". Frans has prepared a list of local shops providing Home delivery. (See separate annex) . We hope you find this useful.

So What is Happening in the World?

Nearly all Members will have access to TV and Radio, plus of course the Internet, so this is a brief summary only, not least to help the less computer literate among us.

In China, now almost certainly the source of Covid19, through its so-called “wet markets” selling wild animals for food, also appears to have beaten the current spread of the virus, with two major advantages: an authoritarian governmental regime and a thriving technical and clothing/mask production economy. Indeed the Editor recently received four masks from China, for the modest price of Euros 40!

The USA appears to be paying the awful price for Donald Trump’s refusal to take the virus seriously and New York state is suffering enormous casualties.

Nearer to home, Italy, Spain, France and the UK (in order of catching the pandemic, are now either cresting down the other side of the casualty curve, or in the case of the UK, still on the peak of the wave (sombbrero). Curiously Norway and Sweden show very different results, in spite of being side by side. We do not mention other Members’ countries, as there are fifteen in total and it’s a bit difficult to follow all! Africa and the developing world is just starting to catch the virus and suffers from vast over-crowding and depleted economies. Not a happy outlook. For all details , have a look at <https://www.worldometers.info/coronavirus/#countries>

President Macron has received praise for his positive leadership and France will now continue in lockdown for another 4 weeks, with schools opening on or about 12 May. This latter move reflects the relatively immune or ‘less prone’ health of younger people and the urgent need to restart the economy, allowing younger parents to get back to work. (For those with strong French, a copy of M Macron’s very recent announcement is attached.) Other countries are facing a similar dilemma: public health against national finances, with mind-blowing credit lines opened, by Central Banks at national and EU level, to keep the possibility of recession and even a Depression at bay. We do not envy those balancing these decisions.



Social Distancing and the Police!

Closer to Home

So what's happening in the Valley?

We are very pleased to report that no Member of the Amicale has yet caught the virus and Lesley Joffick's "Amicale à l'Ecoute" is doing sterling work with the kind & brave volunteers. A big vote of thanks to them and if anyone has any ideas on our work in the Amicale, or in the Community, or if you too would like to volunteer, please contact Lesley.

The Post is still on restricted working, but appears to be delivering on Weds, Thurs, Friday. Please check local Village websites, see contacts below.

Other Interests

Gardening. Spring has suddenly arrived, with a burst of blossom and I hope your garden is reflecting your hard work! Some have said that their "garden has never looked so good" and we include a few snapshots here.



This attached link underlines the importance of "pollinators" and dates back to 1792!

[https://www.almanac.com/content/plant-pollinator-garden?trk_msg=1QM21VA82JLK5FJ289OI4N3U8K&trk_contact=VKM264H4B3HDOM35AKF8GUJF3C&trk_sid=GT68E96HRLP92O3EO6KRD0GS3S&utm_source=Listrak&utm_medium=Email&utm_term=10+Ways+You+Can+Help+Pollinators+in+Your+Backyard+\(title\)&utm_campaign=Companion+Daily](https://www.almanac.com/content/plant-pollinator-garden?trk_msg=1QM21VA82JLK5FJ289OI4N3U8K&trk_contact=VKM264H4B3HDOM35AKF8GUJF3C&trk_sid=GT68E96HRLP92O3EO6KRD0GS3S&utm_source=Listrak&utm_medium=Email&utm_term=10+Ways+You+Can+Help+Pollinators+in+Your+Backyard+(title)&utm_campaign=Companion+Daily)

10 WAYS THAT ANYONE CAN HELP POLLINATORS

Thankfully, in the past few years, many programs have shown that we actually CAN make a real difference.

Dr Sverdrup-Thygeson, a professor of conservation biology at the Norwegian University of Life Sciences, states, "We can achieve a great deal with belts of trees and bushes alongside streams in residential areas, green shoulders and hedges along roads, and borders of wildflower meadows along the edges of fields."

"Even a regular homeowner with a small garden can have a powerful impact, namely with: **native flowers and trees, pollinator host plants, nesting sites, and a refuge from pesticides.**" (Sarah Legon)

Storage of Bulbs (tulips, daffodils, hyacinths etc). Now the bulbs have stopped flowering, is the time to lift them, so they don't experience the full heat of summer.

This does not apply to plants such as Agapanthus. Carefully dig up the bulbs, exposed to direct sunlight and knock the earth off them, place in a container, with leaves attached and fill with sand, or dry mulch. Keep in cool, dry place and then plant out again in October/November, for a much better display.



And small, bright succulents make an-easy-to-care-for display

Everything comes out together!



Wine. The Editor has heard, by roundabout means, that some Members have increased their wine consumption! Don't worry, your secret is safe with me!

For those who take their wine seriously, Fernand, in L'Oenotheque, Tourrettes, has a wide selection and is happy to order in for you. He is open in the mornings and speaks fair English and of course French.

contact@loenotheque.com Centre Commercial, Les Mercuriales 1, 83440 Tourrettes

The Virus

Some myths exploded :

As various countries, including the UK and France move towards everyone wearing masks, we can confirm that Masks are not 100% safe. However they do:

- a. Protect you from airborne droplets from joggers and close contacts
- b. Stop you touching your face (eyes, nose, mouth)
- c. Stop your own cough/breath infecting other people

The use of 5G networks does not enhance the virus.

Coloured people are NOT immune to the virus. In fact they are more vulnerable. No one yet knows why

Alcohol at the percentage we drink it (40-45%) does not kill the virus. You need 80% which is undrinkable...for most of us. However, you are free to experiment!!

Appointments with your hairdresser, nail technician, dentist etc, who say they are not sick, are still not safe. 25% of those infected show few, or no symptoms.

"It's best not to talk to children about the virus". Most of us have grown up children and we need to talk to them, not least to tell them where all your important papers are. Have you made a written record? For those with grandchildren, present, you need to explain the implications, like not being able to come to hospital, if you're being treated.

Covid19 is like the Flu. Its not! If you have fever (normal temperature is 36-37.5C) and a persistent dry cough, followed by difficulty breathing, seek medical advice and prepare (get a personal bag ready) to call an ambulance, dialling 15.

The tele-conferencing App, called Zoom, has now been fixed for hacking. It has NOT. Please change your password weekly and don't get "security fatigue"

Conclusion

That's it, for this week, dear Members. Stay safe, look after your loved ones, TALK to them and if you have questions, let us know. We can start a section on Members' Questions next week, if you like the idea? Meanwhile keep the articles, pictures and jokes coming.

Contacts

Terry Knott, Vice President & Editor: terryknott@icloud.com and 06 35 02 00 57

Frans Steenbrugge, Vice President and Amicale leader, pro. tem.
fvsteenbrugge@gmail.com 06 08 70 24 55

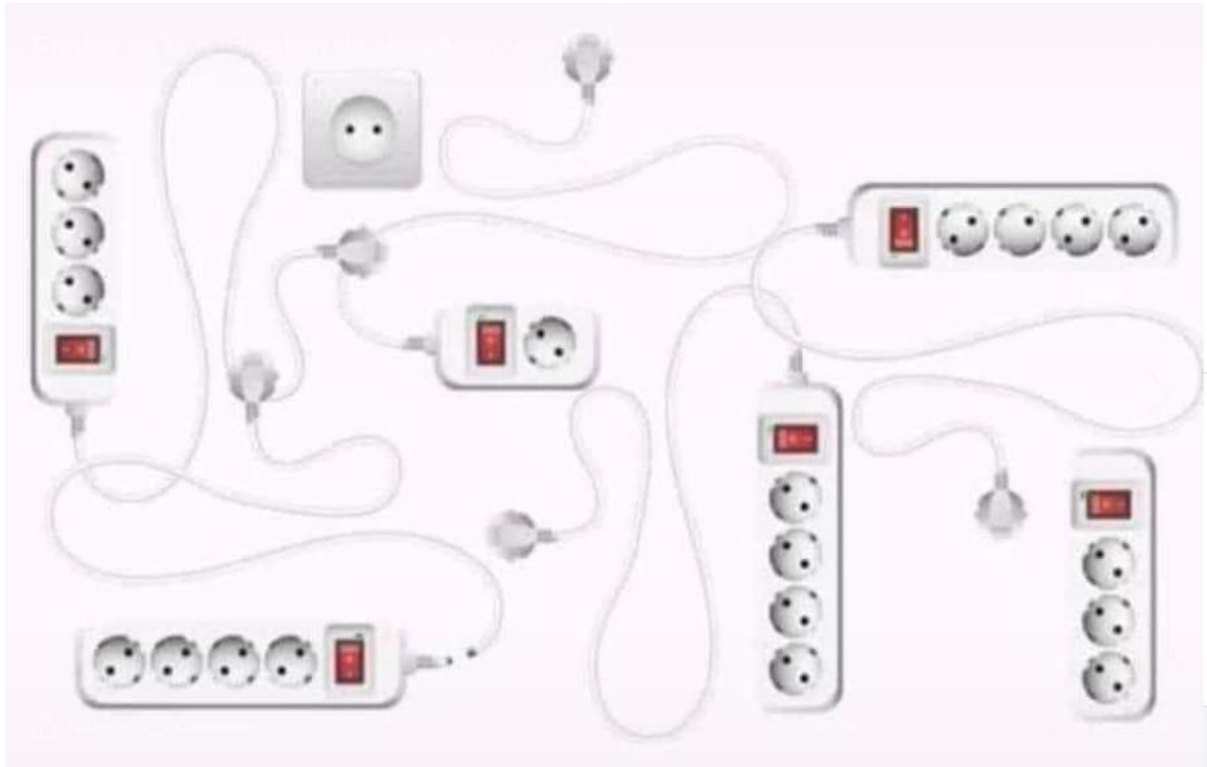
Lesley Joffick, lesleyjoffick@hotmail.com 06 47 79 77 56

Final Thought. Have you noticed on TV: They begin with "Good Evening" and then tell you why it isn't !

Moment of relaxation and observation

In your opinion, how many devices can you connect to this single wall plug ?

Look very carefully! ALL the details are important !!!!



Send your answer to fvsteenbrugge@gmail.com

The first to send the correct answer will be entitled to a bottle of champagne ... to be consumed after the lock-down. Deadline April 20.

For those of you who missed the speech of the President E. Macron.

See below

DÉBUT DU DÉCONFINEMENT LE 11 MAI: CE QUI RESTERA FERMÉ, CE QUI VA ROUVRI... ET CE QUI RESTE FLOU

Par Damien Allemand | Le 14/04 à 11h40 • MâJ 14/04 à 11h40

Emmanuel Macron a annoncé lundi un début de déconfinement à partir du 11 mai, accompagné d'une réouverture progressive des écoles et des crèches qui a été aussitôt critiquée, alors que le bilan de l'épidémie du Covid-19 approche désormais 15.000 morts en France.

Une perspective. En annonçant un début de déconfinement au 11 mai, Emmanuel Macron a donné un horizon aux Français tout en appelant à la prudence ainsi qu'au respect des règles de confinement et de distanciation sociale.

"Le lundi 11 mai ne sera possible que si nous continuons d'être civiques, responsables, de respecter les règles et que si la propagation du virus a effectivement continué à ralentir", a prévenu Emmanuel Macron.

>> RELIRE. [Ce qu'il faut retenir de l'allocution d'Emmanuel Macron](#)

Christophe Castaner, ministre de l'Intérieur, lui a emboîté le pas dès mardi matin. *"Il est nécessaire de ne pas se projeter en disant le 12 mai, c'est le mois de mai et nous faisons ce qu'il nous plaît et bien non, il faudra continuer à se battre",* a poursuivi le ministre.

Le président de la République a également annoncé des réouvertures progressives de plusieurs lieux recevant du public, comme les écoles. Mais les bars et les restaurants resteront fermés.