

Welcome all to the 1 May 2020 Lockdown News. It's great that some of you are stepping up to write for our Lockdown News – more offers welcome.

Over to Rosie B for THE GOOD LIFE!

Judy Brua - Chair

Morning All.....what have I been up to during this lockdown time?missing my long walk and chat at the weekends with the group - now I do my daily walk and litter pick, and talk to myself! But at this unprecedented time I count myself lucky that I have space and beautiful countryside around me to wander and roam...and sometimes we do not see or appreciate what is on our doorstep.

I have been keeping up my steps daily and last week did 178,620 which is 118.27 km. The weather has been fantastic so costume and shorts on and outside in the garden, vegetable plot and field, daily. Spent last week hacking my way up the side of the field where Hawthorne and blackthorn bushes had seeded from the hedge and were, in some cases 8 ft high...have plenty of battle scars to show for it as the thorns are vicious....but the end result was worth it.

The vegetable patch is ready for planting and plants in the greenhouse ready, but there are still a lot of ground frosts here as it is so open, so will hold them back for another couple of weeks.

I have been doing some piano practice each day just sight readingpainfully slowly but improving, and I enjoy it... I am not a musician!

I have not been out to a shop since the middle of February and try to live the good life on what I growstill eating leeks, spinach and broccoli from the garden.....new season rhubarb is ready and stores well in the fridge and freezers and the pantry. I always have stocks of milk and bread in the freezers to tide me over winter and also for when family come to stay.

Technology has enabled me to keep up with friends /family ..and zoom meetings for book club and events and of course talking to and seeing my family in Italy, who have been in lockdown in a studio apartment in the Dolomites since mid February...they decided to stay there rather than return to their house in Lombardy.....but when will I be able to be with my grand children again.....?

I have enjoyed catching up with many of you by phone, thank you for your kind thoughtshope to see you soon...and will end with one of my poems.

Silver Lining

*In this time of Covid, when we are all in lockdown
Normal life is suspended, shops shut in each town.
We're told to stay isolated at home....and lie low,
Leaving us lonely...adrift from loved ones we know.
The future is uncertain, who can guess what's in store,
Leaving us worried...asking "can we do more?"
We follow the newssee unfamiliar sights,
No cars on the road, no planes in flight.*

*SILENCE.....NO.....
LISTEN AND SEE.....
Nature is calling to you and to me*

*Spring is upon us, every colour and hue,
The weather is sunny, the sky azure blue.
The dawn chorus is deafening, every bird on the wing.
I hear the cuckoo and even the nightingale sing.
Flowers in abundance in glorious array...*

*Bursting into life in the garden each day.
I see blossom on trees, like confetti on the ground.
I hear insects and bees filling the air with their sound.
I have crows in the dovecote and mice in the sheds,
Rabbits and fox in the field digging burrows for beds.
The Natural world is showing us how wonderful life has been made
But for humankind's interference ...there's a price to be paid*

*Now we have the opportunity to re-evaluate our abuses
And assess what is important ...stop the excuses.
We can all make improvements, stop the pollution and waste,
To live life more slower....there is no need for such haste.
Make time for the friendships, value your family..... and love more
These are the precious gifts life has in store*

*Commune more with nature, in its glories all our days
Walk into the future....having mended our ways*

Before



After

