

During lockdown when we don't have our usual notices about walks or social events, it seems to me to be a great opportunity for other members to take the stage for a bit. One of our members who I don't know personally but who kindly emailed me after one of my previous Noticeboards has succumbed to my invitation to write for us this week. Over to Gordon

Judy Brua – Chair

Hello

My name is Gordon, I am a new member and Judy has kindly invited me to make a contribution to our Noticeboard. Because the news is so strange, continuous and concerning and a number of my friends sounded depressed over the phone, I started to put out an Alternative News email each week. The whole point was to use humour to combat depression. With everyone now having so much more time to themselves there is a lot of good humorous material being sent around, so each week I create a collection of the 'best' cartoons, videos and links. I understand that sending out too many videos via a Noticeboard is a bit of a problem but I hope you will enjoy the clips I have attached. You may well have seen some of the following, but I do hope that some are new to you and give you some pleasure.

Before I move on to the humour, Judy has suggested that I add some background personal information as most of you do not know me. I live in Chaldon in a house that is past its sell by date, the oldest part was built in 1326. My wife Carol and I bought it 36 years ago, when the house was almost derelict and the garden, just under 2 acres, a jungle. Over the years in our spare time, I have restored the house and Carol, with just hand tools and determination, created a garden that we have opened annually to raise money for St Catherine's Hospice, and for 11 years for the NGS. To date we have raised over £118,000 for cancer related charities through open gardens, Christmas fairs, talks etc.

Sadly, lovely Carol died of cancer in January 2019. Fortunately, a friend introduced me and my super Rhodesian Ridgeback Briony to the Ramblers – so thank you for your lovely walks and wonderful company. Although Carol was the gardener, she made the garden bullet proof and despite my lack of knowledge I managed to prepare and open the garden last June and it raised almost £4,000 for St Catherine's Hospice in a day. I had planned to open the garden again this year for the Hospice on 7th June. The garden will be special so I am thinking of trying to create a Virtual Open Garden that can be sent out so that people can be encouraged to make donations to the Hospice – because their funds have been badly affected by the virus.

Some Suggestions on how to follow Government Guidance:

1. Work from home if possible and maintain a daily routine.

This is Wilson. He is now working from home 😊



2. Do some physical exercise

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

3. Keep your brain active, make best use of your free time

The truth is, it's not so boring at home. But it's interesting how one bag of rice has 7,456 grains and another bag - 7,489.

The following are non-addictive anti-depressants

1. Fortunately we have some inspiring leaders in the world

WHEN THEY TOLD TRUMP TO WEAR A MASK AGAINST THE CORONA VIRUS



2.The Queen is proud of the way that most of the country is behaving but our animals have some observations:



3. Easter in 2020



4.

A German Shepherd, a Doberman, and a cat died.

In heaven, all three faced God, who wanted to know what they believed in.

The German Shepherd said, "I believe in discipline, training, and loyalty to my master."

"Good!" said God. "Sit at my right side."

"Doberman, what do you believe in?" asked God.

The doberman answered, "I believe in the love, care, and protection of my master."

"Aha," said God. You may sit to my left."

Then God looked at the cat and asked, "And what do you believe in?"

The cat replied, "I believe you are sitting in my seat."



WALKING FOR PLEASURE