

# AMICALE NEWSLETTER

## *Carpe Diem !*

**Edition 8** - 19 May 2020

«*Three things in life – your health, your mission and the people you love. That's it.*» Naval Ravikant

### Introduction

**Welcome to the eighth and, at least for the moment, the final edition of *Carpe Diem*.** I have good news and good news!

The first good news is that there is no bad news. The other good news is that, finally, after the tide of the Covid19 Pandemic has swept over us, as far as I know, not a single member of the Amicale has been affected by the virus. You can all give yourselves a pat on the back, for keeping yourself informed, safe and fit. Whether you are still sane, or not, only your friends can decide!



We have in fact been very lucky, here in the Canton, as the sunshine has been out, the countryside has been looking beautiful and it's been a great year for roses and irises.



For those of us, who do not have gardens, the new rules here in France, are relaxing and allowing up to ten people to congregate and enjoy a little bit of social life.

Last week, the Amicale golfers had a great day out, thanks to Douglas & Adeline Connell, at the St Endreol golf course. It was a splendid day and our warm thanks to both, for their efforts on our behalf!



## Around the World

Generally speaking, the situation is good, with ironically two of the most developed nations, the USA and UK, providing the rest of us with some amusement, frustration and incomprehension, at some of the things that their respective leaders have said and done. One can only hope that those around them get an attack of sanity.



Results across the world reflect two things: the need to contain Covid19 and the need to re-start the business & financial engines, to avoid a major depression. This has generated a lot of heat and light, amongst politicians (keen to avoid being blamed for slow response and resulting financial damage); and on the other hand, small businesses and parents facing the dilemma of whether to send their children back to school.

It is noteworthy, today, that 50 French schools have re-closed, following reports of the pandemic breaking out again. It is thought that, apart from one or two rare forms of the virus, the children are not affected, but are acting as “carriers”; and then of course the teachers spread it too.

Nevertheless, there is slow but steady progress, as rates of infection fall, (mainly it has to be said, due to lockdown), mass testing & tracing is introduced and the idea that masks ARE necessary, all take root. The key now, is to avoid doing anything too precipitate and encouraging a so-called Second Wave of infections. We urge you to be patient and use common sense, to keep yourselves and others safe.

Some extra reading here, from the New York Times, about why and how:

<https://www.nytimes.com/2020/05/03/world/asia/coronavirus-spread-where-why.html>

## Gratitude

The Editor would like to express his warm gratitude to all those who have contributed material, advice and practical assistance, during the last 12 weeks. Special thanks go to the Volunteers who have joined with Lesley Joffick, through “L’Ecoute” to help those amongst us, less able to help themselves. Warm thanks to Lesley also, for her inspiring words attached to this newsletter, under the L’Ecoute banner and I commend her words on Reflection and the World around us. We are always stronger

together and we are exceptionally lucky to have both the Amicale and the IWCV (International Ladies), as associations, here in the Canton. Indeed, I know the IWCV ladies are out walking in the woods, complete with dogs, today!

## **The Future**

Which brings me to the Future. We know that the virus is likely to be with us, for the foreseeable future. We know also, that billions of dollars/pounds, euros are being poured into research and the finding of a reliable test and vaccine, against the virus. The Editor's research across the world and its internet, indicate that there will probably never be a complete cure for this virus. It will probably live with us, like some of the other more unpleasant diseases and, at the present day, 4.78 million cases have been identified across 188 countries. Some 2 million people, so far, have fully recovered.

For the time being, we must live with the hope that a reliable vaccine will be found, possibly by early next year. Meanwhile we must use common sense, following the rules and observing the known symptoms.

**(Breaking News:** The World Health Organisation has now added 2 symptoms, to possible onset of Covid19. In summary:

Fever, dry cough, shortness of breath, loss of taste & smell)

And don't forget, you can also buy and obtain a "Pulse Oximeter" for a few Euros. It may save your life. The Editor tested his this morning!!

## **In Closing**

The Editor would like to sign off, this last version of Carpe Diem (Number 8), by wishing you all well and thanking you for your support, especially to each other. Bravo, well done!

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## AMICALE à L'ECOUTE

*"One way to think about the pandemic is in terms of humanity, coming together to fight a natural threat in the form of a virus. I find this thought both inspiring and absurd. The reminder that we are all similarly vulnerable, similarly worried, and that we need concerted action across the globe to address this disease, brings some hope. On the other hand, while this threat is impersonal, we know that whenever a "WE" is formed, there is a "THEY". Italian philosopher, Silvia Panizza.*

WE, the Amicale members have come together and replied to the charity appeal of the local Red Cross. THEY will receive 5.000 Euros so that THEY can overcome this difficult time as WE do.

I wrote last week about the idea of REFLECTIONS at this time when we have been locked-down. How has it changed our lives? What will be the long term impact? It has certainly made us realize we depend on each other and globalization has had more influence than was apparent.

One of our members sent me, and others, a photograph of her husband photographed on VE day 75 years ago, with the question "Where were you on VE day?". Some of us are old enough to remember it. This made me reflect.

What happened after WW1 and WW2? The free world vowed to never go to war again. Those were times of REFLECTION and changes were made. The pioneers of the European Union immediately after WW2 held the ideals of a peaceful, prosperous and united Europe. The 15 nations of the Amicale enshrines today's model, aiming for friendship and a good life.

How are we going to change after this war against CORONAVIRUS? I would like to think that we will care more about each other. Of course, Amicale (AEPF) is a place where we can do this. I would also like to think that we will pay more attention to **climate change**. We have enjoyed the dawn chorus of birds, begun to identify them and we have spent more time gardening than in previous years.

The other day when a Canadair flight passed over there were mixed feelings. They are practicing to protect the community but what an unpleasant noise an aero plane makes. Are we going to take to the skies again as soon as possible and continue to pollute the atmosphere? Some of us may have to in the course of work but some of us may think twice.

On a positive note we could come out of this changing some of our ways of life for the better and for the planet. Please let us know your opinions so I can share with other members of Amicale.

Members have continued to send me recipes and photographs of their gardens.

From Carla Buehl who is currently in Switzerland but looking forward to coming back to Provence we have SPICEY CORONA BEANS, see appendix. Yes, corona beans they do actually exist and can be ordered online.

From Guillemette Hayball we have a photograph of their garden which captures the natural beauty of our area.



Thank you for reading this section of our Newsletter.

I look forward to receiving anything you would like to contribute to this page for the next edition, particularly concerning your garden and the natural world around us and any interesting recipes you would like us to pass on. We remain ready to receive your telephone calls if you need any help.

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## OUT OF CONTROL

### 100 KM

From now on, we all have the right to roam up to 100 km from our main place of residence in France. It seems that foreign tourists can go wherever they want.

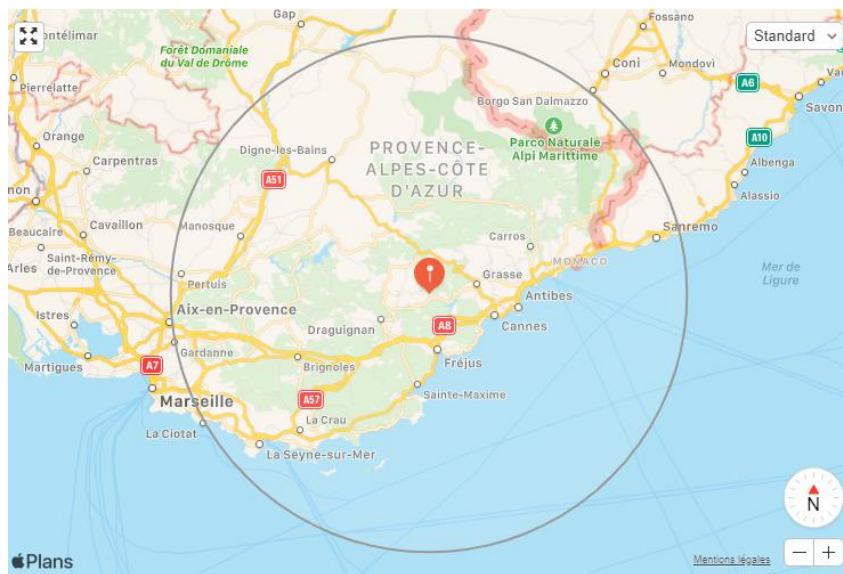
No need for an «attestation» - unless you exceed 100 km - but you need proof of residence (EDF invoice, tax notice, ...)

But how do you calculate these 100 km?

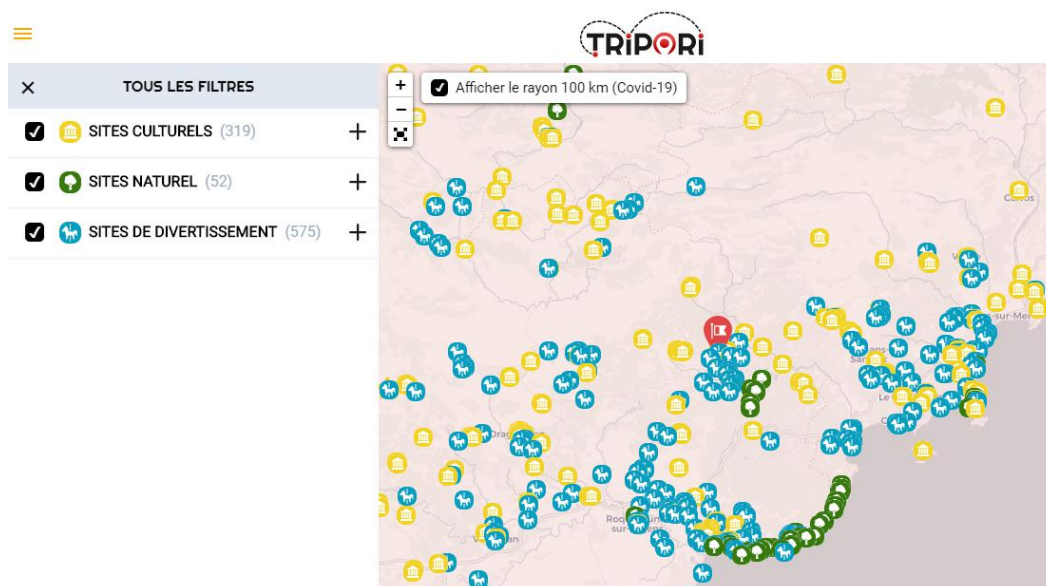
Please note, this is 100 km as the crow flies.

Several websites offer you their solution. Here are a few

<https://www.coordonnees-gps.fr/zone-rayon-100km> centred on Fayence



<https://www.tripori.com/> gives you interesting information about cultural and natural sites as well as leisure sites





Here is another one <https://covidradius.info/>

And for any other information I recommend the official site  
<https://www.gouvernement.fr/info-coronavirus>

### What about social distancing

I still do not understand why governments keep talking about keeping *social distancing*: that has existed since times immemorial, instead of talking about physical distancing !!



Social distancing hat!



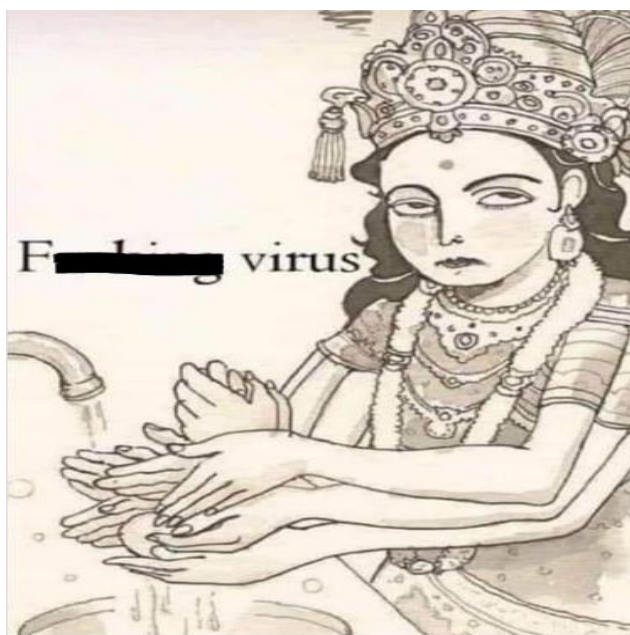


For the dogs, it is a bit of another story



## Hygiene rules

Keep washing your hands as often as possible and do not complain !



## Masks

The Mairies of Montauroux, Callian, Mons and Tournettes have distributed (2) masks free of charge to all their residents. Unfortunately, we have no information for the other municipalities.

In Seillans, a complimentary distribution of cloth masks will take place in the 'salle polyvalente' on Tuesday May 19 from 9 a.m. to 12 p.m., Thursday May 21 from 9 a.m. to 12 p.m. and Saturday May 23 from 10 a.m. to 12 p.m. An identity document and proof of residence will be required.

If you have an «ALD» status (long term disease) and only for certain illnesses, you can receive free masks in pharmacies upon presentation of a prescription from your doctor.

## Déchetteries

All types of waste are now accepted in the déchetteries, but you still have to book your time on the site and bring your badge

<https://www.cc-paysdefayence.fr/acces-decheterie-covid-19/>

## Thank You !

And finally, finally, a huge **THANK YOU** to all the members who allowed us to collect the impressive sum of 5,000 Euros for the Fayence Red Cross. The Women's Club followed suit by adding 1,000 Euros.



The AEPF Charity Committee - Guillemette Hayball (IWCV) - Red Cross Volunteers

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