

# AMICALE NEWSLETTER

## *Carpe Diem !*

Edition 5 - 21 April 2020

### Introduction

Welcome to Edition Five of **CARPE DIEM** and life in the **AMICALE** and Canton of Fayence. To all you Members locked down in far flung countries, we send Greetings! And here we have bad news and good news: the Bad, the Virus is still with us. The Good news is that there is light at the end of the tunnel, here in France, with President Macron talking about some schools going back to work on 12 May and allowing seniors to go out.

Elsewhere in the world, the Northern Hemisphere is still suffering, but in most cases is coming to grips with the Pandemic. Governments are getting themselves organised, health services are “just about managing”, manufacturers are catching up with the need to provide personal protection equipment and, above all, the scientists are working night and day, to create reliable testing systems and a vaccine to fight the Virus.

### So What's Happening?

China is coming under a lot of scrutiny, having inserted a “Possible Pandemic” clause into its last-Autumn Trade Agreement with the USA; almost as if it knew something was wrong; and then announced it had an infectious pneumonia type of outbreak, only six days later. Notwithstanding, only the scientists took notice and apart from some mutual back-patting, Western countries did almost nothing, until Italy was caught up in national panic.

Currently China has reduced its infection rates to negligible, Germany and South Korea have efficiently got their outbreaks under control, Italy is coasting down the reverse slope of its outbreak, but of the other big countries, such as France, the UK, Japan and Spain, the situation is still serious and not over, by any means. The British government is now coming under a lot of pressure; medically, in regard of rapidly depleting equipment, and politically due to the absence of the Prime Minister himself in bed (some feel this is actually a positive aspect ! ); and the woeful lack of direction, by his Brexit-oriented Ministers.

The USA is currently coming to terms with the complete misdirection by its President, who ignored the original warnings from China and claimed the outbreak was “just like flu”! At the time of writing, New York State has more deaths, than most other major countries, while individual States are arguing with Donald Trump, as to whether they have the right to order Lockdown in respective States. With its much large population and “individuality”, one could see a heavy toll, in the USA.

Africa is the big new question mark, with its teeming millions pressed together, in shanty towns and with government lacking the financial and medical resources to combat the pandemic. At this stage, nobody knows how the virus will react to a higher ambient heat level. Conversely cold Russia also has a developing problem.

## **The Way Ahead**

The coronavirus pandemic will be remembered as a world-reordering event. Like [the Great Depression](#), the fall of the Berlin Wall, and the 2008 global financial crisis, it will probably accelerate social & economic changes that would otherwise have taken years to occur.

We will of course eventually beat back this virus and our economies will eventually recover from the punishing recession, that it will have brought about. But when the dust settles and the masks come off, literally, the pandemic will have permanently reshaped our social and economic behaviour. Here are a few outcomes that seem increasingly likely:

[“Companies that traffic in digital services and e-commerce will make immediate and lasting gains \(Emma Rose Bienvenu\)](#)

With people isolated indoors and away from other people, short-term winners will be those who provide goods and services without needing to come into physical contact with their customers.

Winners in this category will be cloud-computing providers (for example, Amazon Web Services), remote work services like Zoom, Slack, Microsoft Teams, virtual reality companies like Oculus and streaming services like Netflix.

Social media traffic will soar, but advertiser revenue will suffer from weak demand in a crippled economy. Coca-Cola has already pulled all social media adverts; as its peers follow suit, the sharp overall decrease in advert spending will reverberate down to production companies, advertising agencies, newspapers and TV & radio stations.”

### [Remote work will become the default](#)

Employees who are suddenly working from home by necessity are experiencing a change in their work style that spares them the ‘suit & commute’ and gives many of them greater flexibility with their schedules and demands outside of work. Many jobs will be automated, and the rest will be made ‘remote-capable’.

To survive the crisis, firms will need to lay off their least-productive workers, automate what can be automated and make the rest remote-capable. Those who do this effectively will emerge leaner and more efficient.

Tele-medicine will become a new normal,

The human and economic cost of the pandemic will inject Military & Space-level spending into tele-medicine, medical imaging companies, diagnostics companies, and virology research. 'Tele-health' offerings will improve and proliferate, with better at-home testing and diagnostics products.

The nationwide student debt crisis will finally abate, as higher education begins to move online

The pandemic has forced numerous universities to move classes online, prompting calls from students for reimbursements of tuition and expenses. In future many courses will be run all, or part online.

Governments that adopted emergency powers to manage the crisis and police their borders will be loath to relinquish them when it recedes.

Governments will conduct more widespread and more intrusive surveillance and claim broader authority to monitor and respond to viral threats. Checkpoints at national and regional borders will use biometric screening to detect deadly viruses in real time and impose mandatory quarantines on travellers entering from certain countries.

## **Wearing Masks**

The arguments continue to rage across the world, on the advisability of wearing masks. The Chinese (and of course they should know) ARE all wearing them. Meanwhile French advice of two days ago is:

<https://www.thelocal.fr/20200406/mask-or-no-mask-what-is-the-official-coronavirus-advice-in-france>



## Hobbies

**Gardening**. After a week of brilliant sunshine, we've had a welcome shower of rain, to help the flowers. The Editor thought he was going to have a wonderful show of roses, this year, but there's a plague of black beetles eating the hearts out. Don't use fly spray, as it will kill the bees too, but salt & water in a spray bottle works. One is indebted to Carla & Herman Buehl, for a marvellous show of different Irises. These normally thrive with a bit of extra water, as they start to bloom, but one is hoping the God of Rain does not take this too literally!

**Flowers** [https://www.theguardian.com/world/2020/apr/19/dutch-flower-parks-virtual-tour-brings-its-blooms-to-living-rooms?CMP=share\\_btn\\_link](https://www.theguardian.com/world/2020/apr/19/dutch-flower-parks-virtual-tour-brings-its-blooms-to-living-rooms?CMP=share_btn_link)

**Easy Gardening for your table** *Succulents and cacti make an easy table motif*



## **Bridge.**

If you haven't tried it, now is the time to take up Bridge. Our local bridge club members (Amicale) are playing on [www.bridgebase.com](http://www.bridgebase.com). It doesn't cost anything to join. If anyone of our members wants to join [erlingholst1@gmail.com](mailto:erlingholst1@gmail.com) can help you sign up and talk you through how to register and start a game. If you are a beginner you can also register and learn to play. You don't need to register with zoom.

**Explorers.** For those who love travel, why not download "Explorers" also on the Apple App Store, which gives an amazing range of scenery and videos across the world (free).

**And Finally, this Week:** A good news story, as Captain Tom Moore, a 99 year old Englishman raises £23 million, for the UK Health Service, by walking round his garden ! He aimed for £1,000



Captain Thomas Moore, (99 years old) veteran and hero

From **Jay Perlstein** who sent us a summary of the TV Intervention of French Prime Minister Edouard Philippe & Olivier Veron French Health secretary on April 19, 2020

They talked for two hours or more and were repetitive, but announced that confinement would only start to be over on May 11th and that strict rules would have to be followed when leaving the house. I took the following notes which I'm passing along, to be corrected if I missed something or misunderstood what they were saying. I'll try to be short. The three rules I noted were as follows:

**1 Social distancing** : everyone should wash hands, cover coughs, use throw away Kleenex only once, avoid touching or approaching people and/or surfaces that might be infected with the virus.

Even after May 11th, you must wear a mask to go out, shop locally for essentials, and take all precautions to avoid contact with the virus. Wash yourself on return, etc.

If you develop symptoms like fever, fatigue, headache, coughs, sore throat, pain in chest, difficulty in breathing, call your local doctor first.

**2 Testing** : to identify whether you have the virus. You are either positive or negative. Also, testing whether you are immune to virus as positive or negative because you have anti-corps that have given you immunity.

If you test positive, stay confined to your home or some place (like a hotel) with medical supervision Testing is both viral and serological

Viral : identify the symptoms, find out if you have caught the virus. In France, the objective is to test all persons

Serology (Blood testing) : find out if you are immune or not. It appears that anti-body immunity might stay or disappear in time.

So testing will go on until we develop an efficient vaccine which might take a year.

### 3 Break the chain of transmission of the virus

Using computer technology, information Hi-tech numerical techniques like tracking to find out if you have crossed a person who is positive. To avoid catching the virus, once or twice or more, only a proven vaccine will really work. (like for HIV)



*Don't get excited. I said 11<sup>th</sup> May but I did not say which year !*



### Contacts

Terry Knott, Vice President & Editor: [terryknott@icloud.com](mailto:terryknott@icloud.com) and 06 35 02 00 57

Frans Steenbrugge, Vice President and Amicale leader, pro. tem.  
[fvsteenbrugge@gmail.com](mailto:fvsteenbrugge@gmail.com) 06 08 70 24 55

Lesley Joffick, [lesleyjoffick@hotmail.com](mailto:lesleyjoffick@hotmail.com) 06 47 79 77 56

-----



## AMICALE L'ECOUTE

Dear Members,

Firstly ; thank you to those of you who sent in excellent photographs of your flowers and birds seen in your garden. We will keep them and share them when we all meet again.

This week we thought people would like to **SHARE RECIPES**

“Perhaps this war will make it simpler for us to go back to some of the old ways we knew before ..... Perhaps, even, we will remember how to make good bread again”. Mary Frances Kennedy Fisher was an American Food writer

“How can a nation be called great if its bread tastes like kleenex?”

Julia Child - American Food writer who lived in Paris from 1948° and whose most well known book is probably “**The Art of French Cooking**”

When I first tasted French bread in 1956 the English bread at that time did taste like Kleenex.

With lockdown continuing for at least three more weeks, I was wondering does anyone miss their daily fresh French bread? Here are a few bread recipes. The recipes have been given to us by members: Two are from former chef, Trish Rodwell. Trish also told me you can buy dried yeast at the supermarkets and you can ask the boulangeries if they will sell you fresh yeast. Another one from Ireland has been given to us by Jenny McNaught.

***All recipes are to be found in the attachement « Recipes - English »***

There are some fourteen different nationalities in the Amicale membership. It would be nice to have some recipes from the different countries. If you have any special ones you would like to share please send them in to us and we will circulate them for others to enjoy.

Here is our choice for this week

### **For starters:**

NORDIC Gravlax and dill sauce by Erling

The Nordic origin comes from fishermen salting the salmon and burying it in sand. Today the salmon is marinated in salt; sugar and dill.

### **For main course:**

ENGLISH Toad in the Hole by Lesley

The origin of this recipe goes back to 1900. The sausages peep through the batter like toads wait for the pray in their burrows! It is

### **For dessert**

FRENCH Crepes Suzette

The origin of this recipe goes back at least to 1898. There are different versions of its origin but it is one of the most famous French dishes

We look forward to receiving recipes of traditional dishes from Holland; Germany; Austria; Sweden; Belgium; Switzerland; South Africa; Norway, Ireland and Scotland. Next week we can share a different cultural menu.

## OUT OF CONTROL

This new section of Carpe Diem is «Out of Control» of the official editors (Terence and Lesley ). The purpose of this section is to tell you what is going on behind the scenes, what they do not dare telling you, to make you smile and to give you really USEFUL information that you can use. (Frans)

### So let's start.

We all know that Terence has been many many years with the British Army and was raised to the level of Colonel. **Yes Sir !** Most of us also know that he fought in the Malvinas - Oops sorry - The Falkland islands. **Yes Sir !** Some even think that he might have worked - like James Bond - for the **MI 6** ( Military Intelligence - Section 6). But did you ever thought that one of the Bond girls followed him all the way to Montauroux ? Well we now have clear evidence !



oooooooooooooooo

Last week - it was Easter - and we wanted to explain the connection between the eggs, the rabbits and the Easter chicken. I found the explanation but I got immediately censored by the Editors. **OUT of CONTROL** will show you now. Just follow the link. [https://www.youtube.com/watch?v=b\\_lp\\_qs-rrY](https://www.youtube.com/watch?v=b_lp_qs-rrY)



**Amicale à l'Ecoute** (Lesley) gave you plenty of delicious recipes this week for a nice meal. But what she did not tell you is this.



So, I recommended that she would tell you next week how to loose weight .....  
Fast, only 3 weeks left !!!

oooooooo

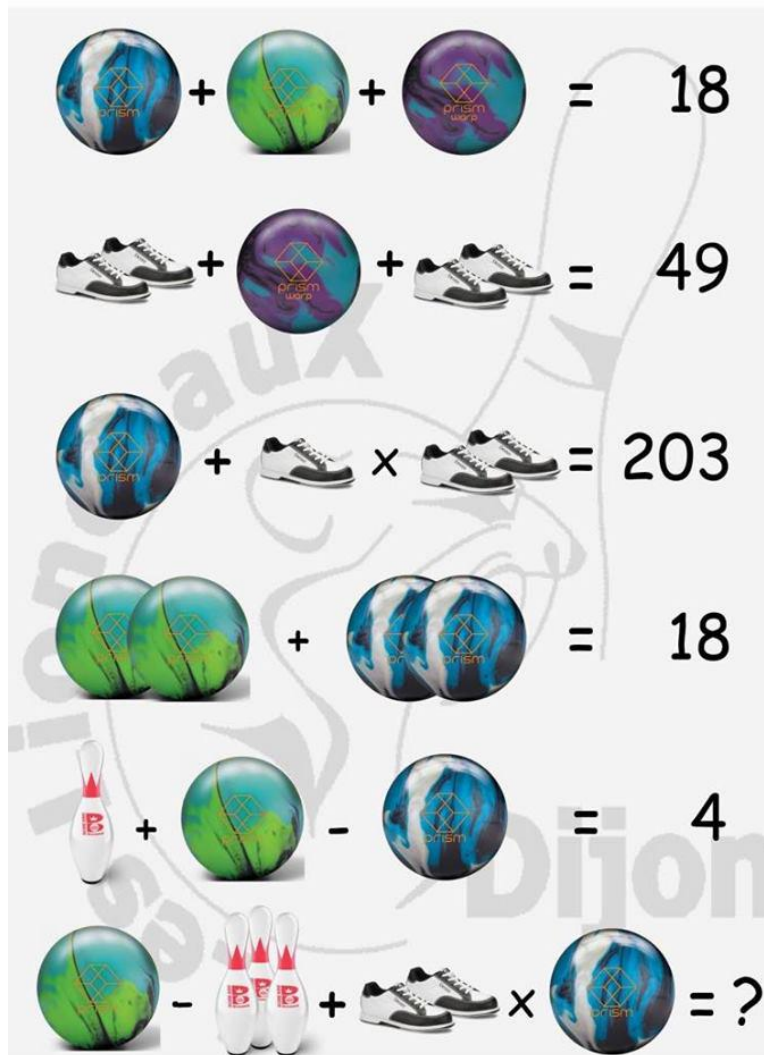
Dirk de Hoop kindly sent us about 200 jokes (jammed my mail box) . Some were to be inserted in the GARDEN section. Terence is still looking at them but he already censored some. I got this one out his trash bin.



## Quiz

Quite a few of you liked the Quiz of last week but Hans Türlér was the first to give the right answer. Omitting the fact there was no ground lead, you could connect 8 appliances. Well done Hans, I owe you a bottle.

The Quiz of this week will keep you busy for a couple of hours.  
I have not found the answer myself.



## Useful stuff

Did you found the spreadsheet with open shops and Drives of last week useful ?

If you lost or broke your glasses, this might be useful

<https://www.urgenceopticien.fr/83-var/>

Broken tooth or toothache and your dentist does not answer the phone, try this

<https://www.notretemps.com/dossier-coronavirus/coronavirus-mal-dents-probleme-dentaire-aller-dentiste-soigner,i216881>

**You made it to ..... The End !**