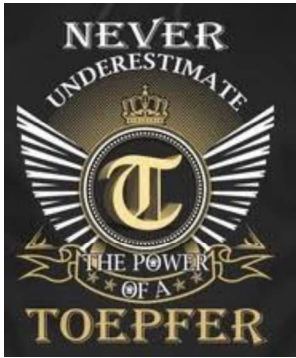
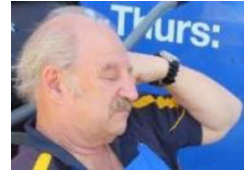


TOEPFER'S TOP TIPS ON SURVIVING SELF-ISOLATION



Greetings Rotary family ~ Dana & I took part in the balcony/ driveway ANZAC dawn service on the day ~ enjoyed the most unusual solemnity of the act with the *Ode, the Last Post, the Reveille & the An-thems* ~ reflected at the silence in our area so early, feeling we were part of something very different and then went back to bed, following our new *no rush program*, thanks to isolation.



We miss catching up with friends and Rotarians (virtual not the same as real) but that's life currently! Phone hook-up & Zoom ~ an interesting exercise!!! Congratulations to Richard W on achieving his **OBE** ~ 6 May.

Like Ray & Shirin, we have a long list of things to do but there is no great rush to quickly tick off the list. But we are doing things! Dana has been busy general sorting, a balancing act between "exercise" and rest!

Newly discovered recipes are coming to the fore ~ some of the new impromptu dishes are fun!!! No major failures yet!! Dana has become excited at re-discovering new-trialling joys of the **slow cooker** and many recipes she now has carefully marked. For me, Rick Stein is becoming my culinary guru.

Split, shifted & stacked some wood for the fire heater, from a large tree dropped last year in our backyard ~ discovered just how unfit I was ~ had to have a good long rest afterwards. Unfortunately there's more to be done!

Found the *no rush program* is working well. Back to more leisurely activities of music, more reading and watching the changing local autumn leaves before getting into that long- neglected clean-out & sort, a very loose program. Someone said *you can read so much, watch so much TV* ~ after a while, sorting seems to both surprise and achieve small pleasurable results of finding long lost 'misplaced' or placed in 'that-memorable spot' things. *The only danger is that having more time on one's hands is like building more roads - it soon fills up with more tasks and traffic, respectively!*

The computer has a life of its own and am not sure of what it is doing at times thanks to a hacker trying to spoil this crucial downtime where some sort of communication is vital.

TOEPFER TIPS cont.

Intermittent trips, to our local *Hill St Grocer* & the Chemist has its smiles, with all the precautions they and we take, to ensure safety and physical distancing and shaking heads at some people's stupidities, unreal demands and complacencies!!

Our congratulations to all clever cartoonists and joke senders for capturing the current mood with the ability to help us smile in these difficult and unprecedented times. Stay safe! Stay healthy! Stay warm! Above all, stay happy & never lose your sense of humour!!

Take care ~ observe all the anti-virus rituals and rehydrate the body & those sanitised hands. **Guest Reporter: George Toepfer**



Editor's Notes. Thanks to George for his COVID Report and that night time view from your place would be a real bonus during these troubled times. As for the new **Toepfer Coat of Arms** it is a little understated but most impressive all the same.

George had obvious joy in announcing his nomination of Basil Murray (and by default Helen) as the next Guest Reporter(s). Here is the photo George provided of said Guest Reporter!

