

The Gallimaufry

April 2020 - A special "let's stay connected" series. Vol.1

Reading *The Gallimaufry* is one way to stay connected and to be distracted for a moment or two. Contributing to it is another and Brock House members responded to the call out for this special issue in their usual enthusiastic and creative ways.

We thought we'd like to keep this as COVID-19 free as possible but ultimately it's up to you and I'm happy to continue to be your funnel. One suggestion is that we do a shorter issue 2 times per month. What do you think of that idea?

How are you dealing with life in the shadow of this pandemic? This is your invitation to share your thoughts, feelings, experiences, and observations with other members.

Share your

Gardening projects: Yard and balcony
Craft projects
2-meter-walk stories
Art work and photos
Creative writing and essays
Online adventures

Let's stay in touch and keep busy.

Please send submissions of under 400 words to

BrockHouseGallimaufry@gmail.com

The deadline for the May issue is April 24.

If you know someone who'd like to receive *The Gallimaufry*:

By email, write to:
brockhouse@telus.net

You can also view it, including back issues,
on our website:

brockhousesociety.com

by using the "[Newsletters](#)" link on the
lower right of the homepage.

We've been through this before and we'll get through it again. Stay safe.

-BevAnn Lister Dean, Editor



Dear Brock House Members,

Just because Brock House has closed temporarily, doesn't mean that we can't still enjoy each other's company, and help our fellow Brockites in these tough times.

Would you like a friendly phone call from time to time?

Do you need any assistance with shopping for groceries, prescriptions or other essentials?

Also....any Brock House members who can assist in providing support to others, please let me know. Maybe you know of someone who could use some help?

Contact me and we'll get the ball rolling.

604.732.3040
valerieannlynn@gmail.com

Let's stick together and make these trying times as easy as we can for all of us!

*-Val Lynn, Director
Volunteer Services*

For current, reliable information about COVID-19 please visit government resources such as those on the Brock House Society website and in the weekly email UPdate, or phone "811".

Where Seniors Stay *Young*

Brock House Society - 3875 Point Grey Rd, Vancouver BC V6R 1B3 - BrockHouseSociety.com

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From the President's Pen

Hello everyone and a warm welcome to what I erroneously thought was to be my last President's Pen. However the Fickle Finger of Fate had other tricks up its sleeve and I am to remain as President for the foreseeable future, or until an unruly membership object and storm the presidential quarters!

Could the person that coined the phrase "may we live in interesting times" have envisioned such a period that we have recently entered into? In last months' Pres. Pen. I made references to some disruptive events that impacted our operations at BHS, such as Joanne's departure and the hiring of a new administrator to replace her, along with the floods in the basement. However all of these pale in comparison to our present scenario of cancelling programs, postponing the AGM and closing the House until further notice. (Staff will now work from home.)

But now let me counteract this bad news with some positive news. With regards to Joanne's replacement we have hired Martin Addison, a very capable person, on a 6 months contract Martin brings a wealth of experience to the position and worked diligently with Joanne right up to her departure on March 23. We have also hired Sahil Bhanote in the role of part time administrative assistant who will help with the accounting side of things.

However it was the postponement of the AGM and complete closure of BHS that has occupied my time of late. As a result I support BevAnn in that this might be a good time to refocus *The Gallimaufry*. We might even use post war Britain as a model for social interactions. So as part of this months' Pres Pen I would like to instill a sense of togetherness during these very difficult times that lie ahead and in so doing take time out to review where we are at, as individuals living in this moment of time?.

-First of all let us give thanks for living in British Columbia, Canada along with the benefit of having an inclusive healthcare system.

-Let us also acknowledge and appreciate our political system with its doctrine of democratic principles including delivery, accountability and inclusiveness.

-And let us invest trust and effort in maintaining our respective communities as being a support that will see us through this dark period.

May I also suggest that we see these times as an opportunity to not only engage in periods of reflection but to also itemise and record all of the positive attributes that you may have noticed in yourselves.

For instance...

-Have you been able to develop a daily schedule and adhere to it?

-Does it include some physical exercise such as walking outdoors while observing the COVID19 restrictions?

-Are you in contact with others by phone or email in order to check in on them and maybe even give them support?

-Have you seized this moment to do any of that backlog of "to does" that have been delayed for some reason and never ever get done!.

Well now might just be the time to see what's in the back of the closet and sort it out, review all those dusty old files and throw away irrelevant ones and as a result feel a real positive sense of accomplishment for what you have achieved.

And finally what about keeping a journal of these positive accomplishments and events, along with any emotional response and feelings that resulted from the activity? In doing so, maybe in years to come, you will look back on them and say,

"I don't believe that I did all of that and still kept my wits about me!"

So in closing: HAVE A STIFF UPPER LIP....KEEP CALM AND CARRY ON!

-Peter Phillips, President



Judy Ashton



Here are some of our happy activities from the last few days:

We had 2 beautiful walks each day at Granville Island at Jericho beach and just shopping with our small bags as early as possible in the morning. I panicked a bit when hearing that the library and Chapters were closed. So we went to Hager books in Kerrisdale early in the morning and stocked up on lots of books. The owner of Hager is very helpful. Otherwise my husband and I keep up with our humorous banter.

Also future activities are spring gardening like throwing some manure on the soil and spring cleaning, windows etc. but maybe it's not everybody's idea of fun!

Stay well!

-Dorthe Leggott

Doug and I are going for daily afternoon walks to de-stress. We are leaving behind "Kindness Rocks" with uplifting messages—here's a recent example at Camosun Bog in Pacific Spirit Park. I guess Gilligan and Mary-Ann (ducks) thought we had a treat for them!

Keep well and safe, everyone!

-Lisa & Doug Smith



Jericho Lands Update



I have taken on the task of representing the Society on the Jericho Lands Working Group. The group consists of 25 volunteers with a great variety of expertise and experience, many from the neighbourhood but a few from around the city. The group's job is to provide a range of opinions and perspectives into the City of Vancouver's Policy Statement on the development of the Jericho Lands. (The Jericho Lands are located between 4th and 8th Avenue from Highbury to Trimble Park and include the former Jericho Garrison, the buildings and grounds of the West Point Grey Academy and some facilities of the West Point Grey Community Centre.)

The lands are majority owned by the three local First nations, the Musqueam, Squamish and the Tsleil-Waututh (the MST). Reconciliation, and the need to embed indigenous values in the site, will be major themes in the Policy Statement. To assist us in understanding the indigenous perspective, the group attended a very moving workshop on "The impact of the Residential Schools and Colonialism" conducted by Brad Marsden, a member of the Gitksan Nation. I was most affected by Brad's emphasis on the inter-generational effects of the residential schools, the way in which the trauma has been passed down to children and grandchildren of the residential school survivors. The MST see the Jericho Lands development as a part of the effort to overcome this trauma. As well as an economic opportunity, the development will offer training and employment to

MST members in the construction trades, engineering, architecture, project management and the arts. The MST know that this will be a long road and they are very open to learning from others along the way.

At the same time, the Policy Statement will emphasize that the completed development will be open to all peoples, cultures and age groups. It will be built to very high standards, will preserve the natural environment as much as possible, be connected to the rest of the City by rapid transit and will provide housing choices to serve a range of household incomes. The existing recreational facilities will be upgraded or replaced.

The target for approval of the Policy Statement by City Council is Summer 2021. It will take at least another year after that for rezoning and approval of individual buildings. Market conditions may cause further delays.

It is too early to predict when construction will start but it is not too early to think about the impact of the Jericho Lands development on Brock House. We can be sure that the development will attract a lot of downsizing seniors who will be looking for interesting activities in the neighbourhood. What about increases in traffic? How should the Society respond to these opportunities and challenges? I would be interested in your thoughts. Send me an email at

donforsyth780@gmail.com

-Don Forsyth

Appliance Care Manual

By

Elisabeth Caton

Has your toaster ever spat blue sparks instead of browning your bread? Have you flipped the switch on your dryer and heard a shriek and a series of thuds instead of the usual smooth efficient hum? Perhaps your Hoover has regurgitated dog hair instead of sucking it up? These catastrophes might be built-in obsolescence, falling standards on the assembly line, poor quality control. But they are not! The key to them all can be summed up in one word – relationships.

Thanks to advances in the field of psychology, we are all aware of the importance of relationships. How is it then, that concerned responsible adults ignore those members of their households most in need of emotional commitment, most likely to be damaged by the neglect of their psyche? Your relationships with your household appliances, at the expense of only a small fraction of the emotional energy you would devote to family and friends, can be a source of lifelong satisfaction to you, without the stress of such stages as teething, tantrums and late night dates.

Everyone is familiar with the notion of infant bonding, the importance of establishing an emotional and physical link between parent and newborn. The bonding between appliance and owner can also be a beautiful experience, and lay the groundwork for the future relationship. It would be a mistake, however, to assume that this bonding can take place during the unpacking and installation of the appliance. The mere act of slicing away the large box and hauling the appliance into its position is only the beginning. Admittedly it is useful to talk soothingly during this stage. Soft background music, dim lights and gentle voices make the entry into your home a fulfilling experience. However, the real bonding should take place over the next few hours. Many of us have walked away at that point, leaving the appliance to remain alone and neglected, when we could have stayed with it, comforting and soothing by voice and touch, planting the seeds of love and trust.

A fully bonded appliance will give you many years of willing loving service. It will ask little in return: a friendly greeting in the morning, a word of encouragement when a heavy job is in progress and some modicum of thanks afterwards. Treated this way, any appliance will do its best to operate creditably, and to submit to mechanical failures only while under warranty. An unloved appliance, emotionally neglected, all too often sees breakdown as its only way of getting attention, and will fail to perform at the most inconvenient moments possible. It would prefer a kick and an ugly oath from you rather than cold indifference, and will resort to negative behaviour if it does not feel loved and esteemed.

Some householders, while ignorant of the significance of bonding and the important daily efforts at communication, nevertheless go to the trouble and expense of acquiring an extended warranty for their favorite appliance. This is highly recommended by

appliance psychologists. The statement you make when you purchase the extended warranty is, “I care”, and the boost to your appliance’s self-esteem is such that it will make its best effort to perform honorably. Statistics on appliances with extended warranties indicate that owners who invest in them have to make fewer calls for repair services than those who ignore this special way of pampering their appliances.

A loved appliance, in fact, never willingly breaks down. It’s the emotionally starved that keep the fleets of repair people in action, a combination of hypochondria and malice. A loved appliance fails to serve only when grappling with circumstances beyond its control. Even then, a little patience and kindness are often all that is needed. The stereotype of the frustrated owner kicking their inoperative dishwasher is familiar to us all. That same person might have ended the story differently if, when the machine failed to drain one morning, they had simply read it some inspirational verses or sung it a soothing song. A rub down with a velvet cloth, or a gentle massage could also have made a better alternative than the swift kick and the call to the repair person.

On the rare occasion when a cherished appliance needs a repair and not just a little TLC, treat it to the best. If your ‘special other’ needed an appendectomy you would not try to do it yourself with a coat-hanger and the breadknife. Similarly, if your appliance needs a new part, you should be discouraged from tinkering with it yourself. Such a procedure is not only physically risky but a further indication to your appliance that you do not care enough to offer it the best, a specialist in the field.

Another piece of advice on forming and maintaining a good relationship with your appliances: never compare the performance of one with another, within their hearing. The harmony between stove and microwave oven, for example, can be a beautiful thing. But let either one hear you say, however light-heartedly, that the other is your favorite, or let the dishwasher hear you say that you wish you had purchased an alternative brand because it holds more, or functions better, and you will create an atmosphere of jealous mistrust in your home. This leads to malfunctions and complete, emotional breakdowns.

An older appliance, however mature, is not immune to jealousy if a young newcomer threatens to divert all your attention. Ask friends and relatives to help out. Let them praise the older appliance before they greet and admire the new one.

Once you become attuned to your appliances’ emotional needs you will find hundreds of little ways to convey to them your caring, thus enriching not only their lives but your own. Send your toaster a sheaf of flowers, your dryer a balloongram, your vacuum that special diamond. You’ll never look back.

My reflexions March 22, 2020

Today as I practice self isolation and glance through my 2020 Day Timer/Journal I see that my life during the first two weeks of March was full of meetings with friends, dental, hair and tax related appointments as well as a couple of days caring for my granddaughter. Life went on as usual even though I had heard two COVID-19 stories that hit close to home. A young friend called me mid February to tell me that he and his mother were in quarantine for fourteen days as they had been in contact at their local hospital with someone who had the virus. Then on March fifteenth I had dinner at a local restaurant with a nephew who told me that his sister was waiting for a flight home from northern Norway where she had gone to learn how to train sled dogs. She returned home yesterday but must self isolate for fourteen days.

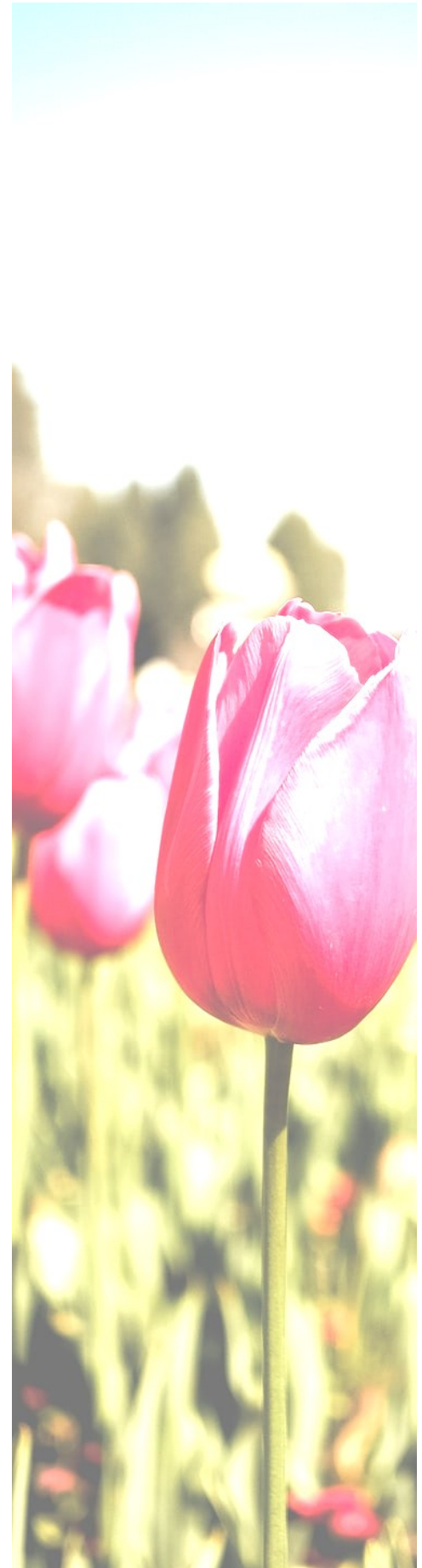
Social distancing and self isolation has since become the norm and I have been changing my habits. I turned to my copy of Marie Kondo's book *Spark Joy* for ideas on sorting and tidying up. I started with sorting my bookshelves and came across the book *The Plague* by Albert Camus which I immediately began to reread. Years ago when I first read the book it seemed like science fiction but now it is shockingly relevant. In Saturday's issue of *The Globe and Mail* on the Opinion page I read the article by Konrad Yakabuski telling how that book has been flying off the shelves and is being downloaded. Now that even bookstores and libraries are closed it won't be easy to find a copy.

Since joining Brock House in 2010 I have made many friends and acquaintances there. The social distancing will interrupt some of my regular interactions with these members although we will still keep in touch by phone or email and in some cases we'll meet but at arms length. A few days ago I walked on Jericho Beach with one of these friends chatting about our children and grandchildren as we watched the ducks dive and splash in the waves. The next day I met another friend at our usual location but found the cafes in the area closed. At least we had a walk and a short visit. I'll miss the tasty meals in the home of another BH member who loves to cook and entertain. Wednesday evening brisk walks along Point Grey Road will continue with my regular walking partner but without the goodbye hugs. I'll prepare Yokonomi Yaki at home instead of savouring it at a Japanese restaurant with my knowledgeable friend. Brock House is closed for now but I hope that the members will continue to keep in touch with one another.

Spring
I fill my vase
With tulips

Haiku by Joan Ellis

-Joan Ellis



Last May I went into the basement to get something out of the freezer....

and was greeted by a partly flooded basement and also heard an odd "swishy" noise.

Oh No! It was the hot water tank....water seeping on to the floor accompanied by this funny noise.

I ran back up and phoned Budget Heating and Plumbing who were very nice and helpful and promised to send somebody over asap. They also told me where and how to shut the water off. (Didn't have a clue how to do that.) One hour later the door bell rang....and there he was!

"Hi, come on in and follow me to the basement; but leave your shoes on."

He followed me in to the basement.

"Be careful, the floor is quite wet."

"Yes I can see that....it's a good thing I left my shoes on."

He followed me to the hot water tank and I showed him the mess. He looked at it, touching it here and there and even checked out the breakers.

"Yes, you definitely have a problem here. You need to call someone and have it fixed."

"Why aren't YOU able to fix it? Did you not bring your tools? That's why I called you....to get it fixed."

He seemed totally puzzled: "Oh, you think I am a plumber?"

"Aren't You?"

"No, I am not. I am here canvassing for the Food Bank."

"What? You are from....The Food Bank?"

Now we stared at each other for a long moment....and then I started to giggle....he started to giggle and within seconds we were both laughing hysterically. After we recovered a bit from that he said: "I have never been invited into a house that fast. But I followed you, feeling that you wanted to show me something important...maybe some newborn kittens or puppies....I don't know....but it sure was a surprise." Then we had another episode of hearty laughter and we both agreed that this was all so very funny, a story worth telling.

I gave him \$20.00 for The Food Bank. He handed me a receipt and then he was on his merry way, still chuckling away and shaking his head. One last wave and he proceeded to ring the bell at our neighbour's house.

-Annegret Meyer

The Wonderful Sport of Bowls!

Last month we had a little snippet about famous historical figures who LOVED lawn bowling! (Remember Henry VIII and Sir Francis Drake?)

Well, here's another gem: Apparently William Tell and his entire family were avid lawn bowlers, competing in matches all over the country...and did very well!

Unfortunately, all pertinent records were lost in a fire, and no one knows for whom the Tells bowled!

OK...We just wanted you to know that in addition to love of the sport and a desire to socialize, lawn bowlers have a wicked sense of humor!

Obviously, due to present circumstances, lawn bowling lessons will not be held as planned, but we'll keep you in the loop.

In the meantime, referring again to Henry the VIII, I JUST learned that when the Plague ripped through England, Henry remained closeted in his quarters, and survived!

See? Lawn bowlers are smart, too! Social distance worked, even then.

Stay well...we'll see you soon!

More info? Contact me at:
(604) 263-4881

-Cathleen Rowlette

Simply a misunderstood genius!

Shorthanded in the Chat Room

by Parker O'Brian

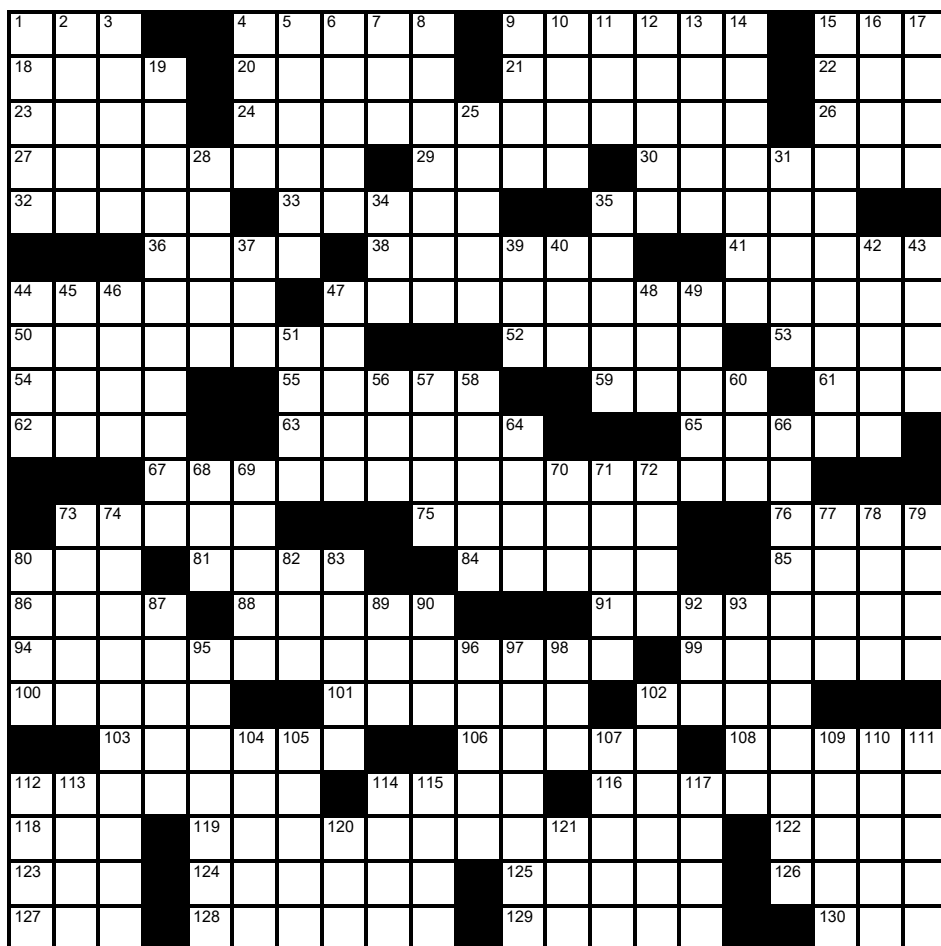
Across

1. Game show hosts, for short
4. Lifeboat lowerer
9. Pay back
15. Grp. involved in "The Troubles"
18. "Welcome, you _____ of us now."
20. Atlanta university
21. Actress Hedy
22. Courteney of "Friends"
23. DC team, to fans
24. Bill Haley closes the chat with ... (1956)
26. Pennsylvania in D.C.
27. Type of philosopher
29. Recess at church
30. Well educated
32. Creed and Creed II actress Thompson
33. Jack Sprat could _____ fat
35. Mosquito protection
36. State bordering 51 Down, abbr.
38. Cover up
41. Borden's spokescow
44. Basketball moves
47. Alec Guinness takes his leave with ... (1977)
50. Start
52. Riyadh resident
53. Candid quality
54. Pulitzer-winning writer James
55. Amazon's business
59. Declines
61. Wall St. news
62. Completed, with "up"
63. Caught a few winks
65. Water park slide
67. Joe Cocker begins a chat with ... (1986)
73. Groucho's "Duck Soup" role
75. Pronouncement
76. Jury leaders
80. Ending with book or cut
81. Frisbee, e.g.
84. 1998 De Niro film
85. Big party
86. "_____ shocked as you are!"
88. Guarantees the failure of

91. Robin Williams responds to Eric Clapton with ... (1986)
94. Elvis Presley responds to Robert De Niro with ... (1960)
99. Monopoly nvestments
100. Invite out, as a date
101. "Ecce homo" speaker
102. Publish a blog item
103. Chemical salt
106. Half of the Odd Couple
108. Facilitates
112. A less than optimum situation
114. Major-_____
116. Hit that triggers a run to first base
118. Concerning
119. Sean Connery responds to Robin Williams with ... (1967)
122. Olympic sled
123. Lip
124. Occupied oneself
125. Wading bird
126. Author Wiesel
127. "Waste Land" poet's monogram
128. Fads
129. Surf sounds
130. Big bang producer

Down

1. Impressionist Edouard
2. Cargo unit
3. Actor Green and others
4. Prefix with bel and mal
5. One who gets a laugh
6. Inventor of the electric cell
7. All worked up
8. Authoritarian rule
9. Start of a Shakespearean title
10. Low-lying area
11. Brit. record label
12. Australian golfer who won the British Open in 1960
13. Shredded, as food
14. Blow it again



15. Eric Clapton responds to Elvis Presley with ... (1981)
16. Drift
17. Canned
19. Jacqueline Susann responds to Sean Connery with ... (1973)
25. To the left, at sea
28. They're succulent
31. Excavation find
34. Leaves in a bag
35. "... it was the winter of despair, we had every-thing _____, ..." A Tale of Two Cities by Charles Dickens
37. High-kite connector
39. Raised-eyebrow remarks
40. Arthur of "Maude"
42. "Fingers crossed!"
43. Coin with 12 stars on it
44. Actress Zadora and others
45. "Bus Stop" playwright
46. Observe
47. Rock music genre
48. Christian denomination which observes the Sabbath on Sat.
49. Lion or tiger, e.g.

51. Grand Ole Opry state, abbr.
56. Tarzan raiser
57. Apple product
58. Slot machine "arm"
60. HBO alternative
64. Art _____
66. Nat King Cole responds to Susanne with ... (1951)
68. Something to chew
69. Comment to the audience
70. Coffee container
71. Treat again, as a sprain
72. Farm females
73. Twin of Romulus
74. Robert Deniro responds to Joe Cocker with ... (1976)
77. Earned
78. Carrier whose name means "skyward"
79. House votes
80. Currency replaced by 43 Down
82. Brillo rival
83. Sedan alternative
87. Flowering desert plant
89. 9/11 year
90. Bar seat
92. However, briefly
93. A stereotypical Canadian according to Bob and Doug McKenzie

95. Admittedly
96. One of the Judds
97. "We're through!"
98. Gumshoe
102. "A _____ for Owen Meaney"
104. Bon Jovi song, "This _____ House"
105. Not too swift
107. U.S. performers' union
109. _____ Ste. Marie
110. Lord _____, Governor General of Canada, 1847-1854
111. Winter hazard
112. Job for a dermatologist
113. Mother of Horus
114. Turned blue, maybe
115. Cutlass maker
117. Followers
120. Vietnam War Memorial designer
121. Kind of trip

Puzzle answers on p. 12

A little something to look forward to ...

Of course, all scheduled tours have been postponed but we hope that things will be up and running again in the early autumn. Here are the proposed dates. Please note that no new registrations are being accepted but all current registrants will remain on the list.

March 27 Fraser River Discovery Tour - Moved to Friday, September 25
May 5 Queen of Peace Monastery - Moved to Monday, October 5
June 2 Victoria's Secret Gardens - Moved to Wednesday, September 16
June 18 Indian Arm Lunch Cruise - Moved to Friday, September 18

The New Normal

Well, I don't think we've reached the peak. In Canada anyway. So best to strap in and prepare for the ride. I hate rides!

Who'd a thunk that "social distancing" would be part of our daily lives?

And that mundane products like toilet paper and hand sanitizer would be worth their weight in gold??

I don't want to talk the C word, what more can I say? So it's time for a bit of lightheartedness, as I came across today.

I was about to cross the main street nearby to get to the beach but I missed the light. Who should I see crossing with the walk signal but a pair of Canada geese! I didn't see a single human, bike or car crossing. I couldn't take the photo until after they'd crossed but you can see the light post on the right. And to boot, these conscientious Canadians are practicing social distancing! My "WTF" moment for the day.

A bunch of wild bunnies in the park by the beach. As I neared one, it started to bolt but I got a so-so shot with Vancouver in the background. My "nature is wonderful" moment for the day.



All playgrounds off limits, part of the new normal.

So hang in there, stay healthy, stay sane! And (re)focus on what's really important in life.

As some in the news have said, there'll be a beginning, a middle, and an end to this crisis. We'll get through this.

-Randy Kondo

Lockdown

*Richard Hendrick is a
friar in the Roman Catholic
order in Ireland.
He shared a poem on his
Facebook page on
March 13 and since then,
to use his words,
the "response to it
has been overwhelming
to say the least.
I am so glad that
it has done a little good
out there in these difficult
days for so many..."*

*Thanks to
Margaretta Shirkoff
for sharing it with
The Gallimaufry.
- Ed.*

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

March 13th 2020

Kinda feeling like the Earth just sent us all to our rooms to think about what we've done.

So, I'm in my room, and really, I have the very best intentions; to use this time of isolation productively; to clean up some of my messes, not only the ones in my house, but also the ones in my head – to perfect the art of alonement, to self-isolate without self-sabotaging. My plan is to hunker down and:

- do my taxes
- organize my spice cupboard
- tackle that stack of unread novels
- fire up the paper shredder and shred
all the paper in that giant green
garbage bag
- clean the grout in my shower
- clean all my shoes
- experiment with some new recipes
- work out every morning to a
YouTube video
- meditate

So far:

- sleeping till 10:00
- wearing my pajamas all day
- having a little dance party every
morning to perfect my Dirty Dancing
techniques
- experimenting with new ways to make
toilet paper (I found a promising
recipe using cauliflower)
- binge-eating grilled cheese sandwiches
and pickles
- binge-watching reruns of Little House
on the Prairie

For all you talented people, this is a time to work on your art, to create beautiful things, to let the creative juices flow.

Remember, Shakespeare wrote *King Lear* when the plague closed theatres. You too, can contribute something of similar value to mankind.

Me, not so much.

-Val Lynn

Birthdays

Oh, birthdays are nifty
Until we are fifty
Birthdays are fun
Well past sixty-one
But on reaching four score
We don't count any more.
Because birthdays come fast
You just get one past
Relax and count ten
Get your feet up – and then
It's "Happy Birthday" – again

And since most of us think
That birthdays are great
We party each year
On our special date.
So ten years slip by
In the blink of an eye
Time marches on
And more years are gone

Now we've aged a bit more
Than two decades before
And sure, we're still feisty, alert and alive
But we're more than four score
Coming closer to five!

Alas, it's the time to face the plain truth
We've grown remarkably long in the tooth
All those birthdays were great
But statistics are cold
Facts will be facts
And the fact is – we're old!
And let's be frank, the truth should be told
We're not at all thrilled, at being so old.
For we would like to stay a while yet
But the longer we stay, the older we get.

So here's my suggestion (I made it before)
After four score, let's not count any more.
And though birthdays are nifty, until we're fifty
After ninety, they're not!
Those birthdays past ninety could well be forgot.

The passage of time, mankind cannot change
Time marches on, it's not ours to arrange.

So why count past birthdays? Forget them. Instead
Let's bravely welcome the time that's ahead.
Relax and give thanks, make the most of each day
And take time to smell flowers that grow in our way.

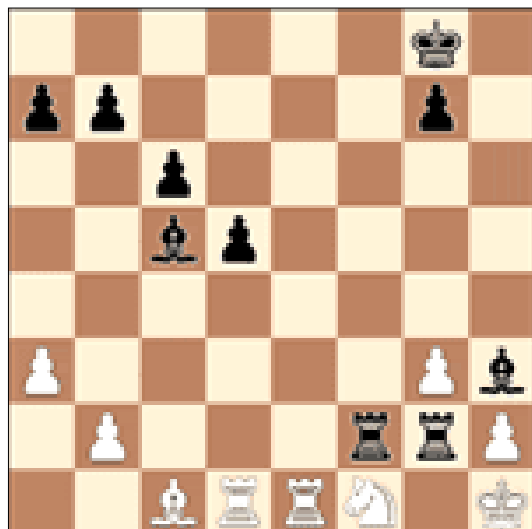
Written by "Daphne"

-Thanks to Jane McLennan

Brock House Chess Players

Chess players in self isolation may need to work on the end game. When can a pawn on the seventh rank, force a draw against a queen and king?

Please keep safe and enjoy some time away from the hustle and bustle of this frantic world.



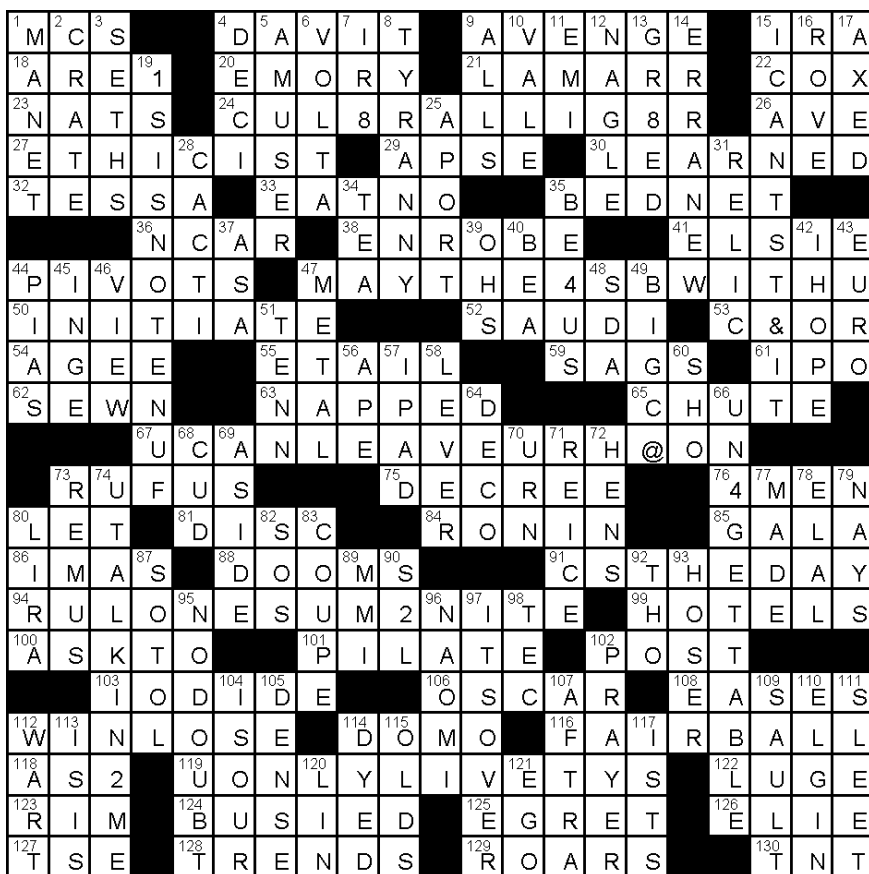
Black moves and wins in 2



White moves and wins in 2



-Alejandro Ramirez and Roger Wooldridge, Convenors



Shorthanded in the Chat Room

by
Parker O'Brian
Puzzle answers

*Teaser: I heard a rumour that
there may be a special
Brock House puzzle
in the planning.*

*Stay tuned and
Thank you, Parker!*

Workshop News

We were just starting a busy spring schedule when COVID-19 shut down Brock House and the workshop. The introductory woodworking course WW 101 version 1.0 had just finished and we were planning the changes that we would use for the WW 101 version 2.0 course that was advertised in the program for April. We had originally intended to review all the student feedback from version 1.0 before starting version 2.0 but the timing of the review meant that the next class would not be available until the fall.

However, since the feedback that we received at each weekly woodworking class was all positive and we had a long wait list from the first course and the current students and mentors all seemed to be enjoying themselves, we decided that offering a second course for April would be a good excuse to stay inside every Tuesday afternoon to avoid the expected April showers. Despite that convoluted logic, a spring class was made immaterial by COVID-19. We are now looking forward to offering a class for October or November if the viral crisis has subsided and Brock House programming is resumed.

Hopefully, by that time the final renovations to the paint room and the work spaces in the south side of the shop will be complete and everyone will have a bright, clean space to spread out to work on their individual projects. In the last class, most students came with their own plans instead of taking on one of our choices. We were treated to novel designs for worm bins, a stand for children to work at counters, a mason bee hotel, a rack for holding tea on the side of a fridge, wooden clock, a wooden grass hopper, and three types of turned bowls. Each person brought enthusiasm to their project. We are looking forward to the next round.

Until then, I will take the time to learn more about photographing insects on the wing, identifying the butterflies in my summer collection of photographs and reading old jokes from my brother-in-law. Did you hear about the e-mail circulated about social distancing and COVID-19 that was declared to be virus free?

If you have questions about the workshop email me at wramey@mail.ubc.ca with "Brock House Projects" in the subject line or visit the workshop when the COVID-19 crisis is over and the workshop is re-opened.

-Bill Ramey, Convenor



Stacking worm bins



Frannie Cruise



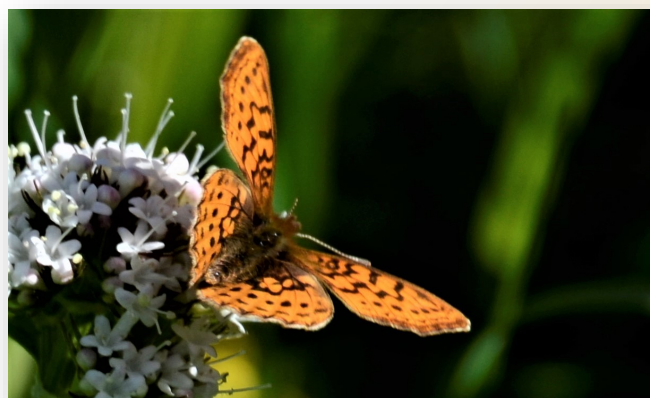
Claire Strain



Judy Stringer

Counter Ladder

Fritillary in flight



Bill Ramey



Bowl Turning

Things to do online

Do you have favourites? Please share.

BrockHouseGallimaufry@gmail.com

I started working on this article in mid-March and since then the number of resources and options has virtually exploded. Here's a small sampling - Ed.

In response to the pandemic, [The Paris Opera](#) is offering some of its most beautiful ballets and operas from its archives online and free of charge.

The site is stunning! Scroll over the various photos for articles and then look for the word "replay" on others to access ballets and opera. If you want to go directly to the performances, click on the "Ballet" and "Opera" tabs at the top of the page. It's that easy.

[A Little Night Music Orchestra](#) produced a video to give comfort and hope in these troubled times. Thanks very much to Phil Neame of the Brock House Orchestra (and President of A Little Night Music) for sending it in.

In response to the closure of local performing arts spaces Maestro Otto Tausk and the musicians of the [The Vancouver Symphony Orchestra](#) gathered in an empty Orpheum Theatre to livestream their performance of Beethoven's 6th Symphony. "Please note – this concert was streamed on March 15, 2020 before bans on mass gatherings and recommendations to distance 2 metres apart were implemented." - VSO

[NPR.org](#) has a wealth of podcasts and livestream content. There's so much that, frankly, each time I visit the site I find myself falling down a wonderful rabbit hole. Thank you to Michael Le Bas for the tip!

And then there's [YouTube](#) which has everything from [Abbott & Costello](#) to [Yo-Yo Ma](#).

The [National Film Board](#) is, of course, a national treasure trove of films of various genres including one of my favourite documentaries [Ladies and Gentlemen ... Mr. Leonard Cohen](#).

Kate, who teaches "Balance Posture & Strength" and "Stretch & Strength" at Brock House, plans to do free livestreaming exercise classes on her Facebook page: [LoveYourAgeFitness](#). Kate is also on YouTube: [Love Your Age Fitness for Healthy Aging](#). Thank you to Yolanda for the heads up!

[Insidevancouver.ca](#) is a new blog and it feels new, a bit bumpy; but what I do like is that it has an extensive list of restaurants that are open for take-out and delivery service. There were also some interesting specials. The link is on the right-hand side of the home page.

From our patron the Honourable Janet Austin



THE #GREATBCBOOKCLUB

with the Honourable Janet Austin and CBC's Shelagh Rogers

Soap and Water & Common Sense

Dr. Bonnie Henry



"As a physician who has spent the better part of the last two decades chasing bugs all over the world—from Ebola in Uganda, to polio in Pakistan, to SARS in Toronto, to the H1N1 influenza outbreak in Mexico—Dr. Bonnie Henry, a leading epidemiologist (virus hunter) and public-health doctor, offers three simple rules to live by: clean your hands, cover your mouth when you cough, and stay at home when you have a fever."



Bringing British Columbians Together One Good Book at a Time

Reading has always been an important part of my life and, during challenging times, has been a great source of enjoyment and comfort. Among my friends, there's no one who loves a good book more than the fabulous Shelagh Rogers!

Knowing that many of you share our love of literature and its therapeutic value, we have decided to launch the Great BC Book Club. By engaging BC bibliophiles through online discussion, we hope to combat the isolation that many people are now feeling and to keep us all hopeful, thoughtful and positive.

Every few weeks, Shelagh and I will select a new book to read together and offer insights and discussion points on social media, using the hashtag #GreatBCBookClub. We hope you will follow along and offer your own thoughts and suggestions.

First Pick – *Soap, Water & Common Sense* by Dr. Bonnie Henry

Keeping informed on current practices for maintaining our physical and mental health is top of mind for all of us at this time. Who better to advise us than BC's Provincial Health Officer, Dr. Bonnie Henry, whose content-rich daily briefings on COVID-19 are a model of clarity, calm and compassion.

As luck would have it, House of Anansi Press has reissued *Soap, Water & Common Sense*, Dr. Henry's guide to fighting corona viruses, pandemics and deadly diseases. We couldn't have a better choice to start!

Get Your Copy

House of Anansi Press, publisher of *Soap and Water & Common Sense*, is actively bringing read-

ers together with their Reading Apart, Together promotion. Purchase an ebook from House of Anansi, including *Soap and Water & Common Sense*, and they'll invite you to add the name and email of a friend in the notes section—your friend will receive a free digital copy of the same book! This way you can remain connected through reading, despite the distance.

Some book stores are still making deliveries or offering "at the door" pick ups, like Munro's Books in Victoria, Mosaic Books in Kelowna, Iron Dog Books in Burnaby or Otter Books in Nelson. Call your local book store to find out in advance if they have a copy and to confirm that delivery is available.

For those in self-isolation or not comfortable leaving the house, now is a great time to try out an ereader! *Soap and Water & Common Sense* is available through any eBook retailer, including Indigo, Kobo, Amazon and at houseofanansi.com.

Join the Conversation!

Share your thoughts and ideas by tagging #GreatBCBookClub on social media. You can follow along with our reading at [@LGJanetAustin](https://twitter.com/LGJanetAustin) and [@RogersShelagh](https://twitter.com/RogersShelagh).

Start Your Own Virtual Book Club

You might also want to form your own virtual book club using an online platform like Zoom, Google Hangouts or Skype. Stay tuned...for advice on setting up your own virtual book club.

<https://ltgov.bc.ca/blog/office-of-the-lg/join-the-great-bc-book-club/>